

## THIS ISSUE:

Spotlight.....1  
 What's New?.....2  
 Resources.....4  
 Research, articles and clips.....7  
 Professional learning ..... 9  
 Websites of interest.....10

All items in this newsletter contain hyperlinks which were active at the time of publication.

*Wellbeing News* provides teachers in independent schools with resources, updates, and current evidence-based research on contemporary issues about the health and wellbeing of students and school staff.

## SPOTLIGHT

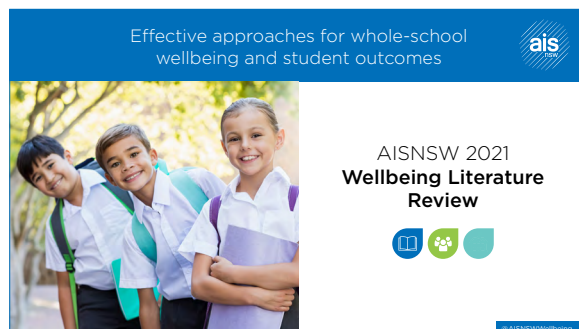
### AISNSW Wellbeing Literature Review

Last month, AISNSW launched a new literature review to identify and recommend the most effective evidence-based approaches to best support whole-school wellbeing.

The purpose of the literature review was to examine the wellbeing strategies available and identify those evidence-based, whole-school approaches that best foster safe, supportive, and respectful school climates. AISNSW sought to support schools to assess and implement effective whole-school wellbeing approaches to ensure students can thrive.

The AISNSW Wellbeing Literature Review highlights six key factors which support student wellbeing:

1. Adopting a whole-school approach
2. Focusing on interventions with evidence of effectiveness
3. Establishing a dedicated team to drive implementation
4. Preparing the school for implementation
5. Providing meaningful engagement and support with families, and
6. Creating meaningful opportunities for student voice and engagement.



The literature review conducted by the Telethon Kids Institute in WA and led by its Program Head, Development and Education, Professor Donna Cross, along with Senior Research Fellows Kevin Runions and Natasha Pearce, gives the education sector a clearer picture of what effective whole-school wellbeing looks like and how schools can implement impactful, evidence-based strategies to support their students.

The key factors highlighted by the literature review aligned with AISNSW's recommended whole-school wellbeing approaches, especially the use of research and evidence-based planning tools, taking a strengths-based approach and embedding social and emotional learning pedagogy.

Student wellbeing is about a positive sense of self and belonging; it's about having the skills to make positive and healthy choices to enhance learning and achievement, delivered in a safe and supportive environment. The review also highlights the importance of schools engaging families and amplifying student voice.

It is clear from the literature review that a higher level of overall wellbeing was achieved among students when schools explicitly taught social and emotional skills in addition to demonstrating the integral role leadership teams play in effective wellbeing, interventions and approaches.

Wellbeing strategies take time and need a whole-school focus to succeed, making it essential to invest in building staff capacity.

Contact AISNSW Senior Consultant: Wellbeing, [Nicky Sloss](#) for additional information and support.

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# WHAT'S NEW?

## AISNSW Compass Initiative

Wellbeing involves reviewing and renewing to ensure the best protective factors are in place for the whole school community. To further support NSW independent schools, a new initiative, [Compass: Navigating Whole-school Wellbeing](#) has been developed by AISNSW Wellbeing team. Expressions of Interest for the 2022 Compass cohort will open in Term 3. School leaders are invited to [register for](#) and attend an information webinar on Wednesday 28 July.

## AISNSW Boarding Wellbeing Workshops

These in-school consultancy workshops are designed to give boarding staff an understanding of both staff and student wellbeing from a boarding school perspective and provide staff with the skills and knowledge to create and maintain a safe and support boarding environment. The workshops are co-designed with each school and include a variety of scenario-based learning experiences to support staff development. Contact Manager: Child Protection, [Maria Costa](#) or Senior Consultant: Wellbeing, [Nicky Sloss](#) for further information.

## AISNSW K-12 School Counsellors' Conference

The annual AISNSW K-12 School Counsellors' Conference will be held online in 2021 through a virtual conference platform, supported by AISNSW's Learning Design Hub. This year's program has been carefully designed to respond to the changing landscape of School Counsellor's work and includes the following keynote speakers:

- **Rachel Christie:** Mission Australia 2020 Youth Health Survey Findings
- **David Hong:** School Refusal – A Systemic Perspective and 'How To' when Working Collaboratively in Schools
- **Associate Professor Wayne Warburton:** Impact of Media on Brain Function, Behavioural Inhibition and Emotional Regulation
- **Jennifer Coen:** The Lives of Post-Millennials – Are School Counsellors Keeping Up?

The 2021 conference format will allow all participants the opportunity to attend the key-note presentations and workshops on either one or both days. Workshop topics aim to support School Counsellors in the management of issues including gender diversity, eating disorders, personality disorders, drug and alcohol misuse, using play in therapy and more.

Access the conference website and program [here](#) in addition to registration links to attend one or both days.

## AISNSW 2021 Wellbeing/PDHPE Funding Projects

Funding opportunities were recently offered to NSW independent schools to conduct Student Wellbeing and PDHPE projects. These funding opportunities are supported by Transport for NSW under the School Road Safety Education Program and NSW Health under the Live Life Well @ School initiative. Six independent schools were successful in their applications for 2021 and will be supported by AISNSW Wellbeing and PDHPE consultants throughout the year to develop and embed their projects.

## AISNSW Respectful Relationships Webinar and Workshop

On Wednesday 18 August, AISNSW will be hosting a respectful relationships webinar for wellbeing leaders and PDHPE teachers. The webinar will include resources and scenarios based on gender, stereotypes, consent, child protection and more. All AISNSW webinars are also offered as in-school consultancy workshops. Please contact AISNSW PDHPE Consultant [Katrina Mostyn](#) for additional information.

## AISNSW Student Safety and Consent Unit

AISNSW has established a new Student Safety and Consent Unit that will work collaboratively with schools and statutory authorities, including NSW Police. The team will support NSW independent schools to further their existing approaches to safety, consent and respect by equipping students with the knowledge and understanding to respond to these issues. Contact [Jo McLean](#), AISNSW Head of Professional Services for more details.

## AISNSW K-12 Wellbeing Conference

This year's conference will be hosted on Friday 11 June at the Museum of Contemporary Art in Sydney. Wellbeing leaders have been invited to attend this event which will feature Professor George Patton from the University of Melbourne and Rebecca Collie from the University of NSW who will speak about the middle years, social and emotional learning and teacher wellbeing. **This conference is now fully subscribed however; a waiting list is available.**

## Alcohol and Other Drugs

A range of no-cost fact sheets from Drug and Alcohol Research and Training Australia (DARTA) are now available for schools to download. On Tuesday 1 June [AISNSW is hosting a webinar](#) for PDHPE teachers and wellbeing leaders to support effective education in relation to alcohol and other drugs with Paul Dillon. Please contact AISNSW PDHPE Consultant [Katrina Mostyn](#) with any inquiries.

## BBC UK Headroom

The BBC has produced a new mental health toolkit to support student wellbeing. The toolkit has a range of factsheets, videoclips and infographics for use in the classroom.

## eSafety Teacher Professional Learning

The Office of the eSafety Commissioner has launched its new no-cost online 2021 teacher professional learning program that includes a 90-minute module around online harmful sexual behaviours, misinformation and emerging technologies.

## External Provider Considerations

We know schools receive many offers of support from external providers and presenters and often seek advice in relation to who or what might add value or be an appropriate addition to an existing scope and sequence when working in collaboration with PDHPE curriculum. AISNSW has produced an External Provider Considerations document **for member schools**, developed over time to support schools when making their own decisions related to resources and providers. Contact [AISNSW Wellbeing](#) for a copy of this document.

## Family Planning NSW Webinars

Let's Talk Family Planning NSW no-cost webinars build teacher capacity to deliver engaging, evidence-based learning activities when teaching sexuality education skills. Topics include puberty, contraception, and issues relating to technology and sexuality and relationships. More information can be found on the [teachers course page](#). For any additional PDHPE K-10 support in relation to sexuality education, contact [Katrina Mostyn](#) at AISNSW.

## Fruit and Vegetable Month 2021

Fruit and Vegetable Month is an annual health promotion event for NSW primary schools hosted during the last four weeks of Term Three. The event is funded by NSW Health, managed by Healthy Kids Association and is part of the Live Life Well @ School initiative, aligned with the [Crunch&Sip](#) initiative. Primary schools can register for a range of no-cost resources including access to curriculum materials, parent resources, recipe ideas and a student competition. AISNSW provides independent schools with no-cost Live Life Well @ School support, resources and professional learning. More details are available [here](#).

## Kids Helpline Resources

Kids Helpline Circles are no-cost online support groups for secondary students. They are facilitated by qualified Kids Helpline counsellors and are aimed at supporting wellbeing and managing distress. The groups provide safe, open and inclusive discussions about a range of topics related to alcohol and other drugs and strategies to support anxiety and depression as creating a 'wellbeing toolkit to help cope with challenges. As with all sensitive and complex topics, schools are encouraged to discuss their use with school executive (and counsellors where possible).

## Macquarie University Screening Tool Study

AISNSW has partnered with Macquarie University and other education and health jurisdictions to develop a mental health screening tool for students. This tool aims to identify students who may be going through a difficult time and need mental health support. This study will provide schools with different pathways to care and referral options, which schools can provide to students who need additional support, in consultation with their parents. More details are available through AISNSW [Research Opportunities for Independent Schools](#) webpage.

## Make a Worry Monster

Access this art and craft lesson to support primary school students' social and emotional learning and coping strategies. Additional resources to support student wellbeing are available via the same website.

## Mission Australian Youth Survey

Mission Australia 2020 Youth Survey findings can enhance PDHPE teaching and learning programs and whole-school student wellbeing initiatives. The Youth Survey Report aims to provide unique insights into the experiences of young people aged 15-19 years across Australia. The survey of more than 25,000 respondents highlights young people's views related to strengths and challenges faced. The 2021 survey is open until August 31. All schools with over 100 students participating in the survey will receive a tailored report in Term 4 to assist with planning for 2022.

## ReachOut Consent Resources for Parents

Supporting and modelling respectful relationships are important strategies for families to implement deliberately to support the wellbeing of children and young people. These factsheets encourage parents and carers to engage in deliberate conversations and activities at home.

# RESOURCES

## ReachOut Respectful Relationships Resources for Educators

ReachOut has produced resources and lesson plans designed to support the development of a whole-school approach to building respectful relationships. Resources are linked to PDHPE curriculum and can also be utilised in wellbeing time.

## ReachOut Teacher Self-care

ReachOut has created a series of surveys supporting teachers to think about their self-care needs. ReachOut also provides a [self-care plan template](#) supporting teachers to develop holistic and individualised strategies.

## Smiling Mind

Smiling Mind has updated their popular app to include more features to make it easier to navigate. Users are now able to choose between male or female voices and new activities continue to be developed for students, educators and families.

## Social Responsibility Resources

The Morningside Center in the USA has produced [Teachable Moment](#) lessons to support social and emotional learning (SEL) and foster social responsibility.

## Wellbeing School Practice Illustrations

Examples of inspiring wellbeing initiatives from schools have been collated by the Student Wellbeing Hub illustrating implementation success stories. Each example highlights links to the [National Student Wellbeing Framework](#).

## Action for Happiness Calendars

Monthly calendars with wellbeing actions for students and staff are available for download and display. This month the calendar's theme is mindfulness.

## AISNSW Bushfire, Drought and Flood Support

AISNSW has developed a dedicated Online Portal for Bushfire, Drought and Flood Support, housing a range of resources, advice and information including emergency contacts, financial assistance and support from governments and agencies, operational and work health and safety as well as whole-school wellbeing support, AISNSW contacts and FAQs.

## AISNSW Child Protection Videos

AISNSW is pleased to release two new resources for member schools. Two videos, one for junior schools and one for secondary schools, have been created, to build parent and community awareness of child safety in schools. With the assistance of a group of independent school principals, the Workplace Management Team at AISNSW developed two videos for member schools to access without charge. The videos which have been produced in a sensitive and culturally appropriate manner to assist parents and carers to recognise concerning behaviour and have the confidence and capability to report this behaviour to the appropriate person in the school. An AISNSW login is required to access these resources.

## AISNSW Crisis and Issues Management

AISNSW offers advice and responsive support to schools when communities face significant consequences due to extreme weather, natural disasters, accidents, injuries and death, epidemiological health risks and other events that severely impact normal school operations. School leaders can access support [here](#). In addition, support is available for teachers and staff on AISNSW's [wellbeing site](#).

## AISNSW K-10 PDHPE and Sport Facebook Group

Additional resources for PDHPE and sport are available in a closed Facebook forum, updated daily. Educators from AISNSW schools are encouraged to contribute and share resources and ideas in this professional space. Requests to join this group require teachers to identify which AISNSW school they are currently employed in.

### **AISNSW School Counsellor Network Group**

AISNSW provides a range of professional learning networks for independent school staff which offer bite-sized opportunities for professional discourse and sharing of ideas with like-minded colleagues. AISNSW Network Groups meet once each term and members are asked to attend at least three meetings each year to stay part of each group and to remain on the distribution list. An agenda and minutes are shared pre and post-meetings.

AISNSW School Counsellor Network Group meetings will be held on Thursdays during Week 5 from 4-5.30pm. If you would like to join the Group or have any queries, please contact Wellbeing Consultant, [Samantha Kourakis](#).

### **AISNSW Wellbeing in Education Facebook Group**

Additional resources for wellbeing in education are available in a closed Facebook forum, updated daily. Educators from AISNSW schools are encouraged to contribute and share resources and ideas in this professional space. Requests to join this group require teachers to identify which AISNSW school they are currently employed in.

### **AISNSW Wellbeing Podcast Series**

AISNSW has produced a series of bite-sized wellbeing podcast episodes. This compilation of twelve podcast episodes is designed for wellbeing leaders and teachers and support a whole-school approach to wellbeing. Each episode is designed to spark interest, affirm existing evidence-based practice, and stimulate new ideas.

Focus areas include social and emotional learning, staff wellbeing, sleep and adolescent health, eSafety education, PDHPE and wellbeing, university partnerships for wellbeing outcomes, student voice as well as the inclusion of conversations with school-based wellbeing practitioners. Teachers and leaders are encouraged to access these bite-sized conversations to share with their teams and staff. An AISNSW login is required to access this podcast series.

### **Be You**

Beyond Blue's education initiative provides resources and strategies for helping children and young people achieve their best possible mental health and wellbeing. School staff can access no-cost professional learning, handbooks, factsheets, tools and guides, [online events](#) as well as suicide prevention and response support. Educators are encouraged to register for an individual account whilst wellbeing teams can register for a team account to support their whole-school approach to wellbeing.

### **Community Trauma Toolkit**

Emerging Minds Community Trauma Toolkit contains resources to help and support adults and children before, during, and after a disaster or traumatic event. These resources provide a starting point to help children navigate the different stages of a disaster.

### **Emotions and a Sense of Purpose**

The [Emotional Intelligence Network](#) has collated top resources to support purpose and motivation. Templates can be downloaded to support the identification and clarification of goals leading to a more purposeful life.

### **Go Noodle**

Access a range of no-cost clips supporting student wellbeing including mindfulness animations focusing on practicing self-control, boosting confidence, building compassion, managing stress, enhancing focus and developing social and emotional learning.

### **Grief and Loss**

This resource assists school staff when supporting students and families through loss in addition to providing resources for teaching and learning in PDHPE.

### **headspace Mental Health Education**

The headspace Mental Health Education Program, funded by the Australian Government Department of Health, was created with the overarching aim of suicide prevention by improving mental health literacy and support seeking. This school-based education program works to build the capacity of secondary school students and their families to recognise when a young person or a friend might be going through a tough time, how to have a conversation, where to seek support, and how to maintain or improve their mental health and wellbeing.

It highlights and links other services and ongoing support available to schools and local communities, by inviting staff from nearby headspace centres and local mental health professionals to also attend these workshops. Currently, the program delivers several workshops which are interactive, strengths focused, and evidence informed. These workshops can be tailored to the context of the school and complement any PDHPE and wellbeing strategies that are already in place. Contact [Narelle Coreless](#), Program Manager headspace Schools for additional details.



### It's Time We Talked Parent Resources

These no-cost parent resources related to explicit imagery can be downloaded and shared with parents. These resources can be further supported by the [eSafety Commissioner parent factsheets](#) for school settings.

### Live Life Well @ School

NSW Health and AISNSW have a partnership to support schools in promoting and developing a whole-school approach to healthy eating and physical activity through wellbeing and curriculum approaches as well as parent education. No-cost support is available for primary schools through school-based consultancies, online self-paced learning experiences and funding projects. Contact [Katrina Mostyn](#) for any queries.

### Mindfulness Toolkit

This ABC iView series for Stage 3 students considers the parts of the brain that relate to mindfulness and how mindful techniques can promote reflective thinking.

### Online Safety Picture Book and Song

The [Office of the eSafety Commissioner](#) have produced a no-cost online picture book and song featuring characters who use digital devices safely.

### Reflecting on Whole-school Wellbeing Online Learning Experience

AISNSW have developed an online learning module to support classroom teachers and leaders of wellbeing to plan for whole-school wellbeing and develop their own capacity in relation to contemporary wellbeing approaches. This interactive module is designed to be completed over one term and requires the submission of an activity and reflection from each participant. AISNSW Wellbeing consultants moderate the course and there is an opportunity to engage with other teachers and schools.

### Road Safety Education

Everyone in the school community has an important role to play in supporting K-12 road safety education. AISNSW consultants can support whole-school road safety education professional learning through no-cost in-school professional learning workshops and online self-paced learning experiences for both primary and secondary teachers.

### School Leader eSafety 2021

The eSafety Commissioner has developed a new online safety training presentation available in 2021, specifically designed for school leaders. The no-cost training is aimed at primary and secondary principals, assistant principals, and teachers in senior leadership positions. The presentation is designed to explore current trends and issues for young people and examine realistic scenarios and possible processes and procedures. Contact [outreach@esafety.gov.au](mailto:outreach@esafety.gov.au) to arrange a training session.

### Smiling Mind Toolkit for Families

This toolkit from Smiling Mind has been designed to support and enrich the lives of Australian families by introducing simple and practical ways to be more mindful, present, and engaged with each other.

### SunSmart Hat-wearing Toolkit

Wearing a SunSmart hat at school is one of the simplest ways to protect children from overexposure to ultraviolet radiation, reducing their risk of skin cancer. Last December, the NSW Cancer Council launched a new toolkit of resources designed to support primary schools to implement SunSmart hat wearing. The SunSmart Hat-Wearing Toolkit provides a range of no-cost resources to educate the whole school community.

# RESEARCH, ARTICLES AND CLIPS

## Academic Resilience among Australian Students

This report explores academic resilience and the relationship between students' attitudes, dispositions and a growth mindset.

## A Whole-school Approach to Improving Student Attendance

Social and emotional learning skills support students to acquire and apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. The more opportunities students have to rehearse skills, the more likely they are to develop social competence, such as meeting new friends, joining new friendship groups, and bouncing back from friendship difficulties.

## Belonging and Social and Emotional Learning

Research shows that belonging plays an important role in students' school life. Developing social and emotional competencies will support students' sense of belonging and enhance their wellbeing.

## Be You Webinar Recordings

Be You mental health and wellbeing webinar content is tailored for educators across early learning services, primary schools and secondary schools. Recordings are accessible at any time for those unable to attend a live event.

## Building a Culture of Generosity at Work

This article from the Greater Good Science Centre offers six practices to help support school climate and improve relationships between staff members.

## Building Successful School Transitions

When schools build a strong sense of belonging and connectedness into their climate, students are more likely to build positive relationships, connect to the broader school community and have higher levels of motivation, engagement and overall wellbeing. These protective factors can greatly support students' transition points, which are a challenging time as students adapt to an unfamiliar environment and seek to establish new relationships.

## Childhood to Adolescence Transition (CATS) Study

The main focus of this Australian study is on health and emotional development in the middle years of school; looking at the experiences of children and their families, the changing social context as they move into secondary school, consequences this may have on academic outcomes and their reactions to biological changes of puberty. CATS aims to improve understanding of the many influences on the health and emotional adjustment of children as they approach their teens. [Professor George Patton](#) is the Chief Investigator and will be sharing learnings from the study at [AISNSW Wellbeing Conference](#) on June 11.

## Child Safety in the Digital Age

Schools play an important role in promoting digital skills, digital citizenship and media literacy. This article explores the risks, opportunities, policies and practices that support student safety in this space.

## eSafety Research and Teenagers' Time Online

New research from the [Office of the eSafety Commissioner](#) takes a deep dive into the digital lives of Australian teenagers and shows that while increased use of technology offers many benefits, there can be a downside including dealing with negative online experiences such as unwanted contact and cyberbullying.

## Explicit Imagery

Maree Crabbe researches, develops and delivers programs focusing on pornography and its impact on young people. For more information about her work, visit her website, '[It's Time We Talked](#)'. In addition a range of teacher professional learning podcasts can be accessed via [Apple Podcasts](#).

## From Blues to Rainbows

Beyond Blue regularly conducts [research](#) to ensure evidence-based practice and continuous improvement to policy, practice and behaviour change through their programs and services. From Blues to Rainbows considers the mental health needs of gender diverse young people and was conducted by La Trobe University.

## Greater Good Podcasts

These bite-sized podcasts from the [Greater Good Science Center](#) in California support teacher wellbeing. Topics include, nature, awe, wellbeing, growth mindset and music therapy.

## Greater Good Science Center Science of Awe

Around the world and in culturally varying ways, [studies](#) show that awe is experienced awe in response to others' kindness and courage, nature, music, religious or spiritual practice, the visual and dramatic arts, and epiphany. Awe is sensed in the chills, tears, and the chest-warming sense of being part of something larger than egos. It leads to [sharing, collaboration, and wonder](#). This often-ineffable space of experience is explored in *Soul*, the Pixar movie.

## How People Learn to Become Resilient

This article explores what sets resilient children apart. Research identifying elements that predict resilience, supporting educators to teach the skills and perceptions.

## Mental Health Education in Australia

Schools provide an optimal space for young people to develop mental health literacy with a preventative approach leading to better life outcomes. This research from Monash University explores how schools might best implement effective approaches to develop mental health literacy.

## Mindfulness in Education

Evidence-based mindfulness is a component in developing a greater sense of wellbeing in students. Access a range of resources available for schools including teacher professional learning in PDHPE and wellbeing time.

## Social and Emotional Learning for Adults

Research has established that when students improve their social and emotional skills, attitudes and behaviours they also improve their academic outcomes. Reflecting and cultivating our own social and emotional competencies, as teachers, is equally important when supporting student learning and wellbeing.

## Strategies to Reduce Bullying

Many schools have looked to add a friendship seat to the school playground. This article explores possible negative outcomes and considerations for schools.

## Student Resilience and Belonging

This paper highlights findings from a longitudinal study considering factors that contribute to resilience during the transition from primary to secondary school.

## Sun Safety and a Duty of Care

A whole-school approach to sun safety enhances the health and safety of students through parent education via newsletters, teacher's role modelling sun-safe behaviours for students, shade considerations as well as sun protection policies.

## Teaching Children to Disagree

Teaching children to effectively communicate supports them to work collaboratively and find solutions to problems. Learning to disagree without an explosion or fall-out helps them to develop crucial friendship skills. This article support parents and teachers with a range of strategies.

## Teacher Wellbeing

Sleep is essential for overall physical health, mental health and wellbeing. This article outlines the distinct stages of sleep and the optimal amount of sleep we need.

## Teacher-Student Relationships Matter

This article from the Harvard Graduate School of Education explores the skills and support necessary to build strong teacher-student relationships, both in person and online.



# PROFESSIONAL LEARNING

The following is a list of AISNSW Wellbeing Professional Learning experiences available for registration in 2021.

**Please note:** AISNSW Wellbeing consultants provide professional learning tailored to the needs of your school via in-school and online consultancies, phone, email and Zoom support meetings. Please contact [Jo McLean](#) or [Nicky Sloss](#) for any queries related to in-school wellbeing consultancy support.

## Reflecting on Whole-school Wellbeing online learning experience

All year

## Starting the Journey: Live Life Well @ School online learning experience

All year

## Taking the Next Step: Live Life Well @ School online learning experience

All year

## Stage 6 Health Promotion on the Roads online learning experience

All year

## Safe2StepOut Primary Road Safety online learning experience

All year

## AISNSW no-cost Wellbeing Podcast Series

(Login required)

## Supporting Student Wellbeing through Stage 6 Road Safety Education webinar

Wednesday, 12 May

## AISNSW Annual K-12 School Counsellors' online conference

**Day 1** - Thursday, 27 May

**Day 2** - Friday, 28 May

(Attend one or both days.)

## Effective Approaches to Alcohol and other Drug Education Webinar with Paul Dillon

Tuesday, 1 June

## Best Practice eSafety Education: A Whole-school Approach webinar

Wednesday, 2 June

## Circles as a Pedagogy for Social and Emotional Learning and Student Wellbeing (one-day course)

Thursday, 3 June

## AISNSW Annual K-12 Wellbeing Conference

Friday, 11 June

NB: This conference now has a waiting list.

## Supporting Children's Friendships and Social and Emotional Competencies webinar

Wednesday, 21 July

## AISNSW Compass: A Whole-school Approach to Wellbeing 2022 Cohort information webinar for school leaders

Wednesday, 28 July

## Wellbeing meets PDHPE Curriculum: Best Practice Mental Health Education and Pedagogy webinar

Wednesday, 11 August

## Respectful Relationships: A Collaboration between PDHPE and Wellbeing webinar

Wednesday, 18 August

## An Introduction to Restorative Practices in Schools webinar

Tuesday, 31 August

# WEBSITES OF INTEREST

[AISNSW Aboriginal and Torres Strait Islander](#)

[AISNSW Bushfire, Flood and Drought Portal](#)

[AISNSW Learning from Home Portal - Wellbeing](#)

[AISNSW Live Life Well @ School](#)

[AISNSW Road Safety Education](#)

[AISNSW Compass: Navigating Whole-school Wellbeing](#)

[AISNSW Wellbeing Website and Literature Review](#)

[Black Dog Institute](#)

[beyondblue - for secondary schools](#)

[Bullying. No Way!](#)

[CASEL - Collaborative for Academic, Social, and Emotional Learning](#)

[Childhood to Adolescent Transition Study](#)

[Climate Schools Drug and Alcohol Education](#)

[eSafety Commissioner](#)

[Five Ways to Wellbeing](#)

[headspace School Support](#)

[Kids Helpline](#)

[NAIDOC Week](#)

[NSW Advocate for Children and Young People](#)

[On the Move Secondary Road Safety Education](#)

[Peer Support Australia](#)

[Positive Choices](#)

[ReachOut Schools](#)

[ReachOut Parent Portal](#)

[Safety Town Primary Road Safety Education](#)

[Student Wellbeing Hub](#)

[SunSmart - NSW Cancer Council](#)

[Transport for NSW Centre for Road Safety](#)

[The Butterfly Foundation](#)

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