Wellbeing for Learning Tool

Pivot

Research has shown a correlation between wellbeing, mental health, social and emotional skills and academic learning for students.[1]

Pivot Professional Learning has collaborated with wellbeing, education and mental health experts to identify the key components of wellbeing and the impact these have on a student's ability to learn at school. From this research, Pivot has created a new tool to measure, track and support student wellbeing.

Pivot Professional Learning

Pivot Professional Learning is an Australian-based Education Technology company. Known for their feedback tools, Pivot provides schools with a simple way to gather feedback on teaching practice, school leadership and wellbeing.

What the research says:

Primary school students can **lose up to 8 months of learning** over a 4 year span, due to lower wellbeing[1]
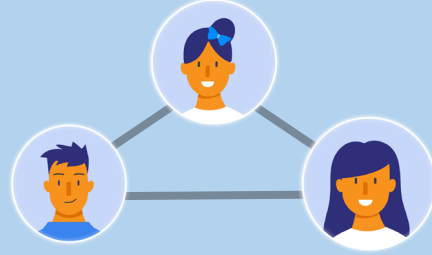
Compared to 35 other countries, Australian students experience the **lowest sense of school belonging**[2]

25% of secondary school students report being **regularly bullied** and can **lose up to 10 months of learning** if bullied for more than 2 years[1]

Rising concerns during the pandemic

70.5% of principals reported **negative impacts on student mental health and wellbeing**[3]

29% of parents said their **child's education** was **negatively impacted**[4]

37% of parents said their children have become more **anxious and stressed**[4]
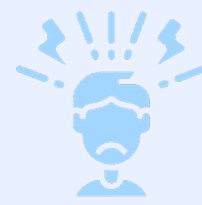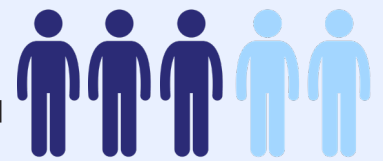
80% of students missed seeing their **friends** and **66% missed** seeing their **extended family**[4]

Challenges students are facing

Kids Helpline **interventions** in Victoria **increased by 184%** between Dec 2020 - Mar 2021 in comparison to the previous year[5]

3 in 5 students see navigating **loneliness and isolation** as very challenging[6]

43% of students find **online bullying** very or extremely challenging[6]

How the Wellbeing for Learning tool works

The Wellbeing for Learning check-in has been designed to help students and teachers monitor and understand wellbeing. The check-in takes one minute, once a week to complete and students are asked to answer questions on:

1 General Wellbeing
This question is all about a student's general emotions and will help to track how they are feeling each week.

2 Resilience
Includes questions about:
- Perseverance
- Grit
- Optimism
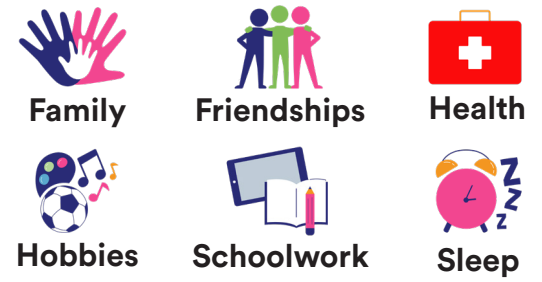- Growth mindset
- Self-advocacy

3 Belonging
Includes questions about:
- Peer relationships
- Close friendships
- Trusted adults
- Engagement
- School identification

4 Safety
Includes questions about:
- Emotional safety
- Physical safety
- Online safety
- Respect for diversity
- A safe environment

5 Protective behaviours
Includes questions about:
- Family
- Friendships
- Health
- Hobbies
- Schoolwork
- Sleep

How Pivot supports student wellbeing

School support
Pivot provides school leaders and teachers with comprehensive, evidence-based resources to support meaningful wellbeing inventions with students at school.

Student support
Pivot provides students with a range of resources to help them better understand and take ownership of their wellbeing.

Data use and privacy
The Wellbeing for Learning tool allows teachers and school leaders to receive real-time insights on student wellbeing. All survey data collected by Pivot is securely stored in their AWS Sydney-based servers and only accessible by those with the highest levels of permission.

What if a student needs help with their wellbeing?

The Wellbeing for Learning tools sits within each school's own wellbeing frameworks and support systems.

At school support
When students complete their weekly check-in, they can let their teacher know if they are struggling and would like some help with their wellbeing.

If a student indicates that they would like to speak with a teacher about their wellbeing, each school will have a system to ensure that students are supported in the ways that work best for them.

Outside school support
During the Wellbeing for Learning check-in students also have the opportunity to seek help from external services including Kids Helpline and eHeadspace.

kidshelpline Anytime | Any Reason
Kids Helpline
1800 55 1800
kidshelpline.com.au

headspace Online Counselling Service
eHeadspace
1800 650 890
headspace.org.au

[1] GRATTAN INSTITUTE, 'Student mental health and wellbeing matters', https://grattan.edu.au/news/mental-health-and-wellbeing-matters/, [2] PROGRAMME FOR INTERNATIONAL STUDENT ASSESSMENT (PISA) AUSTRALIA 'PISA Australia in Focus Number 1: Sense of belonging at school', https://research.acer.edu.au/ozpisa/30/ , [3] PIVOT PROFESSIONAL LEARNING, 'Principal perspectives on the impact of COVID-19: Pathways toward equity in Australian schools', https://docs.pivotpl.com/research/COVID-19/Pivot_Principal+Perspectives+on+the+Impact+of+COVID-19+Whitepaper_February+2021.pdf, [4] AUSTRALIAN CHILDHOOD FOUNDATION, 'A Lasting Legacy – The impact of COVID-19 on children and parents', https://www.childhood.org.au/app/uploads/2020/08/A_Lasting_Legacy_-_The_Impact_of_COVID19_on_Children_and_Parents_Final.pdf?utm_source=afc%20website&utm_medium=report&utm_campaign=a%20lasting%20legacy, [5] YOURTOWN, 'New Kids Helpline data reveals spike in duty of care interventions', https://www.yourtown.com.au/media-centre/new-kids-helpline-data-reveals-spike-duty-care-interventions, [6] McCrindle Research Pty Ltd, 'Future of Education 2021 report', https://mccrindle.com.au/wp-content/uploads/reports/Education-Future-Report-2021.pdf.