

## WELCOME to the Autumn 2011 Wellbeing Australia Newsletter



Sadly the year has begun with wide-spread devastation caused by flood, fire, earthquake and cyclone. These natural disasters impact on families, school communities and livelihoods. It has been heart-warming, however, to see the positive connections between people as they do what they can to help and support each other in these dreadful times.

### New National Day of Action Against Bullying and the New Safe Schools Framework (2011)

**Friday 18 March 2011** is Australia's first National Day of Action Against Bullying and Violence which will be on the third Friday in March each year. The revised NSSF will be launched in Brisbane by the Federal Minister of Schools, Peter Garrett, on that day. The vision of the NSSF is that *all Australian schools are safe, supportive and respectful teaching and learning communities that promote student wellbeing*. All schools in Australia will receive two hard copies of the new Framework. A comprehensive online resource can be viewed at [www.safeschools.deewr.gov.au](http://www.safeschools.deewr.gov.au)

**Bystander Behaviour** The [bullying no way](http://www.bullyingno.com.au) website provides a wide range of online resources for students, parents, teachers and school communities to celebrate the National Day of Action including t-shirt transfer and other great graphics for schools to promote the positive actions bystanders can take. The links below give information about the importance of the bystander in preventing and addressing bullying

<http://www.abc.net.au/rn/lifematters/stories/2010/3074237.htm>

<http://www.theage.com.au/national/education/cruel-rules-of-the-peer-pecking-order-20110225-1b8cg.html>

**Cybersafety:** The [Cybersafety Help Button](http://www.cybersafety.gov.au) is a new Australian Government initiative designed to keep children and families safe online. This is a free application available from the [website of the Department of Broadband, Communications and the Digital Economy](http://www.cybersafety.gov.au). Once downloaded, it sits on the computer desktop or within the task bar. When the button is clicked, users are taken directly to a web page where they can talk, report or learn about Cybersafety issues. See also <http://www.soso.org.au> SOSO is Smart On-line Safe Off-line and has been developed by young people.

### Conferences

Wellbeing Australia endorses the **Happiness and its Causes** conferences. The next one is in Brisbane June 16<sup>th</sup> and 17<sup>th</sup> with some wonderful speakers, including Jane Goodall the primatologist and the Dalai Lama. Wellbeing Australia members are entitled to a huge 20% discount off registration if they apply by April 15<sup>th</sup> Just cite this organisation in your application. <http://www.happinessanditscauses.com.au/>

### Second Australian Positive Psychology in Education Symposium

This Symposium will be held at the University of Sydney on Saturday 16th April 2011. The aim of this symposium is to foster the development of Positive Psychology in Education in Australia and globally. Information on [WBA website](http://www.wellbeingaustralia.org.au)

**Positive Schools 2011 conference in May** : First in Perth 12-14<sup>th</sup> May and then again in Brisbane 26<sup>th</sup> and 27<sup>th</sup> May. Many well-known and inspiring speakers. More information <http://www.positiveschools.com.au/>

### **New Resources on Student Wellbeing and Resilience**

The award-winning whole school social and emotional learning program **Bounce Back** has been extensively updated and revised: [www.bounceback.com.au](http://www.bounceback.com.au). Bounce Back offers practical strategies and curriculum units to help children and young people function well at school and in life. The new edition includes a comprehensive online component with IWB activities and games, new book lists, parenting notes, assessment tools and new worksheets. See store at [www.pearsonplaces.com.au](http://www.pearsonplaces.com.au)

### **Magazine: 'Foundations' for Early Childhood**

The Hunter Institute of Mental Health has developed a new professional development magazine for children's services staff called *Foundations*. It aims to create a space where staff can receive and share information and practical ideas about supporting the social and emotional wellbeing or mental health of babies, children and families. **Foundations** also contains information on self care and the importance of looking after your own mental health when working in the industry. *Foundations* can be downloaded for free from the website: [www.himh.org.au/foundations](http://www.himh.org.au/foundations).

### **New Journal on Wellbeing**

The *International Journal of Wellbeing* (IJW) has just published its first issue — Volume 1, Number 1. The online contents of this journal are open to anyone with an interest in wellbeing without charge. We salute the editorial board for contributing to the wide availability of research on wellbeing.

**The New Teacher's Survival Guide to Behaviour** Second Edition is now available from Footprint books 1300 260 090 in Australia and +61 2 9997 3973 outside. This goes beyond behaviour management to focus on how to relate well to all children, especially those who are vulnerable and challenging. It aims to promote both student wellbeing and teacher wellbeing.

### **Useful sites on wellbeing around the world**

<http://www.responsiveclassroom.org/research>

<http://www.chimat.org.uk/camhs>

**Sharing Information.** If you know about relevant conferences, resources, programs, good practice or just have good stories to share please let us know at: <mailto:mail@wellbeingaustralia.com.au>

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