



All Students reaching their potential in  
school and life

Adelaide conference  
9 November 2015

# WISA Wellbeing in Schools Australia

## **Vision**

School communities building resilience in all students, especially the most marginalised and those at risk of marginalisation, so they can reach their potential in education and in life.

## **Purpose**

To work collaboratively with and support school communities in building a strategic whole of school approach to health and wellbeing that creates a socially just environment where all students can thrive, particularly those at risk of or who are being marginalized.

- **Marginalised** refers to any disempowerment and disadvantage that can result from a person's poverty, culture, colour, gender, sexuality, family violence, neglect, bullying, disability and poor health including mental health.
- **To support school communities** includes some or all of consultancy, professional learning provision, coaching, mentoring as well as facilitation of processes and partnerships from health promotion through to a framework of prevention, early intervention, intervention and restoration of wellbeing.
- **Strategic** means working smarter not harder in building sustainable research-based approaches and resources to assist leadership and school governance in addressing the Wellbeing arm of their school's planning processes and review cycles.
- **Socially just environments** are based upon a belief in a common humanity where people have a right to fair treatment and equal human rights. Promoting a just community means valuing diversity and fairness whilst challenging injustice.

# WISA goals

- WISA is an ethical, sustainable and member-based not for profit organisation
- WISA is a valuable support to school leaders of wellbeing in enabling socially just outcomes



# School Wellbeing

## Working smarter, sustainably and using evidence and best practice

Jac Van Velsen

## WISA 2015 research in Australia found that:

- The majority of staff have had no formal training in undertaking the wellbeing role in schools
- 45% of wellbeing staff are finding the demands in the role not manageable
- Staff are not always fully aware of their legal obligations regarding mandatory reporting, duty of care, confidentiality and privacy
- Over 90% of staff in the Wellbeing role are not aware of the most effective interventions to use to address bullying in schools

# Australian data reinforces the challenges schools are facing

- One in six children in Australia lives below the poverty line (ACOSS 2014)
- One in four children has witnessed violence against a parent (NAPCAN)
- One in four Year 4 - 9 students report being bullied every few weeks (Cross 2009)
- Cyber-bullying now affects 50 percent of 10 – 14 year olds (Y.Studies Aust., Cross et al 2010)

- The number of children aged 0 – 12 years on care and protection orders doubled between 2000 and 2011 to eight in every one thousand children (AIHW 2012/13).
- In 2013/14 198,966 children were suspected of being harmed or at risk of harm from abuse and neglect (AIHW 2015).
- 31% of Australian adults said they wouldn't believe a child who disclosed being abused (Aust. Institute of Criminology 2006).



# Work smarter not harder

## **1. Leaders of Wellbeing role clarity**

Role description

Clarify role with Principal – boundaries

Balance between upstream & starfish

## **2. Skills, knowledge and support to undertake role**

WISA Essential basic training

Consolidating Wellbeing training

Staff well established in Wellbeing

University - Masters of St. Wellbeing

## **3. Wellbeing team approach – distributed leadership across the school community**

# Sustainable, evidence & good practice...

4. **Support from school governance and leadership** - Wellbeing is core business
6. **Identify your local school community needs** – use data to identify strengths and challenges and monitor change
8. Be strategic – a coordinated whole school approach **using guiding principles of *Health Promoting Schools***
10. Use **evidence informed tools & training** to address the challenges Eg. Bullying Intervention toolkit, WISA Wellbeing training

# WISA offerings

## **1. Building capacity of school Wellbeing Coordinators/Leaders of Wellbeing**

- One day 'Essential basic training'
- One day 'Consolidating Essentials'
- One day 'Advanced training for Wellbeing Leaders (well established)'

## **2. Whole school staff training**

- Strategies to support your most vulnerable students

# WISA offerings

## **3. Wellbeing training for school leaders**

- Leading Wellbeing in your school

## **4. School Wellbeing Network membership**

- Commencing January 2016
- Mentoring support
- Wellbeing network meetings
- School Wellbeing Member blogs
- School Wellbeing Newsletter

**[www.wisawellbeing.com.au](http://www.wisawellbeing.com.au)**