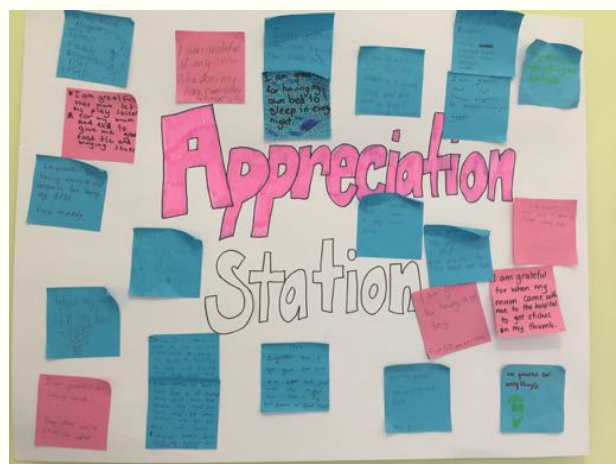




Bounce Back! Cluster Update

Week One, Term 4, 2017

With thanks to Where There's A Will and the teachers at St Joseph's Merriwa, St James' Muswellbrook, St Mary's Scone, Scone Public School, Aberdeen Public School and Belltrees Public School, the Bounce Back! / PROSPER research project is going from strength to strength.



All schools are explicitly teaching the skills for wellbeing and resilience and are embedding Bounce Back! in their own way. Highlights include

- A whole school performance based on some Bounce Back! key messages,
- Regular communication with parents about the Bounce Back! concepts with relevant parenting tips through the school newsletter. As a result, the messages that are taught at school are reinforced at home,
- Providing a common Bounce Back! time for all classes,
- Appreciation stations in the staffroom and classrooms, and
- Using the relevant bounce back coping statement(s) to help students better manage everyday challenges. One principal has each coping statement on small prompt cards that she hands out to individual students when appropriate.

“The program has given me the resources to teach in a way that I may not have felt confident to do otherwise”

“The kids love it”

“THE PARENTS ARE LEARNING THE MESSAGES AS WELL AS THE KIDS”

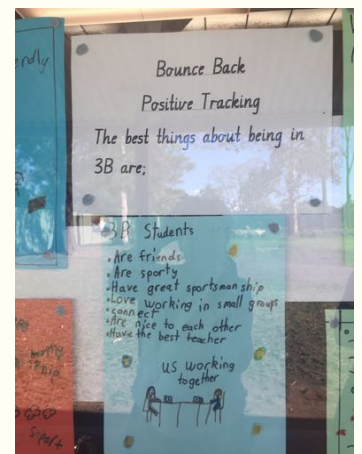
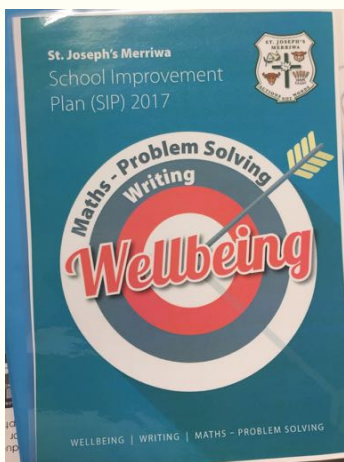


Bounce Back! Cluster Update

Week One, Term 4, 2017

Teaching children the social and emotional skills of wellbeing is at the heart of effective positive education.

Through our work with these wonderful schools we have developed a measurement tool that can be used to gauge the level of student wellbeing in a school context. As per literacy and numeracy skills, social and emotional skills must be explicitly taught. This tool may be used across these and other schools in the future to inform the directions they can take to improve students' wellbeing and resilience.



Why is a research project in the Upper Hunter so important for positive education?

The research partnership generously funded by WTAW and ACU has already provided us with important information about the levels of student wellbeing in the participating schools. Overall student wellbeing is good but of concern is the noticeable decline in their wellbeing from year 5. This validates your work in teaching children across all grades the skills to bounce back. As one teacher said - this research project helps all our staff see the importance of teaching these skills.

The 2nd round of data collection at the end of the year will give us a clear picture of what's working and what needs improving to continue the bounce back journey into 2018.

This research is significant in demonstrating the importance of positive education to your school communities, to your school system and to the local and global community

“Wellbeing underpins everything, and Bounce Back! is a great way of labelling all the things we’re doing”

“We’re developing a more holistic view of each student”

“BOUNCE BACK! GIVES US A COMMON LANGUAGE THAT COVERS ALL AREAS OF THE SCHOOL”