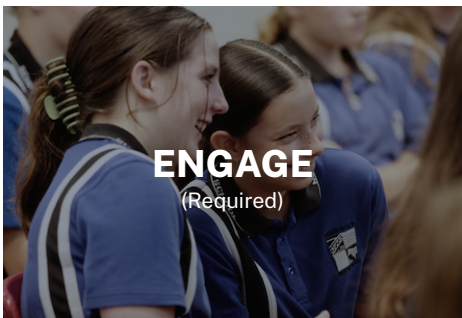




# 2024 School Wellbeing Program

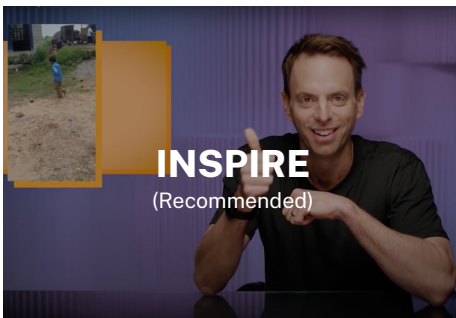
In 2023, more than **800 schools embedded** our practical, engaging and evidence based wellbeing program in their communities.

In 2024, our School Wellbeing Program will continue to **ENGAGE, INSPIRE** and **EXTEND** a positive wellbeing culture throughout your entire school community.



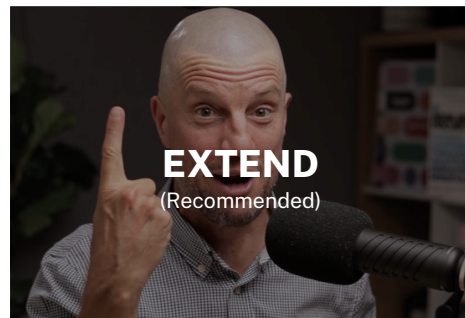
## ENGAGE

Teaching and Learning Program



## INSPIRE

Digital Presentations and Staff Professional Development

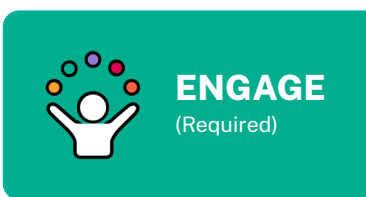


## EXTEND

Webinars for Staff and Parents

## What's new for 2024?

Along with everything you currently experience as part of the program, there will be a number of **exciting new initiatives to further support teachers, students and parents in 2024.**



- **New Online Teaching Platform - The TRP Hub:** Making the teaching experience easier than ever before.
- **New Senior Curriculum:** Split into Year 11 and Year 12 to better cater to the demands of each year level.



- **Complimentary EXTEND Option:** Choose one webinar from our EXTEND menu, to tailor your program to the specific needs of your school.



- **New Digital Wellbeing for Families Webinar:** Designed to help parents/carers create healthy device habits at home for the whole family.
- **New Teacher Wellbeing Webinar option, Sharing Success:** Helping staff build on the knowledge gained from our first two webinars by sharing successes in their wellbeing practise.

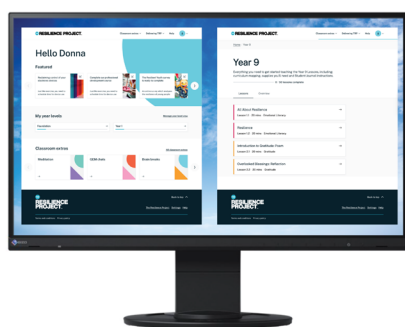


# ENGAGE - Teaching and Learning Program

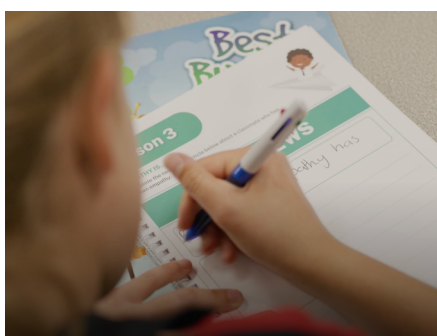
(Required)

Engaging, enjoyable and easy to deliver, our curriculum is the **foundational tool which embeds wellbeing into school culture.**

- Developed by teachers for teachers, our curriculum is year long and mapped against curriculum standards.
- Teachers are fully equipped with detailed and easy to deliver lesson plans, activities and comprehensive resources through our new online teaching hub.
- Senior curriculum, now split into Year 11 & Year 12.
- Continued access to the Resilient Youth Survey to measure and track key wellbeing indicators with your students.
- Ongoing partnership with Culture is Life, which ensures the program is reflective and respectful of First Peoples of Australia in a culturally safe way.



New TRP Hub



Student Journals



Resilient Youth Survey

## Overview

	Students	Staff	Parents/Carers	School	Cost
<b>ENGAGE</b>	<p><b>Teaching &amp; Learning Program:</b></p> <ul style="list-style-type: none"> <li>• Student journal with up to 30 year level specific lessons.</li> <li>• GEM habit builders.</li> <li>• GEM games and activities.</li> <li>• Participation in the Resilient Youth Survey.</li> <li>• Culturally inclusive experiences.</li> </ul>	<p><b>Teaching &amp; Learning Program:</b></p> <ul style="list-style-type: none"> <li>• Up to 30 teacher lesson plans for every year level.</li> <li>• Culturally responsive designed curriculum.</li> <li>• Lessons mapped against curriculum standards.</li> <li>• Dedicated online teacher platform.</li> <li>• Termly newsletter.</li> </ul>	<p><b>Engagement Initiatives:</b></p> <ul style="list-style-type: none"> <li>• Dedicated online parent/carer hub with supporting resources.</li> <li>• Parent/carer newsletter.</li> <li>• TRP@Home activities for parents.</li> <li>• Parent communication pack.</li> <li>• Home school connection activities.</li> </ul>	<p><b>School Support:</b></p> <ul style="list-style-type: none"> <li>• Dedicated School Partnership Manager.</li> <li>• GEM Pack (digital classroom posters, display boards).</li> <li>• Digital GEM award certificates.</li> <li>• Digital GEM award certificates.</li> <li>• Digital certificates for all staff professional development completed.</li> </ul>	<p><b>\$20 (+GST) / Student</b></p> <p>The student fee can be covered by the school or added to the school's booklist.</p>



# INSPIRE - Digital Presentations and Staff Professional Development

(Recommended)



Our highly engaging, tailored presentations will help the whole school community (teachers, students, parents & carers) to **remain connected with the GEM principles** and **be inspired** to continue regular practice.

- **Select from three different suites of presentations**, with videos presented by Hugh, Martin or a combination of Hugh (teachers & parents/carers) and Martin (students).
- **Choice of one complimentary webinar from our EXTEND menu**, enabling you to tailor your program to the specific needs of your school.
- **Webinars to further develop staff knowledge and capacity**, including:
  - **'Embedding TRP'**: Designed to inspire staff on how to further integrate TRP effectively at your school and create a holistic wellbeing culture.
  - **'Leading TRP' Refresher**: Designed for those leading the implementation of the program, providing guidance to further embed the program in your school.

## Overview

	Students	Staff	Parents/Carers	School	Cost
<b>INSPIRE</b>	<b>Presentations:</b> <ul style="list-style-type: none"> <li>• Highly engaging, age-specific video content with supporting activities.               <ul style="list-style-type: none"> <li>» Primary: F-2 &amp; 3-6</li> <li>» Secondary: 7-9 &amp; 10-12</li> </ul> </li> </ul>	<b>Presentations:</b> <ul style="list-style-type: none"> <li>• Inspiring video content to teach staff about the key principles.</li> <li>• Embedding TRP Webinar.</li> <li>• Resilient Youth Staff Webinar.</li> <li>• ONE EXTEND WEBINAR OF YOUR CHOICE</li> </ul>	<b>Presentations:</b> <ul style="list-style-type: none"> <li>• Suite of inspiring digital clips to provide a home school connection.</li> </ul>	<b>Professional Development:</b> <ul style="list-style-type: none"> <li>• 'Leading TRP' Refresher Webinar.</li> <li>• Resilient Youth Survey Results Meeting.</li> </ul>	<b>\$3,500 (+GST)</b>  Choice of presenters for the digital presentations.



# EXTEND - Webinars for Staff

(Recommended)

To extend and **continue embedding a positive wellbeing culture at your school**, select from a range of additional offerings to **build staff wellbeing, knowledge and capacity**.



## Teacher Wellbeing Program

A comprehensive 20-week program designed to support your staff both **personally and professionally**, equipping them with practical ideas to implement evidence based positive mental health strategies. This includes:

- Staff Resilience Survey and data insights that help focus attention on opportunities to improve staff wellbeing and build a resilient work culture.
- Teacher Wellbeing Webinar 1: Looking After Yourself
- Teacher Wellbeing Webinar 2: Looking After Each Other
- 10-part Teacher Wellbeing Series featuring short videos on key wellbeing strategies to build resilience and happiness.
- (Optional) New 21-day or 6-month journal for each staff member.

## Teacher Wellbeing Webinar 1: Looking After Yourself

This webinar is an opportunity for staff to put themselves first, and will:

- Support staff to reflect on their current self-care practices.
- Equip staff with ways to apply Gratitude, Empathy and Mindfulness (GEM) principles and healthy habits in their own lives.
- Help staff to create an individual plan of practical strategies to put in place to improve their own wellbeing.

## Teacher Wellbeing Webinar 2: Looking After Each Other

This practical webinar is designed to build stronger connections amongst staff. Knowing that relationships are a key protective factor for stress and burnout, this webinar will:

- Equip staff with simple strategies to build trust within the workplace.
- Encourage staff to listen with empathy and be vulnerable with each other.
- Strengthen workplace relationships through meaningful connection.

## Teacher Wellbeing Webinar 3: Sharing Success

This is designed for staff who have previously completed the 'Looking After Yourself' and 'Looking After Each Other' webinars.

This interactive webinar will give school staff the opportunity to take a deep dive into the learnings from the first two webinars around looking after self and others, and will:

- Allow staff to walk away with a host of practical ways to care for their personal wellbeing at home and in the workplace.
- Enable participants to build trust, show vulnerability, and listen with empathy to continue the important work of strengthening connections within the workplace.
- Provide rich discussion and dedicated time to share best practice with each other in small groups and as a whole staff.

## Authentic Connection Webinar with Hugh or Martin

Hugh and Martin are excited to deliver a new presentation, Authentic Connection. Through emotionally engaging stories and practical strategies, this session will:

- Demonstrate the power of embracing vulnerability, imperfection and passion to build connection.
- Demonstrate the positive impact connection has on us both personally and professionally.

*Please note that this webinar focuses on providing personal inspiration, tools and strategies around enhancing your own wellbeing. While school examples are provided, it is not intended as a session on how to implement The Resilience Program in your school.*





# EXTEND - Webinars for Parents/Carers

(Recommended)

Select from a range of webinars to to **build a strong school-home connection** and offer **wellbeing support for parents/carers**.

## Connected Parenting Webinar With Lael Stone

This Connected Parenting webinar with educator and parenting expert, Lael Stone, provides parents and carers with:

- Practical strategies to build cooperation and stronger connections with children.
- Ideas to support children when they are facing adversity.
- Ways to assist children in building emotional resilience.
- Tips to deal with our own triggers as parents or carers.

## Digital Wellbeing for Families Webinar

This 60 minute presentation gives parents/carers the opportunity to reflect on their family's digital wellbeing. They will explore practical tips and strategies to create healthy habits around screen time to positively impact relationships and strengthen connections within the home.

Throughout this presentation parents and carers will;

- Gain insight into the latest research around family screen time and its impact on individual and collective wellbeing in the home.
- Be provided with ideas strategies to enhance their own digital wellbeing to role model for their family.
- Feel equipped to support their children's device usage with practical strategies without screen shaming, banning or removing devices.



## 'TRP In Action' Webinar for Parents/Carers

As we know, a whole school approach is key to supporting student wellbeing. This webinar is designed to provide a way to connect the classroom to home, providing parents/carers with:

- Knowledge of the TRP program and how it is run in your school.
- Tips and strategies to support their child's wellbeing at home through the GEM principles.
- Ideas on how to support their own personal wellbeing.



## Authentic Connection Webinar with Hugh or Martin

Hugh and Martin are excited to deliver a new presentation, Authentic Connection. Through emotionally engaging stories and practical strategies, this session will:

- Help parents/carers understand the benefits of letting go of shame, perfection, ego and control.
- Combine powerful research with candid storytelling.
- Provide inspiration to help support what is arguably the toughest job in the world... being a parent.



# EXTEND - Overview

(Recommended)

	Staff	Parents/Carers	Cost
EXTEND	<b>Program:</b> <ul style="list-style-type: none"> <li>Teaching Wellbeing</li> </ul>	<b>Webinars:</b> <ul style="list-style-type: none"> <li>'TRP in Action' webinar</li> <li>Digital Wellbeing for Families webinar</li> <li>'Authentic Connection' webinar with Hugh or Martin</li> <li>Connected Parenting webinar with Lael Stone</li> </ul>	<p><b>\$500 (+GST)</b> Online Webinar Combined with other schools</p> <p><b>\$3,500 (+GST)</b> Teacher Wellbeing Program</p>
	<b>Webinars:</b> <ul style="list-style-type: none"> <li>Teacher Wellbeing Webinar 1: Looking after ourselves</li> <li>Teacher Wellbeing Webinar 2: Looking after each other</li> <li>Teacher Wellbeing Webinar 3: Sharing Success</li> <li>'Authentic Connection' webinar with Hugh or Martin</li> </ul>		



## Let's help everyone to be mentally healthy.

Learn more about our 2024 School Wellbeing Program for existing partnership schools at:

[www.theresilienceproject.com.au/2024-digital-school-wellbeing-program/](http://www.theresilienceproject.com.au/2024-digital-school-wellbeing-program/)

