



PESA South Australia
invites you to

Year 8 Student Wellbeing Symposium

Connect. Create. Lead.

Wednesday
20 Nov

Join Year 8 students from across South Australia for an exciting event exploring the Science of Wellbeing. Through interactive sessions, students will connect, share experiences, and learn strategies to enhance wellbeing in their communities. They'll also collaborate to plan initiatives for 2025, setting the stage for positive change. Don't miss this unique opportunity for your students to engage, learn, and lead in wellbeing!

\$20 for PESA
members

\$25 for
non-
members

When & Where

9:15pm- 3pm on Wednesday, 20th November 2024.
Scotch College Adelaide,
Carruth Rd, Torrens Park, South Australia.

More details and registration

<https://www.pesa.edu.au/2024-sa-y8-symposium/>



Grow your network. Grow wellbeing.



AGENDA

9:15 - 9:30 AM	Arrival at Scotch College, Purruna Centre
9:30 AM	Symposium Launch and Welcome Shawn Kasbergen, Head of Student and Wellbeing. PESA-SA Chapter Chair.
9:40 AM	Energiser Activity
10:00 AM	Keynote: The Power of Identity in Connection. Dan Jackson , General Manager, Player Development and Leadership, Adelaide Crows
11:05 - 11:30 AM	Break
11:30 AM	What Worked Well 5 Minute Lighting Presentations from 6 participating schools
11:55 AM	Appreciative Inquiry Led by Scotch College Year 11 Student Leaders with John Vrodos
12:45 PM	Panel Discussion: Wellbeing in Action: Empowering students to shape healthy communities John Vrodos, Shawn Kasbergen, Emma Grave and two students
1:30 - 2:00 PM	Break
2:00 PM	Energiser Activity
2:05 PM	Our Wellbeing Student Activity
3:00 PM	Dismissal



KEYNOTE



The Power of Identity in Connection **Presented by Dan Jackson**

General Manager – Player Development and Leadership,
Adelaide Crows

Dan Jackson is a former AFL player, having played over 150 games for Richmond Football Club between 2004 and 2014. An honoured player, Dan spent six years in the club's leadership group and won the Jack Dyer Medal in 2013 as the club's best and fairest.

Since retiring as a player, Dan has a strong and proven track record of working with sports professionals and youth communities to optimise performance with a focus on purpose, resilience, mindset, and creating positive habits.

DISCUSSION PANEL



Wellbeing in Action: Empowering students to shape healthy communities

- John Vrodos: Lawyer and Wellbeing Facilitator.
- Shawn Kasbergen: Head of Students and Wellbeing - Scotch College, Adelaide.
- Student representatives.

This dynamic panel will explore how to actively involve students in shaping wellbeing practices that promote mental health, resilience, and a thriving school culture. This interactive Q&A will highlight evidence-informed strategies, offering attendees practical insights to strengthen their own school wellbeing initiatives and empower students to build healthier, more connected communities.