



# PESA

Positive Education Schools Association

## PESA ACT Chapter 2018 One-Day Conference

**“Get Set!”**

**Saturday 25 August**

**9.15am-3.45pm**



**Proudly hosted by**



# About the Positive Education Schools Association (PESA)

PESA is a **peak association** of schools, universities, educators, parents, researchers, charities and other community members who share an interest in an **evidence-based approach to wellbeing**, and a commitment to supporting our schools, students, and the wider community to **flourish**. We are based in Australia with a national focus, and also welcome international members.

## PESA History

Until 2011, the early adopters of Positive Education in Australia worked largely in isolation or within small networks of schools in which knowledge and experiences were shared informally.

Early in 2012, Peninsula Grammar (Victoria), St Peter's College (South Australia) and Knox Grammar School (New South Wales) met with Associate Professor Lea Waters at the University of Melbourne's Graduate School of Education, to explore the likely benefits of forming an association of educators who shared the vision of promoting Positive Education in all schools across the nation.

The notion of learning from each other, as well as encouraging other schools to embrace the tenets of positive psychology was clearly a shared vision of these three schools.

A few months later, the leaders of nine schools from across Australia came together at St Peter's College in Adelaide for an inaugural workshop at which the foundations of the association were discussed.

Much work was done during 2012 – 2013 to develop the mission, vision and core values of the new association, which was to be named the Positive Education Schools Association. This work was assisted greatly by Michelle McQuaid, using an Appreciative Inquiry approach.

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 founding schools of PESA provided countless hours of support and generous financial assistance to enable our Association to formally launch at the 4<sup>th</sup> Australian Positive Psychology & Wellbeing Conference held at the University of Melbourne in February 2014.

## PESA Vision

*For the science of wellbeing and Positive Psychology to be integrated throughout the education system, enabling all students, schools, and communities to flourish.*

## PESA Mission

*To lead, promote, and foster the implementation and development of Positive Education.*

## PESA Board

**Chairman:** Simon Murray OAM  
**Deputy-Chair:** Anne Johnstone  
**Treasurer:** Warren Symonds

Leonie Abbott  
Joanne Alford  
Janis Coffey  
Charlie Scudamore

# Conference Welcome



**Melanie Spencer**  
PESA ACT Chapter Chair

On behalf of the PESA ACT Chapter I am delighted to welcome you to our inaugural PESA ACT conference.

Our conference theme is “Get Set” and our vision for this conference was to equip and encourage Positive Educators at whatever stage of their journey, whether that’s stepping up to the mark, getting ready to implement, or off and racing!

The sub-committee of our Chapter set out to develop an interactive program for the day and were encouraged to learn that our keynote speakers supported this approach. We hope this results in some wonderful collegial conversations throughout the day. We also wanted to cater for the diverse learning needs of the delegates and so developed workshops that cater for both individual classroom embedding and whole school implementation of Positive Education practices.

Many thanks to our keynote speakers, Dr Justin Coulson, Tom Brunzell, Leonie Everett and Amy Fratturo, as well as our workshop presenters who are sharing their expertise.

Many thanks to the PESA ACT Committee, all of whom are committed to leading and promoting the science of wellbeing and positive psychology, enabling all students, schools and communities to flourish.

- Sheridan Kerr, Catholic Education
- Alison Easey, Burgmann Anglican School
- Vivian Martin, Canberra Girls Grammar School
- Karen Mahar, Radford College
- Nathan Campbell, Trinity Christian School
- Betty Chau, Gungahlin College
- Nicole Coombe, Aranda Primary School
- Heike Craig, Daramalan College
- Natalia Pelle, Gungahlin College
- Vicki Swan, NSW Department of Education
- Ellie Ellis, Radford College
- Lindsay Reid, Daramalan College



**Marita Hayes-Brown**  
PESA CEO

A very warm welcome to the inaugural Positive Education Schools Association ACT Chapter Conference.

Our State and Territory Chapters support and assist our members on a local level, provide our association with insights and ideas from our members’ grass-roots experiences, and run state and territory-based professional development events, such as this conference.

It has been inspiring over the past 12 months to watch our Chapters developing nation-wide, and indeed our ACT chapter has been very active since its establishment not quite a year ago – it’s remarkable what is possible with hard work, enthusiasm and collaboration.

PESA is very grateful to the dedicated group who make up the organising committee of our ACT Chapter, not only for their commitment to Positive Education and professional collaboration, but also for their steadfast support of our association.

A very special vote of thanks to our host Burgmann Anglican School, for their very generous support of our event.

Thanks also to our presenters who are making time in their busy schedules to generously share their experience and expertise today.

I hope you take every opportunity today to connect, collaborate and share your ideas and knowledge with other delegates, and I am confident that each of you will leave this conference feeling inspired and energised about Positive Education and its power to enhance student and wider community wellbeing.

PESA is committed to supporting you to create and grow thriving, supportive schools, at which young people can become their best selves, equipped and eager over the course of their lifetimes to contribute to more flourishing communities.

# Program

## Saturday 25 August

Time	Event	Place	
8.45 – 9.15am	<b>CONFERENCE REGISTRATION</b>	Grace Chapel	
9.15 – 9.30am	<b>Welcome &amp; Acknowledgement of Country</b> Melanie Spencer – PESA ACT Chapter Chair Marita Hayes-Brown – PESA CEO	Grace Chapel	
9.30 – 11am	<b>Keynote – Dr Justin Coulson</b> <i>Positive Education – Where to Start?</i>	Grace Chapel	
11 – 11.30am	<b>MORNING TEA</b>	Library	
11.30am - 1pm	<b>Keynote – Tom Brunzell</b> Berry Street <i>Positive Education: Getting Set for a Positive Culture</i>	Grace Chapel	
1 – 1.45pm	<b>LUNCH</b>	Library	
1.45 – 2.45pm	<b>Streamed Strands –</b> Delegates may choose 1 option from either Stream	C Block G Block & M Block	
	<p style="text-align: center;"><b>Stream A</b></p> <p style="text-align: center;"><b>Practical Positive Education Ideas for the Classroom</b></p> <p>Character Strengths – Knowing Your Students Through Their Character Strengths – M2 <b>Catherine Amesbury</b> Burgmann Anglican School</p> <p>Making a Start – Using Pos Ed in Your Classroom Tomorrow! – G1 <b>Nathan Campbell</b> Trinity Christian School</p> <p>Cultivating Effort – Classroom Culture as a Positive Place – Grace Chapel <b>Alison Easey</b> Burgmann Anglican School</p>	<p style="text-align: center;"><b>Stream B</b></p> <p style="text-align: center;"><b>Whole School Approaches to Implementing Pos Ed</b></p> <p>Making PERMA Permanent – Embedding the Principles of Positive Psychology Through Whole School Pastoral Care – M3 <b>Betty Chau</b> Gungahlin College</p> <p>Going Bespoke with Your Wellbeing Model – M1 <b>Karen Mahar &amp; Jessica Ford</b> Radford College</p> <p>Using Appreciative Inquiry to Develop Whole School Approaches to Wellbeing – C2 <b>Melanie Spencer</b> Burgmann Anglican School</p>	Burgmann staff will help you find the right place 😊
2.50-3.20pm	<b>Keynote – Leonie Everett and Amy Fratturo</b> headspace, ACT <i>headspace and the New National Education Initiative</i>	Grace Chapel	
3.20 – 3.30pm	<b>Reflective Mindfulness Session</b>	Grace Chapel	
3.30 – 3.45pm	<b>Closing Address</b> Melanie Spencer – PESA ACT Chapter Chair	Grace Chapel	

# Extended Practical Elective Sessions

Attendees may choose one elective from either stream

## *Stream 1: Practical Pos Ed Ideas for the Classroom*

### **Option A**

**Character Strengths – Knowing Your Students Through Their Character Strengths**

**Catherine Amesbury**

Senior School Director of Wellbeing, Burgmann Anglican School

### **Option B**

**Making a Start – Using Pos Ed in Your Classroom Tomorrow!**

**Nathan Campbell**

College Welfare Advisor, Trinity Christian School

### **Option C**

**Cultivating Effort – Classroom Culture as a Positive Place**

**Alison Easey**

Deputy Principal (Learning & Teaching), Burgmann Anglican School

## *Stream 2: Whole School Approaches to Implementing Positive Education*

### **Option D**

**Making PERMA Permanent – Embedding the Principles of Positive Psychology Through Whole School Pastoral Care**

**Betty Chau**

Director of Student Wellbeing, Gungahlin College

### **Option E**

**Going Bespoke With Your Wellbeing Model**

**Karen Mahar**

Assistant Head of Junior School Wellbeing, Radford College  
Jessica Ford, Year 6 Teacher, Radford College

### **Option F**

**Using Appreciative Inquiry to Develop Whole School Approaches to Wellbeing**

**Melanie Spencer**

Deputy Principal (Wellbeing), Burgmann Anglican School

# Keynote Presentations



**Tom Brunzell**  
Senior Advisor, Education  
Berry Street Education Model

Tom Brunzell began his career in education as a Teach for America (TFA) corps member at NYC P.S. #28 in the Bronx. Tom co-founded KIPP Infinity Charter School as Dean of Students and literacy teacher. He worked with students and their families; supervised teachers through classroom observation and curriculum feedback; supervised KIPP's guidance staff of social workers and counsellors, eventually serving as chair for all KIPP NYC's social worker development group. Additionally, he was team leader in the University of Pennsylvania/KIPP/Riverdale Country School three-year partnership to develop character education and the Character Report Card with Dr Martin Seligman and Dr Angela Duckworth.

Tom joined Berry Street in 2011 and developed the Berry Street Education Model for the Berry Street School. He now serves as Senior Advisor, Education, for the Berry Street Childhood Institute, working with school leaders, teachers, and their regions in the areas of school culture and curriculum development.

Tom presents internationally on topics of transforming school cultures, high expectations for differentiated instruction, trauma-informed practice, wellbeing and the application of positive psychology, and effective school leadership. He is a PhD candidate at the University of Melbourne Graduate School of Education, supervised by Professor Lea Waters of the Centre for Positive Psychology and Dr Helen Stokes of the Youth Research Centre, studying trauma-informed pedagogy, positive psychology, and their impacts on workplace meaning.

## **Positive Education: Getting Set for a Positive Culture**

Building on the foundation laid by Justin, Tom will share evidence based whole-school strategies to increase student readiness for learning using a Positive Education approach. Whole-school strategies are paramount for creating the rhythmic predictability required to support resistant students—and all students.

He will encourage educators in being “Sunspot Teachers” who are early adopters of Positive Education strategies and who intuitively teach with the whole-child in mind. This interactive session will also address the challenge of creating consistency in their teachers’ practice across an entire school campus.



**Dr Justin Coulson**  
JustinCoulson.com

After a successful radio career Justin returned to school in his late 20's where he earned his psychology degree from the University of Queensland and his PhD in psychology from the University of Wollongong. He has written multiple peer-reviewed journal articles and scholarly book chapters, as well as several books and ebooks about parenting, including the recently released *21 Days to a Happier Family* (Harper Collins, 2016).

Justin is an Honorary Fellow at the Centre for Positive Psychology in the Graduate School of Education at the University of Melbourne. He is a consultant to the Federal Government's Office of the Children's e-Safety Commissioner, and has acted in an advisory capacity to well-known organisations including BeyondBlue, the Raising Children Network, Life Education, Intel Security, and the Alannah and Madeline Foundation.

In addition, Justin writes a weekly parenting advice column for Sydney's Daily Telegraph, appears regularly on The Project, the TODAY Show, Studio 10, Mornings, and a large number of radio stations around the nation, and he is the parenting expert at [kidspot.com.au](http://kidspot.com.au), Australia's number one parenting website.

Justin not only knows a lot about parenting and positive psychology, but he lives it. He has successfully taught each of his children to sleep in their own beds, wear clothing even when it's hot, use the bathroom, and eat at least some of the food on their plate most of the time. Justin and his wife, Kylie, live in Queensland.

## **Positive Education: Where to Start?**

The Positive Education and Wellbeing movement has swept across Australian education with many schools investing significant resources to develop and implement their wellbeing program. However, many schools have struggled to know where to start, what to implement, or how to go about creating a positive education climate. Others have made unsuccessful attempts, meeting with resistance from staff who are tired of 'fad programs', starting with tremendous enthusiasm but tiring out, or trialling one thing after another in a 'hope' program where we 'hope this works'. The purpose of this presentation is to talk with educators about the challenges associated with implementing positive psychology and wellbeing concepts into an educational environment (with so many moving parts), and identify small and simple steps that anyone can use to begin the change to a more positive culture.



## **Leonie Everett & Amy Fratturo** **headspace in Schools, ACT**

**headspace** is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds, along with assistance in promoting young peoples' wellbeing. This covers four core areas: mental health, physical health, work and study support and alcohol and other drug services.

Leonie started working with headspace in 2009 following the completion of her B Psych (Hons). Her initial role with headspace Wagga Wagga involved provision of clinical services to young people between 12 and 25 along with rural outreach clinical support to Adult clients with complex presentations and support needs. Leonie developed and delivered a targeted support program for young people and their families experiencing high levels of risk related to self-harm and suicide. Leonie has also worked as part of the welfare and clinical support team at Charles Sturt University. Between 2013 and 2016 Leonie worked with headspace National Office as a part of the headspace School Support Suicide Postvention Program and led the NSW/ACT team for a period of 2 years. Leonie has experience as the Operations Manager and Clinical Lead of a rural headspace Centre however she is enjoying being back working with educators, school communities and school systems as the ACT headspace in Schools Manager. Leonie has presented at a number of local, State and National forums and conferences on topics inclusive of youth mental health, suicide prevention, suicide postvention and community recovery and growth.

Amy has trained and worked as a primary school classroom teacher in the NSW Catholic sector and more recently completed a Masters of Education in Indigenous Studies. She has spent the last 4 years worked in Education project management roles, liaising with regional and metro primary and secondary schools in the government, Catholic and independent sectors to make our schooling and tertiary systems more equitable and socially inclusive for students of all backgrounds. Amy joined headspace in Schools ACT team in November 2017 as an education consultant for the National Education Initiative and consults with schools around their whole-school approach to mental health and wellbeing.

## ***headspace and the National Education Initiative***

In this keynote, Leonie and Amy will discuss headspace services available to schools in Canberra and will update conference delegates on the National Education Initiative. They will also provide broad information about #youcantalk, STORM training, Youth Aware Mental Health (YAM) and The Way Back support service operating out of Woden.



# Burgmann Anglican School

## Valley Campus Map

4 The Valley Avenue, Gungahlin ACT



**Thank you for your participation in the PESA ACT Chapter's first conference!**

**We welcome your feedback and would be grateful to hear your thoughts on the day, and suggestions for next year's event. Feedback can be provided anonymously.**

**With gratitude,  
The ACT Chapter Organising Committee**  
<https://www.surveymonkey.com/r/VK92CSH>