

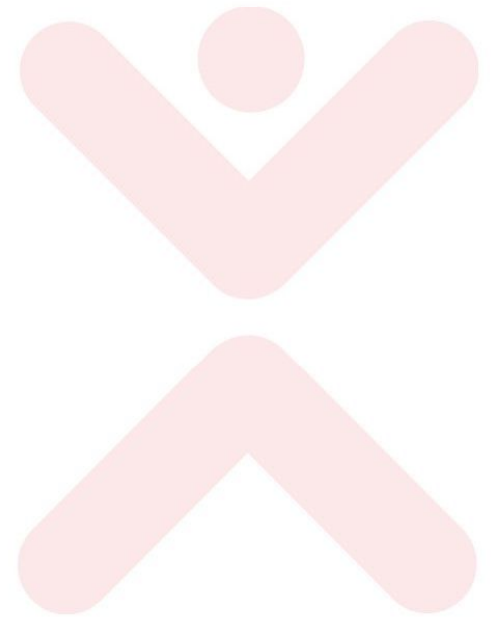
Step Number One – Start with your



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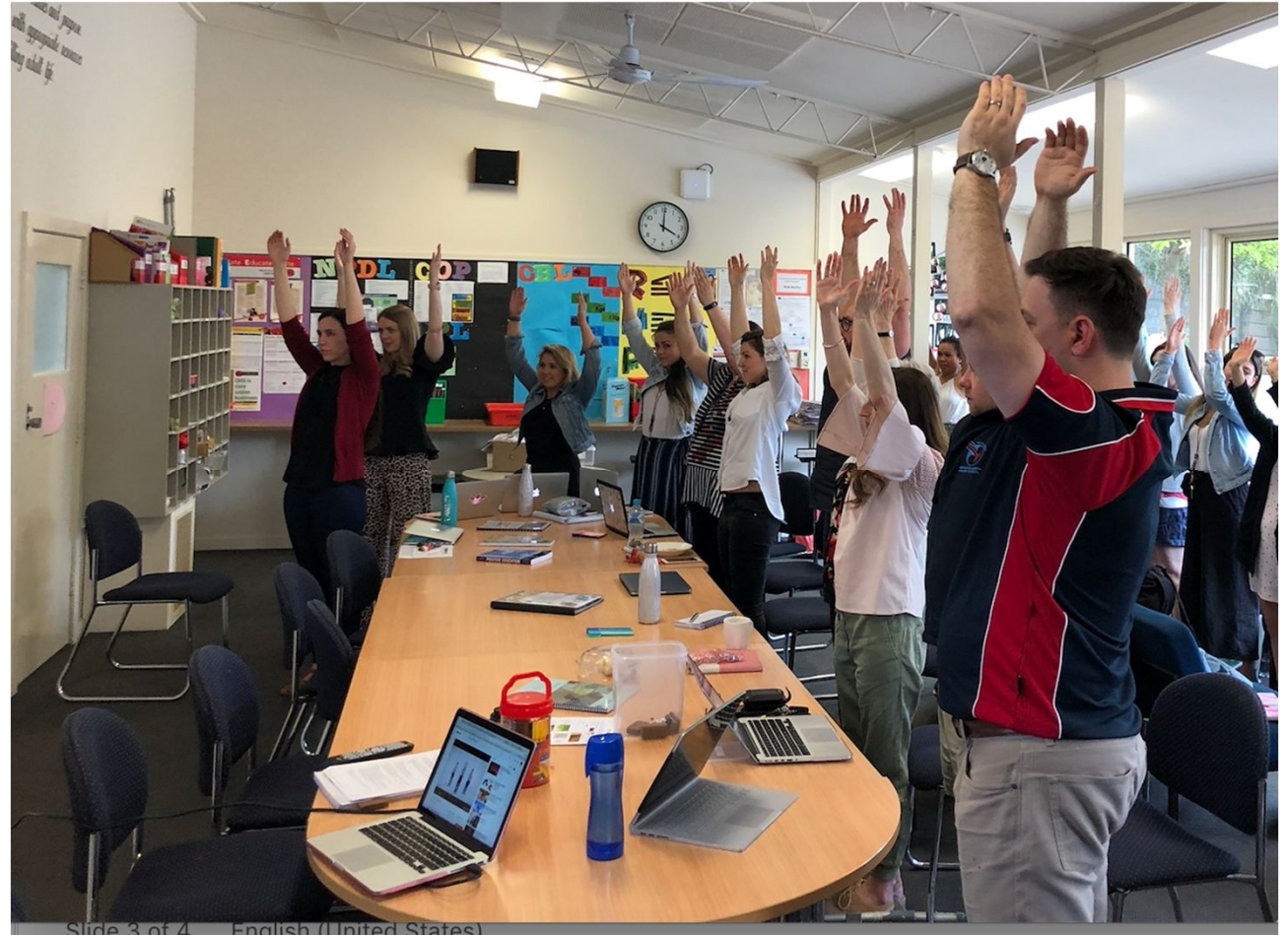
Where did our Positive Education journey start?

- **We knew we had to have staff buy in.**
- **Dedicated a year to staff growth and development**
- **Lots of professional learning – managing stress/emotions, mindfulness, gratitude and relationships were key focus areas**



What did we do & what did we discover?

- We surveyed staff to find out how they fared in relation to their levels of Optimism, Connectedness, Happiness, Engagement and Perseverance.
- Our results were surprising.
- We needed to give people opportunity and time to practice mindfulness and to be engaged with activities and work they found rewarding and exciting.
- We need to cultivate a sense of fun!



Key takeaways from RNPS

- Don't try and rush the implementation. If you want PosEd to be a vehicle for whole school community and cultural change, give it time.
- Regularly allow time for teachers to practice what they will be preaching.
- Lead by example. Model gratitude, mindful conversations, active constructive listening and kindness every day with your staff. 'Live it' for yourself.
- Find a model that suits your school context.
- Let the school community see you engaging in fun things. Spend time 'in the moment'.
- Don't try and push things out to parents until all staff understand that Positive Education is not a program.

