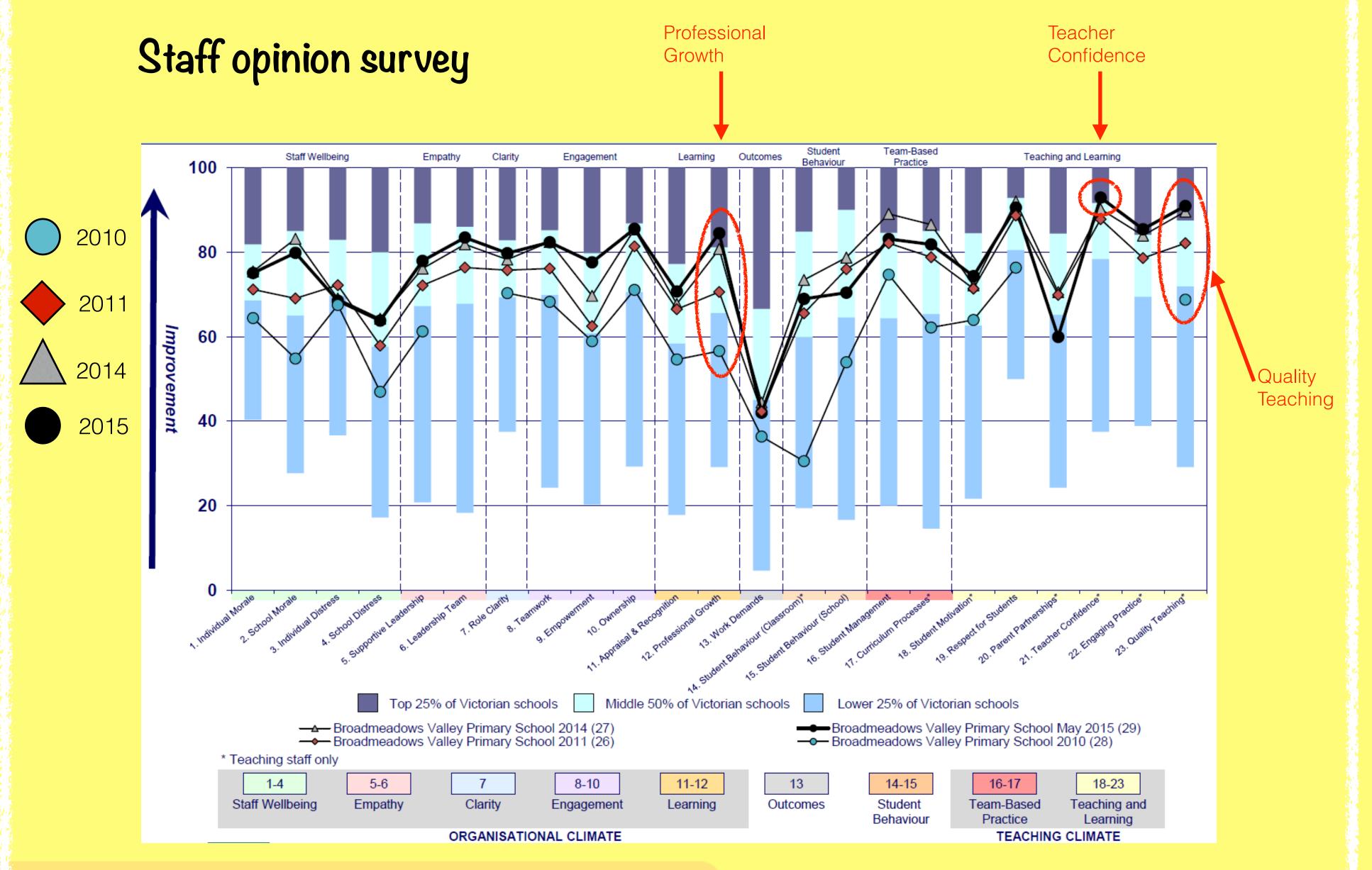


Internet access	
Low family income	
Overall education	
Post-schooling	
qualifications	
Unskilled workers	
Readiness for	
schooling	
Disability Support	
Long-term	
unemployment	
Rent assistance	
Unemployment	
Y9 reading	
Child maltreatment	7//////
Juvenile convictions	-
Domestic violence	

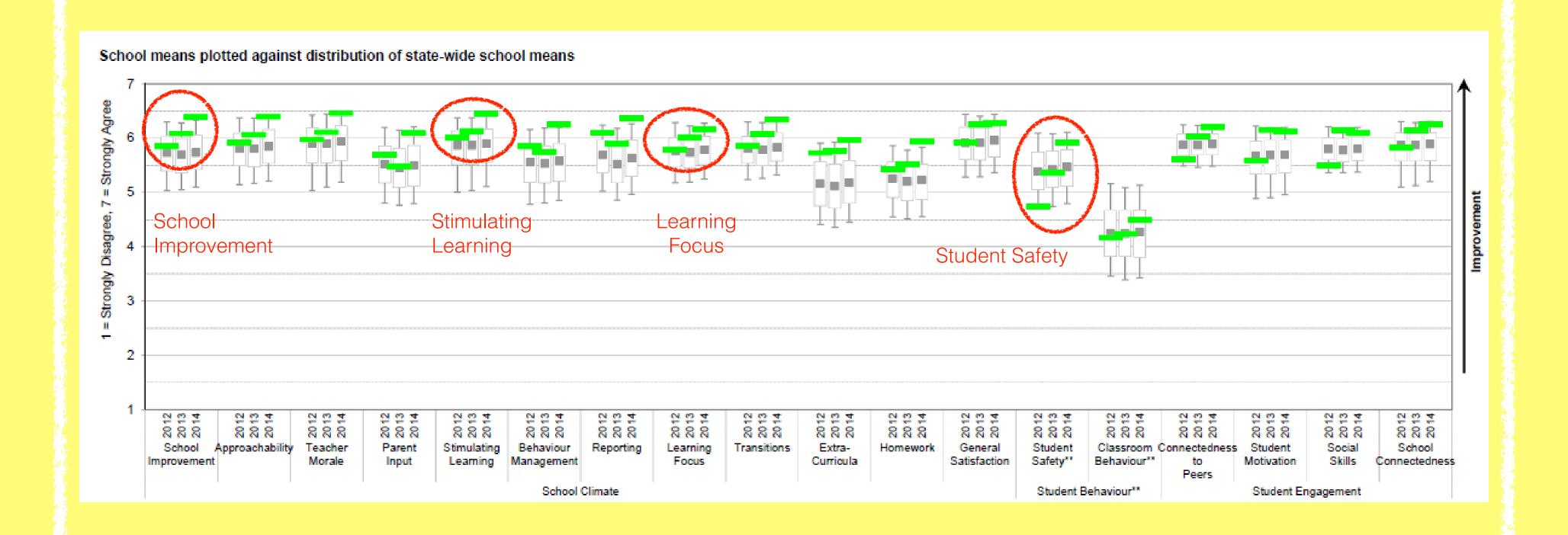
Prison admissions

Table 4 – 6: Victoria's 40 highest-ranking postcode areas on the 'disadvantage' factor (listed alphabetically within bands)

Band	Localities arranged alphabetically	Estimated population	Top 5% (/)/ top 10% (*) in 2007
	3047 Broadmeadows	10,578	4
	3214 Corio	15,072	4
1	3177 Doveton	8,404	•
	3200 Frankston North	5,626	*
	3465 Maryborough	7,630	•
	3840 Morwell	13,691	,
Supplementary: Special case	3520# Korong Vale	248	•
	X/////////////////////////////////////		



Parent opinion survey



Matched cohort NAPLAN data



Matched cohort NAPLAN data

NAPLAN MATCHED YEAR 3 TO 5 COHORT GROWTH NUMERACY

GROWTH PERIOD	State Mean	School Mean	% above or below
2010 - 2012	87	69	20.5% below
2011 - 2013	81	74	8.5% below
2012 - 2014	88	91	3.5% above
2013 - 2015			20-25% above

NAPLAN MATCHED YEAR 3 TO 5 COHORT GROWTH READING

GROWTH PERIOD	State Mean	School Mean	% above or below	
2010 - 2012	73	77	5.4% above	
2011 - 2013	76	92	21% above	
2012 - 2014	78	100	22% above	
2013 - 2015			≥ 25+% above	

NAPLAN MATCHED YEAR 3-5 COHORT GROWTH WRITING

GROWTH PERIOD	State Mean	School Mean	% above or below
2010 - 2012	61	56	8% below
2011 - 2013	66	52	18% below
2012 - 2014	52	70	26% above
2013 - 2015			25+% above



THE MINDFUL LEADER

DEVELOPING A WHOLE SCHOOL APPROACH TO SCHOOL LEADER HEALTH AND WELLBEING



This CPPA connections day event is proudly supported by our Business Partners



Whakataka te hau ki te uru Whakataka te hau ki te tonga Kia mākinakina ki uta Kia mātaratara ki tai E hī ake ana te atakura He tio, he huka, he hauhunga Haumi e! Hui e! Taiki e!

Programme



8.30: Collegiate Networking

9.00: Executive Welcome

9.10: Workshop Session 1

10.30: Morning Tea

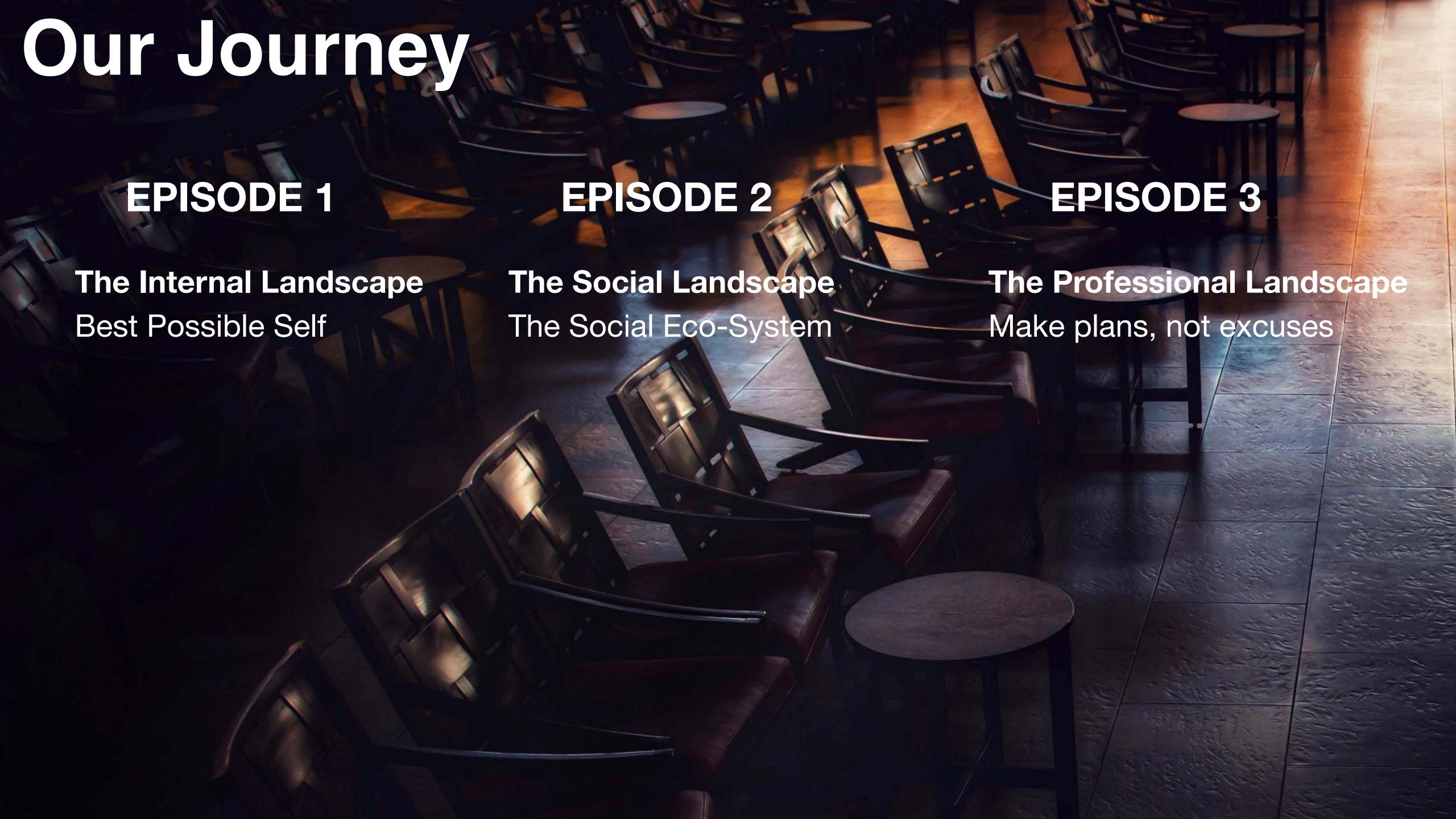
10.40: Workshop Session 2

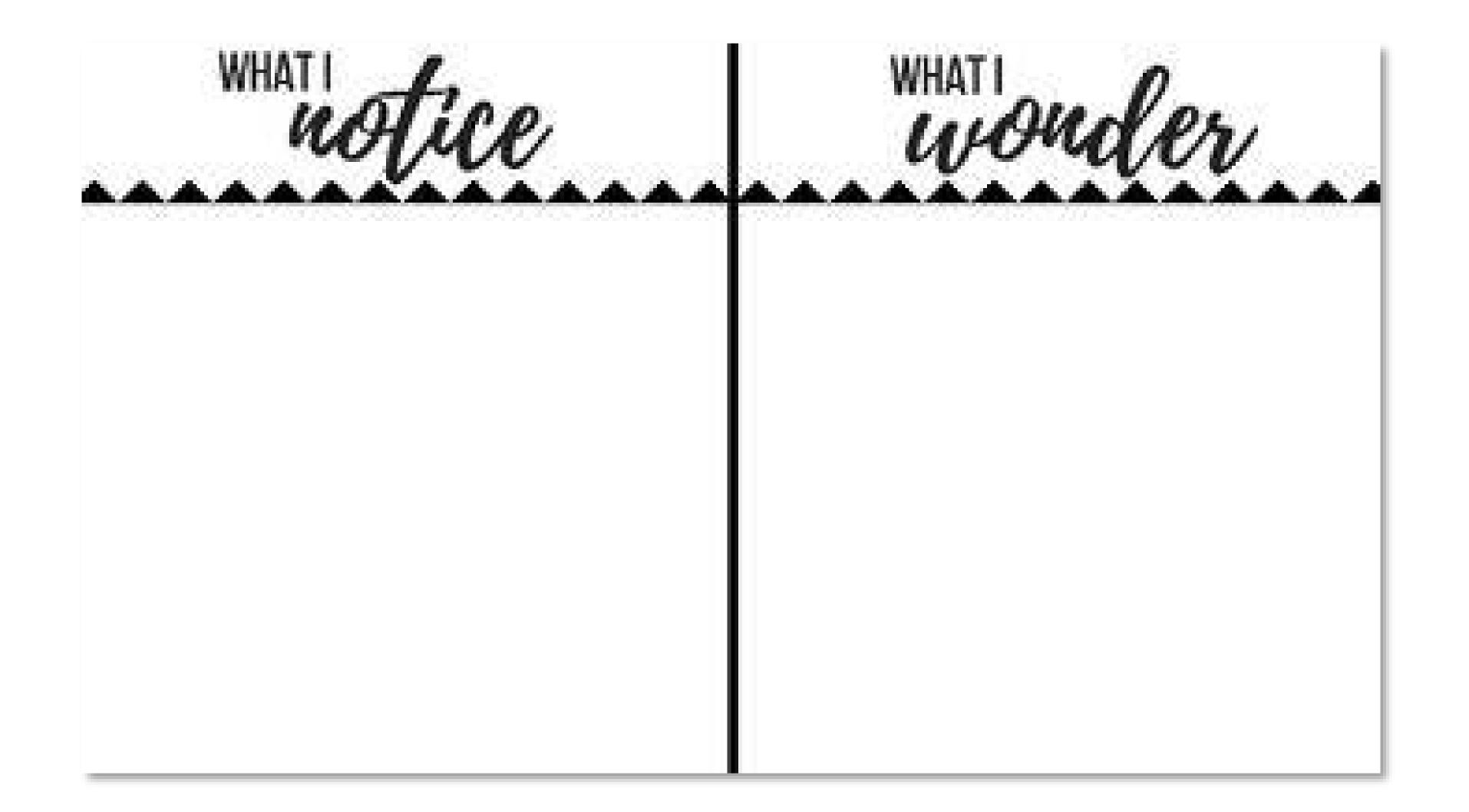
12.30: Lunch

1.30: Workshop Session 3

3.15: Closing Remarks









Norms and protocols

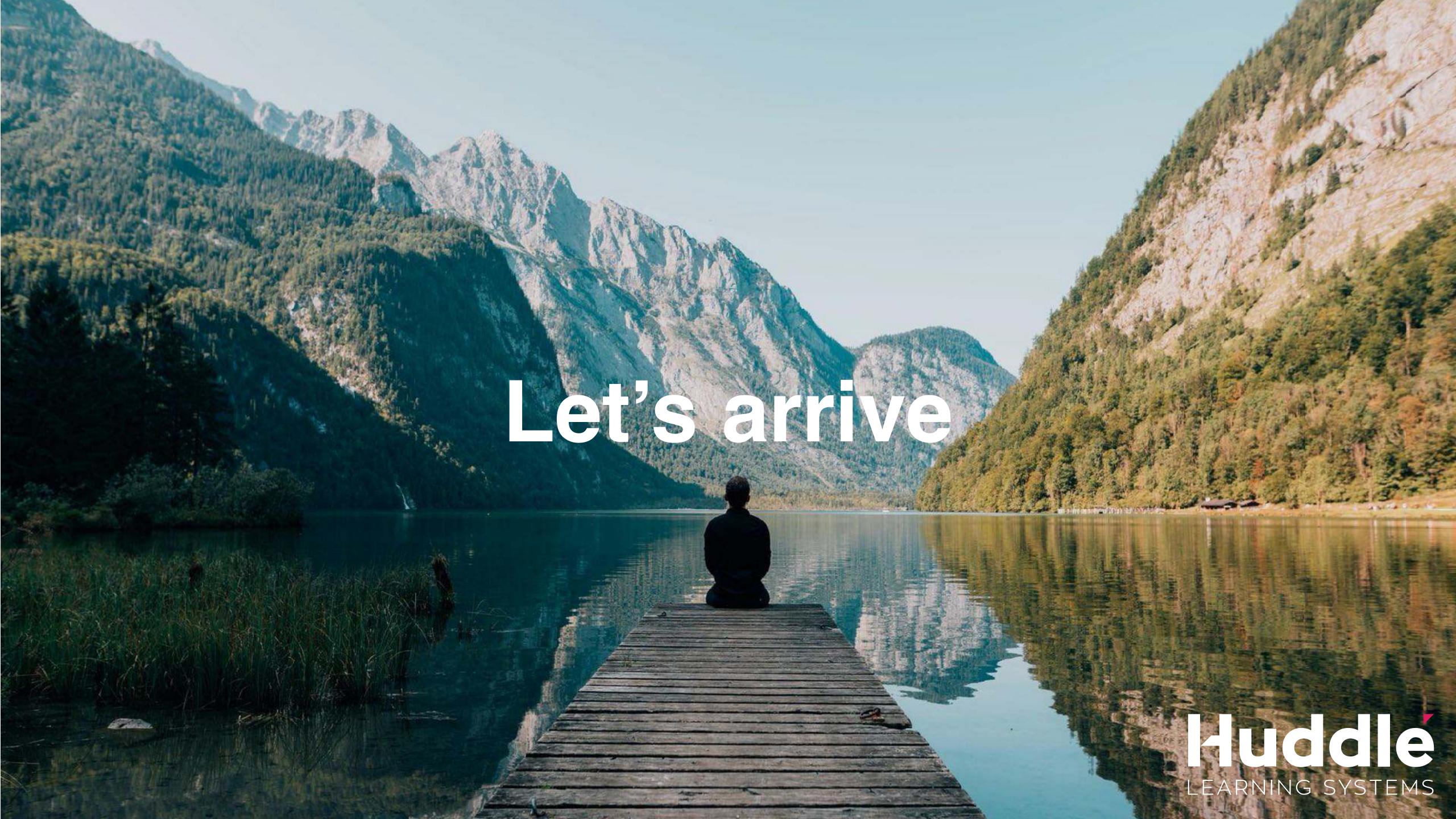
- 1. Chatham House rules: Be mindful of confidentiality and privacy
- 2. Be here now
- 3. Assume positive intentions
- 4. Ground statements in evidence
- 5. Take an inquiry stance (Beginners Mind)
- 6. Create space for all voices



"It is wrong always, everywhere, and for anyone, to believe anything upon insufficient evidence".

(The Ethics of Belief)





Work-related stress

The response people may have when presented with work demands and pressures that are not matched to their knowledge and abilities and which challenge their ability to cope.

- World Health Organization's (WHO)

- Its an emotional experience characterised by nervousness, tension and strain.
- •Often made worse when employees feel they have little support from supervisors and colleagues and where they have little control over work or how they can cope with its demands and pressures.



NEW ZEALAND PRIMARY AND AREA SCHOOL TEACHERS' AND PRINCIPALS' OCCUPATIONAL HAUORA / HEALTH AND WELLBEING

SURVEY REPORT 2019



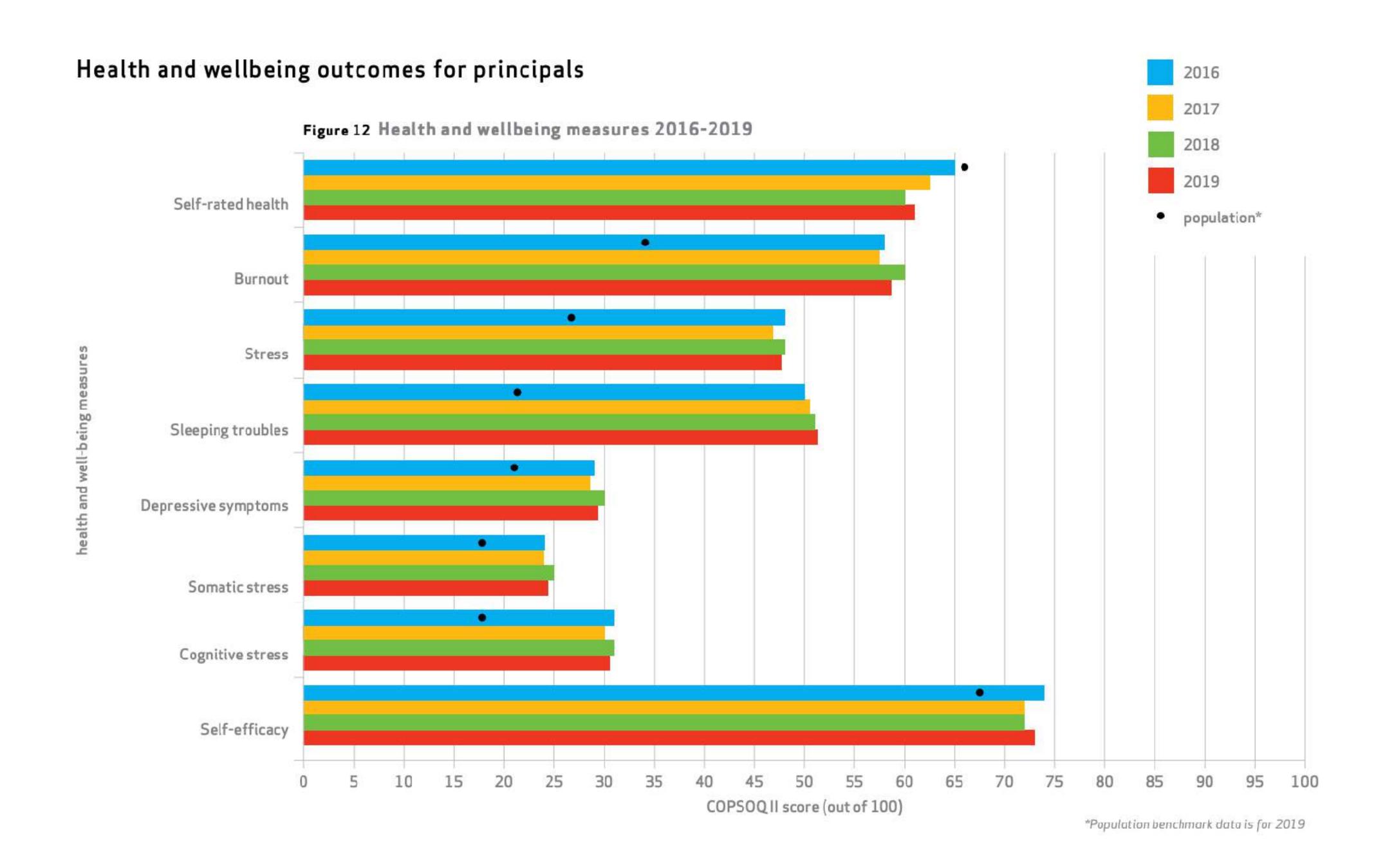






STRATEGY 2018 - 2021





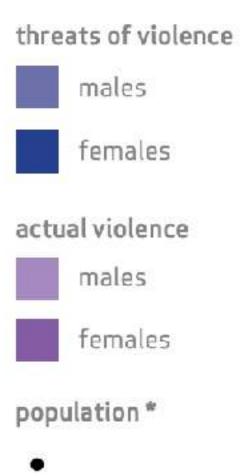
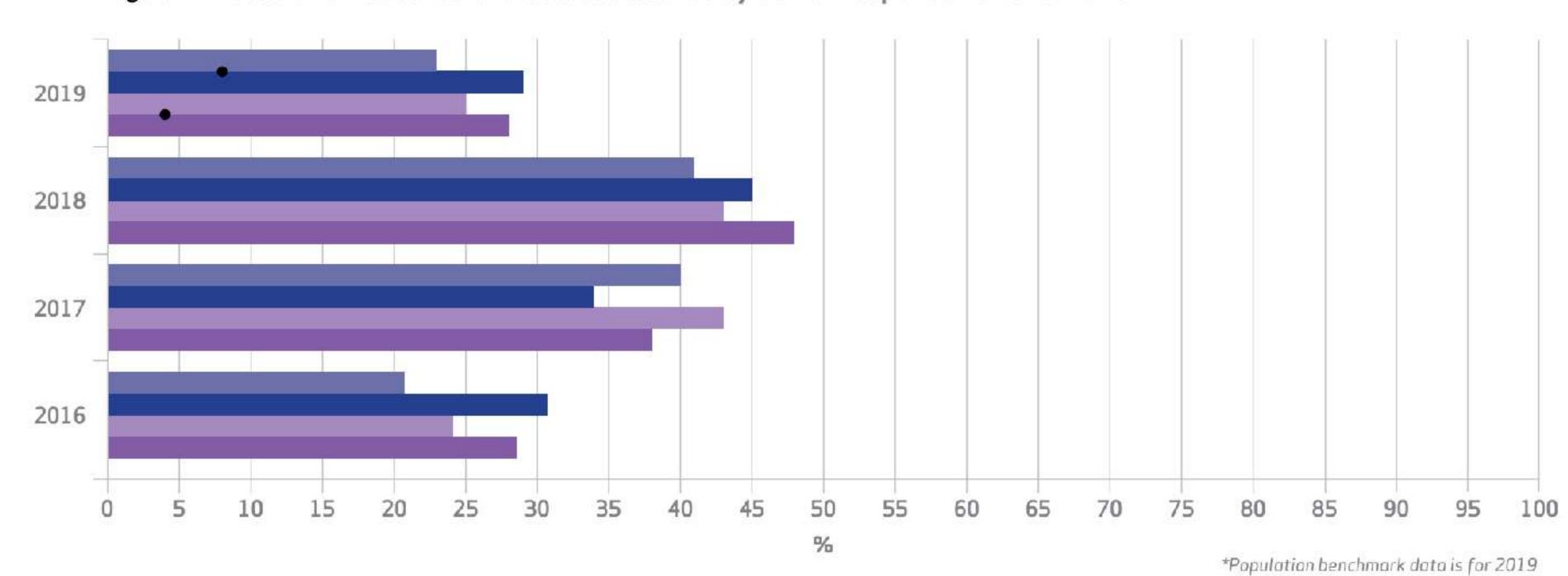


Figure 14 Rates of threatened and actual violence by sex of respondent 2016-2019

Year



The Australian Principal Occupational Health, Safety and Wellbeing Survey² found that nationally, when compared to the general population, principals experienced higher levels of:

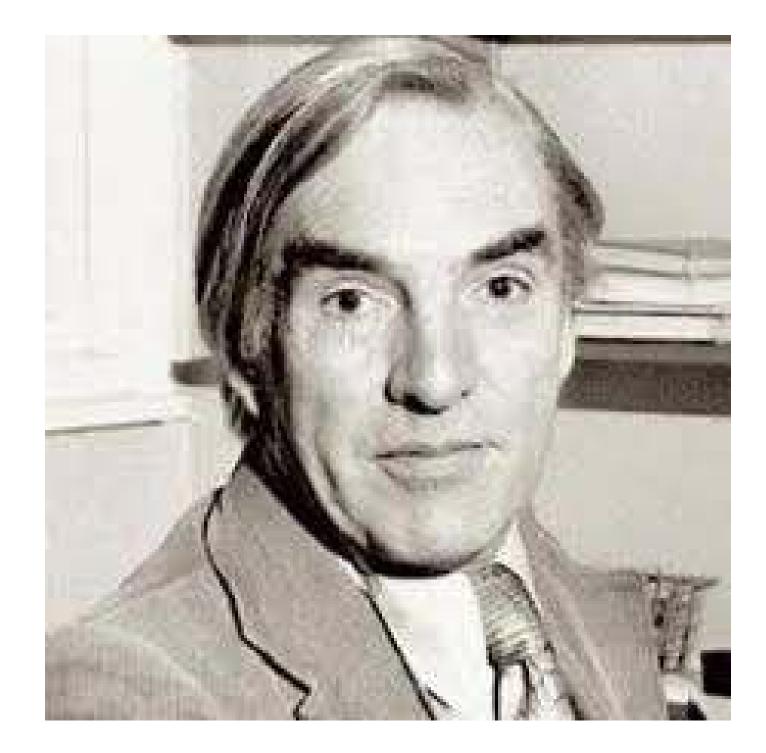
- Job demands (1.5 times higher)
- Emotional demands (1.7 times higher)
- Emotional labour demands (1.7 times higher)
- Burnout (1.6 times higher)
- Stress symptoms (1.7 times higher)
- Difficulty sleeping (2.2 times higher)
- Cognitive stress (1.5 times higher)
- Somatic symptoms (1.3 times higher)
- Depressive symptoms (1.3 times higher)
- 2.9% reported thoughts of self-harm, often or all of the time.

	PROACTIVE		RESPONSIVE
KEY INITIATIVES 2018-2019	Promote Builds on positive psychology, organisation development, management and organisational psychology practices	Protect Builds on occupational health psychology, public health and occupational health and safety and risk management practices and responses	Address Builds on medicine, psychiatry and psychological health and wellbeing responses
School Policy Templates Portal	 Frees up principals to focus on aspects of the role that bring meaning and purpose 	 Minimises the source of a significant job stressor Reduces job demands 	
Principal Mentor Program	 Helps develop social capital Develops a growth mindset 	 Reduces isolation as a risk factor Buffers against potential stressors on the job 	
Regional Capability Development	 Helps develop social capital Encourages positive leadership and cultural practices 	Buffers against potential stressors on the job	
Proactive Wellbeing Supervision	 Adopts a strengths based approach Emphasis on enhancing wellbeing (not addressing issues) Encourages the development of effective coping mechanisms 	 Prevents unmanaged stress from building up Reduces the development of vicarious trauma Identifies early health and wellbeing risk signs 	
Principal Health Checks	 Encourages and promotes healthy lifestyle practices Increases awareness of health issues 	 Minimises hidden health risks Prevents the escalation of risks into serious illness or injury 	Enables professional health interventions
Complex Matter Management		 Minimises the source of a significant job stressor Reduces job demands Connects principals to existing Departmental resources 	Connects principals to professional health interventions
Early Intervention Program		 Identifies early health and wellbeing risk signs Prevents the escalation of risks into serious illness or injury 	Enables longer term professional health interventions

Just In Coronavirus Watch Live Politics World Business Analysis Sport Science Health Arts Victorian government bill would give principals the power to ban abusive parents from school grounds

Posted Tue 4 May 2021 at 11:49am, updated Tue 4 May 2021 at 2:09pm





Lawrence Stenhouse



"Our educational realities seldom conform to our educational intentions.

We cannot put our policies into practice. We should not regard this as a failure peculiar to schools and teachers".









Psychosocial hazards

Factors in the design or management of work that increase the risk of work-related stress and can lead to psychological or physical harm

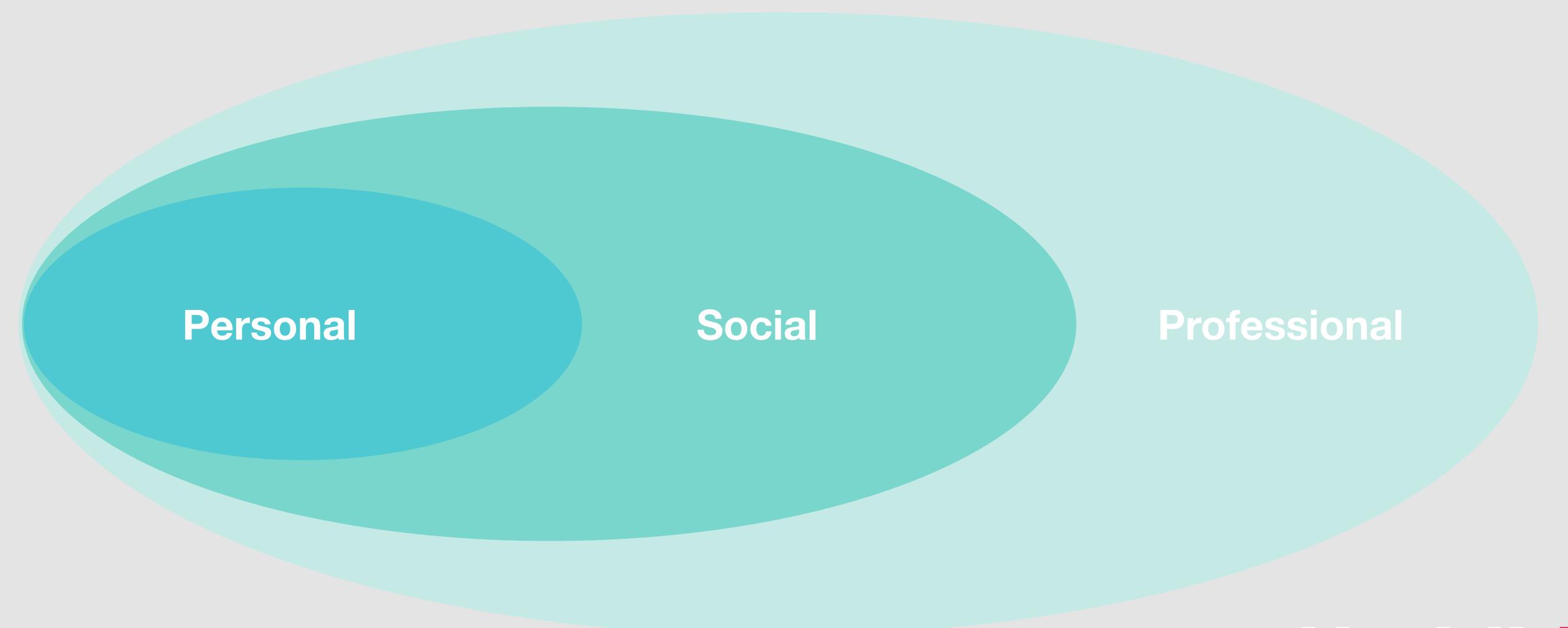
- low job control
- high and low job demands
- poor support
- poor organisational change management

poor oganisational justice

- · low recognition and reward
- low role clarity
- remote and isolated work
- violent or traumatic events



Leadership Practitioner Identity





Part 1: The Internal Landscape

Best Possible Self



At your best

Bring to mind a moment of high impact that you've had as a teacher over the past 3 months. It might have been with a student, parent or colleague.

Write down why.

- What it made it so effective?
- What strengths / qualities where you displaying?
- How were you feeling?



Reality Gap

Our current reality

The person we want to be (best possible self)





Reality Gap

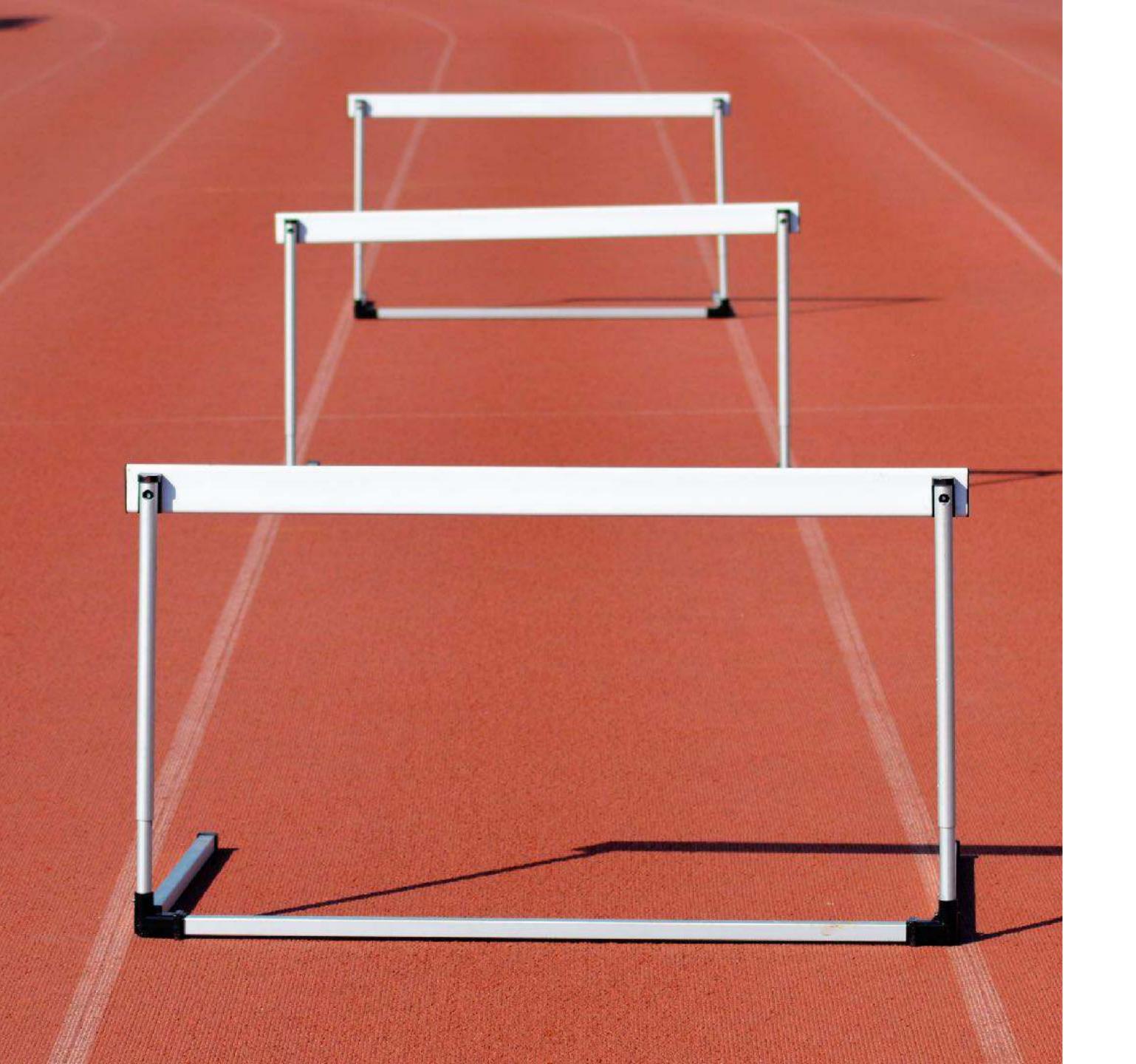
Our current reality

The person we want to be (best possible self)





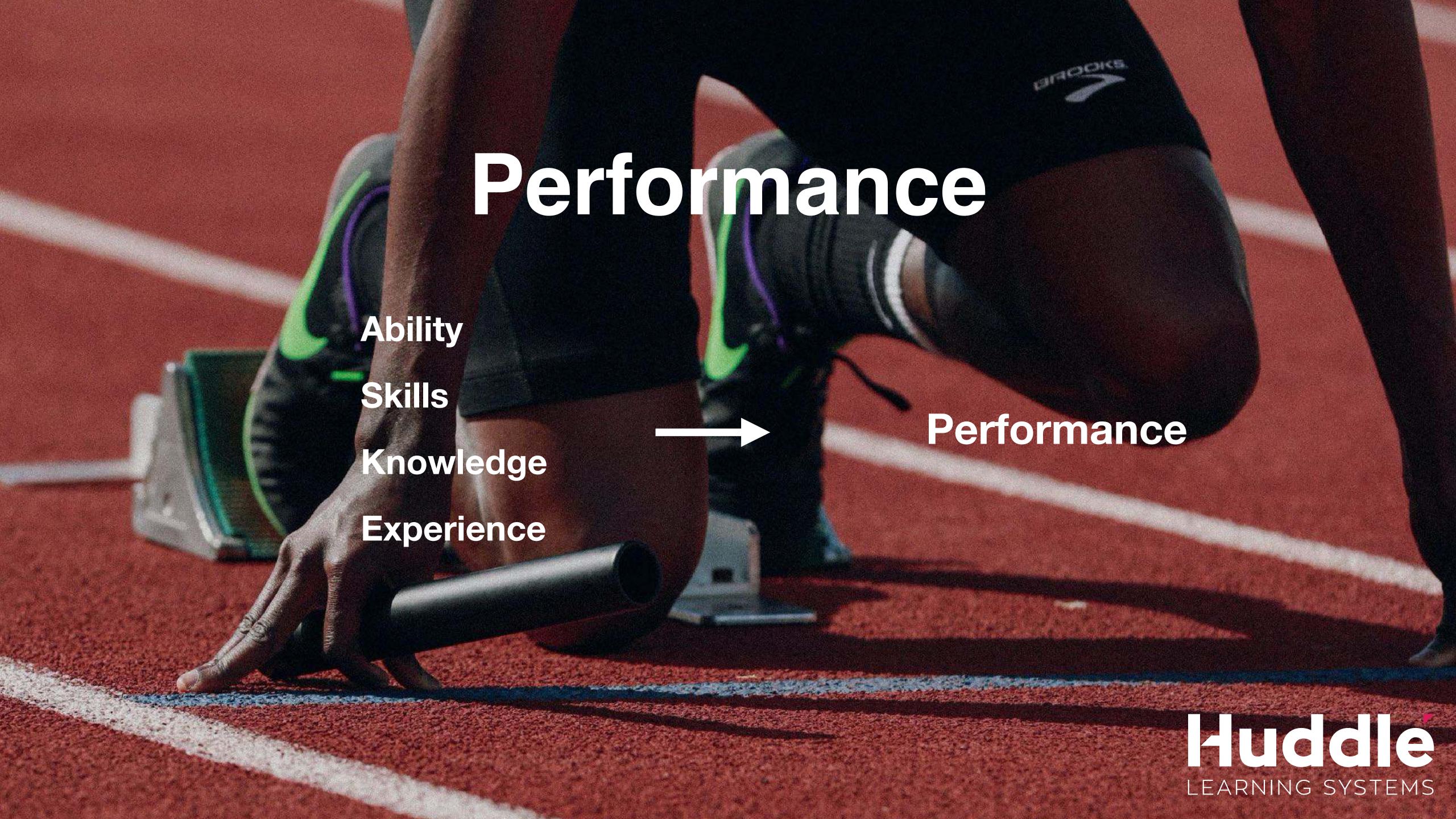


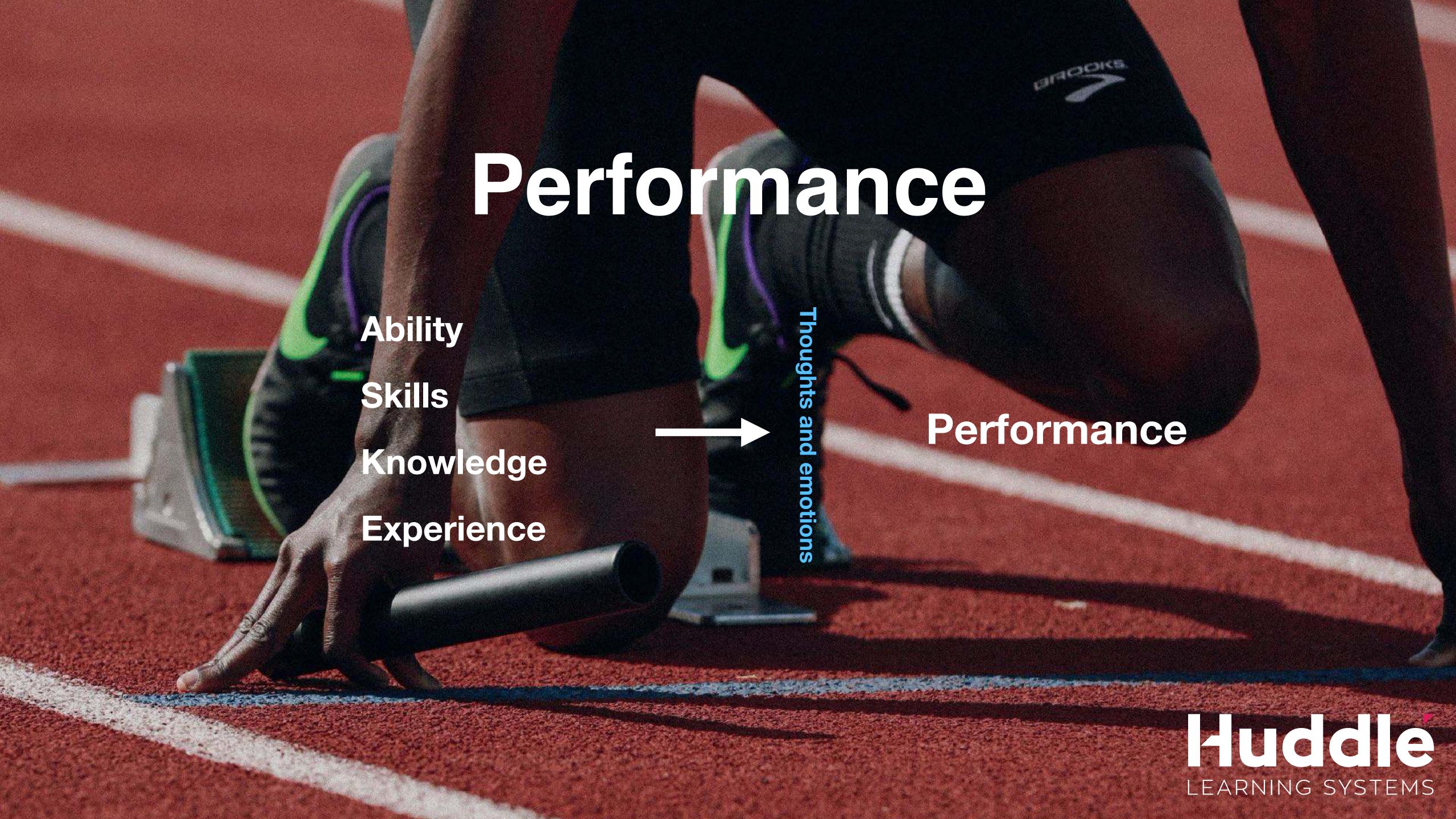


SOME OF THE THINGS WE HEARD FROM THE YEAR 12's

- Expectations for performance (from self for parent) and worrying about these
- Workload / Falling behind
- Motivation (up and down)
- Social life
- Social media
- Energy levels
- Stress
- Time management









Cognitive fusion

- Thoughts dominate behaviour "being pushed around by thoughts" (Harris, 2009)
- Entanglement with judgments thoughts are taken literally
- Reduces the impact of direct experience
- Reduces Psychological Flexibility



Negativity Bias

- Hard wired
- Adaptive
- Velcro / Teflon





Default Mode Network

A major resting-state network that supports most baseline brain activity; the mind is inattentive, distracted, recalling past, daydreaming.



Unhelpful thinking (ANTs)





Sometimes called 'black and white thinking

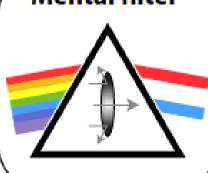
If I'm not perfect I have failed

Either I do it right or not at all

Overgeneralising

"everything is always rubbish" "nothing good ever happens" Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw





Only paying attention to certain types of evidence.

Noticing our failures but not seeing our successes

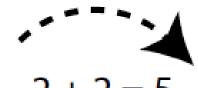
Disqualifying the positive



Discounting the good things that have happened or that you have done for some reason or another

That doesn't count

Jumping to conclusions



There are two key types of jumping to conclusions:

- Mind reading (imagining we know what others are thinking)
- Fortune telling (predicting the future)





Blowing things out of proportion (catastrophising), or inappropriately shrinking something to make it seem less important





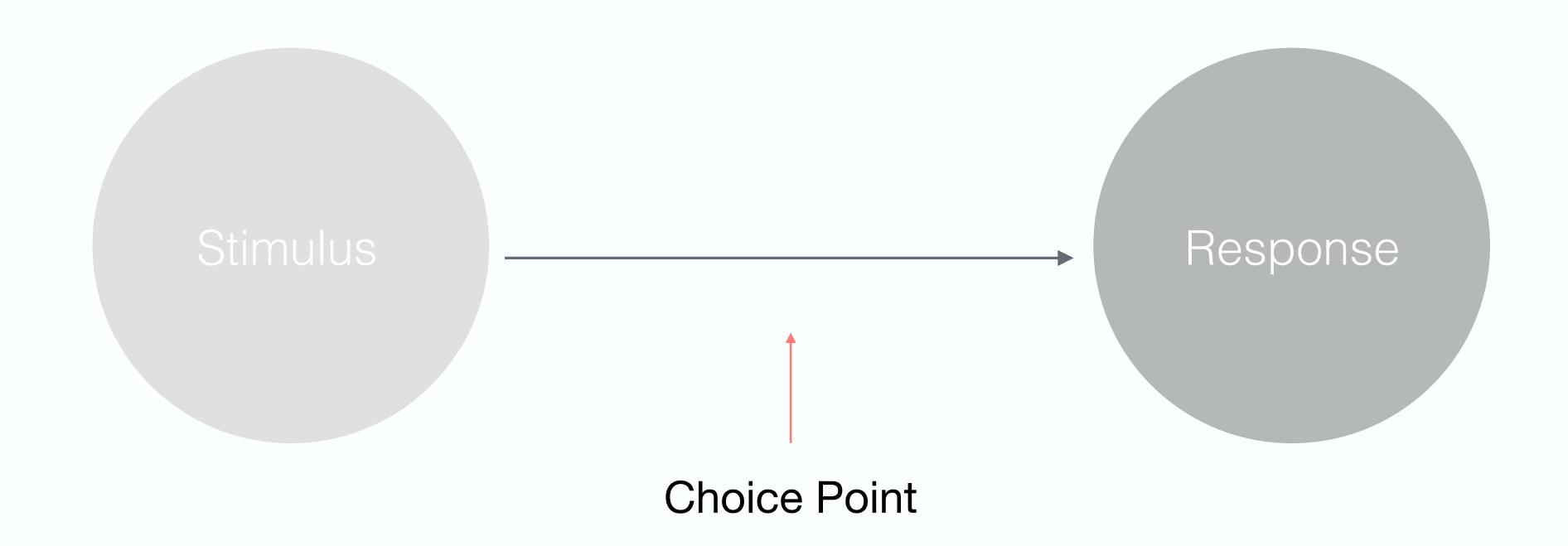
Mindfulness

"The awareness that arises from paying attention, on purpose, in the present moment and non-judgmentally".

- Kabat-Zinn



Responding vs Reacting

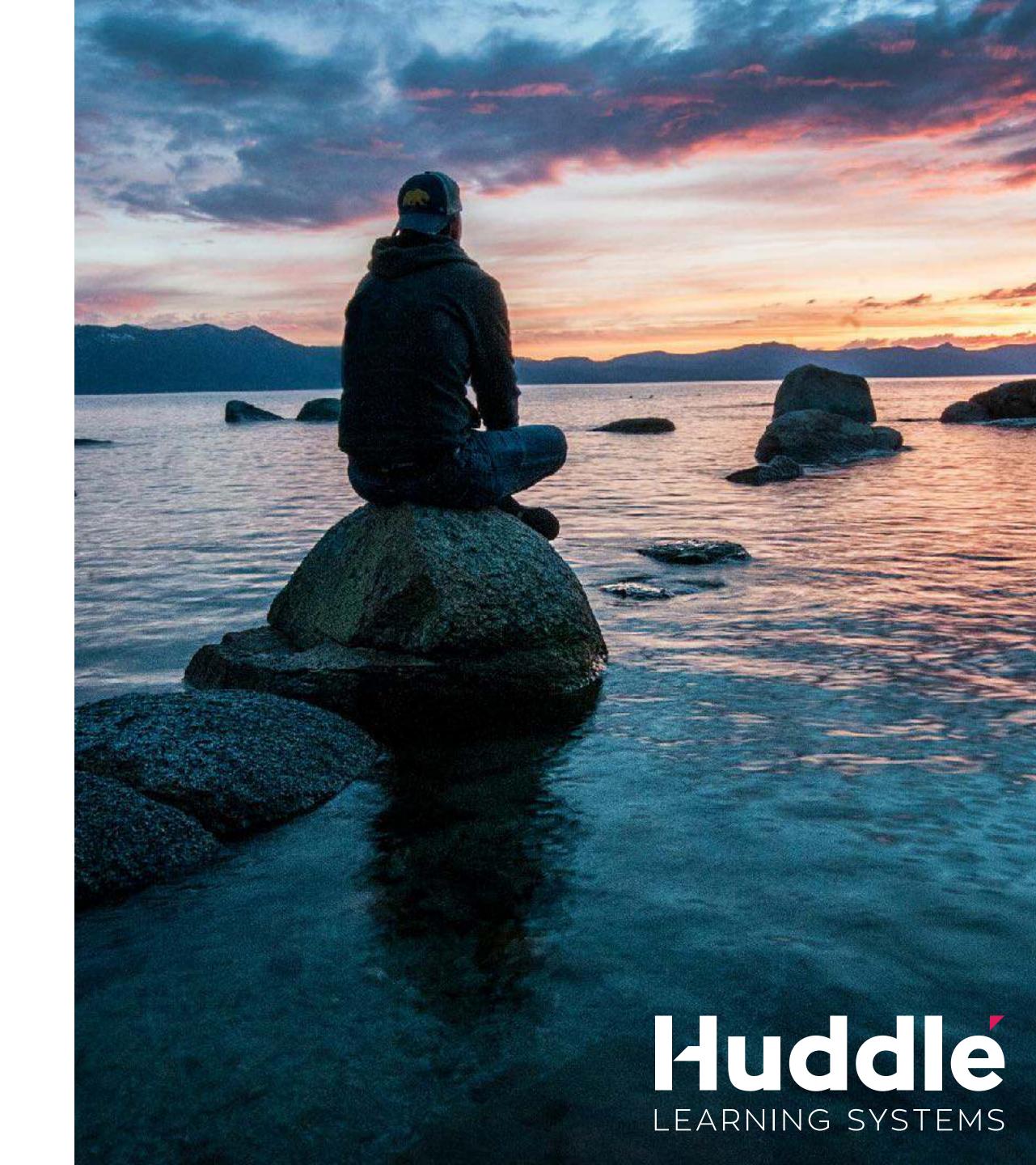




Cultivating Mindfulness

Formal: Meditation

Informal: Daily life



Mindfulness Meditation Myths

```
#1 Meditation is about stopping thoughts / emptying the mind #2 Meditation is only for the religious / spiritual #3 Meditation is a relaxation technique #4 Meditation requires a huge time investment #5 Meditation is only for difficult times
```

Think of it as "simple, secular, scientifically validated, exercise for your brain" (Happify)





Making it a habit

- ·Be clear on your intention
- ·Start small
- ·Same time of day
- ·Same place
- ·Piggybacking
- ·Go easy on yourself



28

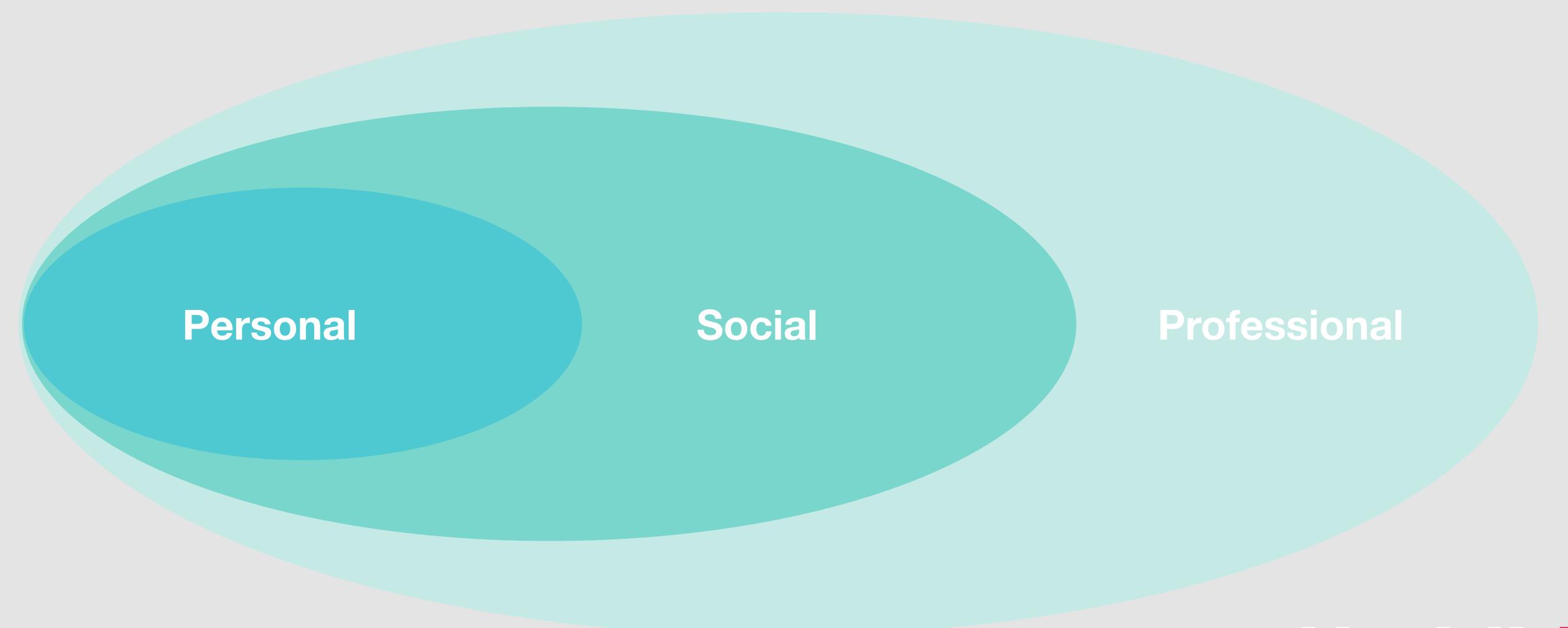
Mindfulness Apps







Leadership Practitioner Identity





Part 2: The Social Landscape

Collective Mindfulness for Wellbeing and Effective Practice



THE SCIENCE OF TEAM PERFORMANCE

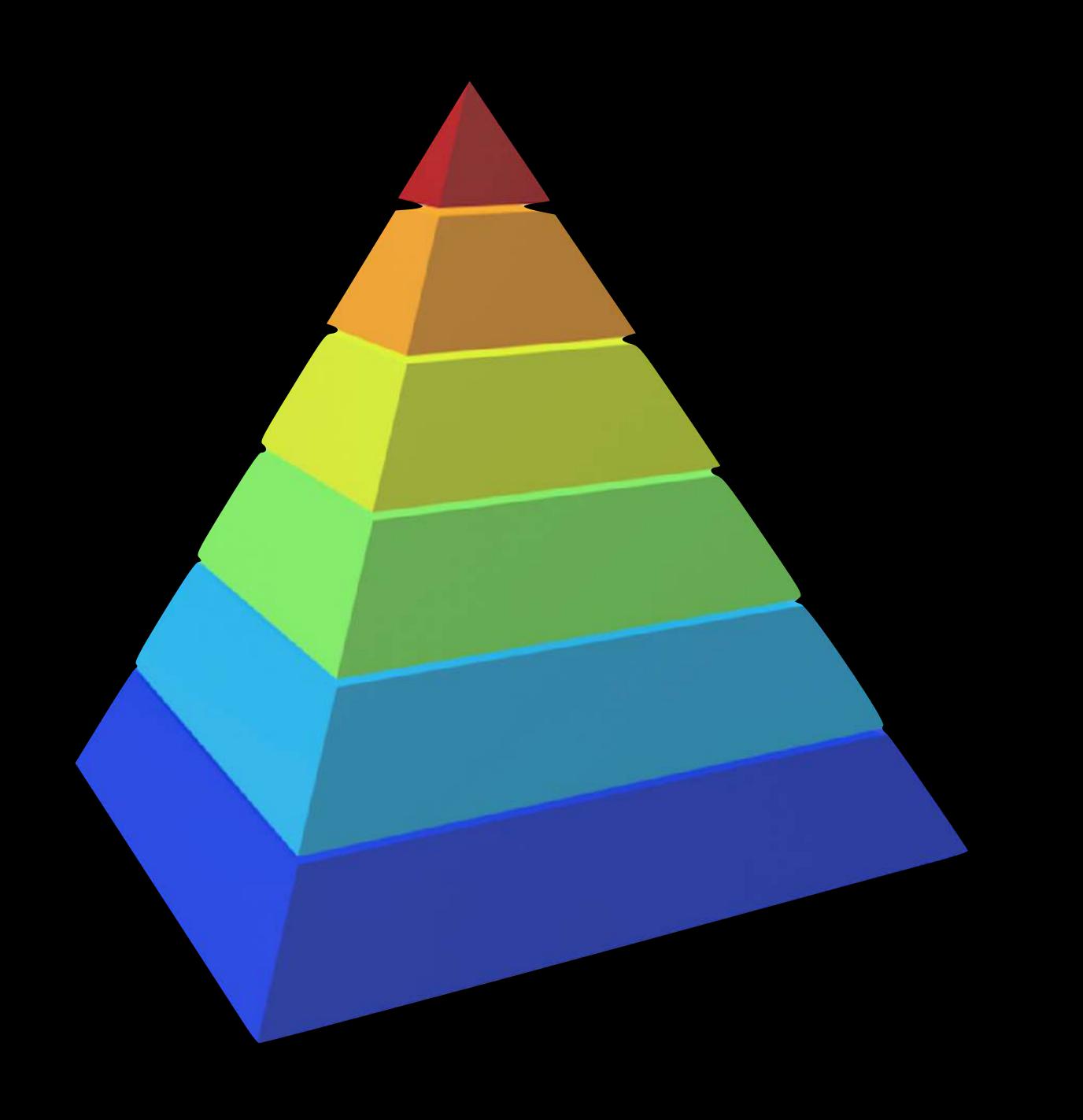
Psychological Safety and Psychological Strength

Luke I. Rowe, Ph.D.
Lecturer, National School of Education
Australian Catholic University









Learner Outcomes

Learner Experience

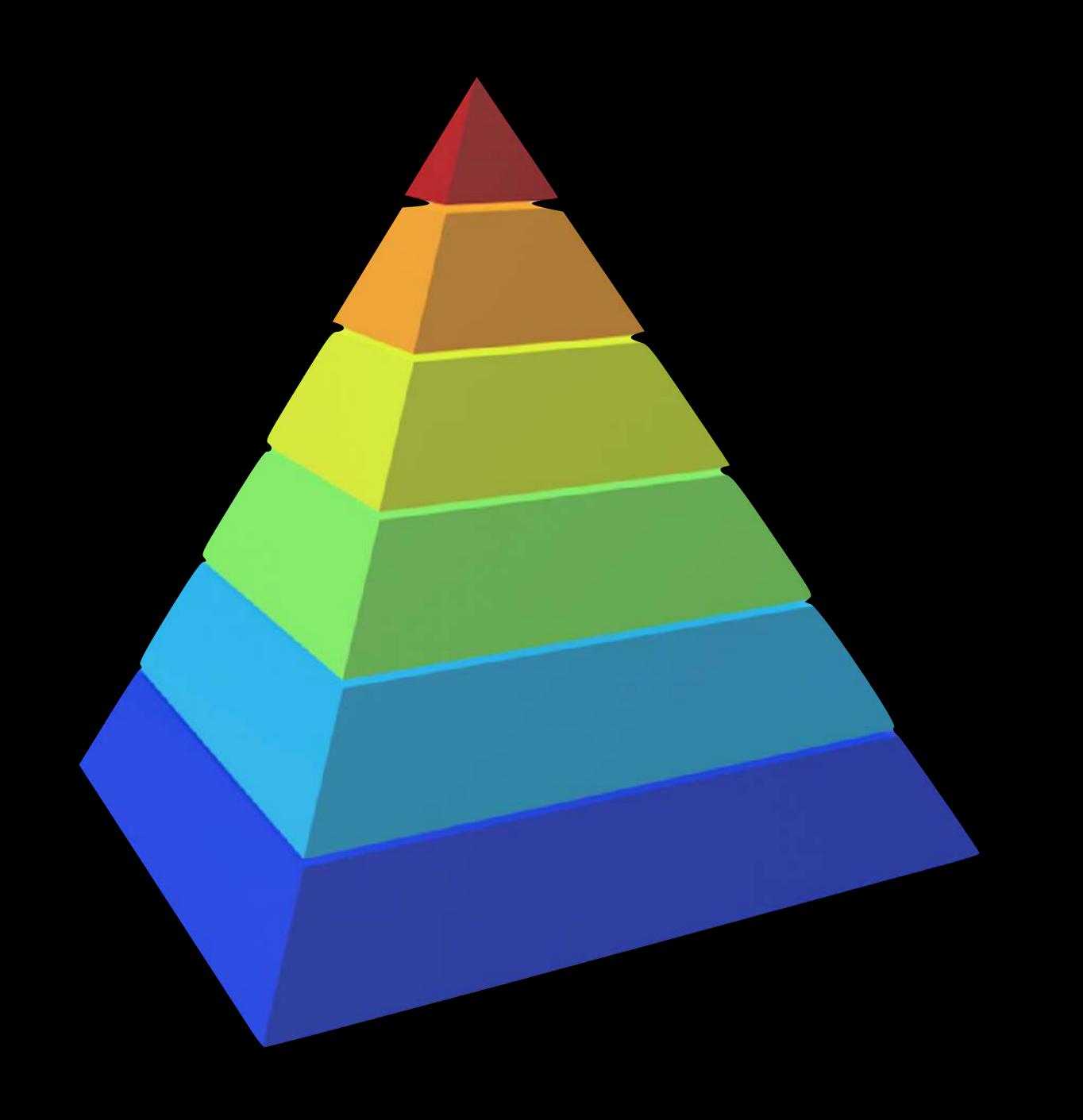
Teaching Practices

Team-based Practices

Learning Leadership Practice

Executive Leadership Practices





Learner Outcomes

Learner Experience

Teaching Practices

Team-based Practices

Learning Leadership Practice

Executive Leadership Practices



Social ecological model

(Bronfenbrenner)

- A systems lens helps us to understand the complexity of the world of work. Wellbeing and performance is impacted by a complex dynamic interaction of factors.
- Reducing stress and improving positive wellbeing behaviours is most effective when individual and organisational efforts reinforce one another.









From individual to collective mindfulness

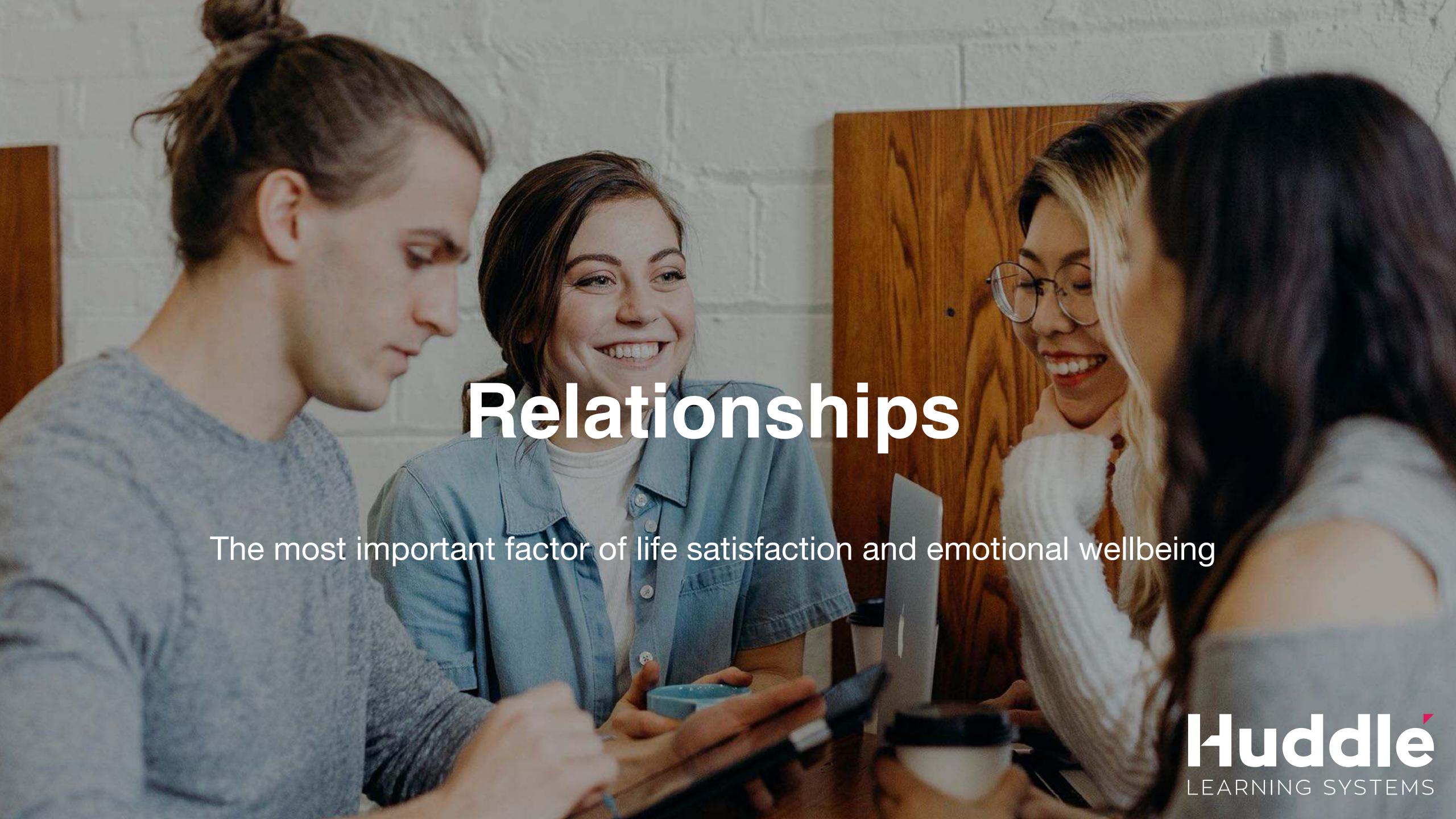
INDIVIDUAL

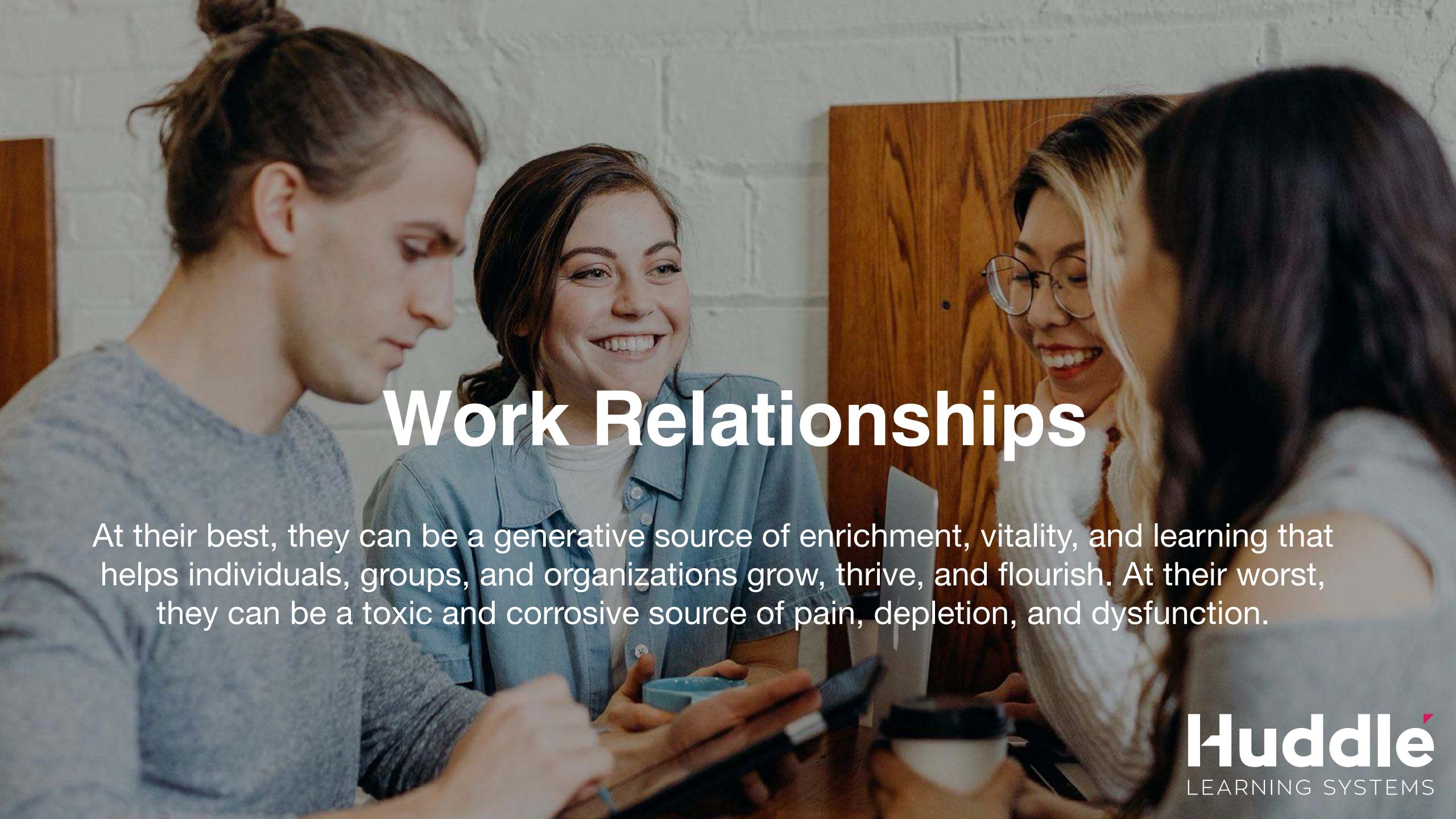
- Personal understanding of mindfulness theory, research and practice
- Cultivation of mindfulness skills and mindsets
- Benefits to self and others

COLLECTIVE

- Committing to building a more mindful professional culture
- Ways of being / ways of doing
- Collective Efficacy







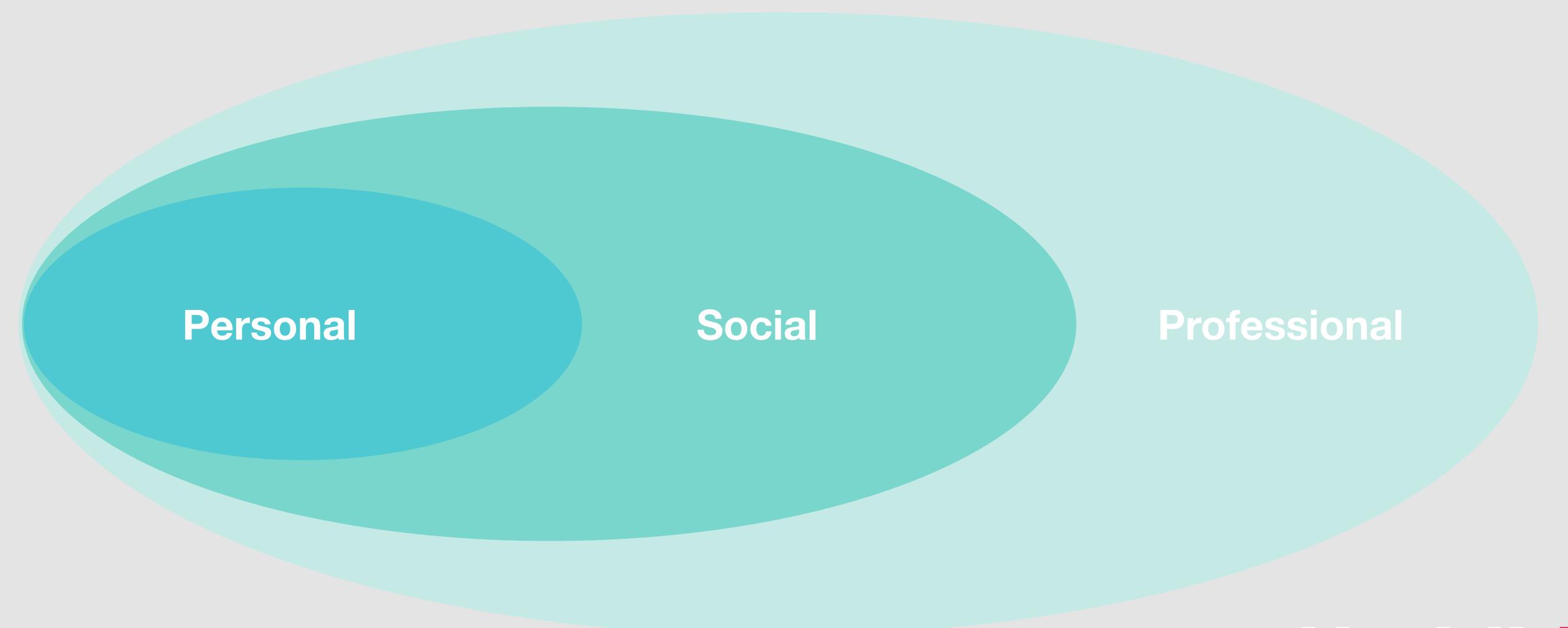


"Teachers must be able to count on others, particularly their leaders, if they are to succeed in their work, so they care about competence...Allowed to persist, incompetence corrodes trust and undermines collective improvement endeavours...Since school improvement requires sustained, collective endeavour, teachers become demoralised and reduce the level of their commitment if they discern that their leaders cannot deal with those who (wittingly or unwittingly) undermine their efforts."

Robinson, Hohepa & Lloyd



Leadership Practitioner Identity





Professional Mindsets

Beginner's Mind (open, curious)

To view a situation from a fresh outlook, with an openness to new information, seeing multiple possibilities

Non-judgment

Observe and notice without judgment; awareness of the limits we may unconsciously create

Compassion (incl. self-compassion)

Understanding and supporting others; extending the same care to ourselves as we would to a close friend

Acceptance

Willingness to see things as they are; to make room

Patience/ Perseverance

Patience is a form of wisdom. It demonstrates that we understand and accept the fact that sometimes things must unfold in their own time; to stick at it

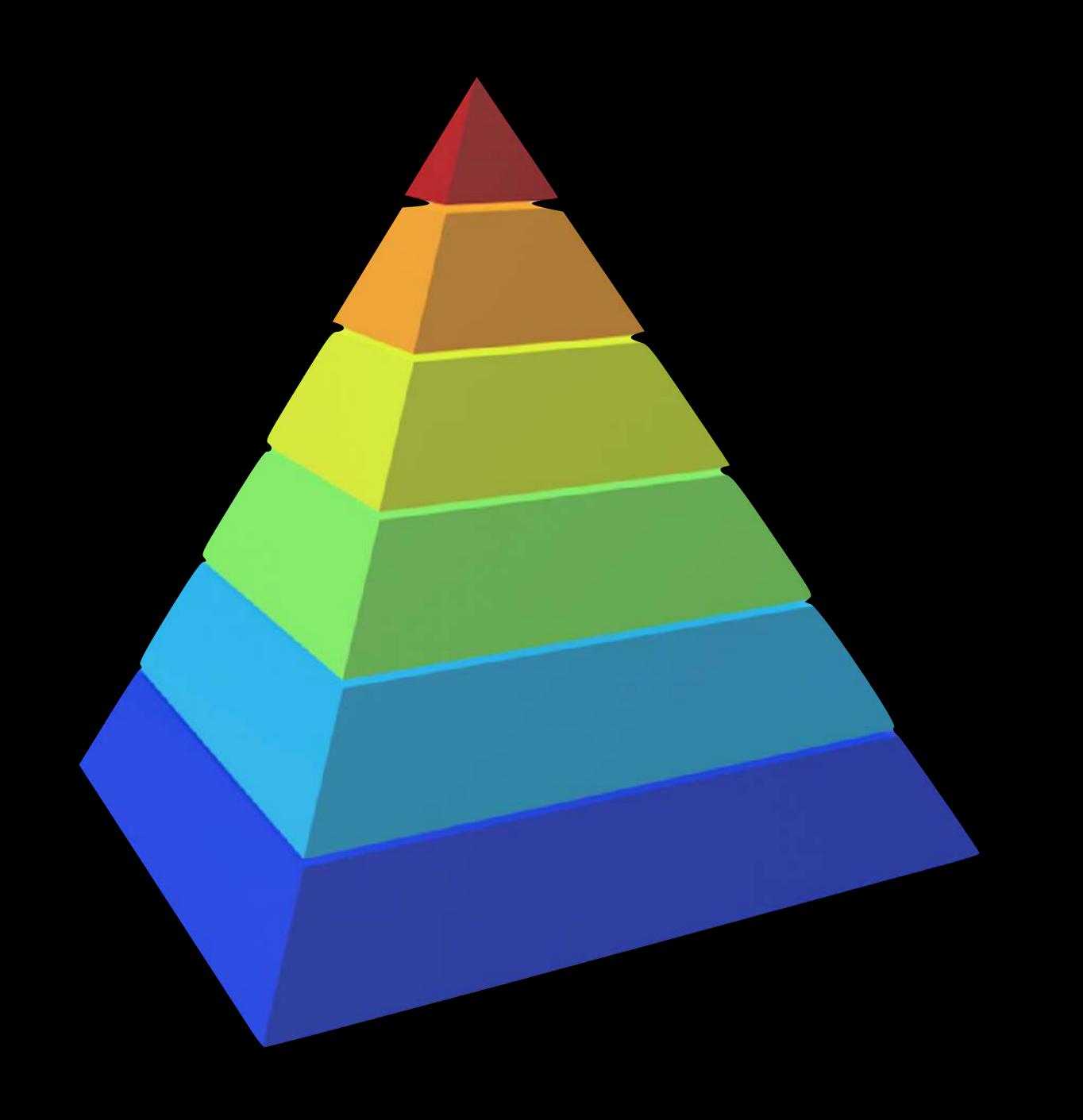
Letting Go / Letting Be

Unhooking from unhelpful thinking and letting go of what we can't change (at at least letting it be)

Gratitude

Gratitude allows us to bring attention to all the good in our lives and buffers us from our hardwired negativity bias





Learner Outcomes

Learner Experience

Teaching Practices

Team-based Practices

Learning Leadership Practice

Executive Leadership Practices



Part 3: The Professional Landscape

KLA's and Systemic Improvement



Psychosocial hazards

Factors in the design or management of work that increase the risk of work-related stress and can lead to psychological or physical harm

- low job control
- high and low job demands
- poor support
- poor organisational change management

poor oganisational justice

- · low recognition and reward
- low role clarity
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- violent or traumatic events



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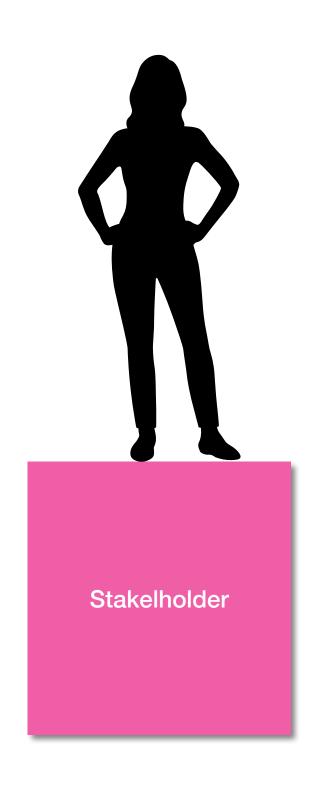
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STAKEHOLDERS

Principal Class (Senior Leaderships)

Teacher / Middle level leadership

Teachers

Support Staff

Students

Parents, family, caregivers

Broader School Community

Education System (DET)

Colleagues

Professional Learning Communities (PLTs)

Leadership Teams





SCHOOL-BASED INTERVENTIONS

Highly effective teaching practice

Staff engagement

Learner engagement

Learner motivation

Home school partnerships (parent engagement)

Efficacious leadership practices

Learner confidence

Curriculum and assessment practices

Respectful / supportive relationships

Psychological Safety

Wellbeing

Thoughts and emotions (internal landscape) // Stress?

Home and personal life (incl. work-life balance)

Meaning and Purpose

Opportunities for development and growth

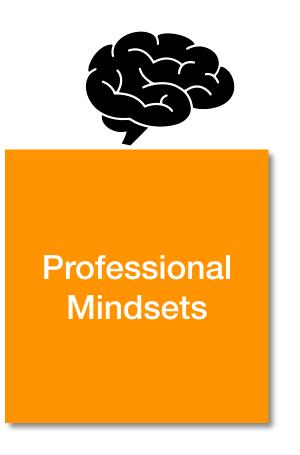




PSYCHO-SOCIAL HAZZARDS

Reward and recognition
Level of job control
Role clarity
Organisational change management
Level of job demands



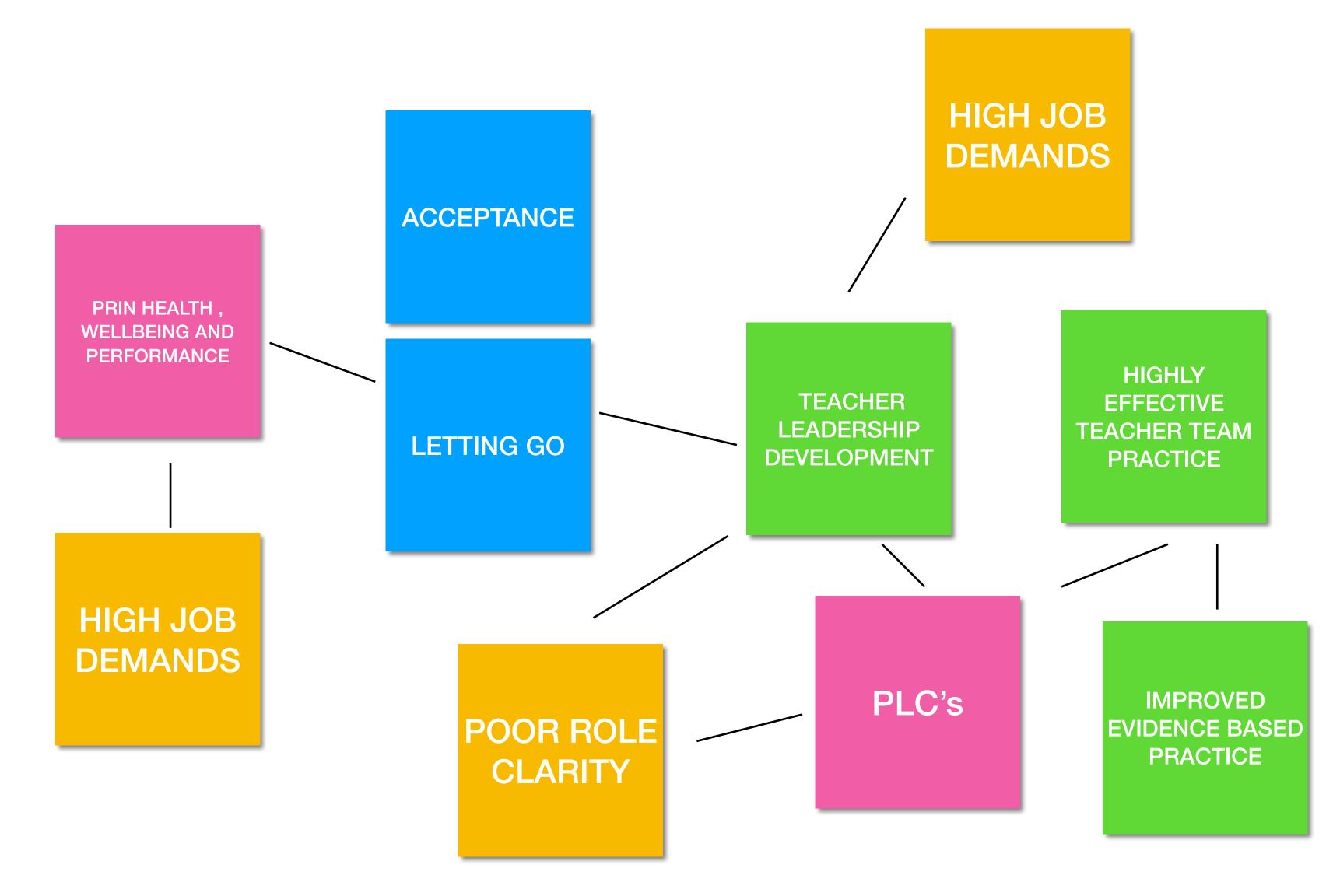


PROFESSIONAL MINDSETS

Beginners Mind
Non-judgment
Acceptance
Compassion (including self compassion)
Patience/ Perseverance
Letting Go/ Letting Be
Gratitude



Systems Mapping Exercise





Systems Mapping Exercise

STAKEHOLDERS

Principal Class (Senior Leaderships)

Teacher / Middle level leadership

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Support Staff

Students

Parents, family, caregivers

Broader School Community

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PRIN

HEALTH.

WELLBEING

AND

Leadership Teams

PROFESSIONAL MINDSETS

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Non-judgment

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Opportunities for development and growth



School-

based

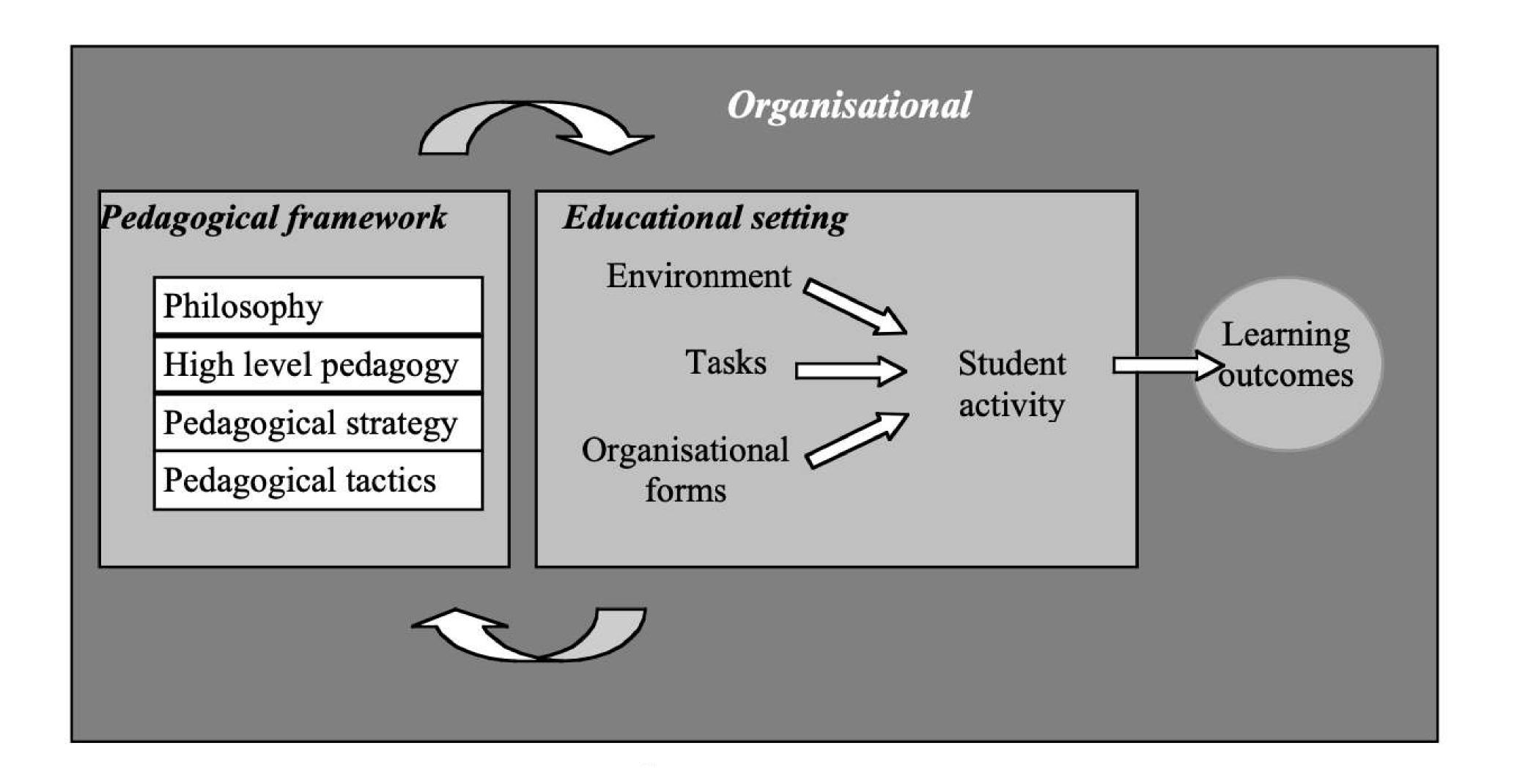
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EDUCATOR WELLBEING AND PERFORMANCE

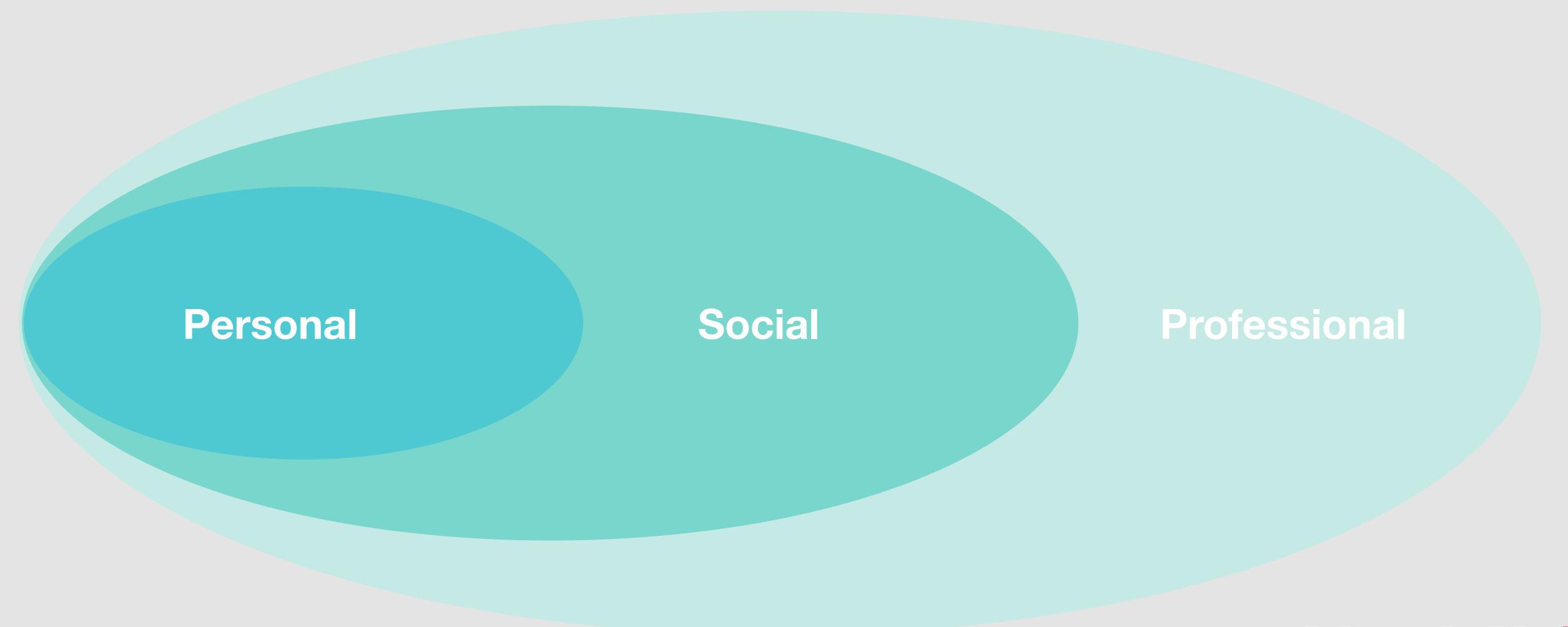
Psychological Capital and Team Burnout







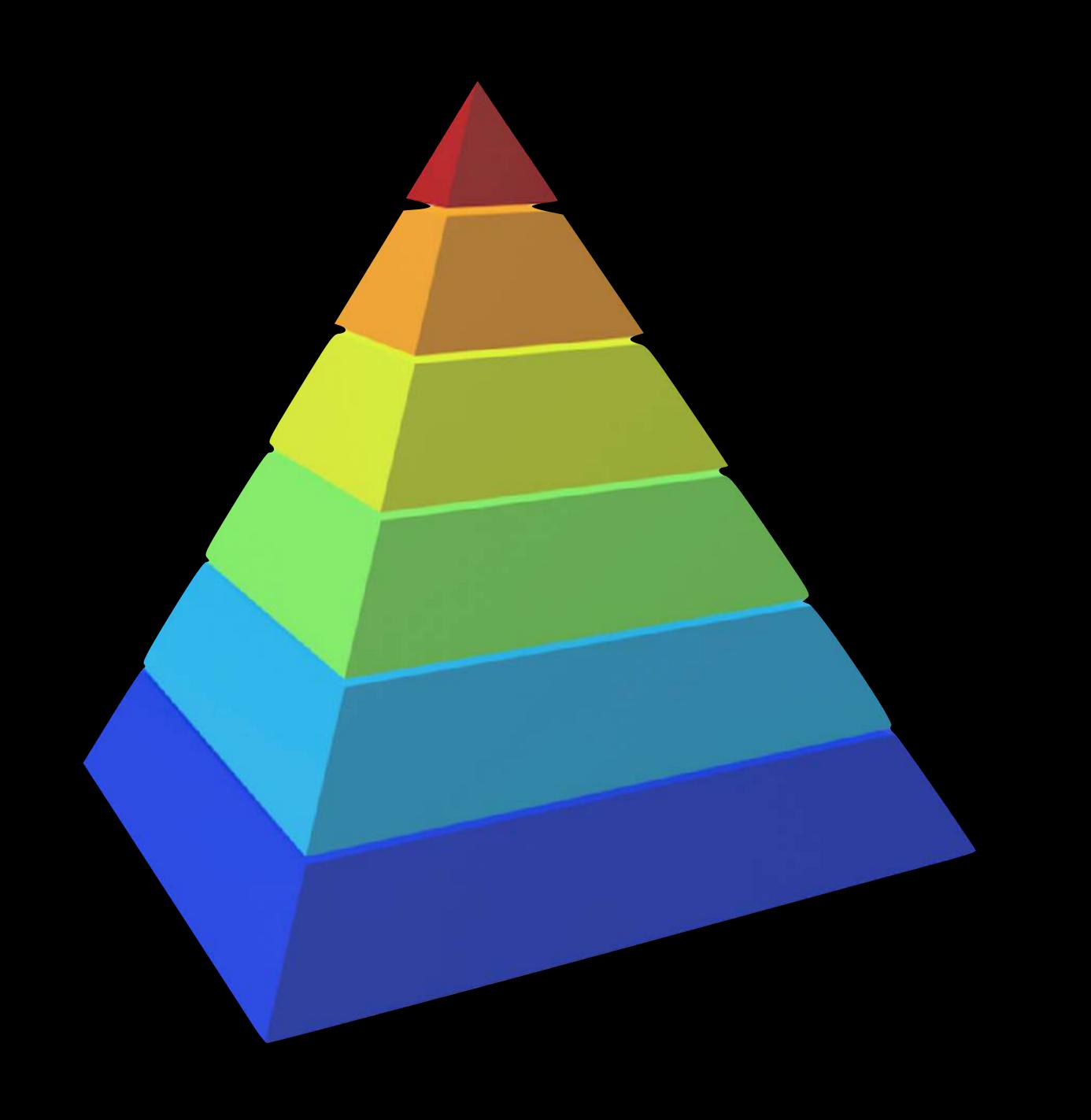
Leadership Practitioner Identity







The Critical Importance Of highly effective Team-based Practice



Learner Outcomes

Learner Experience

Teaching Practices

Team-based Practices

Learning Leadership Practice

Executive Leadership Practices





1. Evidence and Data-informed Practice

2. Leading from the Middle

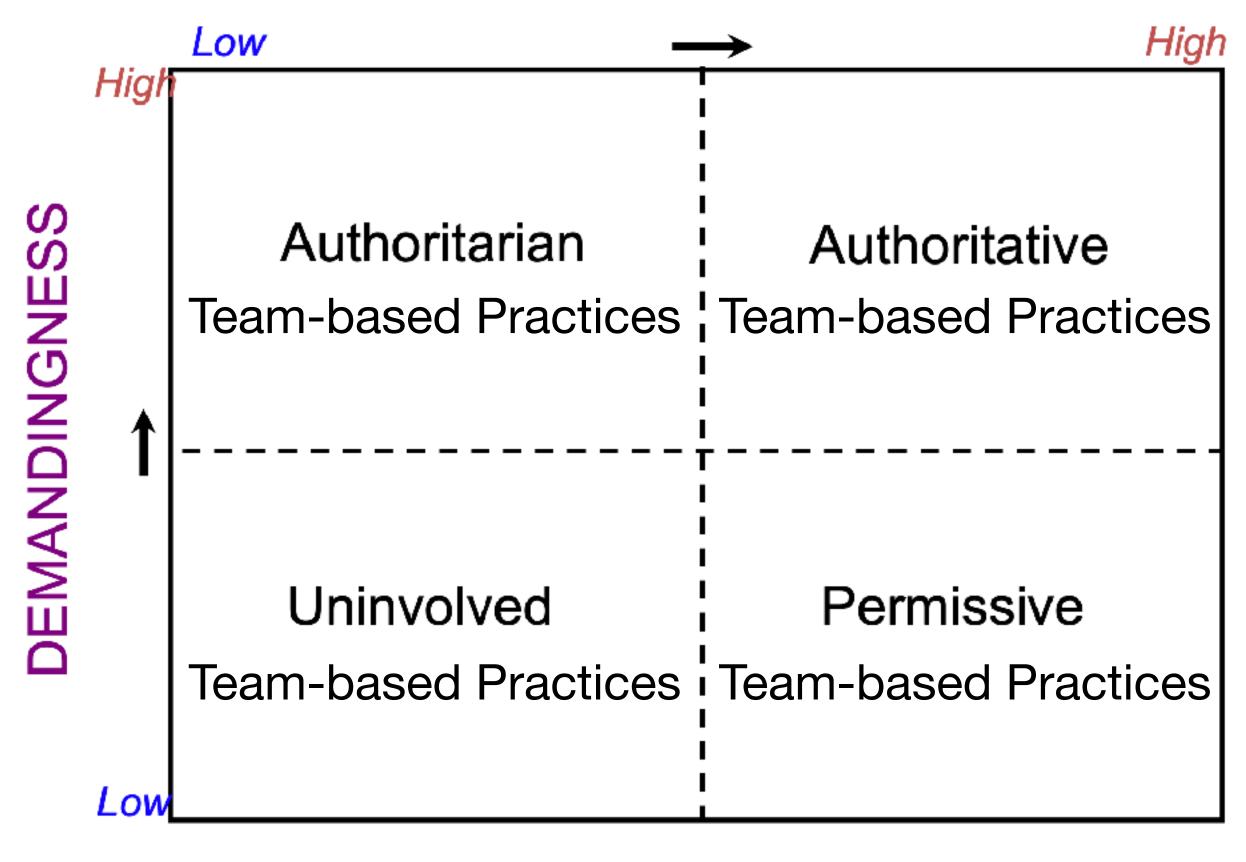
3. Exemplary Instructional-based Practice

4. Coaching and Mentoring



TEACHER TEAM PRACTICE







MIDDLE LEVEL LEADERSHIP

1. Evidence and Data-informed Practice

2. Leading from the Middle

3. Exemplary Instructional-based Practice

4. Coaching and Mentoring

Role Responsibilities VGSA 2017	Demonstrating high-level expertise in teaching and learning practice Modelling exemplary classroom practice including through teaching demonstration lessons Modelling exemplary professional learning practice including through seeking feedback from other teachers and leaders on their own classroom practice as part of critical reflection and inquiry to improve practice.	Working with the school leadership team to develop a shared view of highly effective teacher practice Leading and modelling the implementation of whole-school improvement strategies related to curriculum planning and delivery Providing expert advice about the content, processes and strategies that will shape individual and school professional learning	Flaying a key role in the provision of professional learning, including through developing processes and protocols for observation and feedback of teacher practice and peer collaboration Froviding evidence-based feedback to teaching staff to inform their effectiveness and development Supervising and training one or more pre-service teachers, and mentoring and/or coaching teachers	Modelling effective learning practice and supporting teachers to seek, analyse and act on feedback on their practice Modelling exemplary use of student data to inform teaching approaches Developing and promoting school-wide professional learning structures, processes and protocols through Professional Learning Communities
Capability Areas	Modelling exemplary teaching practice and professional learning	Leading from the middle	Mentoring and coaching	Enriching data and evidence practices
Knowledge Learning specialists need to develop:	knowledge and expertise in high-quality learning and teaching knowledge and ability to inquire and reflect on personal and professional development an understanding of the Victorian Teaching and Learning Model and how it applies to school-wide instructional practices an understanding of adult learning principles	 an understanding of the importance of emotional intelligence and strategies to influence and inspire others a deep understanding of how to support school-wide improvement in curriculum design and delivery strategies an understanding of effective adult learning principles an understanding of effective strategies that contribute to a strong professional learning culture a knowledge of current system improvement priorities [e.g. Professional Learning Communities, Middle Years Literacy and Numeracy Strategy) 	an understanding of a range of professional conversation techniques including mentoring and coaching an understanding of how to build trust in teams, and with individuals, while addressing challenges associated with the work of improving teacher practice an understanding of how co-developed protocols and processes enable effective coaching, mentoring and feedback of teaching practice and peer collaboration	a deep understanding of the FISO Improvement cycle an understanding of summative and formative data and evidence, and appropriate tools for measuring student learning growth an understanding of how to use protocols for collecting and using data and evidence knowledge of how to use student learning data and evidence to diagnose learning needs and inform future teaching and learning knowledge of how to use data and evidence from professional observations to inform professional conversations
Skills Learning specialists need to be able to:	 articulate and demonstrate expertise in teaching, learning, curriculum and assessment practices construct processes and protocols for the delivery of demonstration lessons demonstrate and articulate a flexible repertoire of instructional strategies to support effective teaching and learning identify and develop exemplary teaching practice in others advance a culture of professionalism by pursuing new learning challenges and modelling reflective practice model and articulate a high level of self-awareness to engage in critical reflection and analysis 	 work with the school leadership team to influence, motivate and challenge colleagues to make changes that support the AIP and their own professional development create safe and trusting learning communities where colleagues are engaged in cycles of inquiry to improve practice initiate, design and enact change that significantly improves learning and growth – of students, colleagues and self support and assist the development of a culture of innovation and improvement in teaching practice lead discussions with colleagues on how to evaluate the effectiveness of their approaches to assessment lead ethical, respectful and collaborative professional learning advise other teachers on curriculum design and delivery 	co-develop and leverage collaborative practices and protocols to enable professional conversations use appropriate modes of professional conversation and techniques for mentering and coaching initiate and model professional support of teacher learning, through student centred collegial enquiry engage with teachers and leaders in productive and respectful professional conversations to strengthen reflection on teaching practice and improved student learning create and leverage learning opportunities to address identified learning needs of colleagues	support colleagues to collect, analyse, and communicate cohort data to improve teaching and menitor student growth facilitate the analysis of student learning data, collaborative interpretation of results, and application of findings to improve learning and teaching for students and teachers use data to inform curriculum planning and delivery use data with students to promote self-directed learning co-develop protocols and processes that support and strengthen teaching practice and build a high performing learning culture use evidence to inform how the professional learning meets the needs of the adult learners
	Professional observations for professional learning Benefits of professional observation Models for feedback and dialogue / Fit for purpose observation Defining effective practice Developing structures and protocols		Professional Conversations Communicating to an audience Styles of communication Frameworks for conversations Communicating high expectations for student achievement and professional practice Respectfully challenging Effective feedback Reflective practices	



