

Positive Schools, 2015

Our main takeaways from Keynote Speakers

Donna Cross

- *“Pastoral care is the process. Wellbeing is the outcome.”*
- Gather the evidence from students about what they need to know with, for example, check-in surveys.
- On behaviour management:- *“If a child couldn’t read, you wouldn’t sit them down and tell them to think about how to do it better.”*

What we hope for our students from “Wellbeing” is: “Personal achievement, social competence and emotional resilience.” (*Silburn, 2003*)

- Vertical groupings – giving students the opportunity to LEARN how to interact with people of different ages and generations.
- Beware of the “police effect” – community (adults and students) not taking responsibility for each others’ wellbeing because it is someone else’s job.
- Social inoculation theory – teach the students how to behave in social situations so that when they are in them, they behave that way automatically.

Good pastoral care is...

1. Based on student need
2. Matched to pastoral outcomes
3. Responsive
4. Balance of active and reactive
5. Preparing for chaos...

All are responsible for pastoral care.

Helen Street – Evidence based

- Homework or not homework? Do a literature review to find answers (examples on next slide). (*Primary - homework is not effective. Secondary - specific, focused, not project based.*)
- Do kids do better if they start formal schooling early? (*NO! By 8-9, any advantage is equalised.*)
- IQ vs EQ (*Should go hand in hand, EQ leads to longer term life success.*)
- Intrinsic vs. extrinsic rewards (*Extrinsic rewards are counter-productive.*)

(Alfie Kohn, Edward Deci, Richard Koestner, Richard Ryan.)

Homework on homework...

Deadline :
Yesterday!

- The Victorian Department of Education and Early Development (2012) Inquiry into homework
- The Canadian Council on Learning (CCL) - A systematic review of literature examining the impact of homework on academic achievement

Kerry Howells - Gratitude

Reconnaissance – French word for showing appreciation – what we are working towards.

Gratitude vs. Resentment – they are mutually exclusive.

Robert Roberts' work showed that the most important for learning is a state of appreciation (as opposed to anger or relaxation).

Gratitude as a practice:-

- Purposeful
- must be cultivated
- not dependent on mood or circumstances.

MUST come first from leadership, then staff, then students.

Therese Joyce

- How can we bring playfulness to the classroom? How often do you play?
- Bernard de Koven – *The Playful Path* www.deepfun.com (how to make a more playful environment).
- Paul McGhee - *Humor as Survival Training for a Stressed-Out World*

Michael Carr-Gregg

The absolute, irrefutable, incontrovertible importance of sleep... Beducation.

Czeisler - "In round numbers, the percentage of adults who can really get by on five hours sleep is about zero."

Anti-sleep:

Light (technology, bathroom lights and Edison),
Coffee, Alcohol

A teenage brain releases melatonin at midnight and they need nine hours sleep. We expect them in school by 8:

30am...

Possibility of student sleep tracking i.e. Jawbone, Fitbit.

Thea O'Connor – Body Image

- 8 hours a day of media exposure for teenagers, with a negative bias in the media they see.
- Analyse media diet of teenagers – with teenagers.
- Gender issue – although mainly girls are negatively affected, boys are catching up!
- Only way to prevent awfulising of bodies is through deconstruction of media.
- Lessons for 11-13 year olds:
 - Media literacy and the thin idea
 - Effect of fat talk and teasing. (Example given of a girl who developed anorexia and spoke of hearing her mother's voice inside her head.)
 - Body comparison
 - Should we promote people to accept their bodies when they are overweight?
(SHAME IS NOT THE WAY. Celebrate all people, all shapes, all sizes. Focus on things that have nothing to do with shape.)

Sally Cockburn

"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." WHO

Health literacy is the key.

What is the measure of success? Health not wealth.

Health has been hijacked by the beauty and fitness industries.

Rockit – managing social media

Always have a pastoral practical tip in assembly – i.e. addressing the areas of cyber-bullying, identity hacks, photo abuse and abusive comments and hate pages.

Use real examples when talking about these issues with students.

Geelong Grammar

- Use the language of PERMA and positive education (i.e. flourish) all the time.
- Learn it, Live it, Teach it, Embed it
- Explicit Pos Ed classes with Y5-10
- Took away one Maths, one Science and one English class to deliver it, after teacher training and education.