

The Western NSW Primary Health Network (WNSWPHN)
is offering public schools in the region the opportunity to implement
the Positive Living Skills Primary School Wellbeing Program

The Positive Living Skills Primary School (and Early Childhood) Wellbeing Programs are evidence-based, teacher-led, scripted and curriculum mapped programs focused on supporting the emotional wellbeing of students, teachers and families.

The goal is to prevent mental health problems by teaching young people habitual, practical and positive social and emotional skills, starting in early childhood, so children can move into adolescence and high school with a healthy self-esteem, skills for positive relationships and the resilience to handle life's challenges.

The programs apply an intentional teaching approach, providing teachers with a common positive language for teaching children the fundamental skills of mental health: self-regulation, kindness, appreciation, gratitude, empathy, compassion, peer support, respect, diversity, inclusion, acceptance and self-confidence, while supporting them to build effective relationships and cooperation skills.

Why Positive Living Skills?

The evidence-based PLS programs actively support the social and emotional wellbeing of students and teachers in a truly preventative and inclusive way, as they:

- ✓ Support educational approaches to anti-bullying, Positive Behaviour, 'Be You' (Beyond Blue), Respectful Relationships
- ✓ Are easy for teachers to implement, offering a flexible resource pool of up to 216 learning experiences covering Foundation to Year 6
- ✓ Support students' transition from Early childhood education to primary, AND from primary to high school
- ✓ Reach out to support families via resources and an online portal
- ✓ Are mapped to the National F-10 Curriculum, NSW PDHPE Syllabus & AITSL Teaching standards
- ✓ Include 3 x 'on demand' Professional Development sessions for teachers
- ✓ Can be delivered as a 'whole of School community' approach, to explicitly teach skills for positive mental health
- ✓ Centre on common sense universal proven concepts
- ✓ Offer an evidence-based approach to emotional wellbeing (3 completed positive studies and growing)
- ✓ Include support from the PLS team to help introduce, plan and implement inc. Scope and Sequence options
- ✓ Can support remote learning and class-based teaching
- ✓ Offer a **LIFETIME LICENCE** to program materials

The Western NSW Primary Health Network has already supported educational sites in the WNSWPHN region to implement Positive Living Skills and feedback has suggested it supports the mental wellbeing of educators children and families.

The Western NSW PHN is now providing Schools in the region the opportunity to become a participant in the Positive Living Skills initiative with full funding support from the WNSWPHN.

NOTE: This offer is limited by funding availability and is time sensitive. If you would like your School to be considered for funding, submit your Expression of Interest **NOW. Read on for more details and click on [THIS LINK](#).**

The Positive Living Skills Mission

The Positive Living Skills Wellbeing Programs are focused on supporting children to develop a secure sense of self, building an awareness and skills to understand emotions and behaviours, and to form healthy and secure relationships while interacting appropriately with others. **Our mission is to:**



1. Assist School leaders and educators to promote positive behaviour and intentionally teach children habitual skills to build their social and emotional competence and maturity, starting in early childhood and continuing through to the end of primary school. Students can then move into adolescence and high school with resilience habits and self-regulation skills and a strong sense of self-worth, with strategies they can continue to build on.
2. Support and enhance teacher wellbeing through the fully scripted resource pool of program materials and resources, and through dedicated Professional Development experiences focused on developing Teacher's own emotional intelligence.
3. Support families to build mental wellbeing skills, through the program resources that go home with students, through dedicated pre-prepared resources designed for teachers to share with families, and via a 'Family Link' online resource portal where families access a range of 'at home' resources that support all family members to learn Positive Living skills.

The Positive Living Skills Primary School Wellbeing Program

The full Positive Living Skills Primary School Wellbeing program is a 12 Unit Program that offers up to 216 individually scripted Learning Experiences that support Schools to promote and encourage positive behaviour, prevent bullying and violence and intentionally teach social and emotional skills and mental health.

The first 6 Units of the **Core** program are organised under the same 6 main concept headings as are included in the Early Childhood Wellbeing program – **Highlights, Feelings, Focus, Relaxation, Cooperation, and Self-esteem**. This part of the program covers all Learning Levels and offers a total of 144 Learning Experiences covering Foundation to Year 6.

The Positive Living Skills Program 'CORE' Units:

Year/Stage	Number of Lessons per stage (6 for each topic per stage)	Unit topics delivered
Foundation (or Prep, Kindergarten)	36	Highlights Feelings Focus Relaxation Cooperation Self-Esteem
Years 1 and 2	36	
Years 3 and 4	36	
Years 5 and 6	36	
Total	144 Lessons	6 Units

Then in Years 3-6 the Positive Living Skills program expands via the Positive Living Skills **Extension Program**, which offers a further 6 concepts - **Appreciation, Communication, Choice, Solutions, Leadership, and Potential**. These additional 72 Learning Experiences complete the 12 Unit program making a **total of 216 Lessons**. These **Extension** learning experiences and activities can either expand on the core concepts or can be delivered as a stand-alone program or as units. They suit the Year 3-6 age groups of children as they prepare to transition from primary school to high school.

The PLS Program has 'filled a gap in their current PD/H Curriculum, noting that PLS 'sort of slotted into that social and emotional program part of Be You and Kids Matter.'

Dr. Libbey Murray, Charles Sturt University, May 2020

The Positive Living Skills 'EXTENSION' Program Units:

Year/Stage	Number of Lessons per stage (6 for each topic per stage)	Unit topics delivered
Years 3 and 4	36	Appreciation Communication Choice Solutions Leadership Potential
Years 5 and 6	36	
Total	72 additional Lessons	Further 6 Units
Complete program	Total of 216 Lessons	Total of 12 Units

All program Units have been designed as a 'pick up and deliver' approach with each individual learning experience mapped to the F-10 Australian Curriculum V 8.3 Learning Areas and General Capabilities, and Units of work are mapped to AITSL Professional Standards for Teachers. (Mapped by the Teaching School of Charles Sturt University). All Units have also been mapped to the current NSW PDHPE Syllabus. (Mapped by Emily-Jane Pruszinski from Burke Ward Public School)

The full program also includes implementation and engagement support from Positive Living Skills, as well as Teacher Professional Development, and includes a range of parent and carer resources.

Each learning experience is designed to be delivered in as little as 15 minutes and can be extended or adapted as needed. Most teachers are spending around 30 minutes on the lessons as the conversations with students are so valuable. It is recommended that teachers allocate time each week to the Positive Living Skills Program delivery, to assist students to develop long term habits. Lessons can be delivered individually to meet current group learning and environment requirements or can be expanded to meet situational requirements to suit educators and students. The Program has been designed allowing for flexibility for educators to either follow the script using provided examples and scenarios or to adapt the lessons to meet their own teaching methods and current topics.

Schools can choose to implement PLS in a structured or flexible way. The program can be used as a comprehensive 'resource pool' of pre-prepared scripted lessons that support Positive Behaviour Frameworks, School (or Christian) values, or it can be delivered as the structured program, with a range of suggested Scope and Sequence options included with the full 12 Unit program that enable the program to be delivered across the School as part of a 2 to 4 year recurring plan supporting positive behaviour and emotional wellbeing for students teachers and families.



What will WNSWPHN schools receive when they move forward with the PLS PROGRAM?

Schools will receive the FULL 12 Unit PROGRAM which includes:

- ✓ 1 x digital copy of the Program on branded USB drive with lanyard also containing resource audios and concept videos (Program can then be loaded onto the School server)
- ✓ 20 x Positive Living Skills 'Happy Highlight' clickers with stickers
- ✓ 1 x Possa Bill puppet for Early Stage One and Stage One Level (optional use)
- ✓ Scripted Introductory Powerpoint presentation templates covering all content topics, to assist the School team as they prepare for program implementation and introducing the concepts to the team and families

- ✓ Access to the online resource hub for families called **'The Family Link'** which can be shared with the School community and includes a sample of Program resources and information to support the home environment
- ✓ Support from the Positive Living Skills by email and phone and online meetings to assist with program planning and roll out, including support with staff onboarding and engagement

Evidence Based Program

The vast range of evidence-based work of Dr. Terry Orlick PhD, who has dedicated many years to researching the effect of positive living skills on children, young people and adults from all walks of life, and his most recent book 'Positive Living Skills', provided significant inspiration for the content in this program.

THREE research studies have now been completed by Charles Sturt University on the core concepts within the Positive Living Skills initiative, with one study in an Early Childhood setting, another qualitative CSU study of the PLS Primary School Wellbeing program in a Sydney school setting was released in March 2019, and a third study in a rural setting was released in May 2020. Research details and reports can be found on the Positive Living Skills website.

A sample of feedback from Year 3-6 students:

'We can learn to change channels and stay calm.'

'It helps you to be open with your friends.'

'You can share with other people and everyone listens and you get to share your ideas.'

WHY the Positive Living Skills Primary School Wellbeing Program?

- ✓ The program concepts actively support teachers to feel confident and able to teach social and emotional wellbeing in a completely preventative and inclusive manner giving teachers a common language approach
- ✓ The Program supports schools approach to anti-bullying and Positive Behaviour
- ✓ It is easy for teachers to implement – with the full program offering a scripted yet completely flexible, curriculum mapped, resource pool of 216 learning experiences covering Foundation to Year 6 levels
- ✓ The program supports students' transition both from early childhood education to primary school, and from primary school to high school, while also supporting teachers and reaching out to families
- ✓ It includes accessible Professional Development to support teacher wellbeing and focusing on key topics within the program as they relate to teachers and students
- ✓ It can be implemented as a 'whole of community' approach supporting you to lead the culture of mental wellbeing in your School community OR alternatively, it can be used as a supportive 'resource pool' of scripted lessons that can underpin other School priorities, such as Positive Behaviour for Learning (PBL, or PBS), the Be You initiative or initiatives like Respectful Relationships
- ✓ It is based on common sense practical and easy to understand concepts everyone can comprehend
- ✓ The program offers resources connecting families to the concepts and language
- ✓ PLS offers support to plan, implement and engage teachers and help customise the program into the school culture, promoting teacher and community engagement (*full program, core program or extension program*)
- ✓ It offers a LIFETIME LICENCE to operate the Program materials

The Positive Living Skills Primary School Wellbeing Program Unit and Lesson Outline

CORE PROGRAM: 6 units WHOLE OF SCHOOL F-Y6

Highlights		Feelings	
	Happy Highlights		How do you feel?
	Where are highlights?		Empathy
	Opportunities to appreciate		Kindness
	Any Day highlights		Notice your thoughts
	Zing Highlights		Changing Channels
	Remembering Highlights		Reeling in good feelings
Focus		Relaxation	
	I can focus		Understanding Relaxation
	Focused Listening & Seeing		Why is relaxation important?
	Focused Learning		Learning how to relax
	Focusing through distractions		Quiet your mind
	Focus in the present moment		Special place relaxation
	Focus in positive ways		Relax and revitalise
Co-operation		Self-Esteem	
	Let's Co-operate		Healthy Self Esteem
	Sharing		Self-Talk
	Respect		Self-Respect
	Teamwork		Building confidence
	Followership		Physiology of Excellence
	Trust		We are Unique

EXTENSION PROGRAM: 6 units YEARS 3-6 ONLY

Appreciation		Communication	
	Appreciating yourself and others		Let's Communicate
	Appreciating and respecting differences		The power of words
	Being Thankful		The tone of your communication
	Cultivating Gratitude		Communicating with physiology
	Expressing appreciation		Online communication
	Contribution		Communicating effectively
Choice		Solutions	
	Choices		Finding Solutions
	Choosing your thoughts		Dealing with challenges
	Choosing your response		Respecting others
	Understanding outcomes		Critical thinking
	Owning your choices		Creative thinking
	DO-cide to act in positive ways		Negotiating forward
Leadership		Potential	
	Leadership		Potential
	Self-Leadership		What is possible?
	Communicating Like a Leader		Imagine
	Always Learning		Learn from Doing
	Personal Standards		Stepping Stones
	Positive Action		Believe and Achieve

NOW is the time for Positive Living Skills.

If you would like to learn more about this opportunity and **EXPRESS YOUR INTEREST** to be involved in implementing the Positive Living Skills initiative in your school with support from the Western NSW Primary Health Network, complete an Expression of Interest form via [THIS LINK](#).

We know there is a lot of information in this document.

If you would like to learn more about Positive Living Skills visit the [Positive Living Skills website](#), and if you have any specific questions about the program or this opportunity, please contact the PLS team via email to team@positivelivingskills.com.au

'I think it's been really easy..... the lessons are sort of timed from 15-20 minutes, but I like that you can explore some of the themes in it and you can take it as far as you like or you can just stick to that 15 minutes. I really like that it's flexible.' Teacher, Wellington Public School

How to get started:

1. Complete the Online [Expression of interest form](#)
2. Positive Living Skills will be in contact with you as soon as possible to confirm the outcome of your application
3. You will be sent a Licence and Memorandum of Understanding (MOU) Agreement to you to sign and return if you are successfully eligible for funding
4. On receipt of the signed Licence Agreement and MOU, Positive Living Skills will despatch a Welcome Kit to your School within 21 days.

REMEMBER – THIS OFFER IS TIME SENSITIVE AND LIMITED TO A SELECT NUMBER OF SCHOOLS SO PLEASE REGISTER YOUR INTEREST NOW.

EXPRESSIONS OF INTEREST are currently OPEN until all funding places are filled so act promptly.

The Western NSW Primary Health Network and Positive Living Skills look forward to welcoming you to the Positive Living Skills community.

Cath Shaw and Jo Devin

Co-founders

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With gratitude for the support from:

phn
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