

## **Positive Education at Altona P-9 College**

### **Prep – Year 6**

#### **Bounce Back! A Wellbeing & Resilience Program**

### **Year 7-9**

#### **SenseAbility**

#### **Student Wellbeing**

A student's wellbeing at school is indicated by satisfaction with school life, engagement with learning and social-emotional behaviour. The state of wellbeing is characterised by positive feelings and attitudes, positive relationships at school, resilience and a high level of satisfaction with learning experiences. Research indicates that a student with an optimal level of wellbeing is more likely to have higher levels of attendance, achieve more highly, use pro-social behaviour and be less likely to bully others.

#### **Resilience**

Studies suggest that today's young people are less resilient, however studies have also been able to indicate the most significant coping skills and protective life circumstances which help young people to become more resilient. The study of resilience is proving to be useful for students of all ages; from dealing with playground issues to assisting in the prevention of youth depression, suicide, self-harm, violence and substance abuse.

#### **Promoting Wellbeing and Resilience**

Schools can make a major contribution to the development of resilience in students by including protective processes in their curriculum. These can make young people more stress resistant; help them develop strength, courage and positive mental health. The Bounce Back and SenseAbility Resiliency Programs, used at Altona P-9 College, are designed to teach students to be more resilient. The programs promote positive mental health and wellbeing in students and enable them to act resiliently when faced with challenges and adversity. The strategies and activities taught through the programs can be described as life skills. All the components of the programs are evidence based

## **Bounce Back**

Bounce Back! as it is used at Altona P-9 College is a preventative prep to year 6 social and emotional learning program. Students are introduced to Bounce Back in their first year at school and skills are built-on and extended every year after that. The personal skills and values of resilience that are taught through Bounce Back and used at Altona P-9 are:

- Pro-social values – e.g. fairness, co operation, support and concern for others, acceptance of diversity
- Optimistic thinking – e.g. positive tracking and reinterpretation and the use of humour as a coping tool
- Helpful thinking – e.g. thinking which reflects reality, creating feelings of calmness and less distress
- Skills for acting courageously – e.g. when faced with a difficult task
- Skills for understanding and managing strong emotions – e.g. sadness, anxiety, anger and responding to the distress of others
- Social skills for making and keeping friends - getting along with others and resolving conflict
- Skills leading to goal achievement – e.g. planning, organisation, self-discipline and reflection and problem solving.

## **SenseAbility**

The essential skills taught through the SenseAbility program are:

- Helpful Thinking and Self-talk
- Emotion Recognition and Regulation
- Life Problem-Solving
- Communication
- Planning and Time Management
- Keeping Well

The SenseAbility Modules are designed to enhance and maintain resilience and mental wellbeing in young people (12-18) by building their social and emotional skills. These skills promote better relationships as well as encourage better academic performance. The senses are:

- Sense of Self-Worth
- Sense of Control
- Sense of Belonging
- Sense of Purpose
- Sense of Future
- Sense of Humour

Both Bounce Back and SenseAbility use a strengths-based approach asking students to focus more on what is going well and right with themselves or their world and less on what they think is not right. Focusing on what is good or even okay increases the possibility of leading a more satisfied life and reduces the risk of mental illness.

