

2025 School Wellbeing Program



In 2024 we all achieved something incredible together. Each of us contributing to **building resilience** and mental wellbeing principles within school communities across the country.



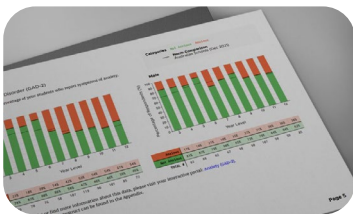
400,000+

Students learnt wellbeing strategies to become happier and more resilient.

In **1,000+** Schools around the country!

We're looking forward to continuing this journey into 2025 with an **enhanced teaching and learning program**, **new video content** and a **commitment to the consistent practise of wellbeing**.

A Wellbeing Program like no other.



Evidence & Results

We're proud our program is founded on evidence-based principals proven to elicit positive wellbeing, and independent University evaluations which show proven impact.

By Teachers for Teachers

Nobody knows the classroom better than you, our teachers. Our program is created, written, and supported by qualified teachers. From our dedicated School Partnership Managers to help you implement the program, to our education team creating impactful curriculum.

Fun & Engaging New Content

The best way to engage a school community is through a program that's truly engaging. In 2025, we're introducing all new lessons & activities across all year levels, more support for teachers, revamped Student Journal designs, and new video content!

Whole School Approach

For lasting wellbeing results, we know there needs to be a continuity of practise between the classroom, staffroom and family home. That's why we have specific wellbeing content for students, staff and parents.

Proven Impact

In 2023, an evaluation of our School Wellbeing Program was conducted at Monash University involving 30,798 students nationwide. Preliminary findings have revealed that schools participating in our program for over 5 years saw:

34%↓

decrease in student symptoms of **anxiety**.

47%↓

decrease in student symptoms of **depression**.

Through additional independent evaluations from **The University of Melbourne** and **The University of Adelaide**, our program has **been proven to influence positive change**. Results showed students partaking in our program experienced **improved self-esteem, consistent emotional wellbeing**, and **improved life satisfaction**.

Program Structure

STEP 1

(Required)

ENGAGE

Teaching & Learning Program

Provide indicative student participant numbers for your teaching and learning program – the foundational tool which embeds wellbeing in your school.



STEP 2

(Highly recommended)

INSPIRE

Digital Presentations & Staff PD

Add our brand new suite of fun and inspiring video content to your program – bringing wellbeing to life even more for students, and further building staff capacity.



STEP 3

(Highly recommended)

EXTEND

Digital Presentations & Staff PD

Select from a range of additional staff and parent/carer webinars – embedding a positive wellbeing culture across your whole-school community.

LEARN MORE ABOUT OUR PROGRAM

- Pricing
- NEW Curriculum samples
- Sample videos
- Proven Impact
- Extend offerings
- Submit an enquiry

SCAN ME

