

SEPLA-CON18



Building Character for Learning: Working with Intention to Transform Lives

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Our school is a complex setting catering for a large percentage of students with mental health disorders and challenging behaviours caused by childhood trauma and abuse. These students now exhibit anxiety, self-harming behaviours, extreme violence and disengagement from learning. Many of these students also have an intellectual disability.

Introducing positive education initiatives such as kindness, gratitude and curiosity into the school curriculum can have wonderful and unexpected outcomes for students and staff. We are working with intention to transform and upturn lives.

Our intention is to empower staff to deeply understand the students they work with, and provide a platform where they can experiment, innovate and be curious to explore ways to build character, which will in turn foster learning.

This workshop will show you how to promote wellbeing through positive education strategies to enable learning for a good life. We will share with you our strategy, resources and ideas. You will be able to take away practical examples to introduce to your school immediately all without spending a cent!

All strategies are evidenced based and link strongly with the NSW Department of Education's Wellbeing Framework and School Excellence Framework. This workshop is suited to both a primary and secondary audience as we have 19 classes K-12 and have been able to adapt our initiatives to fit the context. In 2017, our school won the NSW State award for Promoting Mental Health in the Workplace. Apart from positive education initiatives we have also trained in mindfulness in education and have implemented the Act Belong Commit Mentally Healthy campaign throughout our school. We can show you how to upturn your school and create a place of wellbeing where students can learn in a regulated environment.