

SDERA NEWS

Term 3
August 2018
Number 87



SDERA
SCHOOL DRUG EDUCATION AND ROAD AWARE

CELEBRATING
20 YEARS
SUPPORTING
WA SCHOOLS

**NEW EARLY
INTERVENTION
PROGRAM FOR
SCHOOLS**



The quote “a goal without a plan is just a dream” is attributed to many. For the last five months the SDERA team worked on a plan and on the 27 June we achieved our goal – to hold an inaugural conference for school educators.

For those of you who missed Destination Wellbeing, it was an extremely positive and affirming day for SDERA and delegates alike. From the moment the doors opened, the buzz and energy was palpable! Two hundred and fifty educators from primary and secondary schools across the metropolitan and surrounding areas were eager to hear from our keynote speakers, learn more about SDERA and our array of offerings and have time to network and hear how other schools are implementing resilience, drug and road safety education.

The presentations from our keynote speakers included many take-home messages. Three that stood out for me were:

- Animal studies have consistently shown that alcohol consumed during adolescence, which is a key time when rewiring of the brain occurs in humans, can affect the key parts of the brain involved in memory and learning. (*Professor Dan Lubman, Monash University*)
- In developing resilience an individual needs to experience a negative event, but realise that they are worthy and able to cope; and have support to help them work through the issue. This is the key to developing resilience for success and wellbeing. (*Professor Lynne Cohen, ECU*)

- Without effective implementation, even evidence-based and well established programs can be rendered ineffective. Implementation science is the study of methods to assist the uptake of research findings into routine practice and has six critical steps. (*Dr Stacey Waters, Health Promotion Solutions*)

The concurrent sessions, facilitated by our team of experienced consultants, were interactive and overflowing with delegates – some even resorted to sitting on the floor! Izzy wandered around during the day giving high fives as everyone raced to grab their free copies of Challenges and Choices.

It's not often that a project with a short-term objective, which was the intention for SDERA, carries on - especially for another 20 years! But that is SDERA's story since its beginning in 1997 and the Paul Kelly lyrics I referred to at the conference, “from little things big things grow,” perfectly explains this.

Congratulations to my team who shone on the day. We are now catching up on all the requests flowing in from schools seeking help in their delivery of our programs or who are interested in becoming a CHAT school. The feedback was extremely positive and gave some worthy ideas for inclusion in the next conference.

Anne Miller
Acting Manager, SDERA

RESILIENCE EDUCATION

Resilience and wellbeing assessment tasks

Our Challenges and Choices Kindergarten to Year 9 suite of resources focus on the protective personal skills and environmental strengths that help children overcome risk.

Rather than just describing what these protective factors are, Challenges and Choices provides explicit and intentional learning activities that show teachers how to develop the resilience skills and beliefs that enable children in their classroom to cope more effectively.

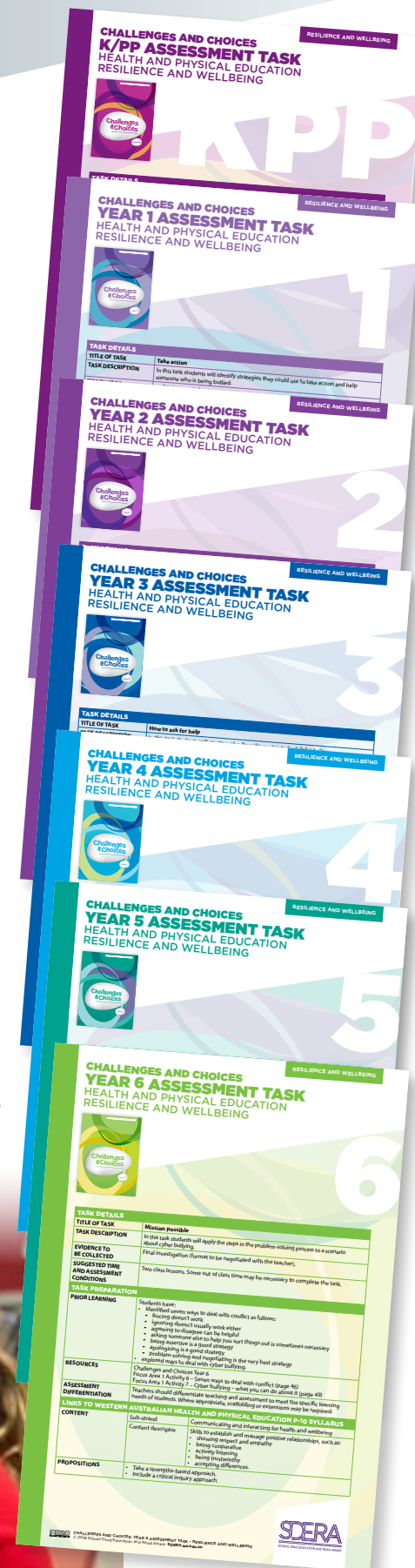
Resilience and wellbeing assessment tasks for students in Kindergarten to Year 9 are now available to download free of charge from our website. These assessment tasks support the content in Focus Area 1 of each

Challenges and Choices resource so that informed decisions about students' progress and achievement can be made using authentic assessment data.

All assessment tasks are linked to the WA Health and Physical Education Syllabus. Assessment tasks for Pre-primary to Year 2 students are also linked to the National Quality Standard and the Early Years Learning Framework.

For ease of use, the assessment tasks follow the same structure as the alcohol and other drugs assessment tasks launched earlier this year.

We'd like to hear what you think of these assessment tasks. Please send your feedback to sdera.co@education.wa.edu.au.



SDERA is proudly funded by the Department of Education WA, Mental Health Commission, and the Road Safety Commission via the Road Trauma Trust Account

Supported by:



DRUG EDUCATION

ALL STAFF
HAVE A ROLE
IN EARLY
INTERVENTION

New early intervention program for school staff

WRAPAROUND

DEF: A PHILOSOPHY, A PROCESS, AN APPROACH. AN INTENSIVE, HOLISTIC METHOD OF ENGAGING WITH YOUNG PEOPLE WHO ARE EXPERIENCING ISSUES RELATED TO ALCOHOL OR OTHER DRUG USE.

When we have concerns around student alcohol and other drug (AOD) use behaviour, early intervention is critical if we are to protect and enhance student wellbeing. But how many of us are confident that we can identify and address this kind of behaviour effectively?

A complete program built around a suite of complementary resources, Wraparound provides a unique opportunity to explore this question and to strengthen confidence and ability to engage and support students as fits with our role in the school.

Staff members in all roles across the school have an opportunity to build unique relationships with students. Relationships and empathic engagement are crucial when we see changes in student behaviour and know we need to take action. When we have concerns around AOD use, taking action effectively is more likely when we have awareness and understanding of relevant support strategies and skills.

The Wraparound program aims to enhance skills and increase the confidence of all school staff to engage and support students who may be engaging in AOD use.

The program components include:

- the 10 Module Wraparound resource
- an intervention toolkit
- two professional learning workshops.

The resource offers the background, theories, and concepts for early intervention while the intervention toolkit and workshops illustrate and work through the practical application of these skills and strategies. The modules can be accessed via our website. A hard copy of the resource and the intervention toolkit will be provided to those who attend the workshops.

When we intervene early and effectively we can prevent problems from escalating, enhance connection to school and ensure the students in our care are guided to appropriate levels of support. In short, when we intervene early we can save lives.

■ **See the back page for information about the upcoming Wraparound: Day 1 workshop. It is recommended that a minimum of two staff members per school attend.**

Wraparound aims to:

- ▶ provide a platform of information to consolidate or extend learning on AOD
- ▶ introduce and work with models and frameworks to increase awareness of AOD use and how this may impact young people
- ▶ deepen understanding of guiding structures that will support staff in taking appropriate action
- ▶ explore and work through support strategies and skills to strengthen staff confidence

Early intervention strategies work best alongside ongoing school based prevention education and when supported by a whole school drug education plan that includes procedures for incident management and intervention support.



DRUG TALK BODY. MIND. FUTURE.

Drug Talk is our new Year 10-12 meth/amphetamine and other drugs education program.

Adopting a resilience approach to meth/amphetamine and other drugs education, the Drug Talk program has three main areas of focus:

1. Body. Mind. Future
2. Risk-taking
3. Help-seeking.

The program challenges students to think about the drug use choices that they may make, their risk-taking behaviours, and how these choices and behaviours may impact their body, mind and future.

Drug Talk encourages students to

develop a deeper understanding of the implications of drug use and highlights that help-seeking strategies can mitigate risk by allowing for early intervention and prevention.

The program includes detailed lessons which are linked to the WA Health and Physical Education Syllabus, animated videos with meth/amphetamine and other drugs content, trigger videos for unpacking key skills, a student portal, and assessment tasks written to align with the content contained in the program.

Head over to our website to see Drug Talk in action.

Visit our website to learn more about WRAPAROUND

ROAD SAFETY EDUCATION

Have you been paying attention?

In 2017 there was a 112% increase above the five-year average of people killed due to inattention related crashes.

Source: Road Safety Commission WA

Did you know that every single one of us who rides or drives on the road holds the key to preventing the tragedy that is road trauma? Each of us has the power to stop road fatalities and injuries.

Loved ones, friends, colleagues and neighbours are taken from us too soon or carry emotional and physical scars from road trauma. Additionally the financial costs associated with road trauma are substantial. Yet each of us holds the key to the solution and we can make it happen today.

The Road Safety Commission 2017 Preliminary Summary of Fatalities on WA Roads reports that we had the equal lowest number of road deaths since records began in 1961. Unfortunately, it comes on the heels of one of our worst years with almost 200 fatalities in 2016.

Frustratingly, speeding and driving under the influence of alcohol

and other drugs continues to contribute to death or serious injury on our roads. We have a choice to continue these behaviours, or not, every time we get behind the wheel.

Acting Road Safety Commissioner, Iain Cameron said: "Mobile phone use is getting a lot of publicity and mobile phone use is part of the problem, but it's much more extensive than that."

"When we try to do two things at once we switch in and out of the two tasks and driving is too challenging to do that, particularly in urban areas where there is a lot happening."

Driving is complex. It requires your full attention. Next time you turn the key, make the choice to concentrate on your number one priority at that time – driving. It's everyone's responsibility to keep each other safe on the road.



RAC & Keys for Life

RAC delivers free interactive road safety presentations to schools across WA as part of its 'On the Roads' community education program. These presentations are designed to help young people be safer on the roads by influencing risk reduction and encouraging responsible behaviour.

A crucial part of the program includes involving and informing parents through SDERA's Keys for Life Parent Workshop. This one-hour session invites parents and teenagers to learn about how to make driving lessons enjoyable and safe and how to kick start safe driving conversations at home.

The workshop covers four stages of learning to drive, the practical driving assessment and the role of the supervisor.



Along with their regular presentations, RAC has delivered the Keys for Life Parent Workshops for over 10 years. Since 2002, RAC has delivered road safety messages to more than 540,000 students.

To find out more visit rac.com.au/about-rac/community-programs.



Competition

To enter simply attend a road safety workshop (Keys for Life, Safer Kids or Smart Steps) or download a road safety resource from our website by 21 September.

The winner will be drawn at random and contacted by email. Terms and conditions available on SDERA's website.



These new banners are also available to purchase from SDERA.wa.edu.au/order-form



Always choose to be patient when driving

Make the commitment to be a safer driver and role model for others.

CHOOSE SAFETY!



Acting Road Safety Commissioner, Iain Cameron, speaking with students at Springfield Primary

Springfield's safer students

Far too many Western Australian families are affected by road trauma each year.

Earlier this year two members of the close-knit school community of Springfield Primary were involved in serious road crashes. This prompted Principal Len Collier to contact SDERA to help improve the safety and wellbeing of his students.

After meeting with SDERA, the teachers at Springfield made the decision to adopt a whole-school approach to road safety and resilience by engaging SDERA's CHAT initiative.

CHAT provides schools with:

- positive changes in culture
- improved student participation
- improved partnerships with parents
- increased social and emotional competence of students
- professional learning for school staff.

Using CHAT, staff at Springfield Primary identified the school's needs, developed actions and implemented changes that were grounded in the school's ethos and needs of the local community.

Road Safety Week

During Road Safety Week students at Springfield Primary demonstrated their knowledge by decorating the school with road safety messages on gold ribbons. Students and teachers received a visit from the Acting Road Safety Commissioner, Iain Cameron, who spoke about the importance of road safety education for all students and how committed leadership and teaching is essential to guide the process of change in schools.

Izzy, the Smart Steps road safety mascot, also dropped in to greet students and reinforce a number of key road safety messages.



Through the CHAT initiative, SDERA provides intensive support and guidance to over 130 schools across WA. This award winning program assists in the development of structures and practices to ensure schools can offer the best opportunities to staff, students, parents and the wider community.

Schools involved with CHAT received best practice resources and assessment tasks aligned with the WA Curriculum. This funded model also covers teacher relief so staff can focus on program development and professional learning.

If your school would like to learn more about CHAT please contact SDERA.

NEWS FROM THE REGIONS

Year 6 Resiliency & Wellbeing Expo

From 11 to 12 June, Year 6 students from the Avon Valley took part in a Resiliency and Wellbeing Expo at the Northam Recreation Centre.

The event was organised by SDERA and the Northam Local Drug Action Group in partnership with the Shire of Northam and the Avon Youth Community and Family Services.

The expo focused on developing skills in resilience and wellbeing. Themes included mindfulness, cyber bullying, R U OK?, goal setting, decision making and alcohol and other drugs. Students participated in activities such as making calming bottles, creating hats with positive messages and meditation.

Information was presented by SDERA, Holyoake, Avon and Central Primary Health Service, WA Country Health Service, WA Police and Amity Health.

Meckering Primary School Principal, Jan Whison, said students thoroughly enjoyed the day.

Students also had the chance to enter a competition to win a laptop. Congratulations to Lochlan from York District High School who won.

Thank you to the Shire of Northam and the staff at the Northam Recreation Centre who supported the presenters and participants over the two days.



The feedback from our parents has been tremendous. At home the kids have talked non-stop about what they did.

Meckering Primary School Principal, Jan Whison



Year 6 students participating in the activities

Change Maker Challenge

On Wednesday 30 May the Hon. Michelle Roberts MLA Minister for Police; Road Safety presented the WALGA RoadWise Committee in the Wheatbelt with an \$18,000 grant.

The grant will be used to develop the Change Maker Challenge for students aged 15 to 17 years. This will be offered to local schools participating in SDERA's pre-driver education program, Keys for Life.

The challenge will ask students to pledge to be a 'change maker' by committing to small behavioural changes while driving. Examples might include turning off their mobile phone or dropping their speed by 5km/h.



The Hon. Michelle Roberts MLA with students from Northam Senior High School and St Joseph's School



Scott Guerini wins SDERA Health and Wellbeing Award

Scott Guerini won the prestigious SDERA Health and Wellbeing Award at the 2018 WA Young Achiever Awards Gala Dinner on Saturday 26 May at the Pan Pacific Hotel in Perth.

Over 470 guests attended the event to celebrate an amazing group of high achievers.

Scott Guerini, 11 of Alkimos started 'Scott's Great Walk' at age four to raise money for sick children. Since 2010, he has walked 340.5km and raised over \$140,000 for Telethon.

Scott illustrated and published his book 'Did You know You can Change the World?'

He is a regular guest speaker, talking about his journey, determination and courage. Scott ends his speech with his motto "it's easy to make a difference, what can you do?"

Scott won a \$1,000 Bartercard account, \$1,000 cash and a magnificent trophy.

Congratulations Scott!

Talking Leavers

SDERA and WA Police are holding a FREE parent information session to help parents assist their child to have a safer Leavers experience.

The session will cover:

- What's happening at Busselton/Dunsborough and Rottnest Island
- The role WA Police play
- Ways to speak with your child about alcohol and other drugs
- Young drivers and their passengers
- Tips for keeping Leavers safer
- Volunteers providing a positive peer presence

Special guest, Superintendent Kate Taylor APM will share her personal experience in preparing her child for Leavers.

Representatives from WA Police, SDERA, Red Frogs, Hope Community Services, Royal Lifesaving Society, The Green Team, WA AIDS Council and headspace will be available to answer questions during morning tea.

Parents will receive a take home bag with further information and tips for their child.

Come along and get a free family pass for AQWA (valued at \$79). Plus go into the draw to win an overnight stay with breakfast for two at Abbey Beach Resort, Busselton (valued at \$290).

Date: Sunday 12 August

Time: 10.30am. Morning tea from 10.00am

Where: AQWA Function Centre, 91 Southside Dr, Hillarys

To book your free ticket visit <http://bit.ly/2JqpOLw>

RSVP by Sunday 5 August

For further information visit SDERA.wa.edu.au or call Allison Hass 6206 2003



Limited places
BOOK NOW!

Alcohol and water safety presentations

Don't Drink and Drown, a program run by Royal Life Saving Society WA is able to deliver free presentations for students in years 10 to 12.

Alcohol is a factor in almost a third of all drownings in young adults and it is vitally important that students are made aware of the dangers of drinking and undertaking aquatic activity.

Don't Drink and Drown presentations cover safe alcohol practices, water and alcohol safety, harm minimisation strategies, what to do in an emergency and

a real-life case study. WA Police endorsed Leavers presentations are also available to Year 12 students. All presentations are run by a young person and are interactive and engaging.

If you would like to book a presentation for your school, please contact Katie Cowcher on 9383 8200 or kcowcher@royallifesavingwa.com.au.

For further information or to order Don't Drink and Drown resources, visit royallifesavingwa.com.au/programs/dont-drink-and-drown



Comings and goings at SDERA

Last month SDERA bid farewell to Susanne Line and Linda Thornburn. Susanne and Linda made significant contributions to SDERA's drug education and resource development and will be sorely missed by the team. We wish them all the best in their future endeavours!

SDERA's Kimberley Consultant, Paul Searle, has moved to Perth and taken up a position as Drug Education Consultant in our central office. Allison Hass has also joined the SDERA team as a Drug Education Consultant and will work on our Methamphetamine education project. Welcome to you both!



Allison Hass and Paul Searle

Want to share a great story?

We want to hear about road safety and drug education at your school, childcare centre or community agency. A free Challenges and Choices resource is available to educators who submit an article that is published.

To submit a story for the next newsletter email it to our editor by **Monday 10 September**. Please keep your article to a maximum of 150 words and provide photos (if possible) in jpg format.

Editor: Claudia Burgess

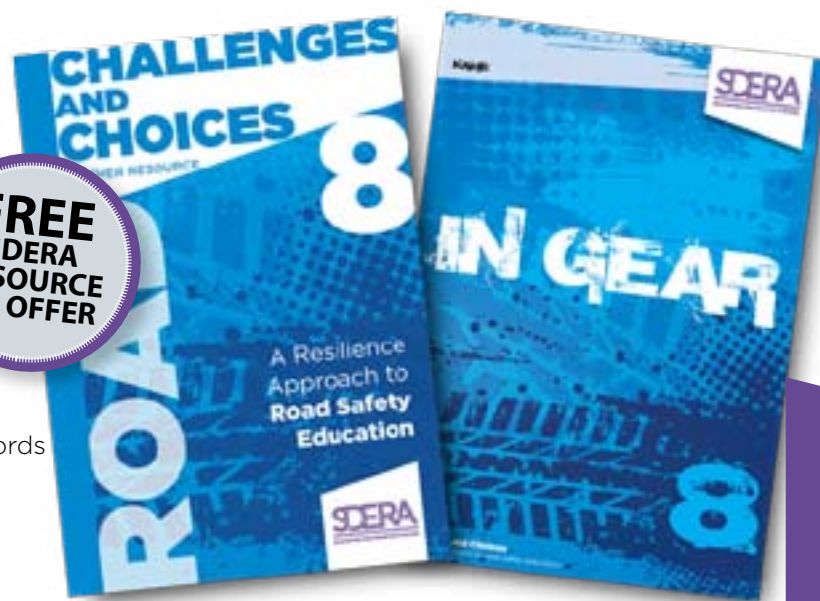
Phone: 9402 6254

Email: claudia.burgess@education.wa.edu.au



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FREE
SDERA
RESOURCE
ON OFFER

SDERA offers professional development workshops on resilience, road safety, and alcohol and other drugs education for school staff working with K-12 students, early childhood services and community groups.

Workshops are free to attend. SDERA provides the full cost of teacher relief for each person attending a whole day workshop.

**FREE
WORKSHOPS
TEACHER
RELIEF**

UPCOMING WORKSHOPS

TERM 3 METRO

Resilient Teens

Thursday 2 August

Safer Kids road safety education with safety school tour

Wednesday 8 August
Constable Care Safety School,
Maylands

Safer Kids

Wednesday 15 August

Wraparound Day 1

Thursday 16 August

Talking Drugs

Tuesday 21 August

Resilient Kids

Thursday 23 August

Smart Steps

Wednesday 5 September

Keys for Life (for schools)

Thursday 6 September

All Metro workshops held at
Statewide Services Centre,
Padbury unless stated

TERM 3 REGIONAL

Resilient Kids

Tuesday 7 August
Goomalling

Resilient Kids

Wednesday 8 August
Esperance

Resilient Kids

Tuesday 14 August
Goomalling

Smart Steps

Wednesday 22 August
Northam

Smart Steps

Tuesday 28 August
Merredin

Smart Steps

Tuesday 28 August
Vasse

Smart Steps

Tuesday 4 September
Goomalling

Smart Steps

Wednesday 5 September
Vasse

Smart Steps

Wednesday 12 September
Bencubbin

TERM 4 METRO

Keys for Life

Wednesday 17 October

Smart Steps

Thursday 18 October

Keys4Life Online

(for community agencies)
Friday 26 October

Talking Drugs

Thursday 1 November

Resilient Kids

Tuesday 13 November

Talking Drugs

Wednesday 14 November

Keys for Life

Tuesday 11 December

All Metro workshops held at
Statewide Services Centre,
Padbury unless stated

PARENT SESSIONS

Talking Drugs

Tuesday 7 August
St Norbert College,
Queens Park

Talking Leavers

Sunday 12 August
AQWA Function Centre, Hillarys

Talking Drugs

Wednesday 15 August
John Forrest Secondary
College, Morley

Talking Drugs

Wednesday 12 September
Ashdale Secondary College,
Darch

TO REGISTER FOR
WORKSHOPS AND TO
VIEW THE MOST CURRENT
WORKSHOP DATES VISIT
SDERA.wa.edu.au

