




Support student wellbeing within your school

The Wellbeing for Learning tool is designed to help schools monitor and track student wellbeing using a strengths-based approach.

Why wellbeing matters

When we support student wellbeing, students become better placed to learn.

-  Increasing student wellbeing can lead to better self-regulation, self-motivation and improved academic outcomes.
-  Students are 10% more likely to achieve a post-secondary education if there is an increased sense of belonging at school.
-  Our research shows that teachers and school leaders are more concerned with student wellbeing than with learning loss after the impacts of COVID-19.

Wellbeing for Learning domains

There are three essential domains that make up a student's sense of wellbeing that directly relate to a students' readiness to learn: belonging, resilience and safety.

Our Wellbeing for Learning tool breaks down each domain into six focus areas to allow students and teachers to gain deep and meaningful insights into wellbeing.

Evidence-based



The Wellbeing for Learning tool was developed in close consultation with wellbeing experts, including school psychologists, wellbeing staff, researchers and peak bodies.

We developed our framework through a rigorous literature review of student wellbeing, which included:

- The essential elements that influence wellbeing
- The effectiveness of interventions in addressing wellbeing
- The impact of wellbeing on academic and non-academic outcomes

The Wellbeing for Learning tool is broadly consistent with the Australian Student Wellbeing Framework, and allows schools to meet reporting requirements.

Resilience

Being able to adapt and deal with adversity

- Perseverance
- Toughness
- Optimism
- Growth mindset
- Self-advocacy
- Engagement

Safety

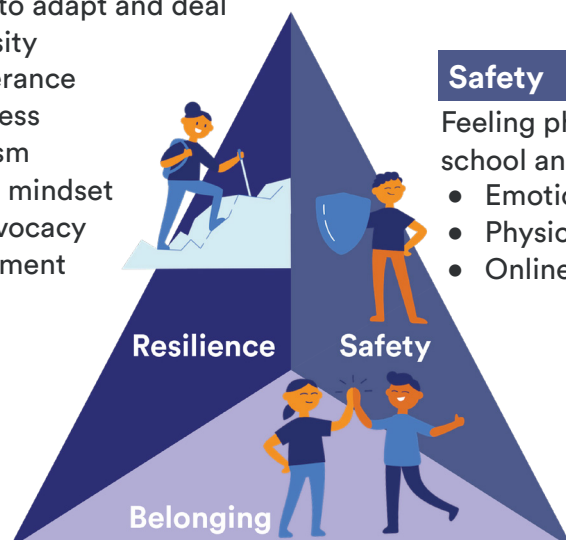
Feeling physically and emotionally safe at school and online

- Emotional
- Physical
- Online
- Respect for diversity
- A safe environment
- School support

Belonging

Feeling accepted and valued by peers and the wider school community

- Peer relationships
- Friendships
- Teacher support
- Trusted adults
- School connectedness
- Cultural fit





A whole school approach to wellbeing

The Wellbeing for Learning tool is designed to be:

- A weekly pulse check of whole school wellbeing
- Used in six-week cycles to provide insights into student wellbeing over time

Easy to understand and administer

Designed to be used across Years 4-12 in homeroom or pastoral care settings once a week.

The Wellbeing for Learning tool will take students only 1 minute to complete.

Responsive, real-time reports

Teachers receive anonymous whole class data.

Leaders receive insights into whole school wellbeing and will be able to filter their results by specific cohorts.

Evidence-based resources

Teachers and leaders will be able to access resources which provide evidence-based approaches to support student wellbeing at an individual, class and whole school level.

How it works

Students will respond to five questions that will measure and track their wellbeing each week.

1
minute
once a week

A wellbeing check in question.

Students will be able to:

- Designated school staff are notified when a student is struggling
- Students can identify if they need additional support
- Students can access external resources for support

One question from each domain: belonging, resilience and safety.

These questions will be different each week and will rotate through a six week cycle.

A question on protective behaviours

Each week, students will respond to a range of protective behaviours including **sleep, friendships, schoolwork and nutrition**. These questions will allow students and teachers to build a picture of behaviours in relation to wellbeing over time.