



Australia's Peak Body for Wellbeing Education

# Inspiring Change: Co-designing a Student-Led Wellbeing Conference in the Middle Years

Tuesday  
Mar 3  
5pm - 6pm  
AEDT

Empowering middle years students to research, lead, and share wellbeing with their community.

Presented by  
**Edward McInnes**  
Wellbeing Leader Year 7  
Scotch College, Adelaide



This masterclass outlines Scotch's approach to wellbeing in the Middle Years, exploring the design and implementation of a whole-cohort, student-led wellbeing conference that is open to the wider community.

The masterclass will address the rationale, challenges, and benefits of this approach and provide practical guidance to support schools in adapting and implementing a student-led wellbeing conference within their own context.

By the end of this session, participants will:

- Understand the **methodology** for running a student-led Wellbeing Conference, and the **overarching approach** to Wellbeing at Scotch.
- Learn about the **benefits, challenges, and practical applications**.
- Be able to **run your own** Wellbeing Conference in your **context**.

Register



## THE PRESENTER



### **Ed McInnes**

#### **Wellbeing Leader - Year 7 Scotch College, Adelaide**

Passionate about supporting the Wellbeing of all students, exploring innovative approaches to wellbeing education, and creating experiential learning experiences that have purpose. I have worked across various teams in the school, from the Bullying and Harassment Review Team, to our Consent Team. Our student-led Wellbeing Conference has been a key experience for Year 7 for the last few years, and we have continued to evolve its structure and elements.

## FULL ABSTRACT

This masterclass will share Scotch's approach to Wellbeing in the Middle Years, outlining the lead into a term focus on 'Wellbeing Foundations and Practices' where students earn the honorary title of 'Wellbeing Scientists' and conduct research into a Wellbeing related concept.

We will then discuss the lead-in and co-designing opportunities for a whole cohort student-led 'Wellbeing Conference' open to the community where students share their findings, run workshops for students and families, take on the roles of keynote speakers, and endorse a culture of visible wellbeing. Reasonings, challenges, benefits, and practical tips will be shared so that you can set up a 'Wellbeing Conference' in your own school context.

**Register**

