



30 October 2018

Dear Parents/Guardians

Our aim at Coomera Anglican College is to provide a warm and caring environment in which staff, parents and students work together to provide a holistic approach to education that encourages students' personal growth and well-being, as well as academic, service and cultural achievement. We have therefore embraced a whole College student wellness strategy that involves monitoring student well-being across social, emotional, physical, learning-related and school-based domains so that we can provide suitable support and services to individual students and across year levels.

Promoting the positive well-being of Australian students is a major national health and educational priority and school-based programmes provide a unique opportunity to reach young people 'where they are'. Researchers at Griffith University and staff at Coomera Anglican College have been working together over the past 18 months to develop a three-step, computer-based student well-being programme called "Life-Fit-Learning". The Life-Fit-Learning system involves the following three stages:

- (a) Assess step: Assessment of student well-being across a number of areas relating to (a) health: physical well-being (nutrition, sleep, exercise) and emotional well-being (happiness, sadness, anger, anxiety, self-satisfaction), (b) relationships: friendships, peer satisfaction and social behaviours, and (c) learning: school satisfaction, achievement and engagement in extra-curricular, leisure and technology activities, and student attributes of grit, optimism, Growth Mindset, hope and meaning in life, self-efficacy, resilience, compassion, and gratitude. The Assess step typically takes students around 30-50 minutes (depending on age) to complete and is completed during class time under supervision from College staff. All questions have been used extensively in student well-being projects and contain an audio icon so that students can hear, as well as read all items.
- (b) Reflect step: Providing feedback about student well-being and health via emailed reports to College pastoral care staff. Reports relating to the entire year level of students as a group will be sent to pastoral care staff to assist with programme development. No reports include any identifying information to maintain confidentiality.
- (c) Connect step: Connecting students (and parents/guardians) to evidence-based information, resources and services as needed to enhance student well-being and health at both the individual student level and for each year level.

Your child will be undertaking the Assess step of the Life-Fit programme during Week 6 of this term. We will be gathering information related to student attributes such as grit, resilience, gratitude and Growth Mindset. Well-being measures including those relating to emotions (such as happiness, sadness, and anxiety), healthy bodies (including sleep and nutrition), peer relationships and technology usage will also be included. In order to participate in the programme, the Griffith Life-Fit team will register all students by name and class. A participant identifying number generated for each student will ensure confidentiality. After students complete the Assess step in class while supervised by a teacher and a member of the Griffith Life-Fit team, individual student feedback reports will be sent to parents and to Mrs Kerry Lowe, who will follow-up with parents if required based on each student's responses. Aggregated information from all students without identifying information will be provided to Mr Campbell, the Head of Student Development. That data will be utilised to implement suitable programmes to enhance student well-being. The Griffith Life-Fit team will also have access to the de-identified information to prepare reports and for research purposes.

I am confident that you will share our enthusiasm for embedding ongoing student well-being programmes within our curriculum at the College and will see the value in your child participating in the Life-Fit-Learning programme. If you have any questions regarding our student well-being strategy, please contact Ben Campbell, Head of Student Development bcampbell@cac.qld.edu.au

Yours sincerely



Dr Mark Sly
PRINCIPAL