

The Spaces Between Us

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Contextual Wellbeing [in schools]

“A state of health, happiness and positive engagement [in learning] that arises from membership of an equitable, inclusive and cohesive [school] environment”

Helen Street, 2017

Youth mental health crisis

- nearly **25% of our adolescents**,
- and **one in six of primary school children**
- **seriously, clinically distressed**
 - Australian Bureau of Statistics, 2015
 - Mission Australia, 2018

The Importance of Context

- We are social beings and schools are SOCIAL SYSTEMS
- 'Show' is more powerful than 'tell'
- An organic approach to wellbeing is a real world approach to wellbeing



The Importance of Contextual Wellbeing

Nurturing resilience in young people (e.g. Andrew Fuller)

Learning to read (e.g. Dr Elisa Poskiparta, 2003)

Staying Alive... (e.g. Marmot & Smith, 1990; Andrew V. Wister & Deanna Wanless, 2010)

Wellbeing Strategies for Schools



Inclusion and
Acceptance
of others

The diagram consists of four overlapping circles arranged in a diamond shape. The top circle is light blue, the bottom circle is yellow, the left circle is orange, and the right circle is green. Each circle contains a wellbeing strategy. The circles overlap in the center, creating a common area for all four strategies. The background is a light green gradient with some faint, stylized grass lines on the left side.

Mindfulness
Meditation

Strength
based
focus

Develop a
growth
mindset

Wellbeing Strategies for Schools

Inclusion and
Acceptance
of others

Mindfulness
Meditation

Develop a
growth
mindset

FOCUS ON WEAKNESSES

Wellbeing Strategies for Schools

Inclusion and
Acceptance
of others

HOMework & OVERLOAD

Develop a
growth
mindset

FOCUS ON WEAKNESSES

Wellbeing Strategies for Schools



Wellbeing Strategies for Schools



~~Wellbeing~~ Strategies for Schools

Ineffective

Inclusion and
acceptance
of others

COMPETITION & HIERARCHIES

HOMework & OVERLOAD

Focus on WEAKNESSES

REWARDS, AWARDS & GRADES

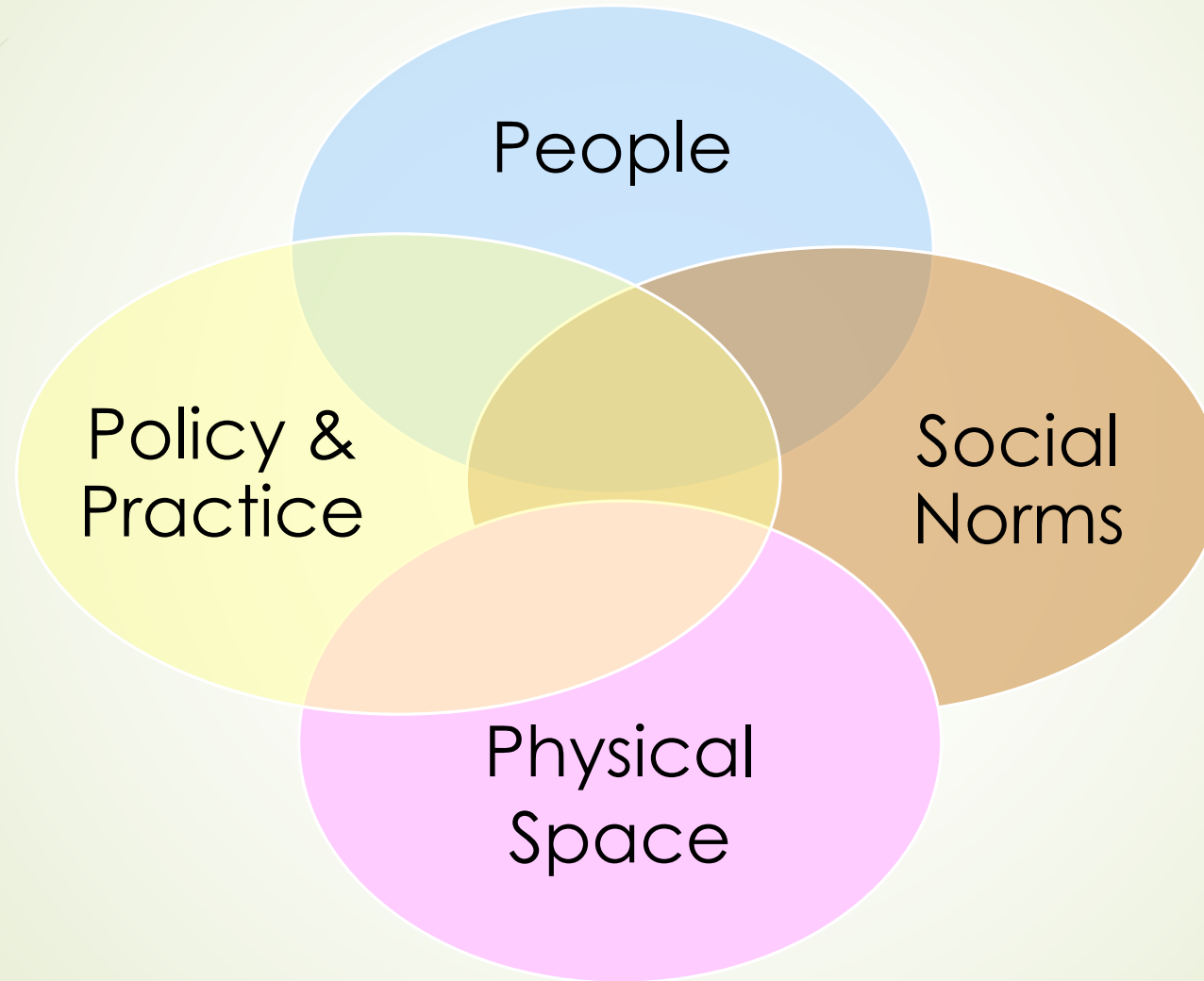
The support of wellbeing in schools is **NOT** working well

- Measures of success: Exploring the importance of context in the delivery of wellbeing and social and emotional learning programs
 - by Helen Street, 2017
 - in Australian primary and secondary schools in Frydenberg, E. Martin, A.J. and Collie R.J. (Eds) Social and Emotional Learning in Australia and the Asia Pacific. Springer Science and Business, Singapore
- Motivation outside in, inside out
 - by Helen Street, 2017
 - in Slep, G; Murray, S & White, M., (Eds) Future Directions in Well-being: Education, Organizations, and Policy. SpringerContext Is vitally important
- PROGRAMS ARE NOT WORKING AS EXPECTED
 - Weare, K. & Nind, M. (2011)
- Meaningful group membership
 - Baker, J. A., Dilly, L. J., Aupperlee, J. L., & Patil, S. A. (2003).

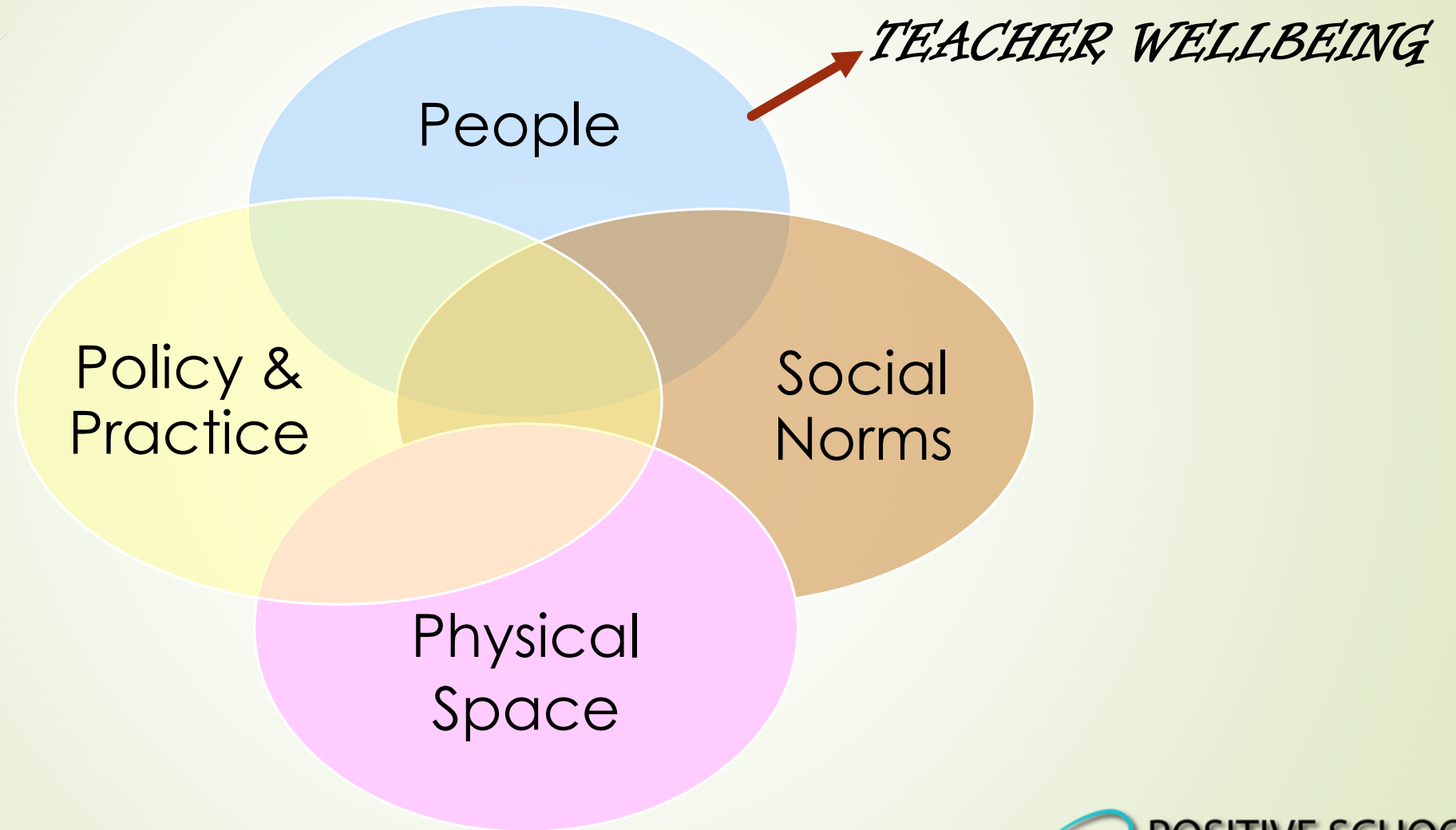


How can we create
contextual wellbeing within
our school communities?

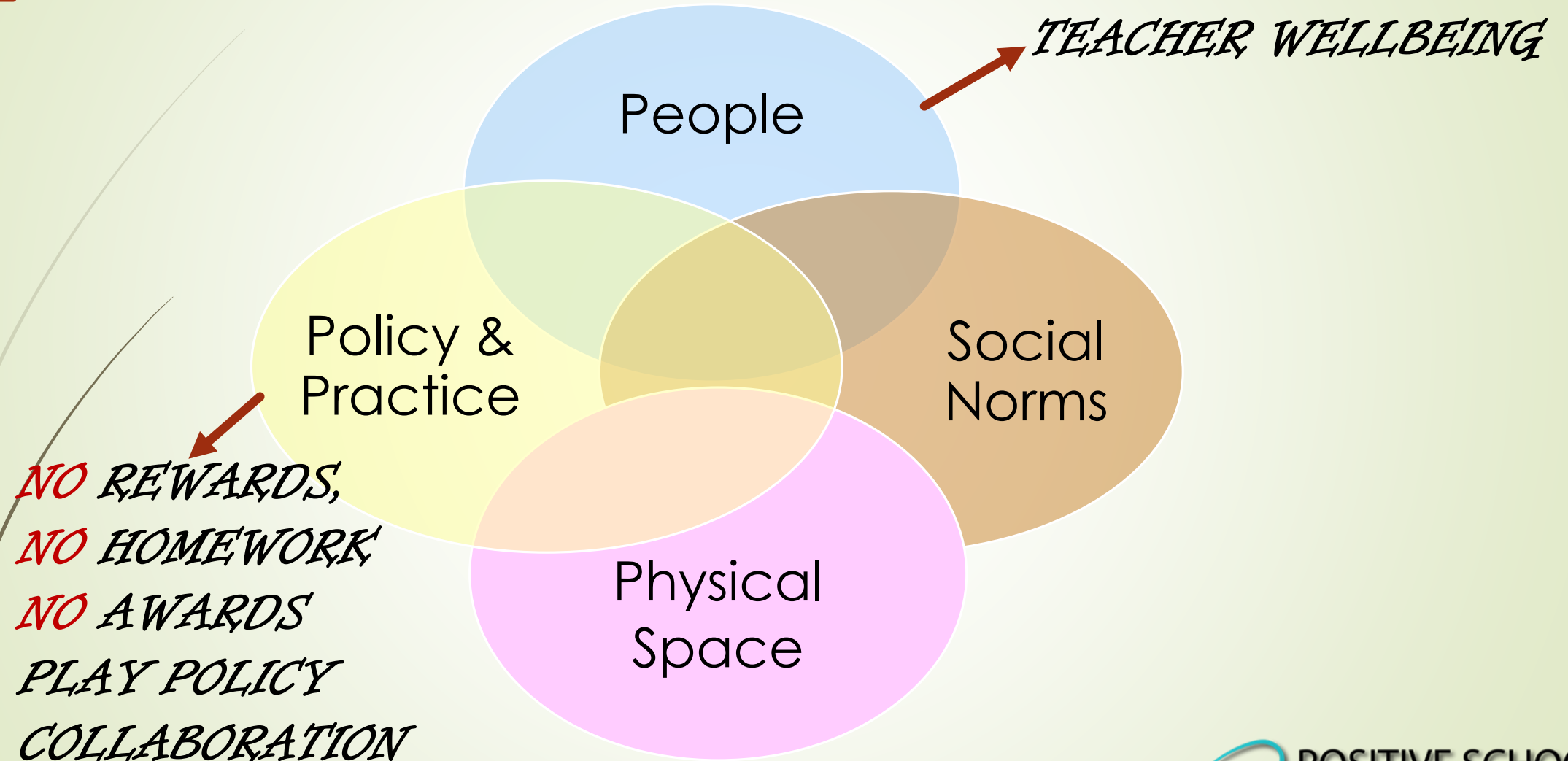
Creating Contextual Wellbeing in Schools



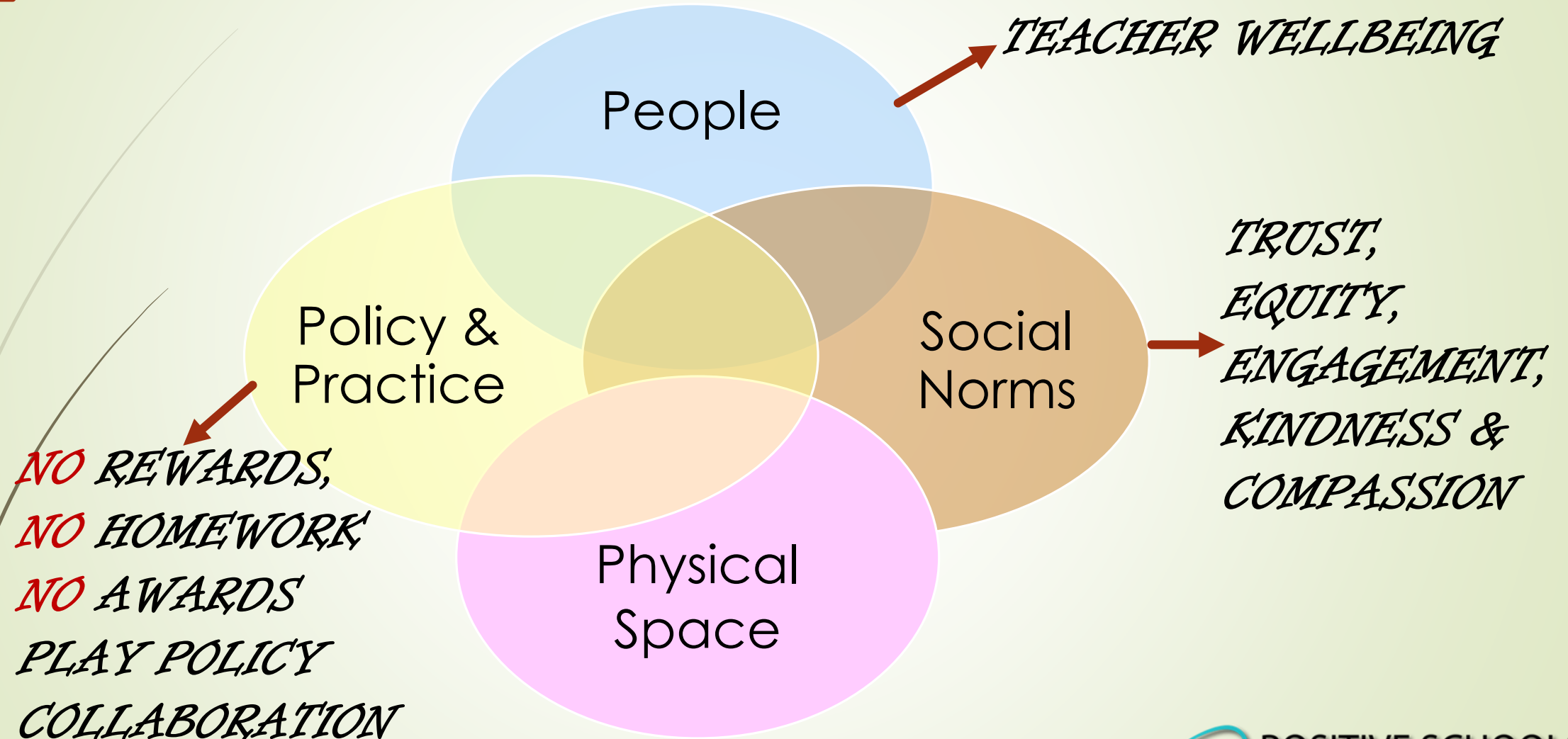
Creating Contextual Wellbeing in Schools



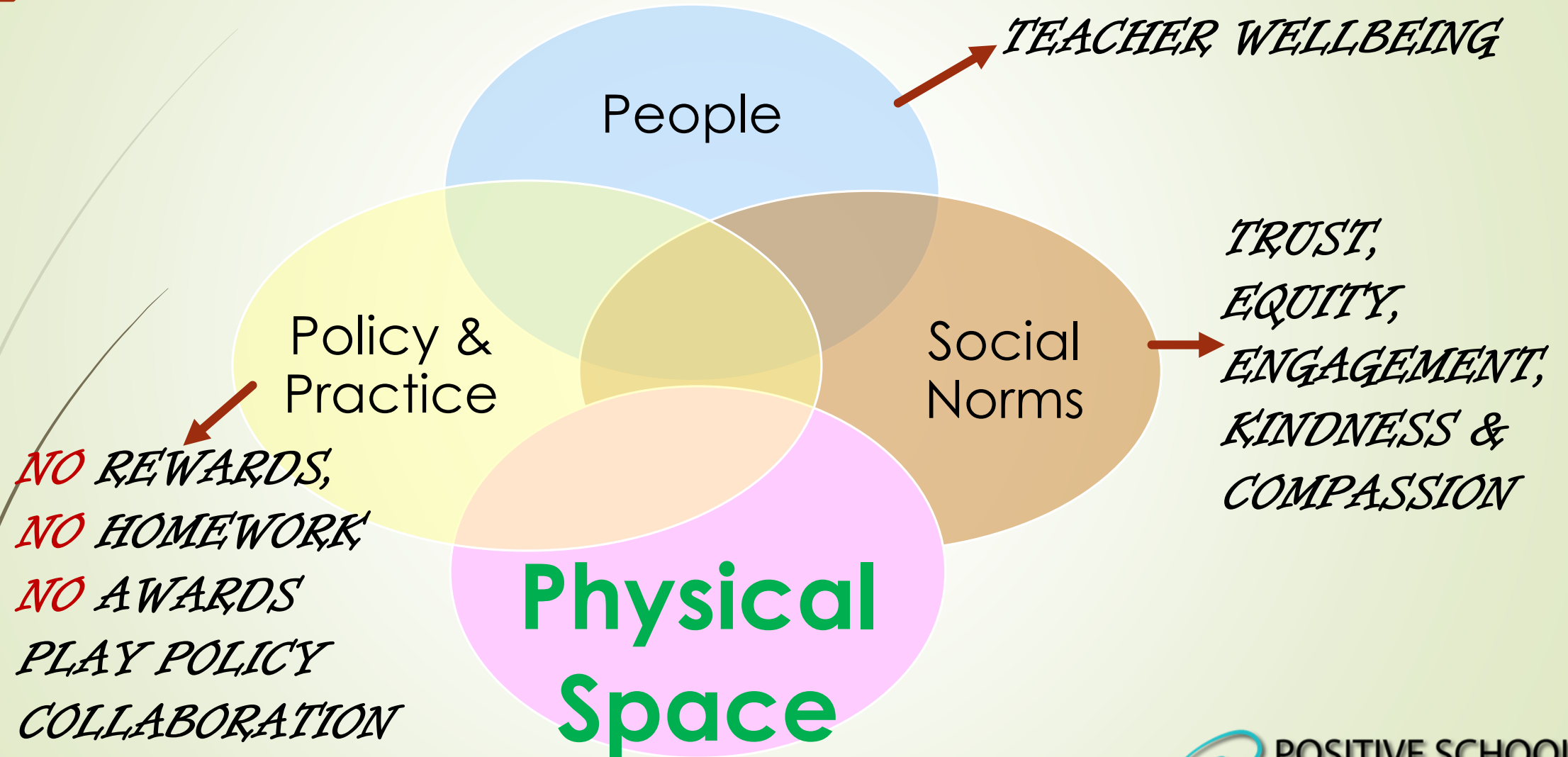
Creating Contextual Wellbeing in Schools



Creating Contextual Wellbeing in Schools



Creating Contextual Wellbeing in Schools



THREE KEY POINTS



1. Nature matters

Creating mindfulness naturally

- ▶ Nature deficit disorder - a diminished ability to focus, to use senses, to attend to the surroundings. (Richard Louv 2005, 'Last Child in the Woods')
- ▶ Children's exposure to nature significantly increases:
 - ▶ concentration
 - ▶ self-control
 - ▶ mindfulness,
 - ▶ reasoning and observational skills
 - ▶ reading, writing and math skills.
- ▶ (Aric Sigman 2007, Stephen Moss, 2012, Stephen Kellert, 2015)






FOUR KEY POINTS

1. Nature matters
2. Implicit messages have power







Union Elementary School “Eagle
Feathers”
bulletin board, Knox, US (2014)

FOUR KEY POINTS

1. Nature matters
2. Implicit messages have power

3. Ownership matters





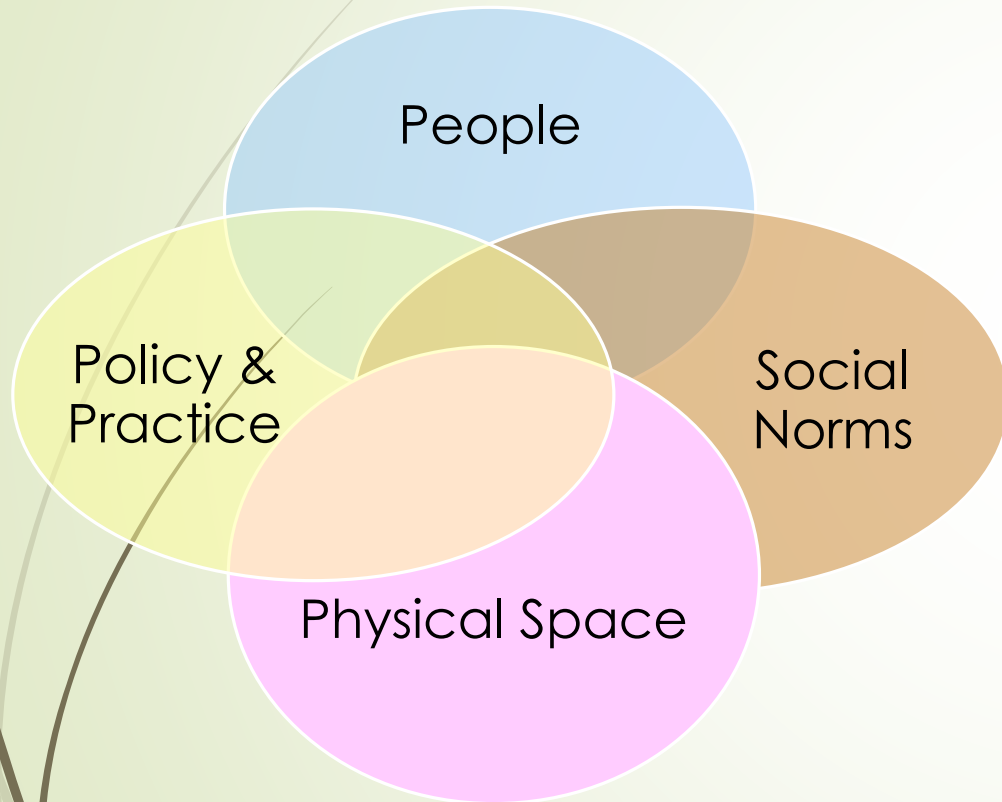


WE NEED TO PAY ATTENTION TO THE SPACES BETWEEN US.

THE SPACES BETWEEN US INFLUENCE OUR THOUGHTS, BELIEFS, BEHAVIOURS AND OUR WELLBEING.

www.contextualwellbeing.com.au

Contextual Wellbeing in Your School



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