



The Only Way is Up! Functioning to Flourishing

Positive Education Schools Association Inaugural National Conference

Friday 27 – Saturday 28 February 2015
St Peter's College - Adelaide
South Australia

6 Keynote Presentations:

Professor Patrick McGorry AO – Former Australian of the Year

Dr Michael Carr-Gregg

Professor Lea Waters – University of Melbourne

Associate Professor Jane Burns – CEO Young and Well CRC

Jason Ball – Safe Schools Coalition

Gabrielle Kelly - SAHMRI

24 workshops featuring best practice in wellbeing from schools in
Western Australia, South Australia, Victoria, New South Wales and Queensland

Patron

Dr Martin E P Seligman
Zellerbach Family Professor of Psychology
Director of the Positive Psychology Center
University of Pennsylvania

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Welcome from Simon Murray

Chairman of the Positive Education Schools Association



As Chairman of the Positive Education Schools Association (PESA) and Headmaster of St Peter's College, Adelaide, it is a delight to be able to welcome you to the Inaugural National Conference.

Why Adelaide? Since Dr Seligman began his role as Adelaide Thinker in Residence 2012-2013 advising the Department of the Premier and Cabinet, South Australia has been a hotbed of developments in wellbeing. Characteristic of these developments were two PESA conferences held by a group of like-minded South Australian schools with over 350 educators attending.

This conference is a must-attend for any educator who is serious about wellbeing. For the first time, Australia's leading researchers, policy makers, and lobbyists in wellbeing will present in one conference. I am grateful to all keynote presenters and workshop leaders for helping to build such a marvellous program.

PESA is a great example of a grassroots initiative driven by like-minded individuals committed to change. A not-for-profit organisation, PESA was launched at the 4th Australian Positive Psychology & Wellbeing Conference in February 2014 at the University of Melbourne.

Until 2011, the early adopters of Positive Education in Australia worked within a small network of schools in which knowledge and experiences were shared informally. From 2012 to 2014, nine principals from across Australia collaborated to write the first constitution. These founding schools of PESA provided countless hours of support and generous financial assistance.

Membership and an interim board was determined, together with that of a committee, which would do much of the groundwork towards preparing a constitution for the association. From the beginning, there was a strong commitment for PESA to be an association of educators and schools from all sectors, across regional and metropolitan Australia: government, independent and systemic.

The board was delighted that Professor Martin E P Seligman, Director of the Positive Psychology Center, University of Pennsylvania and Zellerbach Family Professor of Psychology, University of Pennsylvania accepted our invitation to be the association's Patron.

We hope that you will enjoy Adelaide and make this conference one to remember, including many of the social and networking opportunities that are aimed at forging ongoing collaboration and exploration of ideas.

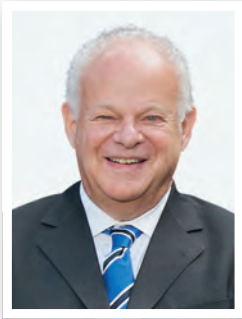
PESA is a wonderful example of a ground-up initiative of educators committed to the wellbeing of all Australian children.

I look forward to welcoming you personally to St Peter's College.

Simon Murray

Chairman, Positive Education Schools Association (PESA)
Headmaster, St Peter's College - Adelaide

A message from our Patron Dr Martin E P Seligman



What do you really want for your children?

I believe that schools can teach both traditional skills for learning and help teach students the skills to lead a successful life.

I am delighted to have been invited by Simon Murray and the Board of the Positive Education Schools Association (PESA) to become Patron of the Association. The determination and collaboration of these heads of school has been inspirational.

These educational leaders and schools know that character is as important as intellect and are committed to promoting wellbeing in their staff and students.

As Patron of the Positive Education Schools Association, it is my hope that this organisation will grow, share best practice in the science of wellbeing, and act as a beacon of hope about what really matters in education.

The city of Adelaide is a very special place. Following my role as Adelaide's Thinker in Residence in 2012-2013, I feel it has been like a second home.

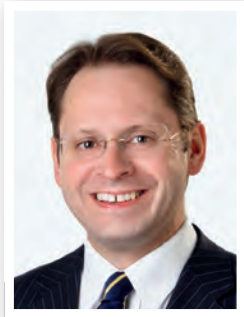
My wife Mandy and I have now lived amongst South Australians for over four months, between 2012-2014. St Peter's College has been a generous host and intellectual home.

We felt very welcome at every turn.

Dr Martin E P Seligman

Zellerbach Family Professor of Psychology
Director of the Positive Psychology Center
University of Pennsylvania

A message from the Conference Program Chairman



The Melbourne Graduate School of Education describes positive psychology as a field of social science conducting research into the flourishing and optimal functioning of individuals, groups, and institutions. It focuses on the strengths, virtues, beneficial conditions, and processes that contribute to wellbeing.

It is the study of what allows people to operate at the peak of their potential: to live longer and healthier, participate in more satisfying relationships, and have more engagement, meaning and purpose in life. It is also the study of what makes communities and organisations stronger, more resilient and more virtuous.

Positive education is a blend of the science of positive psychology and best practices in learning and teaching. It is an umbrella term used to describe scientifically validated programs from positive psychology that have an impact on student wellbeing.

The keynote presentations and invited workshop leaders for this conference are committed to the Positive Education School's Association mission to foster the implementation and development of positive psychology and its applications in education settings and the association's vision to lead and promote the science of wellbeing and positive psychology, enabling all students, schools and communities to flourish.

Organising a conference is a team effort that is not for the fainthearted! I would like to thank PESA Chairman Simon Murray. Also, Margaret Pullen and Tracy McNamara from St Peter's College have helped significantly.

Special thanks to:

Jenni Cook – Mount Barker High School, SA,
Lisa Parsons – Seymour College, SA,
Phil Doll – The Peninsula School, VIC,
Dr Lisa Kettler – Trinity College, SA,
Colette Bos - Mark Oliphant College, SA,
Trina Cummins – Wilderness School, SA.

I hope that you will enjoy this conference and attend as many workshops as you can. Please take the opportunity to meet as many new people as possible.

Dr Mathew White

Adelaide Conference Program Chairman
Director of Wellbeing & Positive Education
St Peter's College – Adelaide

Positive Education Schools Association: Vision, Mission, and Goals

Patron: Professor Martin Seligman

Vision

To lead and promote the science of wellbeing and positive psychology, enabling all students, schools, and communities to flourish.

Mission

To foster the implementation and development of positive psychology and its applications in education settings.

Goals

- To advocate the core significance of wellbeing in educational outcomes;
- To facilitate collaboration amongst teachers, students, researchers, and practitioners of wellbeing and positive psychology across all aspects of school life;
- To equip all educators across all sectors with a deeper understanding of wellbeing, positive psychology, and positive psychology's applications in education;
- To establish links with other key international organisations supporting positive psychology.

A Board of Directors, made up of founding schools of the Association, governs the Positive Education Schools Association.

Chairman

Simon Murray
(Headmaster, St Peter's College – Adelaide, SA)

Public Officer

Scott Watson
(Euroa Secondary College, VIC)

Treasurer

Stuart Johnston
(The Peninsula School, VIC)

Executive Officer

Phil Doll
(The Peninsula School, VIC)

Board

Roger Bayly
(Deputy Principal, Christ Church Grammar School, WA)

Steven Bowers
(Principal, Burgmann Anglican School, ACT)

Dr Alan Campbell
(Headmaster, Anglican Church Grammar School, QLD)

Stuart Johnston
(Principal, The Peninsula School, Vic)

Anne Johnstone
(Principal, Seymour College, SA)

Stephen Meek
(Principal, Geelong Grammar School, Vic)

Dr Julie Townsend
(Headmistress, St Catherine's School, NSW)

Scott Watson
(Principal, Euroa Secondary College, Vic)

Dr Steve Zolezzi
(Director of Positive Education, Knox Grammar School, NSW)

Sub-Committee (Strategy)

Phil Doll
(The Peninsula School, VIC)

Anne Johnstone
(Seymour College, SA)

Dr Mathew White
(St Peter's College – Adelaide, SA)

Dr Steve Zolezzi
(Knox Grammar School, NSW)

How do I Join?

To join PESA, visit our website at www.pesa.edu.au



**Conference Dinner Special Lecture
Friday 27 February 2015
Da Costa Dining Hall
St Peter's College, Adelaide**

Professor Patrick McGorry AO

2010 Australian of the Year, Professor of Youth Mental Health, University of Melbourne, Director of Orygen Youth Health and Orygen Youth Health Research Centre Patron of the Young and Well Cooperative Research Centre.

Professor Patrick McGorry AO is the Executive Director of Orygen, Professor of Youth Mental Health at the University of Melbourne, and a Director of the Board of the National Youth Mental Health Foundation (headspace). He is a world-leading researcher in the area of early psychosis and youth mental health; and he has a strong interest in promoting the mental health of the homeless, refugees, and asylum seekers.

Professor McGorry's work has played a critical role in the development of safe, effective treatments and innovative research into the needs of young people with emerging mental disorders, notably psychotic and severe mood disorders. He has also played a major part in the transformational reform of mental health services to better serve the needs of vulnerable young people.

Professor McGorry was a key architect of the headspace model and has been successful in advocating with colleagues for its national expansion. He has successfully advocated for the establishment of a national early psychosis programme based on the Early Psychosis Prevention and Intervention Centre model. He is frequently asked to advise on youth mental health policy, both nationally and internationally. Professor McGorry was named as Australian of the Year in January 2010, in recognition of "his extraordinary 27-year contribution to the improvement of the youth mental health sector [that] has transformed the lives of tens of thousands of young people the world over."

Professor McGorry was made an Officer of the Order of Australia in June 2010. Professor McGorry has published extensively in the specialist literature and serves as editor-in-chief of Early Intervention in Psychiatry. He is a fellow of the Academy of the Social Sciences in Australia, the current president of the Society for Mental Health Research, and the president-elect of the Schizophrenia International Research Society.

Keynote Speakers



Jason Ball

**Ambassador – Safe School Coalition,
Ambassador – beyondblue, Government Liaison
and Project Officer Young and Well Cooperative
Research Centre.**

Jason Ball is a 25-year-old Australian rules footballer currently playing for Yarra Glen, a town located northeast of Melbourne. He is a passionate advocate for anti-homophobic messaging in sport. He recently came out publicly as a gay player, believing same and both sex attracted, intersex and gender diverse people more generally need a role model and could benefit from his personal experience as a gay player in a male-dominated sport. In September 2012, Jason launched an online petition calling on the AFL to run a national anti-homophobia television campaign during the Grand Final. More than 27,000 people signed, and the AFL later agreed to show anti-homophobia TV ads on the big screens at preliminary finals.

In January, Jason spoke with young players at the AFL Players Association induction camp. "The real heroes of my story are my teammates, how they have been nothing but supportive since I came out. The homophobic slurs stopped, and our football club is stronger because of it." As a beyondblue Ambassador, Jason hopes his personal story will help others who are struggling with coming out in sports, or in any other context.



Associate Professor Jane Burns

**Founder and CEO, Young and Well Cooperative
Research Centre.**

Jane Burns, PhD is the founder and CEO of the Young and Well Cooperative Research Centre, an organisation that unites young people with researchers, practitioners, and innovators to explore the role of technology in improving mental health and wellbeing for young people aged 12 to 25. Jane holds a Principal Research Fellowship at Orygen Youth Health Research Centre and an Honorary Fellowship at the Brain & Mind Research Institute. She has led the youth agenda for beyondblue, was a Commonwealth Fund Harkness Fellow at the University of California, San Francisco, and was the Director of International Partnerships at Inspire Foundation. Jane held a VicHealth fellowship from 2006-2013, an NHMRC fellowship from 1997-2000, and an NHMRC scholarship from 1994-1996. She holds a PhD in Medicine from the Faculty of Medicine (Public Health and Epidemiology) University of Adelaide. Jane was a Victorian Finalist in the 2012 Telstra Business Women's Awards and was listed in the Financial Review and Westpac Group 100 Women of Influence in 2012. Jane is a Graduate of the Australian Institute of Company Directors.



Dr Michael Carr-Gregg

One of Australia's highest profile psychologists, Managing Director of the Young and Well Cooperative Research Centre, Founding member of the National Centre against Bullying.

Michael Carr-Gregg PhD is one of Australia's highest-profile psychologists and an internationally recognised authority on teenage behaviour. He is Director of the Cooperative Research Centre for Young People, Technology, and Wellbeing. He was the founder of the world's first national support group for teenage cancer patients, CanTeen, and has been Executive Director of the New Zealand Drug Foundation, Associate Professor at the University of Melbourne's Department of Paediatrics, and a political lobbyist. He is currently a consultant psychologist to many schools and national organisations, including Reach Out and beyondblue. Michael Carr-Gregg has been a regular on Melbourne radio 3AW, the resident parenting expert on Channel 7's Sunrise since 2005, and a regular on Channel 7's Morning Show. He has written several bestselling books on parenting, including *Surviving Adolescents*, *The Princess Bitchface Syndrome*, *Beyond Cyberbullying* and *When to Really Worry*, and is the 'Agony Uncle' for *Girlfriend* magazine. He has won many awards for his work.



Gabrielle Kelly

Director, Wellbeing and Resilience Centre, South Australian Health and Medical Research Institute (SAHMRI).

Gabrielle Kelly is the SAHMRI Wellbeing and Resilience Centre's inaugural Director. Filmmaker, digital media executive, social entrepreneur and strategist, she has been working on human behaviour and systems change in a range of settings. Previously, she ran the groundbreaking Adelaide Thinkers in Residence program, leading significant implementation of change in city design, advanced manufacturing, early childhood education, and positive psychology. As Senior Vice President of the Health Accord in New York, a digital start-up, she developed a business to deliver health and wellbeing products to self-directed health consumers in 1999/2000. This "capacity for self direction" has gone global and viral with the arrival of the Internet. She commissioned and led the Professor Martin Seligman residency in South Australia with a range of high-profile partners to explore the value of positive psychology in building mental wellbeing and resilience and reducing mental illness. South Australia has now accepted Professor Seligman's challenge to become the 'State of Wellbeing', measuring, building, and embedding positive psychology, as well as wellbeing and resilience science in the community at large. The vision: to use Professor Seligman's dashboard of wellbeing – Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment (PERMA) – as a public health message for all citizens across all age cohorts. Like 'Slip Slop Slap', PERMA+ will become the clarion call for a mentally healthy society in Australia.

Keynote Speakers cont...



Simon Murray

Chairman – Positive Education Schools Association, Headmaster – St Peter’s College, Adelaide.

Simon Murray is the 14th Headmaster of St Peter’s College, Adelaide – one of Australia’s oldest independent schools, with over 1400 students and 220 staff. He has had 30 years of leadership experience in education. Prior to his appointment to St Peter’s College, Simon was Headmaster of Canberra Grammar School and Bunbury Cathedral Grammar School. Simon was elected Chair of Association of Heads of Independent School of Australia from 2009 – 2011, representing over 390 member schools. He is a past Board member of the Independent Schools Council of Australia. He was appointed a Fellow of the Australian College of Educators in 2008 for his leadership in the independent school sector. Simon is a Fellow of the Australian Institute of Management. Simon has presented at national and international conferences on wellbeing, leadership, cultural change, and future directions in education. He was the St Peter’s College representative for Dr. Seligman’s role as Adelaide’s Thinker in Residence – Department of the Premier and Cabinet. Simon was one of thirty leaders in education invited to participate in a Positive Education Summit on Wellbeing at 10 Downing Street. He is the foundation Chairman and a board member of the Positive Education Schools Association (PESA), a board member of the International Positive Education Network (IPEN), a council member of Adelaide’s largest residential university college, St Mark’s College, and an appointed member of the diocesan council in the Anglican Diocese. He has co-edited a book with Mathew White on evidence-based approaches to positive education to be published by Springer Press in early 2015.



Professor Lea Waters

Gerry Higgins Chair in Positive Psychology, Director of the Centre for Positive Psychology, Melbourne Graduate School, The University of Melbourne.

Lea Waters, PhD holds the Gerry Higgins Chair in Positive Psychology and is the director of the Centre for Positive Psychology in the Melbourne Graduate School of Education at the University of Melbourne. She holds an Affiliate position with the Wellbeing Institute at Cambridge University (UK) and the Centre for Positive Organizations, University of Michigan (US), as well as being on the advisory board for the South Australian Health and Medical Research Institute (SAHMRI) and the academic board at the University of Melbourne. She is the Chair of the Scientific Committee for the Fourth World Congress on Positive Psychology, and she is on the Membership Committee for the International Positive Psychology Association. Lea was awarded an Australian National Teaching Citation in 2011 and was awarded the Prime Minister’s Teaching Excellence Award for University Teaching in ‘Economics, Business & Law’ (2007). Lea was awarded the Best Paper Award at the American Academy of Management Conference (2004) and the Elton Mayo Prize by the Australian College of Organisational Psychologists in recognition of her significant contributions to the field of organisational psychology in Australia (2005). Her research areas include positive psychology, organizational psychology, educational leadership, positive education, and wellbeing.

Conference Organising Committee Chair



Dr Mathew White

**Director of Wellbeing & Positive Education,
St Peter's College, Adelaide.**

Mathew White PhD is Director of Wellbeing & Positive Education at St Peter's College, Adelaide, where he serves on the school's Senior Leadership Team. He is a Senior Fellow in the Melbourne's Graduate School of Education at The University of Melbourne, Affiliate in the Wellbeing Institute at Cambridge University, and an Adjunct Lecturer at the University of Adelaide. He is a Graduate of the Australian Institute of Company Directors. His scholarly publications include chapters in edited books and journal articles on leadership, cultural change, and positive psychology. Mathew was the St Peter's College representative for Dr Seligman's role as Adelaide's Thinkers in Residence – Department of the Premier and Cabinet. He has lectured at the Universities of Melbourne, Pennsylvania, Bath, and Oxford on wellbeing and organisational change. He has lectured to the South Australian Governor's Leadership Foundation and the South Australian Government's Executive Services Leadership Program. Mathew is a member of the abstract reviewing panel for the 4th World Congress on Positive Psychology. Mathew was one of thirty leaders in education invited to participate in a Positive Education Summit and Round Table on Wellbeing at No. 10 Downing Street in 2013.

Mathew is a member of the Academic Advisory Board – Positive Psychology Centre in the Melbourne Graduate School of Education at The University of Melbourne, Academic Advisory Committee – Wellbeing & Resilience Centre in South Australian Health and Medical Research Institute (SAHMRI), The Reach Foundation's Impact Committee and the Academic Committee – St Mark's College, Adelaide's largest residential university college. Mathew is a strategic adviser to the PESA Board and was a member of the team that drafted the Association's Constitution. He has helped to organise three PESA conferences. He has co-edited a book with Simon Murray on evidence-based approaches to positive education, which will be published by Springer Press in early 2015.

Conference Program

Friday 27 February 2015

The Board meeting for the Positive Education Schools Association will be held immediately before the conference from 9.30am – 12.00pm in the Blombery Studio of the Miller Library St Peter's College immediately prior the Annual General Meeting of the Association be held at 4.45pm.

Time	Event	Place
1.15 – 1.45pm	Conference Registration	Memorial Hall Foyer
1.45 – 2.00pm	Welcome Simon Murray: Chairman of PESA	Memorial Hall
2.00 – 3.00pm	Keynote Address Dr Michael Carr-Gregg	Memorial Hall
3.00 – 3.30pm	Afternoon Tea	Memorial Hall Foyer
3.35 – 4.30pm	Session One Individual Workshops	Big Quad & Miller Library
4.45 – 5.15pm	PESA Annual General Meeting Simon Murray: Chairman of PESA	Memorial Hall
5.15 – 6.00pm	Panel - Hypothetical Dr Michael Carr-Gregg will lead a panel of school leaders engage in a challenging hypothetical situation through a wellbeing lens.	Memorial Hall
6.00 – 6.45pm	Conference Pre-Dinner Drinks Poster Session One (Big School Room)	Big School Room
7.00 – 9.00pm	Conference Dinner Keynote Address Professor Patrick McGorry AO	Da Costa Dining Hall



Saturday 28 February 2015

Time	Event	Place
8.30 – 8.55am	Conference Registration	Memorial Hall Foyer
8.55 – 9.00am	Welcome Simon Murray: Chairman of PESA	Memorial Hall
9.00 – 10.00am	Keynote Address Professor Lea Waters Gerry Higgins Chair in Positive Psychology The University of Melbourne	Memorial Hall
10.10 – 11.10am	Session Two Individual Workshops	See pages 14-15
11.10 – 11.30am	Morning Tea Poster Session Two (Big School Room)	Big Quad & Big School Room
11.35 – 12.30pm	Keynote Address Jason Ball Ambassador - Safe Schools Coalition	Memorial Hall
12.35 – 1.20pm	Session Three Individual Workshops	Big Quad & Miller Library
1.25 – 1.55pm	Lunch	Da Costa Dining Hall
2.00 – 2.45pm	Keynote Address Gabrielle Kelly Director, Wellbeing and Resilience Centre South Australian Health and Medical Research Institute (SAHMRI)	Memorial Hall
2.50 – 3.15pm	Associate Professor Jane Burns CEO and Founder Young and Well Cooperative Research Centre	Memorial Hall
3.15 – 3.30pm	Afternoon Tea	Memorial Hall
3.30 – 4.30pm	What's the next big thing in wellbeing: Panel A panel of keynotes and leaders will look at what's on the horizon for wellbeing in Australia	Memorial Hall
4.30 – 4.45pm	Simon Murray: Chairman of PESA	Memorial Hall

Conference Program

Session One

Individual Workshop Session, Friday 27 February 2015, 3.35 – 4.30pm.

Workshop	Title	Venue
W 1	<p>It's one thing to collect data it's what you do with it that matters: Wellbeing and academic accomplishment data at St Peter's College, Adelaide 2011-2014</p> <p>Dr Mathew White – St Peter's College, Adelaide</p> <p>St Peter's College team is at the forefront of sharing peer-reviewed publications on wellbeing strategy, measurement and applications. The results of the St Peter's College Wellbeing Survey are like looking at a 'snapshot' of the School. This workshop reports on 4 years of data collection at St Peter's College – Adelaide to build student wellbeing. But more over the link between strategy, measurement and program improvement. The School included wellbeing in its strategic plan, centred on Seligman's PERMA model of wellbeing, in which flourishing is defined by five pillars. Beyond the wellbeing surveys we matched student wellbeing and objective achievement data across the School due to improvements in technology and database management at the School. Workshop participants will receive copies of relevant publications and receive the story behind them.</p>	58 - Miller Library
W 2	<p>Emotional Intelligence in the Senior School: Developing Academic Resilience via a Research-based Emotional Intelligence Development Program</p> <p>Dr Nathan Simmons Churchie - Anglican Church Grammar School, Qld</p> <p>Churchie has partnered with Swinburne University to develop an assessment and intervention regime to assist our Year 10 boys to understand their emotional intelligence competencies and, importantly, develop positive social relationships within their cohort. This program is designed in order to foster academic resiliency, using emotional intelligence (EI) as its core platform.</p>	59 – Miller Library
W 3	<p>Mindfulness Workshop for Teachers</p> <p>Philip Altmann</p> <p>During the workshop participants will learn the basic principles of mindfulness and participate in practical mindfulness sessions. Practical skills on how to implement mindfulness techniques with students in the classroom will also be demonstrated. Participants will also learn how to apply mindfulness techniques to their daily lives by observing their thoughts and body awareness.</p>	Blombery Studio – Miller Library (seats 25)



W 4	Changing Culture Jenni Cook - Mt Barker High School, SA Seligman told us to 'Measure it, Learn it, Live it, Teach it'. How do you 'live it' as a school and community? Jenni will discuss the work in progress to achieve this in Mount Barker.	Angus Parsons
W 5	Visible Learning and Positive Education: How the work of John Hattie and Martin Seligman aligns Ruth Massie - Seymour College	Big Quad 1
W 6	Research Snapshots from Geelong Grammar School Justin Robinson - Geelong Grammar School, Vic This workshop will explore how research and evaluation methods can be used by schools to continually improve the quality of their Positive Education programme. We will share our pragmatic approach to evaluating Positive Education strategies at GGS, as well as findings from evaluations conducted to date.	Big Quad 2
W 7	Whole School Approaches to Implementing Positive Education in Primary Schools Danielle Stone & Leonie Chatfield – Littlehampton Primary School	Big Quad 3
W 8	Positive Behaviour Interventions in Secondary Schools Angela Tough - Euroa Secondary College, Vic Angela is the current School-wide Positive Behaviour Leader at Euroa Secondary College and is driving the school's positive behaviour focus in its sixth year in 2015. Angela will present a history of what Euroa Secondary College (about 400 students, DEECD school in Victoria, 150km north-east of Melbourne) has done thus far in the Positive Education space and where it heads into the future.	Big Quad 4

Conference Program

Session Two

Individual Workshop Sessions, Saturday 28 February 2015, 10.10 - 11.10am

Workshop	Title	Venue
W 1	Integrating positive psychology across curriculum: examples of theory into practice Emily FitzSimons - St Peter's College, Adelaide This workshop provides examples of the integration of positive psychology concepts across the humanities with the objective to increase student's applied knowledge and understanding of positive education concepts within traditional subject areas.	58 - Miller Library
W 2	Latest Research in New Technologies and Wellbeing Dr Michelle Blanchard – Young and Well CRC, Melbourne The rapid uptake of new technologies has changed the way young people build communities, connect and engage with each other and with society. The introduction of smart devices means that information and services can be accessed privately, anywhere and at any time. With over 99 percent of young Australians online every day, the Internet provides a powerful setting for delivering help to young people where and when they need it and in a space where they feel comfortable. This workshop will draw on the research of the Young and Well CRC to explore how technologies can be used to promote mental health and wellbeing for young Australians.	59 – Miller Library
W 3	Through Drip Feeding we Flourish Colette Bos - Mark Oliphant Secondary College When faced with the daunting task of implementing Positive Education in the largest Category 1 B-12 school in the Northern Suburbs of Adelaide the advice we received at Mark Oliphant B-12 College was to drip feed. This workshop details our approach, from simple Positive Education interventions to the immersion of Positive Education and its language underpinning everything we do.	Blombery Studio – Miller Library (seats 25)
W 4	The Explicit Teaching of Positive Psychology in the Middle Years Muriel Bakker - The Peninsula School This workshop will detail how The Peninsula School has successfully introduced the subject 'Positive Psychology' into the Years 7 & 8 curriculum.	Angus Parsons



W 5 **Building Positive Education practice in a large low fee College: moving from enthusiasm to co-ordinated action** Big Quad 1

Dr Lisa Kettler - Trinity College, Gawler, Adelaide

Developing and implementing a co-ordinated plan for positive education holds challenges. Both top down and bottom up approaches are discussed, from creating strategic action items and providing affordable training, to trialling and co-ordinating classroom practices, implementing data collection, involving the community and managing workload for staff.

W 6 **Flourishing without limits: From data collection to school wide implementation** Big Quad 2

Trina Cummins - Wilderness School, SA

Is it possible to have 100% of your students flourishing with positive wellbeing or is this an unrealistic mindset? In this workshop you will hear how Wilderness School has applied Positive Education across the school, starting with strategic planning and data collection to implementation of a school wide wellbeing program – *enabling every girl to be her very best*. You will hear practical strategies of how to implement wellbeing at your school/workplace.

W 7 **The Language of Friendship for Tweens** Big Quad 3

Dana Kerford - Perth College, WA

Designed for professionals working with students from Years 1-6, the fundamental principles of Girl Power & Good Guys are explored along with our research-based approach. Educators will learn a new 'language' to share with students so they co-identify Friendship Fires and learn to better communicate solutions.

W 8 **One School's Solution to Introducing Positive Education into the Academic Timetable** Big Quad 4

Michael Ralph - Christ Church Grammar School, WA

This workshop will outline the 15-lesson Positive Psychology unit that is delivered to Year 10 boys at Christ Church Grammar School. It will also give an outline of the Year 7 to 10 Personal and Spiritual Development Program that has been composed to deliver elements of Positive Education.

Conference Program

Session Three

Individual Workshop Session, Saturday 28 February 2015, 12.35 – 1.20pm

Workshop	Title	Venue
W 1	<p>Positive Psychology On The Run!</p> <p>Zoë Alford - St Peter's College, Adelaide</p> <p>Student wellbeing is the responsibility of every staff member. Teaching the skills of wellbeing and resilience in schools is as important as intellectual development (Waters, 2011). This presentation is ideal for anyone that works with students and would like to expand their 'tool-kit' of Positive Psychology applications to support students and promote their wellbeing and flourishing.</p>	58 - Miller Library
W 2	<p>From text to reality - from knowing it to living it</p> <p>Ros Rose – Mt Barker High School, SA</p> <p>It's one thing, albeit a most engaging approach, to recognise elements of character strengths and PERMA in characters' thoughts, decisions and influence on others, as presented by writers and film makers - to 'intellectualise' in the classroom - but quite another to provide students with insights as to how these can be beneficial to their own lives. Ros will share the activities students have undertaken, and some of the insights provided through their responses.</p>	59 – Miller Library
W 3	<p>Building PERMA in a birth to 7 - school community: Onwards and Upwards</p> <p>Angela Falkenberg - Lake Windemere Salisbury North, SA</p> <p>Lake Windemere B-7 School began its PERMA building journey in late 2012. While the work is intentional, it has also been co-constructed in response to learning in the journey and as clarity of purpose is refined. In this workshop the learning, strategies and outcomes to date are described.</p>	Blombery Studio – Miller Library (seats 25)
W 4	<p>Integrating Values, Positive Psychology and Socio-Emotional learning into a vibrant Whole-School Program in the Prep years.</p> <p>Geordie Barham - Knox Grammar School, NSW</p> <p>The Knox Preparatory School has integrated their existing Pastoral Care program with the Positive Psychology strengths, their Religious Education classes and the Service Learning Projects to form a new Values Program. The aim of this program is to ensure each student develops lasting values that will form firm foundations for a successful and fulfilling life. The focus is to enrich the boys with a sound understanding and the opportunity to experience these values in a practical way.</p>	Angus Parsons



W 5	Growing a Pastoral Care Program from Seeds Amanda Clark – Mt Barker High School, SA Attending various Positive Psychology conferences sowed the seeds for Mount Barker High School's 8 – 12 pastoral care program for flourishing students. This workshop looks at how the program is continually growing and utilising a wide variety of learning techniques to meaningfully engage the students.	Big Quad 1
W 6	Embedding Positive Education in the Maths and Science Curriculum Kirsten Wissell – Mt Barker High School When staff at Mount Barker High School were issued the challenge to embed Positive Education into every subject they teach the Maths and Science team were enthusiastic, but uncertain how to proceed. Kirsten will share how they have met the challenge, using ingenuity and community expertise.	Big Quad 2
W 7	From Healthy Sleep to Healthy Minds: The importance of sleep to development, wellbeing and flourishing in children and teens Dr Mike Oliver – St Peter's College, Adelaide Sleep problems affect students of all ages and in many cases get worse as children grow older. One fifth of teenagers believe that they have a sleep problem, and over half believe that they don't get enough sleep. This workshop will provide information on the links between healthy sleep and wellbeing, explore the latest research into issues such as school hours, screen time, and sleep interventions, and discuss the role that schools can play in promoting sleep habits that will help students to flourish.	Big Quad 3
W 8	Pushing the Boundaries: integrating wellbeing and Positive Psychology in a whole-school outdoor education program Sam McKinney & Emma Lowing - St Peter's College, Adelaide This workshop will explore how St Peter's College has redesigned an outdoor education program integrating PERMA from Years 4-10. The focus of this new program is the development of a boys character. The workshop will link the experience boys will have in the field with the theoretical frameworks and concepts explored in the classroom.	Big Quad 4

Conference Program

Poster Presentations One

Conference Pre-Dinner Drinks Friday 27 February 2015 5.30 – 6.30pm. Big School Room

Poster	Title and Author
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P1	<i>Building Entrepreneurship in Schools: Using Appreciative Inquiry as a Method to Achieve Community Goals</i> Ramon Bartholomeusz St Peter's College – Adelaide
P2	Discovering Positive Education Peter Townsend Munberra State P-10 School – Qld
P3	Using feedback to develop a Growth Mindset Jeremy Mitson St Peter's College, Adelaide
P4	Activating Change: A personal plan to implement positive education Shenoa Elvin-Johnson Parklands School, Albany WA
P5	A model for integration of Positive Psychology concepts in pastoral care Lawrence Pascale St Peter's College, Adelaide
P6	Delivering Positive Psychology Interventions at school: does performing random acts of kindness or focussing on the good things in life improve wellbeing or academic outcomes for adolescents? Dr Lisa Kettler/Emma Smadbeck Trinity College, Gawler
P7	A model for the integration of mindfulness practices in a boys school Kerry Skujins St Peter's College, Adelaide
P8	A model for training of staff in wellbeing and Positive Psychology Ben Storer St Peter's College, Adelaide
P9	Integration of Positive Psychology in a Year 8 Mentor Program Hayley Patton St Peter's College, Adelaide
P10	Strengths Integration in Counselling Zoë Alford St Peter's College, Adelaide

Poster Presentations Two

Morning Tea Saturday 28 February 11.10 – 11.30am. Big School Room

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Workshop Presenter Biographies

Zoë Alford is School Psychologist at St Peter's College, Adelaide, and delivers psychological services to the whole school. She is a registered psychologist (AHPRA) In 2012; Zoë participated in the University of Pennsylvania Positive Education Conference held at St Peter's College. Zoë's conference presentations include the Australian Psychological Society (APS), Positive Education Schools Association (PESA), and the 3rd World Congress on Positive Psychology as a discussant with Dr Martin Seligman. She has previous experience in delivering suicide-prevention programs and working with children, youth, adults and long-term unemployed.

Philip Altmann has been a classroom teacher for 35 years and has taught mindfulness to his students for a number of years. He has also taught adults how to apply mindfulness to their personal and professional lives in school settings. He recently completed training overseas as well as in Australia. Last year he contributed to the publication "The Mindful School Leader" by Harvard Graduate Dr Kirsten Olson, author of "Wounded by School".

Muriel Bakker is the Head of the Middle School at The Peninsula School; Muriel has been instrumental in the implementation of the Positive Education program at The Peninsula School since 2008. She has been a guest presenter on Positive Education in a variety of settings including the University of Melbourne Masters of Applied Positive Psychology.

Michelle Blanchard PhD is the Head of Projects and Partnerships at the Young and Well CRC and an Honorary Research Fellow at the Centre for Youth Mental Health, University of Melbourne. As Head of Projects and Partnerships at the Young and Well CRC Michelle's role is to identify, develop and facilitate strategic partnerships to ensure that the Young and Well CRC's research agenda is delivered in a way that maximises benefits for young people's mental health and wellbeing. Michelle has been part of the Young and Well CRC team since its inception, project managing the bid to establish the Young and Well CRC in 2010. Michelle holds a PhD in Youth Mental Health from the University of Melbourne, as well as a Bachelor of Arts (Honours) degree and a Graduate Diploma in Adolescent Health and Welfare.

Geordie Barham is the Knox Grammar School's Preparatory School Chaplain, having taught for nine years as a Stage 3 Classroom Teacher. He has a Master of Teaching, Bachelor of Science and Certificate in Biblical Studies and has served in the full time ministry for thirteen years. He has stepped into the Chaplain's position with the task of developing and implementing a Values Program, which incorporates Positive Psychology, the religious education ethos, the various service learning projects and the existing pastoral care program.

Ramon Bartholomeusz is Subject Coordinator: English Years 8 – 10, Farr House Mentor and Teacher-in-charge of Soccer (Senior School) at St Peter's College, Adelaide. He participated in the University of Pennsylvania Positive Education Conference in 2013 and continues to explore the application of positive psychology with his Mentor group and as manager of the First XI soccer team. Ramon completed his Bachelor of Education/ Arts (Hons English) at the University of Adelaide in 2009, writing his Honours Thesis on utopian tropes in postcolonial literature. He graduated from the University of Melbourne with the Professional Certificate in Positive Education.



Colette Bos is the Dean of Students at Mark Oliphant B-12 College; the implementation of Positive Education across the college is incorporated into this role. Colette participated in the 4-day Intensive Positive Education Course at Geelong Grammar School in 2013, and supported the GGS team in facilitating this same course at Holy Family School in 2014. Colette co-leads the implementation of Positive Education across Mark Oliphant B-12 College and works closely with the Positive Education Action Team to embed Seligman's PERMA concepts from Birth through to Year 12. Colette and the Mark Oliphant B-12 College Positive Education team have worked closely with the Geelong Grammar team to infiltrate Positive Education throughout Mark Oliphant B-12 College, this included Positive Education as a learning strand at the schools recent Make Learning Better Conference. Colette has previous experience as a School Counsellor R-12 and a Youth Development Coordinator across the Northern Adelaide Region where she focussed on a strengths-based approach and the importance of Student Voice.

Leonie Chatfield has twenty-five years teaching experience having taught all year levels R-7. Leonie started with her Early Childhood/Primary training in Queensland and currently enjoys teaching Year 6/7 at Littlehampton Primary School in the Adelaide Hills. Leonie attended the training provided to DECD and Catholic Education Sector Educators by University of Pennsylvania team as part of Martin Seligman's Adelaide Thinker in Residence Program in 2012. She also attended the Positive Education residential four days provided by Geelong Grammar School in 2013. Leonie has enjoyed leadership roles in many of the schools she has worked in, including Deputy Principal, Behaviour Management and Literacy Leader. As a Teacher Leader Leonie established a Positive Education Professional Learning Community at Littlehampton PS and is working as part of the team there to implement whole school Positive Education.

Amanda Clark is a Maths and Science teacher at Mount Barker High School. She attended the Positive Education training run by Geelong Grammar in 2013, as well as facilitating at the training run by Geelong Grammar at Mount Barker High School in 2014. Amanda has been an active member in committees sharing and planning to embed Positive Education into the fabric of Mount Barker High School including writing Pastoral Care programs based on Positive Psychology.

Jenni Cook is Assistant Principal Positive Education and Student Wellbeing at Mount Barker High School. She has presented papers on socially just schooling at the Learning Choices Expo, the Transition and Risk Conference, the National Counsellors' Association Conference, AEU and DECD conferences. She has presented on Positive Education at the National Positive Psychology Conference, the 2013 and 2014 PESA SA conferences and at schools and DECD workshops.

Trina Cummins is Director of Wellbeing at Wilderness School, Adelaide where she is a member of the Senior Leadership Team and oversees Positive Education and Wellbeing across the whole school (ELC-12). She has a Masters of Educational Psychology and a Graduate Diploma of Education from University of South Australia, Bachelor of Arts–Psychology from Flinders University and a Professional Certificate in Education (Positive Education) from University of Melbourne. She has held leadership positions in other schools including Head of PBIS (Positive Behavioural Interventions and Supports), Middle and High School Counsellor, and Behaviour Specialist (Special Education). In 2001 she was awarded the USA National Good Samaritan Award for her work with students. She also developed and taught a specialised learning program called "Learn Right" through Saturday Academy at Portland State University, Oregon.

Workshop Presenter Biographies cont...

Angela Falkenberg is Principal of Lake Windemere B-7 School, Salisbury North which opened in 2011. She has worked birth to Year 12 within the Department of Education and Child Development, Northern Territory Education and Health SA. Positive Psychology is a rich resource to school culture and impact is evident.

She is also an optimist as she can't see the point in being anything else.

Emily FitzSimons is Director of Learning and Teaching Excellence at St Peter's College, Adelaide. She is a member of the School's Senior Leadership Team. Emily has also served as Head of English at St Peter's College and as a staff member in the Boarding House. She is a recent graduate of the University of Pennsylvania's Masters in Applied Psychology Degree (MAPP). Her Capstone Project for Penn brought together character strengths and literature to re-imagine character education in the adolescent years.

Dana Kerford is a Canadian Teacher, Friendship Expert, Author, and the Foundation of the internationally recognised friendship programs, Girl Power & Good Guys. She has worked with over thirty thousand tweens, parents and educators across North America and Australia and has been featured in magazine, news papers, and television programs globally.

Dr Lisa Kettler is the College Psychologist and co-ordinator of Positive Education at Trinity College Gawler, South Australia. She is a clinically endorsed psychologist with AHPRA, and is a Visiting Research Fellow in Psychology with the University of Adelaide. She has published internationally in the area of Positive Psychology and children's wellbeing.

Emma Lowing is Director of Outdoor Education at St Peter's College, Adelaide and is responsible for the design and delivery of all outdoors programs. Emma has extensive experience in outdoor education. She previously worked at Eltham College, Caulfield Grammar, Wesley College and Korowa AGS.

Jeremy Mitson is an Economics Teacher at St Peter's College, Adelaide. As a former Stockbroker in the United Kingdom, Jeremy brings significant commercial and school experiences to his role. A committed educator, Jeremy is passionate about the benefits of positive education and its impact on not only final school outcomes but also its ability to develop life long grit.

Ruth Massie is currently Director of Studies at Seymour College. She has been Head of English and closely worked with both SACE Board and ACARA on Senior Secondary English. She is interested in everything curriculum, rigour, and grit.

Dr Mike Oliver PhD is School Psychologist at St Peter's College, Adelaide, delivering psychological services to the whole school. He is a registered clinical psychologist (AHRPA) and in 2014 completed his PhD in clinical psychology on the topic of stress, resources and positive adaptation for Australian students from refugee backgrounds. Mike has presented his research into positive adaptation and resilience at national and international conferences. He has also worked as a sleep psychologist and delivered training workshops for the Australian Psychological Society on the treatment of sleep disorders in children and adults.

Lawrence Pascale is Head of Howard House at St Peter's College, Adelaide where he teaches mathematics. Lawrence has taught Senior Maths and been involved in pastoral care for many years. He completed training with the University of Pennsylvania at St Peter's College in positive psychology. He has also recently completed the University of Melbourne's Professional Certificate in Positive Education.



Hayley Patton teaches Positive Education, Drama and English in the Senior School at St Peter's College, Adelaide, where she holds the pastoral position of Acting Head of Woodcock House. Hayley completed the University of Pennsylvania's Positive Psychology Course at St Peter's College in 2012. She is a founding member of the Positive Education Team in the Senior School where she teaches the Penn Resiliency Program to all boys. Hayley is a member of the Drama Department at St Peter's College and has directed and produced whole school drama productions and smaller curriculum-based performances. Hayley's commitment to wellbeing education started as a Year 8 Coordinator in rural Australia where she was part of a team developing and implementing resilience and wellbeing programs for students at risk. She extended her learning as a drama teacher at Loreto College, Hatfield Road, St Albans, Hertfordshire, in the United Kingdom. Inspired, as an actor and educator by Adelaide's Thinker in Residence she is particularly interested in how to develop performing arts based interventions that link Positive Psychology, resilience and the performing arts.

Michael Ralph is a School Psychologist at Christ Church Grammar School and delivers psychological services in the Senior School. In addition, Michael teaches Year 10's as part of the Personal and Spiritual Development Program and coaches Football and Basketball. Michael has implemented aspects of Positive Psychology (PERMA) and the Positive Sports Coaching Model (Matthew Scholes) into the program that all Year 10 boys access. He is a registered psychologist and personal trainer and previously worked for the Department of Child Protection.

John Robinson is the Head of Scotch College's Mitcham Campus. An experienced primary educator with a Masters in Educational Leadership, John attributes much of his success as a leader to the time he spent outside of teaching, in the business world. John completed Techwerks (USA) training program to educate others in strategies for building resilience in classrooms, amongst staff and in the broader community. As a school leader, he now teaches Wellbeing and Values Education (WAVE) as a specialist subject in Junior School classes, and enjoy sharing the secrets of their success, and a diverse range of innovative, resilience-building activities, with other educators and parents.

Justin Robinson is the inaugural Director of the Institute of Positive Education, based at Geelong Grammar School, where he leads a team of staff dedicated to promoting the theory and practice of Positive Education. His appointment follows a very successful career as a secondary school teacher, during which time he taught Mathematics and Physical Education, and was appointed to many leadership positions at both Trinity Grammar School and Geelong Grammar School, where he was Head of the Positive Education Department for four years. Other educational experiences Justin has enjoyed include a year teaching at Uppingham School in England, organising and leading the first ever student sailing expedition to Antarctica, and co-authoring current Australian Curriculum Mathematics textbooks. An enthusiastic sportsman, Justin has coached many school sporting teams and is a keen marathon runner. Justin and his wife Jeanette and their four children live on the Corio campus of Geelong Grammar School.

Ros Rose is the English and Literacy Coordinator at Mount Barker High School. She participated in the University of Pennsylvania Positive Education training in 2012, and Positive Education Conference in Geelong, 2013. Ros teaches English in the Senior school and coordinates a Personal Project program for Year 10 students and students' service to the community. She maintains the 'mapping' of the school's Positive Education in Pastoral Care and the curriculum.

Workshop Presenter Biographies cont...

Dr Nathan Simmons is the Educational Psychologist at Churchie in Brisbane. Nathan has a keen interest in human development and academic achievement, and continues to pursue these interests through writing and speaking engagements. This work has been complemented, more recently, with programs in educational neuroscience at Harvard University and positive psychology through the Sydney Business School.

Kerry Skujins teaches Senior English at St Peter's College, Adelaide. Kerry has taught in international schools throughout the Asia-Pacific region including Singapore and has experience in teaching IB English Literature and Theory of Knowledge. She is a Mentor in Howard House and is Teacher in Charge of Tournament of Minds. Kerry has recently completed the Melbourne Graduate School of Education's Professional Certificate in Positive Education.

Ben Storer, is the Year 5 & 6 Coordinator at St Peter's College, Adelaide and Year 6 class teacher delivering Positive Education lessons. In 2012, Ben participated in the University of Pennsylvania Positive Education Conference. He has previous experience as an Assistant Housemaster in a Junior Boarding School in the United Kingdom and has 17 years experience coaching junior sports teams. Ben presented at the PESA conference in 2014.

Danielle Stone is a Reception/Year 1 teacher at Littlehampton Primary and is the Positive Education Professional Learning Team Leader at Littlehampton Primary. She is a qualified Naturopath specialised in Ayurvedic Medicine who studied in Australia and India and studied children's and adult's wellbeing for many years. Aboriginal Studies has been a passion and Danielle has a BA in Aboriginal Studies. In 2013 Danielle participated in the residential Geelong Grammar Positive Education Professional Development, and has attended Martin Seligman's workshops. She is committed and is enjoying implementing Positive Education into her Junior Primary class. Danielle has also enjoyed leadership roles as Literacy Teacher while at Littlehampton Primary School.

Angela Tough is the School-wide Positive Behaviour Leader at Euroa Secondary College. A very experienced educator in a number of settings in the state education space in Victoria. Angela has a real passion for positive education with a genuine desire to allow access to the benefits of flourishing for all members of her community.

Peter Townsend is the school Principal at Mundubbera State P-10 in Queensland. He undertook a Professional Certificate in Positive Education at The University of Melbourne in 2014. He'll be introducing Positive Education into the school in 2015 and has used the ethos of 'Living It' first to influence staff in 7 schools across the North Burnett cluster.

Mathew White PhD is Director of Wellbeing & Positive Education at St Peter's College, Adelaide, where he serves on the School's Senior Leadership Team. He is a Senior Fellow in the Melbourne Graduate School of Education at The University of Melbourne, Affiliate in the Wellbeing Institute at Cambridge University, and an Adjunct Lecturer at the University of Adelaide.

Kirsten Wissell is the Science, Technology and Maths Coordinator at Mount Barker High School. Since 2012 she has attended many Positive Education lectures and conferences, including Discovering Positive Education run in 2014 by Geelong Grammar at Mount Barker High School. As part of the leadership team she has been instrumental in supporting staff to embed Positive Education into their teaching.

General Information

Conference Venue

St Peter's College, Adelaide

(Entrance via *Hackney Road* parking in Hackney Road carpark)

An Anglican boys' school St Peter's College, Adelaide, was founded in 1847. The School's vision is to be a world-class school where all boys flourish. With a long commitment to social justice, including the enduring work of St Peter's College Mission Inc, which has supported hundreds of thousands of South Australians in need for over a century.

St Peter's College has long understood that building character is as important as fostering intellect. From 2015 over 1,386 boys (a whole generation) at St Peter's College will have studied at least 2-3 of our positive education programs – a preventative model for mental health and wellbeing.

Dress Code

Dress for the conference is smart casual.

Dietary Requirements

All dietary requirements can be catered for if ordered in advance. Please include any special requirements you may have on your registration form. You may need to make yourself known to the catering staff during the Conference if you have special dietary needs. Please look for the table with "special diets" in the catering area.

Airport Transfers

The Adelaide Airport is approximately 20 minutes from the CBD of Adelaide. There are taxis and hotel shuttle buses available and a regular public transport bus to the city and Glenelg. Please go to <http://www.adelaideairport.com.au> for more information.

Weather

South Australia's summer runs from December to February. The average daily summer temperature is 28.3 degrees and min 16.5° Celsius (°C).

Conference partners' policy

We respectfully remind you that partners accompanying delegates are not eligible to attend conference sessions and do not qualify for refreshments and lunches during the day unless they have registered. Any partner wishing to attend events not previously selected and paid for in his or her registration may do so at the Conference Registration desk. We would be pleased to accommodate any requests where possible.

Cancellation Policy

Registration cancellations will not be accepted unless made in writing. Cancellations made before Monday 9 February 2015 will be refunded less 25% of the Conference Registration fee, to cover administration costs. No registration refunds will be given after this date.

Program Disclaimer

The speakers, topics, and times are correct at the time of publishing; however, in the event of unforeseen circumstances, the organisers reserve the right to alter or delete items from the conference program.

Privacy Act

In registering for this conference, relevant details will be incorporated into a delegate list for the benefit of all delegates and may be made available to sponsors (subject to strict conditions). By completing this registration form, you acknowledge that the details supplied by you may be used by these organisations. Should you not wish your details to be used for these purposes, please tick the box on the registration page.

Admission

Conference name badges are required for access to all workshop sessions including admission to Memorial Hall and all social events.

General Information cont...

Certificate of Attendance

A personalised certificate of attendance is available upon request to the Conference Secretariat. These will be posted after the conference.

Mobile Devices

As a courtesy to the speakers and your fellow attendees, please switch your mobile device(s) to silent while attending the sessions.

Photography

Any photography, filming, taping, recording or reproduction in any medium including via the use of tripod-based equipment of any of the programs and/or posters presented at the PESA Conference without the express written consent of the Positive Education Schools Association is strictly prohibited.

Poster Sessions

There will be two poster sessions during the conference. Posters, located in the Big School Room, will be on display the full day of their assigned session however authors will only be in attendance during the times indicated below.

The complete list of accepted posters is outlined in the conference program.

Press/Media Centre

Arrangements for interviews and inquiries concerning news releases and news conference should be directed to the St Peter's College Marketing & Communications Manager.

Tracy McNamara
Marketing & Communications Manager
St Peter's College, St Peters 5069
Email: tmcnamara@stpeters.sa.edu.au
Telephone: +61 8 8404 0523
Mobile: 0411446924

Registration

Conference Registration will take place at the Registration Desk in the Memorial Hall Foyer.

Smoking Policy

Smoking is prohibited anywhere on the grounds of St Peter's College.

Speaker Assistance

All presenters are asked to check into the Registration Desk 24 hours in advance of their presentation. Conference presenters are required to bring their own laptop.

Conference Evaluation

At the conclusion of the conference, you will receive an invitation to complete the evaluation. Please take the time to complete this survey as it provides very important feedback for future programming. Thank you, in advance, for completing the evaluation, your opinion and feedback matter.

Conference Secretariat

Please refer any registration queries to:

Margaret Pullen
Conference Secretariat
P: +61 8 8404 0436 F: +61 8 8362 1654
E: MPullen@stpeters.sa.edu.au

How do I register for the Conference?

Delegate places are limited so we do suggest an early registration to avoid disappointment.

Online registrations can be paid by a secure online credit card processor, or you may also request an invoice to be emailed during the registration process.

Cost: \$385.00 (incl GST) per person (all-inclusive)

Online Conference Registration is available online at:

<http://www.trybooking.com/114475>

Registration includes:

- Attendance at all keynotes
- All workshops
- Poster session
- Conference Dinner (Friday night)
- Lunches, Morning/Afternoon Teas
- Conference collateral
- Electronic access to selected presentations and papers.

Conference Dinner

Venue: Da Costa Dining Hall,
St Peter's College, Adelaide

Date: Friday 27 February 2014

Time: 6.30pm

Dress: Smart Casual

Cost: Included in full registration

Provided: 2 Course meal and drinks

Conference Dinner Speaker:

Professor Patrick McGorry AO

Accommodation

A reminder that due to many events in Adelaide in the month of February (Festival, Fringe, Clipsal), accommodation is limited. So we do suggest you book as soon as possible. The conference is timed to allow delegates to fly in/out for all major cities for the day.



St Peter's College
ADELAIDE, AUSTRALIA



St Peter's College

St Peters, Adelaide, Australia, 5069

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@SPC_Adelaide

- | | | | |
|--|---------------------------------------|--|-------------------------------|
| 1. Oval House (visitors and enquiries) | 10. Drama | 19. Early Learning Centre (old palm house) | 28. Pentreath Building |
| 2. Old School House | 11. Maintenance and Grounds Workshops | 20. Junior School Hall | 29. Gordon Building |
| 3. Memorial Hall | 12. Brookman Pavilion | 21. Shinkfield Building | 30. Big Quad |
| 4. Chapel | 13. Infirmary | 22. Sports Centre | 31. Information Technology |
| 5. Big School Room | 14. Tuck Shop | 23. New Palm House | 32. Senior School Changerooms |
| 6. Miller Library | 15. Boarding House | 24. Bickerstaff (junior school administration) | 33. Valimia Court |
| 7. De Costa Dining Hall and Kitchen | 16. Athelney House | 25. Junior School Pool | 34. Vest Pocket Park |
| 8. Florey Science | 17. Hill Wing | 26. Goat Paddock Shed | 35. College House |
| 9. Art and Technology | 18. Uniform Shop | 27. Mitschke Pavilion | 36. Allen House |

Professional Certificate in Education (Positive Education) Fostering Optimal Learning through Positive Education

Imagine a learning environment that mobilises individual strengths and enhances well-being and performance in innovative ways. These are the results of applying positive psychology in education. Many schools are now introducing positive principles to nurture the whole person – with both students and staff.

The Professional Certificate in Education (Positive Education) provides a foundation in the science of positive psychology and its application in education settings. It brings together the science and practice of positive psychology to promote optimal learning environments.



About the course

This is the first postgraduate course of its kind in Australia, and is ideal for participants who are new to Positive Education or may have already undertaken some introductory professional development in the area. The Professional Certificate brings academic rigour to your learning. Offered under the auspices of the new Centre for Positive Psychology in the Melbourne Graduate School of Education, the teaching team provide a strong mix of theory and practical teaching experience. The importance of an evidence-based, systems perspective to working in education is emphasised throughout the course.

The course consists of two subjects:

- **Introduction to Positive Education** introduces the science of positive psychology as it applies to education. It looks at the brain-science underpinning learning and development and it introduces a range of wellbeing frameworks including PERMA (positive emotions, engagement, relationships, meaning, and accomplishment). In addition, a number of important factors associated with well-being such as resilience, hope and gratitude will be discussed.
- **Building Positive Education Communities** explores how educators can initiate and lead positive change, and develop an evidence base to demonstrate impact, ensuring that change is embedded in their learning institution. Positive change will be discussed in relation to curriculum and pedagogy as well as to whole school approaches. Methods of evaluating change and strategies for influencing policy will also be examined.

Successful completion of the Professional Certificate may assist when applying for a Master of Applied Positive Psychology and may give you credit towards a Master of Education.

**ENROL EARLY
LIMITED PLACES!**

Applications Close Monday 26 January 2015
www.commercial.unimelb.edu.au/positiveeducation

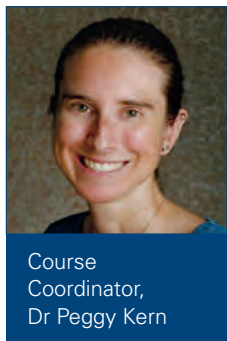
Delivery mode and time commitment

Each subject will be delivered intensively, including an initial 2-day session followed by a 1-day session.

Assessment

Your assessment includes verbal presentations, written reports, and interactive exercises that will help you directly apply the theory and exercises you learn to your work in the classroom or school community.

Teaching staff



Dr. Margaret L. Kern is a senior lecturer at the University of Melbourne's Graduate School of Education. She received her doctorate in psychology in June 2010 from the University of California, Riverside, and received postdoctoral training at the University of Pennsylvania Positive Psychology Center. Dr. Kern's research examines the question of who flourishes in life (physically, mentally, and socially), why, and what enhances or hinders healthy life trajectories.

Centre for Positive Psychology, The University of Melbourne

Established with the generous support of John Higgins through the inaugural Gerry Higgins Chair, the Centre makes a significant contribution to the field of Positive Psychology through leading collaborative research, teaching and engagement and the development of world-class initiatives and programs, such as the Master of Applied Positive Psychology and the Professional Certificate in Positive Education.

Senior Honorary Fellows



Ms Michelle McQuaid is a fellow at the Melbourne Graduate School of Education. She completed her Master of Applied Positive Psychology at the University of Pennsylvania with Martin Seligman, the field's founder, and is currently completing her PhD on organisational play.



Dr Mathew White is a fellow at the Melbourne Graduate School of Education and a Research Affiliate in the Well-being Institute at the University of Cambridge. He is currently Director of Wellbeing and Positive Education at St. Peter's College, Adelaide, where he serves on the School's Senior Leadership Team.

Other Teaching Staff

A variety of experts will be involved in the delivery of this professional certificate including staff from schools who are leading the way in Positive Education, such as Geelong Grammar School and St Peter's College. Experts in policy and curriculum development/pedagogy will also be involved in the program delivery.

Who should enrol?

The course is designed for educators, youth workers, health professionals and administrators who are working in schools and other education settings where young people learn.

How to enrol in the course

Entry requirements

You must have one of the following to be eligible to apply:

- an approved degree and an approved teaching qualification, or
- an approved four-year teaching degree, or
- an approved equivalent qualification which is recognised by the Graduate School as evidence of adequate preparation for the course and a record of professional or teaching experience in a field and at a level acceptable to the Melbourne Graduate School of Education.

You do not need to be teaching currently, but a background in teaching is recommended.

Costs

Course pricing for the Professional Certificate in 2015 will be \$5,160 per person. You may be eligible for the FEE-HELP loan program, an Australian Government loan scheme that helps you defer all or part of your tuition fees. You do not need to repay the loan until your income reaches a minimum repayment threshold. For more information, visit www.studyassist.gov.au

Delivery locations in 2015

The course will be delivered in both Melbourne and Adelaide:

Melbourne: University of Melbourne, Parkville

Subject 1: Introduction to Positive Education

Days 1 & 2: Friday 20 February and Saturday 21 February

Day 3: Friday 27 March

Subject 2: Building Positive Education Communities

Days 1 & 2: Friday 8 May and Saturday 9 May

Day 3: Friday 12 June

Adelaide: St Peter's College, Adelaide

Subject 1: Introduction to Positive Education

Days 1 & 2: Friday 14 August and Saturday 15th August

Day 3: Friday 11 September

Subject 2: Introduction to Positive Education

Days 1 & 2: Friday 30 October and Saturday 31 October

Day 3: Friday 20 October

To apply for this course please visit

www.commercial.unimelb.edu.au/positiveeducation

Who to contact with questions

About the course/content:

Dr Peggy Kern

T +61 3 8344 3402

E Peggy.Kern@unimelb.edu.au

For Enrolment Information:

Program Coordinator

T +61 3 9810 3237

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