

ONE DAY CONFERENCE : WESTERN AUSTRALIA : 17 AUGUST 2018

# Ensuring Safety and the Basic Needs for all Students to Thrive Educationally – It Takes a Village to Raise a Child

## ● OPENING ADDRESS

### “Why Teachers are Better than Doctors in Prolonging Life”

*Adjunct Clinical Associate Professor Bret Hart Curtin University Medical School, Chair Social Determinants of Health Alliance, Indep’t Board Director Puntukurnu Aboriginal Medical Service, Deputy Chair WISA Wellbeing in Schools Australia*

Bret will share the evidence of the influence of education on health and longevity. He will discuss why this is not widely recognised, why school dropout is not given the attention it deserves as a public health emergency and what action is needed for all students to remain engaged and thriving in education.

## ● KEYNOTE ADDRESS 1

### Hearing the Views of Children and Young People

*Mr Colin Pettit WA Commissioner for Children and Young People*

It is vital that the views of children and young people are heard in decisions that affect them. The Commissioner will present the findings from his recent consultation with 1,812 WA students on the nine factors that influence a student’s level of engagement in school and learning and the complex interplay these factors have on each other, overall engagement and a child’s general wellbeing. The Commissioner will also discuss wellbeing monitoring in the areas of learning, safety and health as well as the efforts to promote and support the implementation of *Child Safe* principles and practices in organisations across WA.

## ● KEYNOTE ADDRESS 2

### The Ways Young People can Help and Hurt have Evolved: Virtual but No Less Real

*Professor Donna Cross University of Western Australia, Collaboration Director & Head of Health Promotion and Education Research, Telethon Kids Institute*

Donna will describe the shared research findings about how technology can be used positively to influence children’s social and emotional development and learning from birth to late adolescence. It will review evidence related to the positive actions schools, parents and young people can take to make the most of their digital time while minimising potential harm.

## ● SKILLS WORKSHOPS

### 1 Address Bullying, Social and Emotional Wellbeing, Cyber Friendly Students and Schools

*Erin Erecg — National Director of Friendly Schools and Honorary Research Associate Telethon Kids Institute, University of WA.*

#### DOUBLE LENGTH WORKSHOP

Children and young people are most vulnerable to the effects of technological advancements as they seek to make sense of their identity, relationships and sense of belonging in their online world. Their use of the internet and particularly social networking sites and apps can have serious and distressing outcomes for students, staff and families in our schools. Cyber bullying and social media are issues of significant concern. This workshop will introduce the most effective strategies, and give examples of how to utilise the resources and ideas from internationally recognised Australian evidence based projects to address and reduce bullying, build healthy and respectful relationships plus empower student voice and leadership skills in schools.

### 2 The Secrets to Successful Parent Engagement

*Claire Orange, BEST Programs for Kids*

In this workshop we will explore: The importance of the parent-teacher relationship, the obstacles to strong parent teacher relationships, the simple and regular practices that strengthen the parent-teacher relationship, three proven methods to managing a difficult or conflicted relationship, and the importance of self-care in the equation to avoid compassion fatigue.

● **SKILLS WORKSHOPS**

**3 Responding to Students Experiencing Poverty and Trauma**

*Kaye Dennis Wellbeing and Education Consultant*

We tend to think of trauma in children occurring as an isolated incident in which a person did something to cause the trauma. However, a major contributing factor to trauma in children is poverty, and poverty is one reason for the prevalence of trauma. This workshop will explore practical strategies to support disadvantaged and vulnerable students to remain engaged at school.

**4 The Critical Importance of Sleep for Positive Student Educational Outcomes**

*Brad Felstead, WISA Wellbeing in Schools Australia & Felstead Education*

The workshop will look at the relationship between sleep and cognitive performance and how sleep deprivation impacts on memory consolidation and higher order thinking skills; between sleep and mental health issues such as anxiety and depression; and international trials involving later start and finishing times for schools and the impact on academic outcomes and behavioural standards; and the negative impact of devices such as smartphones, laptops, and iPads on student sleep patterns; concluding with strategies to improve sleep patterns in students.

**5 School Based Prevention and Intervention in Mental Health**

*Linsey Hart, WISA Wellbeing in Schools Australia & Dr Lyn O'Grady Australian Psychological Society*

With mental health difficulties affecting one in five students in Australia, it becomes critically important to keep all students engaged in school by implementing a whole of school approach to mental health promotion, prevention and early intervention. This double length workshop will help schools understand the critical importance of a whole of school approach and where to access training and resources. It will also explore the critical time if a suicide occurs in a school community and the implications for post-vention engagement with students, staff, parents and the community.

**6 Ensuring the School Wellbeing Essentials are in Place**

*Maria Hart WA Manager WISA and Jac Van Velsen CEO WISA Wellbeing in Schools Australia*

Work smarter not harder. In this workshop participants will be provided with a checklist and a step by step process to guide and ensure your school has the school wellbeing essentials in place to keep students safe and improve whole school wellbeing. Evidence will be provided on how improved school wellbeing enhances academic, social and educational outcomes.

**WHO** School Leaders, School Counsellors and Wellbeing Coordinators, Teachers, Educational Support Staff, Parents/Carers

**WHEN** Friday 17 August 2018  
Registrations from 8am  
Conference start time 8.45

**WHERE** Burswood on Swan  
1 Camfield Drive Burswood WA 6100

**COST** \$295 Single Registration - Excluding GST  
\$540 School Team of 2 - Excluding GST  
\$990 School Team of 4 - Excluding GST

**Price also includes conference resource pack and refreshments upon arrival, morning tea and lunch.**

**REGISTER NOW HERE** 

OR to register manually contact Linsey Hart  
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