



Strategies to support the health and well-being of your students

All children deserve the opportunity to thrive – this is the reason why we measure student well-being! We understand that the school environment plays a key role in shaping not only academic success but how children perceive the world and their resilience in dealing with situations now and throughout their lives.

As children re-enter schools, establishing a benchmark, setting goals, having a set of strategies to achieving these goals and monitoring cohorts over time becomes even more important than ever. How will the results of the Tell Them From Me Student Survey inform a course of action? Our framework considers three broad sets of strategies which you can put in place immediately. Your survey results will allow you to capture data against 12 measures of student well-being and monitor progress to effectively prepare your students for future success.

Strategies to support student well-being:

1. Build and Strengthen Personal Assets



Ensure every student is receiving support directly from at least one staff member who is striving to build and strengthen the student's academic skills, commitment to learning, and family and community support.

Academic Skills

Set explicit goals to increase the student's literacy and numeracy skills.

Commitment to Learning

Set explicit goals for increasing the student's perceived value of schooling.

Family and Community Support

Establish effective partnerships with families and community leaders to build students' skills and confidence.

2. Provide Personally Expressive Activities



Provide opportunities for each student to engage in activities that are 'self-defining' – activities that are consistent with the student's natural talents and uniqueness.

Prosocial Activities

Encourage students to become involved in one or more volunteer or community-service activities.

Performance Activities

Provide opportunities for students to engage performance-based activities, such as a sports team, a drama club, or a school band.

Social Activities

Provide opportunities for students to participate in the social life of the school. This could include, being involved in student government or taking part in a science fair.

3. Strengthen Social and Emotional Skills



Explicitly teach students how to understand and manage their emotions, develop positive relationships, and set and achieve positive goals.

Self-Regulation Skills

Develop students' ability to consciously control their thoughts, behaviours, and emotions. This will allow them to adapt to the demands of their context in a flexible way.

Positive Relationships

Equip students with the skills to develop friendships with peers and adults that strengthen social connections and promote a sense of belonging in the school.

Goal Oriented

Teach students how to plan ahead, set and achieve academic and personal goals. Teach leadership skills – the ability to inspire others to achieve a common goal.

Thriving is at the core of well-being. The Learning Bar's well-being framework is specifically designed to inform school policy and support the efforts of schools, communities, and families to give all children the opportunity to thrive.

To further discuss how to use your Tell Them From Me data to support your strategies, please email us at au-sales@thelearningbar.com.