



7 November 2017

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 and cocurricular achievement. Therefore, we are committed to new endeavours that help enhance the well-being of our students.

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 12 months to develop a three-step, computer-based student well-being programme called "Life-Fit-Learning" which aims to:

- (a) **ASSESS STEP:** Assess student well-being across a number of areas relating to health and well-being, relationships and support and learning and activities.
- (b) **REFLECT STEP:** Provide immediate feedback about student well-being via email to parents/carers, College pastoral care staff and students themselves (Junior Secondary and Senior Secondary students only).
- (c) **CONNECT STEP:** Connect students to helpful information, resources and services as needed to enhance student well-being).

Life-Fit-Learning has been funded by the Menzies Health Institute of Queensland at Griffith University and we have agreed to undertake a small-scale project of Life-Fit-Learning with a Year 5 class and two small groups from Year 6 and Year 9 during Term 4 of this year. The aim of this small pilot study is to ensure the programme works effectively within the classroom setting and is easy and clear for students to complete. The pilot project has been approved by the Griffith University Human Research Ethics Committee. Your child's class will be participating in the pilot project between 13 and 24 November. Please see the details below which provide more information.

Please sign the attached consent form to approve the participation of your child in the pilot study and the inclusion of your child's information in research reports. Please note that information from all students will be combined together in these reports with no identifying information about any individual child. Please return the consent form to your class teacher by Monday 13 November 2017.

LIFE-FIT-LEARNING CONSENT FORM

(Please return to Primary Administration by Monday 13 November 2017)

I do / do not give permission for my child _____ to
(Print Name)

participate in the Life-Fit-Learning programme which will be conducted between 13-24 November 2017.

Parent/Guardian's Name: _____

Parent's Signature: _____ Date: ____/____/____

✂.....

What is involved?

- A small group of selected students will complete Life-Fit-Learning. Students will complete the programme on College computers during regular class time over 1-2 x 40 minute sessions.
- Students will be supervised by classroom teachers and Griffith University research staff.
- Students will complete the Assess step first in which they will provide responses about their own health and well-being (e.g. happiness, flourishing, positive feelings, negative feelings, sleep, diet, exercise), relationships and support (e.g. family and friendships, peer experiences) and learning and activities (e.g. College satisfaction, time spent doing inside College and outside College activities). 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. Students will provide their verbal feedback to Griffith University research staff on their experience completing the Assess step so we can use that information to further improve the programme for the future.
- After the Assess step, Student Reflect Reports about each child's well-being, relationships and learning will be automatically emailed to our well-being team. No identifying information is included on the report other than your child's Life-Fit ID number. The Student Reflect Report will use a positively oriented approach to present information using emoji mates and clock faces to indicate children's Life-Fit status in selected areas of health and well-being, relationships and support, and learning and activities.

The aim of the Student Reflect Reports is to provide a 'snapshot' of student well-being to facilitate links to support and assistance if required.

The Student Reflect Reports will enable us to work together to determine if a student would benefit from further assessment and/or additional support within the College or from other

community services. This is consistent with our mission to ensure that each student at Coomera Anglican College has the opportunity to flourish within a supportive educational community.

- Year level Reflect Reports will also be sent automatically to our well-being team via email. No identifying information about any student is included in these reports. Information is presented together for all students in the year level and for each class within the year level. The aim of the year level Reflect Report is to enable our leadership and well-being teams to develop tailored year level and class level programmes within the curriculum to further ensure that students at the College have the opportunity to achieve positive well-being and personal growth within a supportive educational community.
- Finally, students will receive an email with a link to the Connect step, which provides user-friendly information, downloadable resource tip sheets and links to reputable health and well-being websites and other support services to assist them in accessing evidence-based information to enhance their well-being and personal growth. Students can access the Connect step at any time and as often as they wish once they have been enrolled in Life-Fit-Learning. Students will provide their verbal feedback to Griffith University research staff about the helpfulness of the resources in the Connect step to further improve the programme for the future.
- After completing Life-Fit-Learning during class time, students will be asked a few questions by the Griffith research team about their experience completing Life-Fit-Learning, and any recommendations and suggestions they might have for improving the programme.
- Students will each receive Griffith University pack containing stationery items, a cap, and a \$10 Coles-Myer gift card as reimbursement for their participation.

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 this small-scale pilot of the Life-Fit-Learning programme. All students in your child's class will be completing the programme between 13-24 November.

It is important that we are able to use the information obtained from this pilot study to understand how best to implement Life-Fit-Learning within the curriculum in the near future and to share that knowledge with other schools and researchers both nationally and internationally.

Yours sincerely



Mr Ben Campbell
COORDINATOR OF STUDENTS P-6



Mrs Kerry Lowe
PRIMARY STUDENT COUNSELLOR