Wellbeing- A Framework for developing and maintaining wellbeing for students, staff and parents in our community.

Presented by:
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inspiring excellence

Workshop Overview

1. What were our ‘triggers’.
2. How to engage and empower.
3. Advisory groups.
4. The role of your executive.

What is Student Wellbeing?

Student wellbeing is defined as a sustainable state of positive mood and attitude, resilience, and satisfaction with self, relationships and experiences at school.
Students with high levels of wellbeing are more likely to have:

- higher academic achievement
- better mental health (a decrease in the incidence of depression and anxiety)
- display concern for the wellbeing of others about the consequences of their actions on themselves and others

Enhancing student wellbeing and its pathways can increase academic achievement directly and indirectly by:

- increasing student motivation to participate and achieve
- increasing student engagement with, and participation in, learning
- increasing student attendance and hence increasing school completion
- decreasing problem behaviours

Evidence:

Teaching of pro-social values via programs such as Belief & Values and specific anti-bullying / cyber bullying programs help to develop positive school and class environments.
How does the underlying pastoral framework / climate align itself with the schools strategic plan?
100,000 (50% of 200,000) students will be bullied at recess and lunchtime during a school day.

(ACBPS, 2009)

How do children develop bullying behaviours? (ACER 2010)

"The single highest predictor of aggression in early childhood is parental attitude towards aggression." (Cross 2011)

80% of NSW teachers have been bullied by parents.
70% of NSW teachers have been bullied by administration.

Sydney Morning Herald-July 2011
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Please write down your most dominants thoughts about wellbeing in your school.

Five aspects of Wellbeing

- Mental
- Spiritual
- Physical
- Social
- Emotional

ACER 2004
What is it?
A shift from a reactive student management structure to a pro-active approach to community wellbeing.

Where am I?
Novice  Apprentice  Practitioner  Expert

P  Pluses  What are our strengths?
M  Minuses  What are our weaknesses?
I  Interesting  Alternatives  What are we going to do about it?
Major Stakeholders

Parents

Community

Students

Staff

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Wellbeing Advisory Group - Staff

Wellbeing Advisory Group - Boys

Advisory Group - Parents
A ‘Parent-Friendly’ School

- Valued for their contribution, their opinions and their viewpoints.
- Staff are approachable yet are given the opportunity to function and make decisions as respected professionals.
- Get direction, advice and ideas about educational and child-rearing issues that concern them.

Michael Gross- Parenting Expert

- Feels comfortable being there.
- Feels listened to.
- The child is kept as the focus in all interactions, and decisions are made with the child’s best interests in mind.

Michael Gross- Parenting Expert

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"Paradigm is a perception with a judgment attached to it." (………………)

'The world is passing through troublesome times. The young people of today think of nothing but themselves. They have no reverence for parents or old age. They are impatient of all restraint. They talk as if they know everything…'

Peter the Monk, 667 CE
‘Talking bout my Generation’

- 1900-1940 • Builders/Traditionalists
- Mid 1940s-1960s • Baby Boomers
- 1960s-1980s • Generation X
- 1980s-1990s • Generation Y
- 2000s+ • Generation Z

Social Skills
Resilience
Transition
Leadership
Students
Reference Groups
Class and School Meetings
Leadsip
Buddy Program
Transition
Experts
Consequences vs Punishment
Anti-bullying/cyber

Best Practice

Values
PRINCES MAN

Emotional Intelligence
Social Skills Relationships (Intra-personal Skills)
Community

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Consequences vs Punishment
Antibullying/cyber

Experts

Consequences vs Punishment
Anti-bullying/cyber

Class and School Meetings

Best Practice