

SEPTEMBER NEWSLETTER

Wellbeing Strategies Schools Require



Strong Minds Character Strength posters on display at Westmead Public School.



WELLBEING STRATEGIES SCHOOLS REQUIRE

Dr Helen Street from the University of Western Australia presented at the PESA Conference in Geelong. She stated that schools are social systems therefore they need a social approach. Her research has concluded that wellbeing strategies schools require are:

1. Inclusion and acceptance of others
2. Strength-Based focus
3. Development of a Growth Mindset
4. Mindfulness practice

However she argues that the school context can negate this when homework is mandatory, weaknesses are the focus and competition and hierarchy is supported through rewards and grading. Dr Street states that we need to:

1. Value our people and increase teacher wellbeing,
2. Improve social norms and increase trust, equity, engagement, kindness & compassion
3. Consider our physical space - increase time students spend outdoors in nature - this enhances concentration and self-control. Be mindful of the implicit messages on display - such as 'This is a no bullying zone.' Instead have words such as 'kindness'
4. Policies and Practice - remove awards and trophies which celebrate only those who win and imply that others judgment counts. Instead increase play and collaboration.

FREE! FREE! FREE!

Take advantage of our amazing FREE Character Strength Workshop...



[Enquire or Book Now](#)



FRIDAY 2 NOVEMBER 2018 - GET INVOLVED!

COLOUR YOUR THREADS FOR POS ED

Annual celebration of Positive Education. The day's theme invites students and teachers to wear colourful clothes to make Positive Education visible in schools. The aim is to raise awareness and understanding of Positive Education in our schools and communities, and to encourage students, teachers, families and the community to learn and talk about how to grow their own wellbeing, and support the wellbeing of those around them. Schools can register their interest below.

[More Info](#)



WHY TERM 4 IS THE BEST TIME TO COMMENCE STRONG MINDS?

Book in for our FREE character strength workshop now. You can then commence the Strong Minds staff component in term 4 and will be ready to start the student component in term 1 2019.

Setting up your school and classroom with strengths is a great way to create an inclusive wellbeing culture.

BENEFITS:

- NESA approved staff workshop
- Parent information session
- Included on KidsMatter
- Whole school approach
- Fully resourced student units of work
- Evidence-based

[BOOK NOW!](#)
or request an [INVOICE](#) or [SKYPE session](#)

[Learn More >>](#)

Warmest wishes,
Nicole and the team at
Growing Strong Minds

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