

MEDIA RELEASE

Tuesday, 20 August 2019

***Positive Education* introduced to build a long-term, sustainable approach to student wellbeing**

As a leading co-educational College within regional NSW, Scots All Saints College in Bathurst today announced a new evidence-based program, *Positive Education* has been adopted across the College community to help build habits of wellbeing at school, home, work and life.

Head of College, Mr John Weeks introduced leading international author, speaker and Managing Director of the Positive Psychology Institute and CEO of APPLI, Dr Paula Robinson who has joined the Scots All Saints College community to work exclusively with staff, parents and students for the next few years to build a culture of *Positive Education*.

Dr Paula Robinson has worked with over 500 schools throughout Southeast Asia and Australia and now Scots All Saints College is delighted to be the first College within the Central West region to adopt this new ethos into its student wellbeing and pastoral care approach.

"As a modern and progressive college, Positive Education and student wellbeing is our number one priority. We are creating space in the curriculum to explore and value students as whole people. Therefore, I am delighted to welcome Dr Paula Robinson and her team of wellbeing experts to Scots All Saints College. This program is about investing in our people – the staff, teachers, parents and students for a community-wide approach to educating the whole person, spiritually, physically, emotionally and academically," Mr Weeks said.

"Scientific research shows that if we focus on what works well, building resilience and what leads to success, we will be able to develop young people of purpose who will flourish in all aspects of their lives. We know if an individual realises his or her own abilities or strengths, can cope with normal stresses or setbacks, they can work productively and make a contribution to their own community as well as have a life of pleasure, engagement and meaning.

"We have seen wellbeing speakers come and go however, research shows these 'one hit wonder' methods don't work. What's needed in education is a sustainable, long-term approach to student wellbeing that is actually embedded in a School's ethos, culture and adopted by the whole community," Mr Weeks said.

In the past two weeks, 30 staff have already embarked on a journey to better understand the value of *Positive Education* as part of their own personal development. At the end of a 6-part course, teachers will gain a Practising Certificate for Wellbeing in Education. It is planned that Scots All Saints College will become a training hub where the wider community can also come to learn the benefits of Positive Education.

As the start to a new course to be undertaken by parents in 2020, an exclusive *Positive Parenting* Forum will be introduced by Dr Paula Robinson focused on the early foundation years of school with all Pre-Kindergarten, Kindergarten, Year 1 and Year 2 parents and those enrolled in Kindergarten to Year 2 in 2020 invited to come along on Tuesday 20 August at 6pm on All Saints Campus to learn evidence-based practical activities that can help our families improve wellbeing and thrive at home, school and work.

The benefits of wellbeing are compelling, with research in an educational setting demonstrating, improved levels of wellbeing are associated with:

- Better academic results
- Higher levels of engagement and participation
- Stronger social and emotional skills
- Greater levels of self-control
- Fewer symptoms of depression
- Reduction in conduct problems
- Lower levels of procrastination
- Higher retention rates.

“We are confident that when we bring together the skills needed to achieve and the skills of wellbeing, we will have a more holistic approach to student development. This will be a game changer in education at our College and throughout regional NSW,” Mr Weeks said.

With the expertise of Dr Paula Robinson, Scots All Saints College will host a *Positive Education* conference in 2020 on its two campuses in Bathurst bringing together international experts to continue to share this valuable approach to wellbeing with the whole community. More details about this exciting new initiative will be unveiled shortly.

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