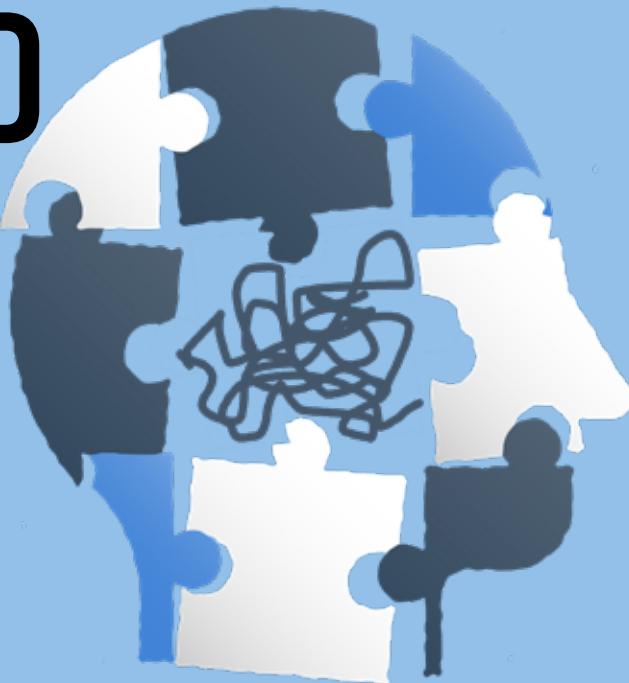


## PARENTS VICTORIA 2019 CONFERENCE

# EVERYONE'S MENTAL HEALTH AND WELLBEING MATTERS



**NOVEMBER 18 & 19, 2019**  
**PULLMAN MELBOURNE ON THE PARK**

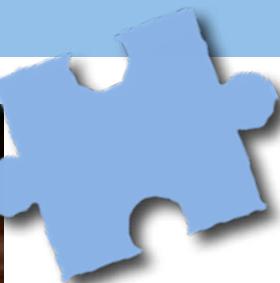
Keynote Speaker: ANDREW FULLER

# PARENTS VICTORIA 2019 CONFERENCE

## EVERYONE'S MENTAL HEALTH AND WELLBEING MATTERS



## WELCOME



**I am proud to invite you to the Parents Victoria 2019 Annual Conference; Everyone's Mental Health and Wellbeing Matters.**

This year's conference is not to be missed, as we tackle the ever-growing mental health issues surrounding our children, our students, and ourselves. Specialists in the field of mental health will share their learnings and insights, and help you better understand how you can help others.

Our keynote, Andrew Fuller, is well known in the world of child and adolescent psychology and will present and lead discussion sessions on Identifying and Building Learning Strengths, and From Surviving to Thriving: Promoting Mental Health in Young People. Andrew will also be part of a panel discussion, examining real-life problem scenarios from school settings.

As always, we have kept prices as low as possible, to help facilitate your school sending a delegation of parents, teachers and leaders. In fact, this year every Parents Victoria member school can send their first two delegates free to both conference and dinner! And subsequent delegates are at a greatly reduced rate, so organise your group now! The benefits of having all groups at your school represented is that you're hearing the same information, and can all appreciate how that could work best to improve educational and wellbeing outcomes at your school – for everyone. Feedback from recent years is that parents and principals have returned to their schools inspired by conference, and set about putting into action what they learnt, and that has greatly benefited their schools overall.

Conference will again be officially opened by the Deputy Premier and Minister for Education, James Merlino. The Minister has advised Parents Victoria that he encourages every government school to support parents to attend the conference, including financially. If your school is finding it hard to offer this support, please contact our office.

We look forward to seeing you in November, and helping to improve everyone's mental health and wellbeing through our informative and interactive sessions.

Cheers,

**Sharron Healy**

President  
Parents Victoria.

# PARENTS VICTORIA 2019 CONFERENCE

## EVERYONE'S MENTAL HEALTH AND WELLBEING MATTERS



## PROGRAM

### DAY ONE

- 9.00 Registration and Morning Tea**
- 9.30 Table Discussion re participants Learning Strengths to be introduced by Andrew Fuller
- 10.00 Conference Opening – Hon. James Merlino, Minister for Education
- 10.30 Identifying and Building Learning Strengths – Andrew Fuller
- 12.00 Lunch**
- 1.00 From Surviving to Thriving: Promoting Mental Health in Young People - Andrew Fuller
- 2.30 Removing Barriers to Improve Wellbeing - Sue Karzis, CEO State Schools' Relief
- 3.00 Afternoon Tea**
- 3.20 Relationships Matter - Launch of a Relationship Based Education Resource for Schools and Parents by John Hendry with Parents Victoria.
- 3.50 The Way Forward: How to kindly and constructively deal with difference and conflict in schools - Panel discussion including Andrew Fuller and John Hendry
- 5.00 Close Day One**
- 6.30 Conference Dinner – Entertainment by Teacher and Comedian – Ben Knight

### DAY TWO

- 9.00 Registration and Morning Tea**
- 9.30 Doing Diversity in Schools: Using Culturally Inclusive Practices to Enhance Belonging - Monique Toohey, Managing Director, Nasihah Consulting Group
- 10.30 Building School Communities – Wayne Bradshaw, CEO, The Fathering Project
- 11.15 Down to Business – including AGM, Presentation of 2020 Joan Kirner Award and an opportunity to raise issues important to your schools.
- 12.30 Lunch**
- 1.30 Making your Child's School Safer: How to Effectively Address Bullying and Sleep Deprivation due to After-hours Device Use - Jac Van Velsen, CEO, WISA (Wellbeing in Schools Australia)
- 2.45 Afternoon Tea**
- 3.15 What the Royal Commission into Mental Health means for Education - Justin McDonnell, Acting Executive Director of the Wellbeing Health and Engagement Division Department of Education and Training.
- 4.00 Conference Close**

# PARENTS VICTORIA 2019 CONFERENCE

## EVERYONE'S MENTAL HEALTH AND WELLBEING MATTERS



## PRESENTERS

### The Hon James Merlino MP

Deputy Premier of Victoria  
Minister for Education



Born in 1972 at St Andrews Hospital, James Merlino is the second of three children to Bruno and Mary.

James attended St Edmonds Primary School in Croydon and Mt Lilydale Mercy College in Lilydale before studying an Arts (Political Science) degree at the University of Melbourne, completing his Honours year in 1995. He entered public life in 1997, serving as a councillor for Yarra Ranges Council, which included a period as Deputy Mayor between 1997 and 2002.

James was first elected to Parliament as a Member of the Legislative Assembly for Monbulk in 2002. Following the 2006 state election James became Minister for Sport, Recreation and Youth Affairs in the Bracks Labor Government.

As Minister, James was a passionate advocate for sport at the grassroots level through to the elite level. Highlights during this period include the re-development of Melbourne Park and the 20 year extension of the Australian Tennis Open until at least 2036. There was also the construction of AAMI Park and the funding of an upgrade to the MCG's Great Southern Stand.

During this time James was also given the responsibility of Minister Assisting the Premier on Multicultural Affairs.

He oversaw significant funding in vital cultural precincts such as Little Bourke Street for the Chinese community, Lonsdale Street for the Greek community and Lygon Street for the Italian community.

Late in 2010 he was also the Minister for Police and Minister for Corrections. James was Shadow Minister for Police and Shadow Minister for the TAC and Road Safety whilst in opposition from 2010 to 2012. In February 2012 he was named Deputy Leader of the Opposition and Shadow Minister for Education. Following Labor's victory at the 2014 state election, it was an honour for James to be sworn in as Deputy Premier and Minister for Education in the Andrews Labor Government. In July 2016 he also became the Minister for Emergency Services.

James was honoured again to be sworn in as Deputy Premier in the Andrews Government following the 2018 state election and chose Education as his portfolio responsibility. As Minister for Education, James is continuing the work to make Victoria's education system the best in the country and to make Victoria 'The Education State'.

# PARENTS VICTORIA 2019 CONFERENCE

## EVERYONE'S MENTAL HEALTH AND WELLBEING MATTERS



### KEY NOTE

#### Andrew Fuller



As a clinical psychologist, Andrew Fuller aims to create with people, futures they can fall in love with. His work with over 2,000 schools and with more than 500,000 young people has identified the concept of The Resilient Mindset and also the three main components of resilience- connect, protect and respect (CPR).

Andrew is a Fellow at the University of Melbourne and has been a scientific consultant for the ABC. He is an ambassador for Adolescent Success, the Lion's Club Alcohol and Drug Awareness Foundation and Mind Matters. He has also been a principal consultant to the Dept. Education Bully Stoppers initiative and the national drug prevention strategy REDI, and is a regular presenter on Radio National.

Andrew's research on neuro-developmental differentiation takes the research on resilience and positive education back into the classroom where it can make the most difference. As Andrew describes, resilience is "the happy knack of being able to bungee jump through the pitfalls of life - to rise above adversity and obstacles."

His website, [www.mylearningstrengths.com](http://www.mylearningstrengths.com) enables people to complete a free assessment of their learning strengths. Andrew has established programs for neuroscience and education and the promotion of mental health in schools, substance abuse prevention, and the reduction of violence and bullying, suicide prevention programs and for assisting homeless young people. Andrew also continues to counsel individuals in his private practice.

#### Session 1 - Identifying and Building Learning Strengths

Imagine if all students were aware of their learning strengths?

Imagine if all of the parents and teachers in your school could develop ways to build upon these learning strengths?

Imagine if all of the teachers in your school could diagnose blockages to learning and develop strategies and activities to overcome them?

Participants are encouraged to complete the analysis of their own learning strengths at [www.mylearningstrengths.com](http://www.mylearningstrengths.com) prior to coming to conference and bring along their results.

#### Session 2 - From Surviving to Thriving: Promoting Mental Health in Young People

59% of Year 11-12 young women and 46% of Year 11-12 young men suffer from clinical anxiety.

Even in years 3-4 it is over 25 %.

This presentation will discuss life trajectories, times when problems occur, what to look for in children that might concern parents, what to do if you are concerned, how we can promote mental well-being and how to take care of yourself so you can better care for your loved ones.

# PARENTS VICTORIA 2019 CONFERENCE

## EVERYONE'S MENTAL HEALTH AND WELLBEING MATTERS



## PRESENTERS

### Sue Karzis



One of the most significant barriers faced by children and young people at school is the emphasis on "fitting in" at all costs. More than we may notice, kids are faced with constant messages from peer groups, families, the media and organizations that they must "fit in" in order to belong. Messages that young people get about fitting in are often focused on the need to look or be a certain way, wear the "right" clothes, play the "cool" sport, join a certain club or hang out with the "popular" kids. It can be confusing for kids because belonging is a basic human need. We all need to feel like we are connected to people and groups larger than ourselves. Belonging is incredibly important to healthy human development and the core is about love, acceptance and connection.

Sue Karzis is the first female CEO of State Schools Relief, the Victorian charity which supports the needs of underprivileged students by providing them with new school uniforms, footwear and educational resources during times of vulnerability.

Sue's entrepreneurial and progressive approach has propelled the charity to record numbers of impact, assisting over 56,000 financially disadvantaged Victorian school children in 2018 alone and increased fundraising dollars by over 30% since the commencement of her tenure.

Under her leadership, the not-for-profit has distributed items exceeding \$5M, launched State Schools' Relief's own independent uniform label Students Choice, established the SSR Ambassador Program and worked with 180 schools who have donated approximately \$124,000 through a range of school-based fundraising activities during the 2017/18 financial year.

She has also built partnerships with a range of corporate sponsors, including the Department of Education and Training (DET), AEU, Bank First and Bank Australia, which has enabled SSR to impact 79% of primary schools, 96% of secondary schools and 91% of P-12 schools, totalling 83% of all Victorian state schools during 2018.

Sue has also been the driving force behind the SSR 'Shoes with a Purpose' range of leather school shoes, which are sold via the SSR website, with every dollar from sales being reinvested into funding school children in need. Sue's 'out of the box' leadership style coupled with her talent and tenacity has enabled her to increase overall impact for the charity by over 30% through her ability to innovate within a traditionally immutable industry.

# PARENTS VICTORIA 2019 CONFERENCE

## EVERYONE'S MENTAL HEALTH AND WELLBEING MATTERS



## PRESENTERS

### John Hendry OAM



John Hendry has been an educator for more than 50 years. He is one of the originators of Positive Education, a Life member of the Careers Development Association of Australia, a consultant to Primary and Secondary Schools across all systems in Australia, Hong Kong, Mainland China, and a consultant to UNESCO on bullying and school violence. John consults and works with the Positive Institute, The Flow Centre, Resilient Youth, Invictus Well-Being and many local councils and professional associations. He has created a Relationship Quotient and established Relationship based Education (RbE), has co-created (with Andrew Fuller) the Resilient Mindset concept, and has created the Affect Performance Model which explains among many things, peak performance.

John has presented at National and International conferences on Education, Restorative Justice, Trauma, Relationships, Forgiveness, Performance, Flow, School Culture, Industry Culture and Sporting Club Culture, Resilience and Meditation. He has presented on Radio National in Life Matters, on Malaysian Radio on Education and Relationships. He has presented on The Teacher Learning Network and School Television on culture, forgiveness, resilience and bullying as well as peak performance. He has conducted retreats and workshops on Culture Change, Relationships, Education, and Forgiveness as well as "Cricket". In 2014, John was awarded an OAM for Education and an OAM for Cricket.

John believes that culture determines how we live and how schools educate. He believes that "relationships matter" and that general health and well-being as well as mental health are directly tied to the capacity to forgive. Performance, the capacity to perform at your best and to be resilient, also is determined by the capacity to forgive yourself when mistakes occur or failure arises. He knows that in team sport forgiveness is critical to performance of both individuals and teams.

John loves children and believes teaching to be "the critical" profession in shaping culture. He is invested in teaching. John believes parents care and wish to contribute constructively to schools. He is married, has three daughters and four grandchildren. John believes we are defined by how we behave in relationships. He has created the Relationship Reparation approach to mistakes and has introduced this into many schools, families, communities, businesses and clubs. He is currently consulting to Parents Victoria.

# PARENTS VICTORIA 2019 CONFERENCE

## EVERYONE'S MENTAL HEALTH AND WELLBEING MATTERS



## PRESENTERS

### Monique Toohey



#### **Doing diversity in schools: Using culturally inclusive practices to enhance belonging.**

Monique Toohey is the Managing Director and Principal Psychologist of Nasihah Consulting Group – Northern Psychology Clinic. She has a 23-year professional background in child and family psychology and has worked as a school psychologist and managed countless types of psycho-education programs and community projects for adolescents, parents and adults from culturally diverse backgrounds.

She has been a Lecturer in the Master of Clinical Counselling course at the Australian Catholic University in Multicultural Counselling for the past 6 years and has been a speaker at high profile events such as the Melbourne Writer's Festival, the Tasmanian Annual Peace Trust and TEDx Docklands.

Monique has authored a number of publications, including the book *Without You: Rising above the impact of an abusive relationship* and recently supported the development of downloadable tip sheets for schools, teachers, students and parents on the topic of racist bullying for the Department of Education and Training.

She has been seen on ABC TV Hungry Beast, Lateline, featured in The Australian, The Age, The Herald-Sun, ABC and 3AW radio.

#### **Presentation overview**

Doing diversity in schools: Using culturally inclusive practices to enhance belonging.

Culture is the vehicle by which we are able and capable of getting to know each other and build vibrant societal relationships. Cultural scripts inform the way we live, from the moment we get out of bed in the morning to the time we switch off the light at night. They influence how we work and relate to others. In our attempt to get along with other people, we tend to minimize or exaggerate cultural differences and we interpret each other's thoughts, beliefs and behaviours through the prism of our own culture(s). It is important to be aware of cultural differences and our own reaction to difference to reduce the likelihood of unconscious bias and ways of relating that influence others to feel excluded.

# PARENTS VICTORIA 2019 CONFERENCE

## EVERYONE'S MENTAL HEALTH AND WELLBEING MATTERS



## PRESENTERS

### Monique Toohey (cont)

Teach all, reach all is an aspirational statement strengthened by the use of culturally inclusive practices in diverse school environments. Culturally inclusive schools support all children to feel a sense of belonging and actively engage parents from diverse cultural backgrounds in the school community both of which improve student learning outcomes.

Culturally intelligent schools are motivated to develop and use cultural knowledge to actively build relationships with diverse parents and local communities and develop in students the interpersonal and intercultural skills necessary to prosper in a multicultural globalised world.

#### **Learning outcomes:**

Monique will improve our understanding of our cultural backgrounds in our day-to-day lives and will take a closer look at how some students and families feel excluded and the impact of that exclusion. She will also look at opportunities to enhance student and parent engagement using culturally inclusive and culturally intelligent practices to improve belonging.

# PARENTS VICTORIA 2019 CONFERENCE

## EVERYONE'S MENTAL HEALTH AND WELLBEING MATTERS



## PRESENTERS

### Wayne Bradshaw



Wayne has been the CEO of The Fathering Project for the past 6 years and has been responsible for the development of the program that has now received federal funding to facilitate a national expansion.

After being established in WA, The Fathering Project is now developing a national footprint with schools programs in Victoria, NSW, Queensland and Tasmania.

Wayne was CEO of the West Australian Football Commission for 10 years and Facilities Manager of Subiaco Oval for 10 years. The WAFC is owner of the West Coast Eagles and Fremantle Football Club; past leaseholder and manager of Subiaco Oval; and responsible for all junior development and AFL competitions in WA, including the WAFL.

He is a 'goodish' dad of 2 adult children.

### Building School Communities

We know that the family profoundly impacts child development outcomes. Yet, traditionally women have carried the load. Men are now becoming more aware of their changing role and are more engaged in sharing the child and household responsibilities.

The Fathering Project seeks to improve child development outcomes by inspiring and equipping fathers and father figures to effectively engage with their kids. This is achieved by bringing men into the school community through fun and meaningful engagement with other men, the school in general and importantly, with their kids.

Wayne will provide an overview of the schools program that is now being rolled out nationally as a result of federal government support for the program. The program creates dads groups in schools to help men become involved in the school community and to build mateship and connectedness with other men. These relationships build their fathering skills; enhance the mental health and wellbeing for everyone; support school learning and culture outcomes; and building a better relationship with the child for enduring benefit to the family.

# PARENTS VICTORIA 2019 CONFERENCE

## EVERYONE'S MENTAL HEALTH AND WELLBEING MATTERS



## PRESENTERS

### Jac Van Velsen



#### **Making your child's school safer – how to effectively address bullying and sleep deprivation due to after-hours device use.**

This workshop will look at two separate yet connected issues. What is international best practice in addressing bullying in schools. When does bullying peak and why? How to prevent and reduce bullying in your school. An outline of the top five most effective bullying interventions. Knowing what the signs are if your child is being bullied. What you can do to ensure the school addresses the issue and resolves it.

The second issue we will address is sleep deprivation due to mobile device use and the impacts upon students. Whether it is gaming or social media, young people want and need peer connection through mobile devices. We will look at critically important points for parents to know about safe mobile device use for young people and children. We will look at why sleep is vitally important for students' healthy development of the body, mind and relationships. What are the signs to look for if young people are not getting enough sleep and what to do about it.

Jac established WISA (Wellbeing in Schools Australia), a national not for profit organisation in 2015. This occurred in response to identified gaps from her work over a sixteen year period working at a local, regional, state and national level while implementing KidsMatter and MindMatters, federal and state government partnership initiatives addressing mental health in schools, and earlier work spanning two decades addressing wellbeing directly with school communities in the Government, Catholic and Independent school sectors.

Over the past 20 years her work has focused upon addressing health and wellbeing in educational settings including a strong focus upon mental health and wellbeing, suicide prevention, health promotion, social and emotional learning, student leadership, and addressing bullying. Jac believes wellbeing in schools is everyone's business. It's a shared responsibility. This includes government, the school governance body, school leadership, staff, students, families and the surrounding community.

# PARENTS VICTORIA 2019 CONFERENCE

## EVERYONE'S MENTAL HEALTH AND WELLBEING MATTERS



## PRESENTERS

### Justin McDonnell



Justin McDonnell is the acting Executive Director of the Wellbeing Health and Engagement Division, having been a Director in the Division since 2016. His work has included leadership of student mental health policy, engagement, anti-bullying, child safety and respectful relationships. Justin has worked in several social policy roles in Western Australia, the United Kingdom and Victoria. Before joining the Department of Education and Training he worked on emergency management, justice and family violence policy at the Department of Premier and Cabinet, including supporting the government's input into the Royal Commission into Family Violence.

#### **What the Royal Commission into Mental Health means for education**

Victoria is currently undertaking an historic Royal Commission into all aspects of mental health, from prevention to acute care. This includes an examination of mental health in education – what are the challenges the students, staff and families face; how do schools deal with mental health issues; how do schools work with health and other services; what additional support should be provided. This session will provide an overview of mental health in education, highlight key issues being raised at the Royal Commission and provide an opportunity for attendees to outline their priorities in mental health.

# PARENTS VICTORIA 2019 CONFERENCE

## EVERYONE'S MENTAL HEALTH AND WELLBEING MATTERS



## REGISTRATION

### Conference Venue – Pullman Melbourne on the Park

192 Wellington Parade, East Melbourne

Limited parking at a discounted self-park rate of \$35.00 per vehicle, per day is available at the venue. Alternative parking includes - Wilson Parking. Early bird parking (before 10am) from \$16 – Conditions apply. Check [www.wilsonparking.com.au](http://www.wilsonparking.com.au) for options.

Train – Directly opposite Jolimont Station

Tram – Take Route 75 tram from Flinders St. Get off at stop 11.

### Registration essential

Please circle relevant payment

	PV Members – First 2 delegates	Subsequent Members	Non-Members
<input type="checkbox"/> Day 1 18th November	\$0 - free	\$75	\$150
<input type="checkbox"/> Day 2 19th November	\$0 - free	\$75	\$150
<input type="checkbox"/> Day 1 & 2	\$0 - free	\$150	\$280
<input type="checkbox"/> Dinner – 18th November (note: drinks at own expense)	\$0 - free	\$70	\$120

### Registration details (one person per form)

Name

School or Organisation

Email address

Phone number

Accommodation – a special rate of \$235 including breakfast for one is available at the Pullman for delegates subject to availability. For details contact the Pullman on 9419 2000 and quote Block ID 132465

Please advise any special dietary requirements.

Payment can be made by cheque payable to Parents Victoria Inc. and sent to  
Parents Victoria, PO Box 1170, Craigieburn, 3064 or by EFT  
Name: Parents Victoria Inc BSB: 06 3002 A/C No. 00910511

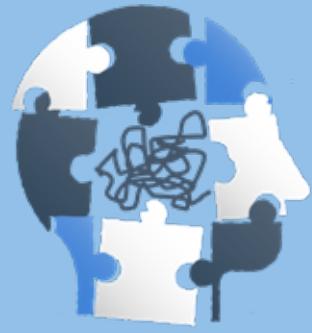
Registrations and payment should reach the Parents Victoria office by Friday 8th November.  
For registrations after this date please contact the office.

**Cancellations and refunds:** Please note no refunds can be made after the 8th November however substitute participants are welcome.

**Note** – Parents Victoria is heavily subsidising this conference for our members.  
Numbers are limited so early registration is recommended.

# PARENTS VICTORIA 2019 CONFERENCE

## EVERYONE'S MENTAL HEALTH AND WELLBEING MATTERS



## WHAT 2018 CONFERENCE DELEGATES SAID

Thank you for providing the opportunity for parents, teachers & people in the department to come together. It's nice to feel as if people are listening :-)

Wish I could think of suggestions for future conferences but no clever ideas forthcoming - You always have your fingers on pulse regarding current + topical issues! Thanks :-)

Debbie, Tim, Ross & Fay > very inspiring! all outstanding leaders of knowledge and or engagement. And above all Parents Vic - thank you for caring for us.

Congratulations to yet another wonderful, connecting conference! The speakers get better and better every year. Yay you all rock equally. X

This conference was very self enhancing. It has put forward parent worthy knowledge and importance. We are worthy of teaching our children and have great ideas and can make a difference in a child's life. The conference is always well organised and attended. Thank you Ladies for another one. Well done!!!!

### The Joan Kirner Award

**The Joan Kirner Award is an annual award, given to a Member Club, Parent or Individual Member\* who has demonstrated, encouraged or facilitated parent or family participation or engagement in their school.**

**The award is given every year at the Parents Victoria Annual Conference.**

**Nominations are now open.**

**Closing date: 31 October 2019**

Nominations should be emailed to the Parents Victoria office.

\*If nominating a Parents Victoria Individual Member, the nominee must be a parent at the nominated school and their contribution must be in the capacity of a volunteer.

Parents Victoria Inc.  
PO Box 1170 Craigieburn VIC 3064  
Telephone: 9380 2158 or 0419 716 171  
Email: [office@parentsvictoria.asn.au](mailto:office@parentsvictoria.asn.au)  
[www.parentsvictoria.asn.au](http://www.parentsvictoria.asn.au)



Parents Victoria