



PRINCE ALFRED COLLEGE



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



Scoping Study into approaches to student wellbeing (Literature Review- July 2008) conducted by The Australian Catholic University and Erebus International.

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

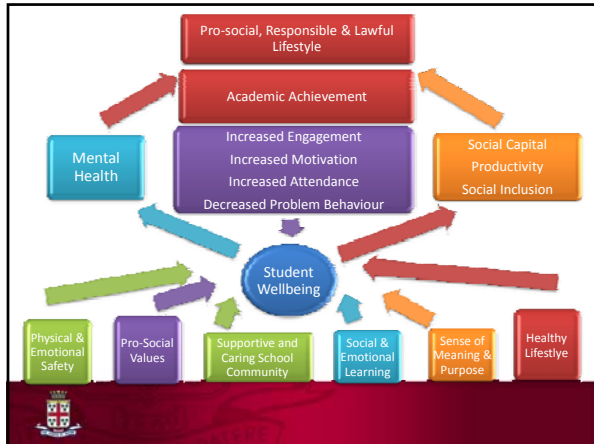
- increasing student motivation to participate and achieve
- increasing student engagement with, and participation in, learning
- increasing student attendance and hence increasing school completion
- decreasing problem behaviours



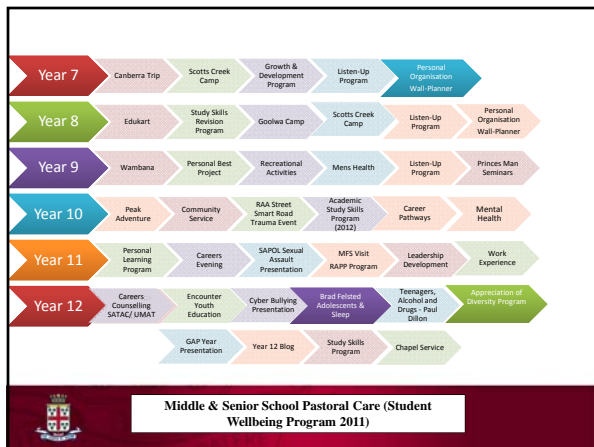
Evidence:

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?




Middle & Senior School Pastoral Care (Student Wellbeing Program 2011)

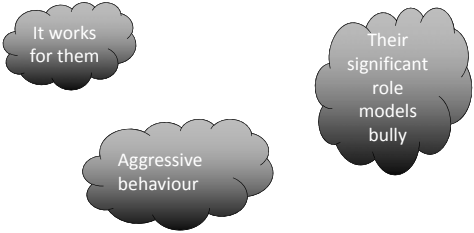


100,000 (50% of 200,000) students will be bullied at recess and lunchtime during a school day.

(ACBPS, 2009)




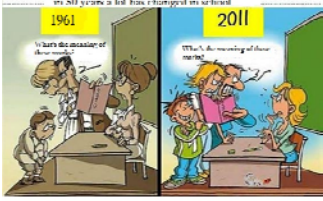
How do children develop bullying behaviours? (ACER 2010)



<http://www.usyd.edu.au/news/2011/01/04/bullying.html>

'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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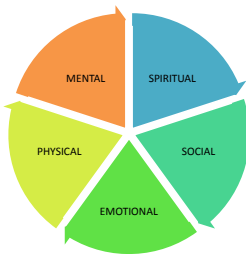
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Please write down your most dominant thoughts about wellbeing in your school.



Five aspects of Wellbeing



ACER 2004



What is it?

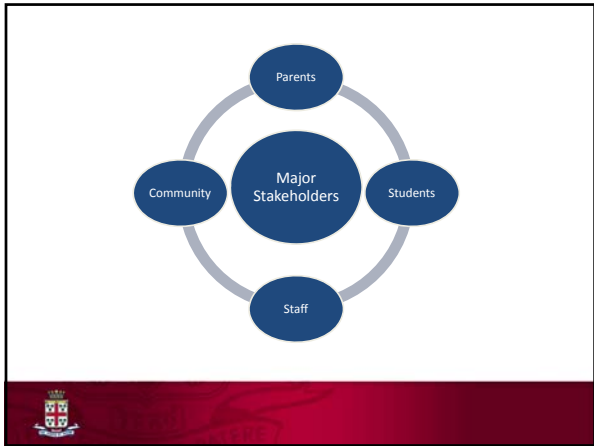
A shift from a reactive student management structure to a pro-active approach to community wellbeing.

A pro-active approach to 'work hard, be kind' with our community.

Where am I?

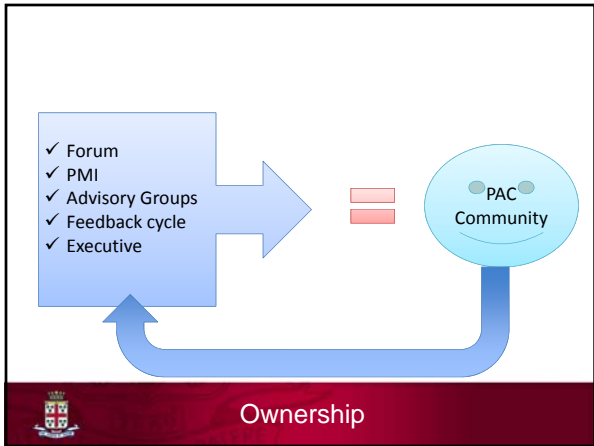
Novice Apprentice Practitioner Expert

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

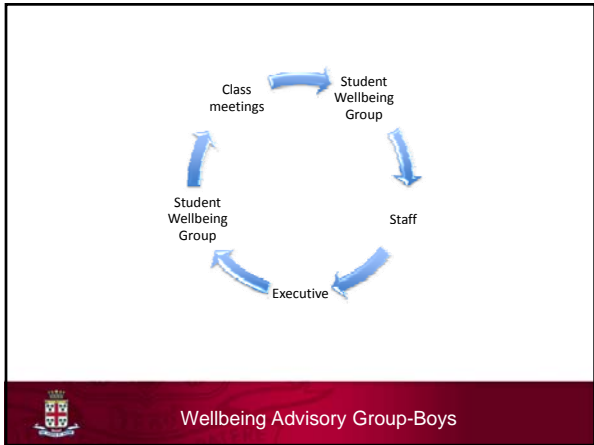


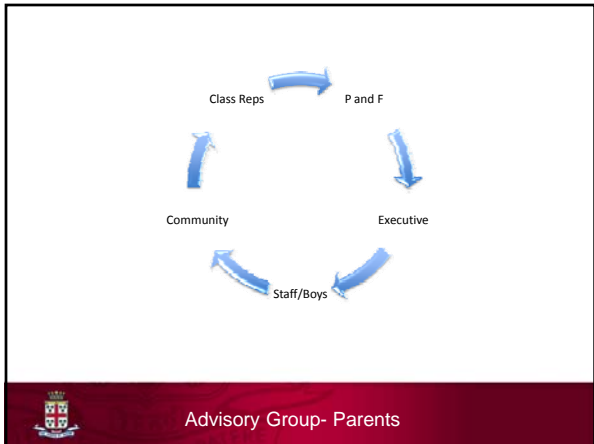
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A 'Parent-Friendly' School

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.

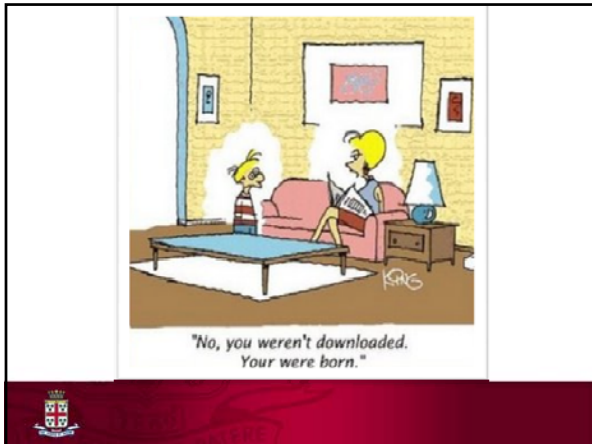


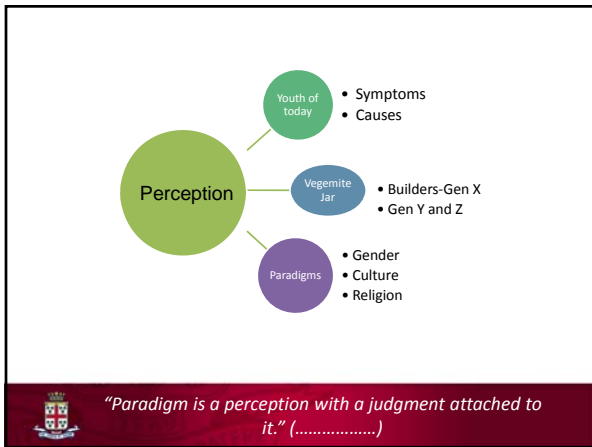
Michael Gross- Parenting Expert

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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

Best Practice

