



Conference 2025

Friday August 8



**Wodonga Federation of
Government Schools**
Collectively the same, uniquely different

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Acknowledgement of Country

Wodonga Federation of Government Schools acknowledges the Aboriginal people who are the Traditional Custodians of the Land. We would also like to pay respect to their elders past, present and emerging. We extend that respect to other Aboriginal Australians who may be present at the conference. We would like to acknowledge that this conference is being held on Dhudhuroa land

Welcome

Building on the success of last year's themed conference, 2024: Inclusion 4 All, we are delighted to present 2025: Stronger Together – Wellbeing for All.

In our schools today, wellbeing is not an add-on—it's the foundation. This conference is grounded in the belief that when we prioritise the mental, emotional, and social health of both students and staff, we create the conditions for everyone to learn and thrive.

This conference will bring together educators, leaders, support staff, and wellbeing professionals to explore how we can build compassionate, connected learning environments. Through engaging keynote speakers, hands-on workshops, and real-world school case studies, we'll examine the systems, strategies, and everyday practices that support sustainable wellbeing across our whole school communities.

Expect thought-provoking ideas, practical tools you can use straight away, and space for deep reflection and collaboration. Whether you're just beginning your wellbeing journey or looking to deepen your school's approach, this conference offers inspiration, guidance, and connection.



Allyson Dixon
Baranduda Primary School

Pennie Moffat
Belvoir Special Development School

Brad Hearn
North East Flexible Learning Network

Ben Slocombe
Melrose Primary School

Steve Fouracre
Wodonga Middle Years College

Damian Duncan
Wodonga Primary School

David Whitehead
Wodonga Senior Secondary College

Clint Eckhardt
Wodonga South Primary School

Jocelyn Owen
Wodonga West Children's Centre

Vern Hilditch
**North East Flexible Learning Network,
Wodonga Middle Years College &
Wodonga Senior Secondary College**

General Information

Workshop Selection

Go to:

<https://bit.ly/FederationConferenceReg2025>

Workshop selections close Friday, July 4.

Conference Website

For the latest information on the Conference pre and post the event visit:

<https://bit.ly/FederationConferenceReg2025>

Conference Venue

The conference will be at Wodonga Senior Secondary College. The opening and afternoon keynote speakers will be in the Stadium.

Workshops will be in allocated rooms around the College. Details regarding where morning tea and lunch will be served are to follow.

Tea And Coffee Stations

Attendees will be able to make a tea or coffee at the stations situated in the Study Centre Kitchenette & Trade Training Centre.

Car Parking

We anticipate over 600 conference attendees this year. We recommend that participants car pool as much as possible or use alternative transport.

Start Times

We ask you to be in the room five minutes before the start time so sessions can start on time.

Mobile Phones

As a courtesy to presenters and delegates, please ensure your phone is either turned off or on silent during all sessions.

Bring Your Own Device

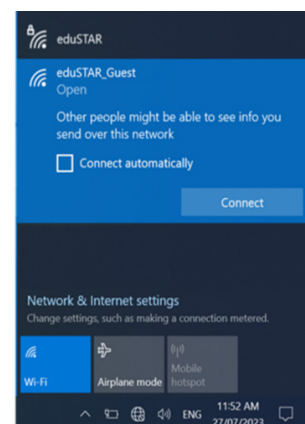
Where possible, please bring your own device to the workshops. Some sessions will actively use these devices. Laptops and iPads preferable.

WiFi Access

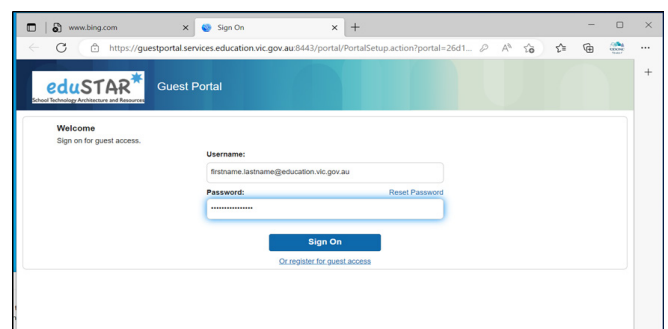
WSSC, WMYC, NEFLC and FFFCS Staff will automatically connect to the "eduSTAR" Wi-Fi, and do not need to complete any of the below steps.

All other school staff will need to connect to the "eduSTAR Guest" Wi-Fi network via the instructions below.

From the Wireless Network List, Select "eduSTAR_Guest"



Enter your **@education.vic.gov.au** email address and your **@education** (Edumail/edu-Pay etc) password and select **Sign On**.



You should now have internet access.

Evaluation

We would like to know what you thought of the conference: what worked well, what did not and how we might make the next one even better.

Here is how you can let us know:

- Complete our online survey available at <https://bit.ly/FederationConference2025>

Conference Menu

We have listened to your feedback from previous conferences!!

This year you can explore your conference meal options and reserve your favourite meal long before you attend the conference.

How it all works

When registering for the conference, you will be given a selection of morning tea and lunch options that you can choose from. Prior to attending the conference we will send you notification of where you will be able to collect your morning tea and lunch. This means you receive the meal you want and we'll be able to disperse the pick up areas.

We have also listed the ingredients below to help with your selection.

So, what's on the menu for Morning Tea?

Slice Pack

(Milk Arrowroot Biscuits, Oreo Biscuits, Condensed Milk, Cocoa, Chocolate, Coconut, Caramilk)

Overnight Oats

(Oats, Milk, Gippsland Yoghurt, Granola, Cranberries, Blueberries)

Coffee Chia Pudding (GF, DF)

(Chia Seeds, Black Coffee, Almond Milk, Maple Syrup, Greek Yoghurt, Dark Chocolate, Berries)

Raspberry & White Chocolate Muffin

(Wheat Flour, Sugar, Canola Oil, Skim Milk Powder, Eggs, Raising Agent (541, 500), Modified Starch 412, Emulsifier (471, 481), Salt, Colour (102,110), White Chocolate, Raspberries)

Double Choc Chip Muffins

(Wheat Flour, Sugar, Canola Oil, Skim Milk Powder, Eggs, Raising Agent (541, 500), Modified Starch 412, Emulsifier (471, 481), Salt, Colour (102,110), Choc Chips and Milk Chocolate)

Choc Mint Muffins

(Wheat Flour, Sugar, Canola Oil, Skim Milk Powder, Eggs, Raising Agent (541, 500), Modified Starch 412, Emulsifier (471, 481), Salt, Colour (102,110), Choc Mint Aero)

Oreo Cookie & Cream Muffins

(Wheat Flour, Sugar, Canola Oil, Skim Milk Powder, Eggs, Raising Agent (541, 500), Modified Starch 412, Emulsifier (471, 481), Salt, Colour (102,110), Oreo Cookies, White Chocolate)

Raspberry & White Chocolate Muffin (GF, DF)

(Sugar, Potato Starch, Rice Flour, Tapioca Starch, Maltodextrin, Vegetable Gum (415), Emulsifiers (471, 481), Salt, Sweet William Chocolate, Raspberries)

Double Choc Chip Muffins (GF, DF)

(Sugar, Potato Starch, Rice Flour, Tapioca Starch, Maltodextrin, Vegetable Gum (415), Emulsifiers (471, 481), Salt, Sweet William Chocolate)

Biscoff Cheesecake

(Butter, Biscoff Biscuits, Cream, Cream Cheese, Biscoff Spread)

Zucchini & Corn Fritters with Rocket, Cottage Cheese & Salsa. Contains Eggs & Milk

Seasonal Fruit Salad

Lunch Menu

Chicken & Mango Salad (GF/DF/Egg Free)

(Lettuce, Cucumber, Tomato, Spring Onion, Poached Chicken, Mango, Poppyseed Dressing)

Tofu & Mango Salad (GF/DF/Vegan)

(Lettuce, Cucumber, Tomato, Spring Onion, Tofu, Mango, Poppyseed Dressing)

Chicken Schnitzel & Salad Sandwich (Contains, Gluten, Dairy & Wheat)

(Chicken Schnitzel, Bread, Avocado, Kewpi Mayo, Lettuce, Carrot, Tomato, Cheese & Beetroot)

Mixed Sushi & Rice Paper Roll Pack (GF/DF)

(Seaweed, Rice, Rice Wine Vinegar, Chicken, Teriyaki, Tuna, Avocado, Cucumber, Rice Paper, Lettuce, Capsicum, Carrot, Glass Noodles, Mint, Cabbage)

Mixed Sushi & Rice Paper Roll Pack (GF/DF/Vegetarian)

Seaweed, Rice, Rice Wine Vinegar, Teriyaki, Avocado, Cucumber, Rice Paper, Lettuce, Capsicum, Carrot, Glass Noodles, Mint, Cabbage

Rice Salad with Nuts & Cranberries and Marinated Lamb (DF only)

(Wild Rice, Basmati Rice, Olive Oil, Freekeh, Almonds, Pine Nuts, Sunflower Oil, Onions, Parsley, Basil, Tarragon, Rocket, Cranberries, Lemon Juice, Garlic, Salt & Pepper, Marinated Lamb)

Rice Salad with Nuts & Cranberries and Tofu (DF/GF/Veg only)

(Wild Rice, Basmati Rice, Olive Oil, Almonds, Pine Nuts, Sunflower Oil, Onions, Parsley, Basil, Tarragon, Rocket, Cranberries, Lemon Juice, Garlic, Salt & Pepper, Tofu, Quinoa)

Pork Banh Mi

(Bread, Pork, Pate, Spring Onions, Radish, Carrot, Mint Kewpie Mayo, Cucumber, Chilli, Fish Sauce, Lime Juice, Lettuce, Vinegar, Coriander)

Mixed Sandwich Pack

- Chicken, Avocado, Lettuce
- Corned Beef, Pickles, Tomato, Cheese
- Egg, Chives, Kewpi Mayo, Lettuce

Mixed Sandwich Pack (Vegetarian)

- Salad - Lettuce, Tomato, Carrot, Beetroot, Cheese
- Egg, Chives, Lettuce

Mixed Sandwich Pack (GF/DF)

- Chicken, Avocado, Lettuce
- Corned Beef, Pickles, Tomato
- Egg, Chives, Kewpi Mayo, Lettuce

Mixed Sandwich Pack (GF/DF/Vegetarian)

- Salad Lettuce, Tomato, Carrot, Beetroot
- Egg, Kewpi Mayo, Lettuce

Keynote Speakers

Opening Session

Lea Waters

Compassion and Self-Compassion in Schools



Suffering is a part of every student's life, whether it comes from big life events like the loss of a loved one or the smaller daily moments of stress and pain. Compassion is a vital response to easing suffering - our own and others - yet it is not often the first response provided. Evidence from the field of positive psychology shows that giving and receiving compassion leads to a host of psychological health and relationship benefits.

Learn:

- the three-step process to fostering compassion,
- how we can increase moments of compassion at school,
- how to ease our own suffering.

Afternoon Keynote

Meg Durham

Thrive By Design: A Proactive Approach to Wellbeing



Working in schools requires a big heart and a whole lot of energy. Yet when we continually prioritise the needs of others over our own, it's natural to feel emotionally drained and physically depleted.

Thrive By Design invites educators to take a more proactive and deliberate approach to their wellbeing. This engaging keynote explores practical ways to manage energy, respond to everyday challenges, and create the space needed to thrive personally and professionally.

With real stories, relatable insights, and evidence-informed strategies, participants will be encouraged to reflect on the patterns that can quietly shape how we feel and function, such as blame, denial, guilt, recreational complaining, and emotional contagion. Together, we explore how to shift these habits and protect our energy while staying connected to those around us.

Rather than adding more to your plate, this keynote is about making small, deliberate choices that help you move through the school day with greater clarity, care, and confidence. Whether you are in the classroom, leading a team, or supporting a whole school community, Thrive By Design will leave you feeling renewed, supported, and ready to take meaningful action.

Conference Program

8.30am - 8.50am	Registration Wodonga Senior Secondary College Stadium
8.50am - 9.00am	Official Welcome & Acknowledgement of Country
9.00am - 10.00am	Opening Keynote - Lea Waters
10.00am - 10.10am	Movement Break
10.10am - 10.55am	Workshop Session 1
10.55am - 11.25am	Morning Tea
11.25am - 12.55pm	Workshop Session 2
12.55pm - 1.40pm	Lunch
1.40pm - 2.20pm	Afternoon Keynote
2.20pm - 2.30pm	Movement Break
2.30pm - 3.30pm	Workshop Session 3

Workshops Session 1: 10.10am - 10.55am

1(a) Connection not Correction - How Focusing on Relationships can Reduce Challenges in the Classroom
1(b) Celebrating Diversity - Promoting Peer Acceptance and Understanding to Improve Wellbeing in Children with Disability
1(c) Next Level Collaboration: Using Cooperative Gaming as a Space for Social Capacity Building for Neurodivergent Students Digital Game-Based Intervention Program
1(d) Considering a Logic of Probability and Adult Actions to Prevent Student Failure
1(e) Non Classroom Based Education Support Staff Community of Practice
1(f) Be You Spotlight – Responding to Student Mental Health Concerns (AKA Notice, Inquire, Provide (NIP) / Early Support)
1(g) Beyond Behaviour: Understanding Trauma & Supporting Young People in Schools
1(h) Be Ahead of the Game
1(i) Sex Ed by Porn? - Why Pornography is an Issue for Schools
1(j) Moving for Wellbeing: Practical Strategies to Boost Student Wellbeing Through Movement
1(k) Reignite Your Passion, Realign Your Values: Reconnecting with Your Why in Education
1(l) Developing Character, Resilience & Wellbeing Literacy Through Playful Learning (Primary School Grades 1-4)
1(m) Respectful Relationships Whole of School Approach
1(n) Nurturing Resilient Independent Students
1(o) Calm Brain Breaks
1(p) On the Road to Safety: Empowering Students with Protective Behaviours for Life
1(q) Wellbeing in Action: Practical Approaches for Student Success
1(r) An Overview of Restorative Practices 2.0
1(s) Making Sense of Learning Differences: Supporting Students with ID and SLD
1(t) Living and Learning in a World of Distraction
1(u) Behaviour Management Blueprint
1(v) School Portal (SiMs)
1(w) VTLM 2.0 – Learn More About Effective Teaching Strategies within the Victorian Teaching Learning Model 2.0

Conference Program

Workshops Session 1: 10.10am - 10.55am Cont.

- 1(x) Kindness First: Building a Culture That Stops Bullying Before it Starts
- 1(y) Empowering Schools with AI: Smarter Support, Better Outcomes
- 1(z) Self Care When Working with Trauma
- 1(aa) Trauma-Informed Theory, Research and Frameworks
- 1(bb) Protective Behaviours

10.55am - 11.25am Morning Tea

Workshops Session 2: 11.25am - 12.55pm

- 2(a) Managing Meltdowns - A Low Arousal Approach
- 2(b) Why Can't They Just Do It? - Executive Functioning Challenges in ADHD and Autism and How to Help
- 2(c) Meet the Circus - A Session Full of Information and Learning
- 2(d) Teaching, Managing, and Responding to Student Behavior: High Probability Practices
- 2(e) Understanding Upstander Behaviour: Empowering Students to Take Safe and Effective Action
- 2(f) Be You Spotlight – Embedding Social & Emotional Learning Across Your School
- 2(g) Be You Spotlight – Responding to Self-Harm in Schools
- 2(h) Comprehensive Be Ahead of the Game
- 2(i) Addressing Pornography's Influence in Schools
- 2(j) Moving for Wellbeing: Practical Strategies to Boost Student Wellbeing Through Movement
- 2(k) Thriving Within the Chaos: Emotional Intelligence Tools for Educator Wellbeing
- 2(l) From Worry To A Way Forward (Middle School Grades 4-9)
- 2(m) Resilience, Rights and Respectful Relationships (RRRR) Overview of Topics 1-8
- 2(n) Strengthening Connections to Promote Attendance
- 2(o) Calm Tools for Anxious Kids
- 2(p) Rev Up Student Success: Use Active Travel to Boost Health, Happiness, and Learning
- 2(q) Empowering Student Voice & Leadership Through Play
- 2(r) How to Implement Restorative Practices 2.0
- 2(s) Getting into Your Flow
- 2(t) Mindful Learning and Teaching
- 2(u) Educating Boys
- 2(v) Compassion and Self-Compassion in Schools - Interactive Workshop
- 2(w) Practical Tips for Supporting Autistic/Neurodivergent Learners
- 2(x) Bullying Uncovered: How to Notice It, Prevent It, and Respond Effectively
- 2(y) Engaging Students with AI
- 2(z) Student Wellbeing
- 2(aa) Trauma-Informed Practice in Action in Schools
- 2(bb) Consent Education
- 2(cc) VTLM 2.0 – Embed the Effective Teaching Strategies within the Victorian Teaching Learning Model 2.0
- 2(dd) Cultural Awareness Training
- 2(ee) Connection and Belonging - Engaging Students in OoHC in Education

Conference Program

Workshops Session 3: 2.30pm - 3.30pm	
Workshop Title	
3(a)	Release The Pressure: Embracing The Human Experience
3(b)	More Than a Teacher: Managing Life's Demands Inside and Outside the Classroom
3(c)	The Reflective Educator - Engaging in Reflective Practice for Self-Care
3(d)	Sing Play Connect
3(e)	Supporting Upstander Culture Change in the Workplace
3(f)	Be You Spotlight- Educator Wellbeing
3(g)	From Surviving to Thriving: A Whole- School Approach to Educator Wellbeing
3(h)	Vicarious Trauma, Burnout and Self-Care for Staff
3(i)	Time Out: Self-Care on the Basketball Court
3(j)	Recharging the Teacher: Because You Can't Pour from an Empty Cup — Let's Refill Yours with Practical Strategies, Movement, Laughter, and Purpose
3(k)	Learn Connection & Belonging Through Emotional Intelligence Games that Build Ready To Learn Minds
3(l)	Are We In It Together? – The Shared Responsibility Of Wellbeing
3(m)	Mind Movies: Designing Your Visual Path to Success and Wellbeing
3(n)	Prioritising Your Wellbeing to Prevent Burnout
3(o)	Yoga for YOU
3(p)	About the Employee Wellbeing Support Services
3(q)	Recharge and Thrive: Elevating Educator Wellbeing
3(r)	Staff Wellbeing in the Context of Restorative Practice 2.0
3(s)	Breathe & Wander
3(t)	The Mindful Way to Self-Care
3(u)	Staff Wellbeing
3(v)	Self Care is Child's Play
3(w)	Practical Tips for Supporting Autistic/Neurodivergent Learners
3(x)	Reset with Your Breath
3(y)	Layers of Light: An Acrylic Journey for Grown-Ups
3(z)	Refresh & Rejuvenate

Evaluation

Log onto: <https://bit.ly/FederationConference2025>

Morning Workshops: 10.30 - 12.00

1(a) Connection not Correction - How Focusing on Relationships can Reduce Challenges in the Classroom

Raelene Dundon - Okey Dokey Childhood Therapy

Suggested Audience: All

In this workshop, we'll explore how building strong relationships with students forms the foundation for effective classroom management and learning. Rather than focusing on correcting behaviour, we'll discover how connection creates an environment where students feel safe, understood, and motivated to engage positively. Through practical examples and evidence-based strategies, you'll learn how to establish meaningful connections that naturally reduce challenges while promoting emotional security and academic success.

1(b) Celebrating Diversity - Promoting Peer Acceptance and Understanding to Improve Wellbeing in Children with Disability

Jo Crosbie - Okey Dokey Childhood Therapy

Suggested Audience: All

Discover how fostering an inclusive classroom culture benefits all students, particularly those with disabilities. This workshop delves into practical ways to promote peer understanding, normalize diversity, and create a community where every child feels they belong. We'll explore how simple shifts in language, classroom routines, and teaching approaches can dramatically improve social connections and overall wellbeing for children with disabilities while enriching the learning experience for everyone.

1(c) Next Level Collaboration: Using Cooperative Gaming as a Space for Social Capacity Building for Neurodivergent Students Digital Game-Based Intervention Program

Matthew Harrison & Jessica Rowlings - University of Melbourne

Suggested Audience: All

Emerging from research at the University of Melbourne, Next Level Collaboration is a strength and interest-based social capacity building program for children aged between eight and fifteen years old that harnesses the affordances of cooperative video games. By focusing on the skills required for effective collaboration that can be performed in a multitude of ways, this neurodiversity-affirming program was co-designed with children and young adults with direct lived experiences of autism, ADHD and other neurological differences. This workshop introduces the key learnings from ongoing research at the University of Melbourne into the effective running of games-based social capacity building programs, and shares an evidence-informed structure for the effective teaching and practice of 25 target collaborative skills that are essential for every child to develop whilst still being true to themselves.

1(d) Considering a Logic of Probability and Adult Actions to Prevent Student Failure

Terry Scott - Kentucky Research Centre

Suggested Audience: All

*Note - International Speaker - Delivered Online

This session provides an overview of prevention science, as applied to schools and classrooms. A logic will be discussed that leads directly to a set of key foundational practices that are known to maximize the probability of student success.

Workshops Session 1: 10.10 - 10.55

1(e) Non Classroom Based Education Support Staff Community of Practice

Suggested Audience: Non Classroom Based Education Support Staff

Share best practice, experience and knowledge with other office education support staff across the Federation. Bring along examples of processes / tasks working well in your school to share with other office staff across the Federation. Learn from each other, share challenges and develop solutions.

1(f) Be You Spotlight – Responding to Student Mental Health Concerns (AKA Notice, Inquire, Provide (NIP) / Early Support)

Headspace

Suggested Audience: All

Unpack how to recognise behaviours which might indicate early signs of mental health issues, how to talk to children and young people about these issues, and how to provide appropriate and timely support.

1(g) Beyond Behaviour: Understanding Trauma & Supporting Young People in Schools

Headspace

Suggested Audience: Educators and non-teaching staff in the classroom

This session will explore the ways trauma may show up in school environments, the role of educators in fostering safety and belonging, and the importance of trauma-informed approaches in diverse communities. Using a four-part trauma-informed framework, we will unpack practical strategies to support students and strengthen resilience.

1(h) Be Ahead of the Game

Jody Riordan - Gateway Health Gambler's Help

Suggested Audience: All

During these sessions, we aim to provide valuable insights to give you a better understanding of the issue of young people and gambling and introduce you to the Be Ahead of the Game school education program.

The session will cover the following.

- The facts about gambling;
- Young people and gambling, delving into:
 - * What the issues are;
 - * How are young people gambling and why they gamble.
- When gambling meets gaming and the ways young people are at risk of harm
- What is the Be Ahead of the Game school education program?
- Where to get support and advice for students and strengthen resilience.

Workshops Session 1: 10.10 - 10.55

1(i) Sex Ed by Porn? - Why Pornography is an Issue for Schools

Maree Crabbe - Its Time We Talked

Suggested Audience: All

Pornography has become an issue that we can't afford to ignore. This session will explore:

- How pornography has become mainstream.
- The nature of the content to which they are exposed.
- How pornography is impacting on children and young people.
- Pornography's relationship to gender-based violence.
- What we can do about it.

1(j) Moving for Wellbeing: Practical Strategies to Boost Student Wellbeing Through Movement

Belinda Dutton, Melinda Campbell and Robyn Muir - Active Schools

Suggested Audience: All

This 45-minute session covers, quick, practical ways to use movement to support student wellbeing, focus, and emotional regulation—without adding to your workload.

This hands-on session covers simple energisers, brain breaks, and calming strategies you can use straight away to boost engagement and build a positive classroom vibe.

Leave with a ready-to-use toolkit of movement-based ideas that work across year levels, fit any schedule, and support a more balanced, connected learning environment.

1(k) Reignite Your Passion, Realign Your Values: Reconnecting with Your Why in Education

Heidi McKay & Cassie Neville - EQ Nexus

Suggested Audience: Educators

In the busy world of teaching, it's easy to lose sight of the passion that brought you here. This reflective and energising workshop invites educators to pause, reconnect, and realign with their core values and purpose. You'll rediscover what lights you up—and learn how to protect it. Whether you're feeling stretched thin or simply in need of a reset, this is your invitation to choose you.

You'll leave with:

1. A clearer connection to your "why".
2. Strategies to realign your professional values.
3. A renewed sense of passion for education.

"True passion for teaching deepens when wellbeing and values are in harmony."

Workshops Session 1: 10.10 - 10.55

1(l) Developing Character, Resilience & Wellbeing Literacy Through Playful Learning (Primary School Grades 1-4)

David Bolt - The Wellbeing Distillery

Suggested Audience: Educators

Teaching Social and Emotional Learning (SEL) shouldn't feel like extra work—it should be engaging, effective, and easy to weave into everyday classroom life. That's where Be3 comes in! We've partnered with the VIA Institute on Character, and playmeo to integrate hands-on games, character-strength challenges, and real-world applications. Be3 helps students build self-awareness, emotional regulation, pro-social skills, character and wellbeing literacy—all while having fun.

Rooted in three simple steps—**Belong** (connection-building games), **Become** (character strength activities), and **Beyond** (real-world application)—Be3 creates more connected, resilient classrooms. Join us for a lively, interactive session packed with practical strategies you can start using **tomorrow!**

1(m) Respectful Relationships Whole of School Approach

Jacqueline Martyn - Department of Education

Suggested Audience: All

An introduction session to the Respectful Relationships initiative and implementing a whole of school approach.

1(n) Nurturing Resilient Independent Students

Kritz Sciessere - Big Sister Experience

Suggested Audience: Educators

Resilience is a word that we hear a lot in school communities, but as educators, how can we contribute to building strong foundations for resilient students? Through this workshop The Big Sister Experience will take you through their keys to nurturing resilient, confident and happy students. They share the secrets behind encouraging your students to find a strong sense of identity and give you as educators the confidence to collaborate with families around establishing strong foundations that will enable our students to flourish for 2025 and beyond.

You will learn

- How to connect with your students on a deeper level.
- How to encourage resilience and independence.
- The importance of a gratitude mindset.
- Filling your own cup and leading by example.
- Tips and tricks that you can implement into your classroom immediately without going over and above your daily timetable.

Workshops Session 1: 10.10 - 10.55

1(o) Calm Brain Breaks

Stacey Louise - Inspire Kids Yoga

Suggested Audience: Educators

- Learn 3 regulation tools (suitable for primary and secondary school) that are easy for staff to implement "in the moment" when students are dysregulated.
- Learn how to teach a simple 2 minute "brain break" seated yoga sequence for students, that will help to keep their spine healthy and mind calm.

1(p) On the Road to Safety: Empowering Students with Protective Behaviours for Life

Kathy Tessier - Department of Transport and Planning

Suggested Audience: Educators

This session will explore the intersection of protective behaviours, personal safety, and road safety. Learn effective strategies to empower students with the skills to recognise and respond to unsafe situations, both on the road and in their daily lives, ensuring a safer environment for all.

1(q) Wellbeing in Action: Practical Approaches for Student Success

Dale Sidebottom - Energetic Education

Suggested Audience: Educators

In this interactive workshop, participants will explore practical strategies for enhancing student wellbeing. The session will introduce engaging activities and techniques from The School of Play that promote mental health, resilience, and positive relationships among students. Through hands-on experiences, educators will learn how to create a supportive classroom environment that encourages student voice and agency.

Outcomes:

- Understand the importance of student wellbeing and its impact on learning.
- Learn at least five fun and simple play-based activities to implement in the classroom that support social and emotional learning.
- Develop strategies for fostering a positive classroom culture that prioritises student well-being.

1(r) An Overview of Restorative Practices 2.0

Sheila Bollard - Real Schools

Suggested Audience: All

Focusing on language, conduct and mindset. A fly over of the components that make up Restorative Practice 2.0. This workshop is designed to provide participants with an immersive experience into the Restorative Practices 2.0 model. It aims to equip staff, with the skills and knowledge to understand the basics of developing a restorative culture within their school.

Workshops Session 1: 10.10 - 10.55

1(s) Making Sense of Learning Differences: Supporting Students with ID and SLD

James Blomeley - Wodonga Senior Secondary College

Suggested Audience: All

This practical workshop equips school staff with evidence-based strategies to support students with Intellectual Disability (ID) and Specific Learning Disorders (SLDs), including dyslexia, dysgraphia, and dyscalculia.

Participants will learn how to:

- Understand the learning and cognitive profiles of ID and SLDs.
- Tailor instructions and reasonable adjustments based on evidence based strategies.
- Implement targeted literacy and numeracy supports.
- Promote emotion regulation, social connection, and classroom engagement.
- Support executive functioning, working memory, and task persistence.

Attendees will leave with practical tools and strategies to enhance learning, inclusion, and wellbeing for diverse learners.

1(t) Living and Learning in a World of Distraction

Craig Hasted - Monash University

Suggested Audience: All

This workshop will explore the effects of the modern world, and technology in particular, on attention and distraction. Such technology used well can be a wonderful servant but, overused or misused, it becomes a tyrannical master with significant implications for mental health and learning.

1(u) Behaviour Management Blueprint

Tarun Stevenson - Calmer Classrooms

Suggested Audience: Educators

Master the Core Strategies That Make Classrooms Calmer. This practical session gives staff a crash course in the Behaviour Management Essentials framework. Learn how to establish clear expectations, build meaningful relationships, and respond to challenging behaviour without escalating tension. Walk away with tools you can implement immediately to reduce disruption and increase engagement.

1(v) School Portal (SiMs)

Nicholas Quihampton and Jonathan Lowden - Wodonga Senior Secondary College

Suggested Audience: : Education Support Staff - Administration

The School Portal (SiMs) for ES school administration staff session will cover recent developments in functionality, how to get the most out of the platform and the roadmap for Wodonga's own School and Learning Management system. The session includes specifics on our school insights platform (data retrieval), Student Activities and First Aid incident recording. There's something for all ES and school administration staff. Staff from all schools are encouraged to attend.

Workshops Session 1: 10.10 - 10.55

1(w) VTLM 2.0 – Learn More About Effective Teaching Strategies within the Victorian Teaching Learning Model 2.0

Simone Higgins - Victorian Academy of Teaching and Leadership

Suggested Audience: Graduate Educators

Description:

- Understand practical, hands-on teaching strategies and actions to support the implementation of the model within a diverse classroom
- Be able to integrate ongoing assessment and feedback mechanisms to track progress and adapt strategies accordingly.

1(x) Kindness First: Building a Culture That Stops Bullying Before It Starts

Dolly's Dream

Suggested Audience: All

Creating a culture of kindness is more than a feel-good initiative — it's one of the most powerful tools we have to prevent bullying. This practical and inspiring workshop explores the intentional steps schools can take to embed kindness into every layer of the learning environment. Educators will leave with evidence-informed strategies to strengthen student connection, build empathy, and shift school culture toward one where bullying is less likely to take hold.

1(y) Empowering Schools with AI: Smarter Support, Better Outcomes

Nick Gissing - Wodonga Senior Secondary College

Suggested Audience: Education Support Staff

Discover how artificial intelligence can streamline everyday tasks, enhance communication, and support student wellbeing across school operations. This session introduces AI tools tailored for administrative and education support staff—showing how simple, practical applications can boost efficiency, reduce workload, and improve service to students and families.

1(z) Self Care When Working with Trauma

Jennifer Clarke & Allison Greene - Foundation House

Suggested Audience: All

This session explores how school staff can build awareness of personal impacts of working with students of refugee background as well as self-care strategies that promote resilience, wellbeing and career sustainability.

1(aa) Trauma-Informed Theory, Research and Frameworks

Emily Berger - Monash University

Suggested Audience: All

This workshop will provide an introduction to trauma-informed practice and theory. It will cover the current best practice, evidence-based approaches and how schools can apply these practices within existing school mental health and wellbeing frameworks. In particular, whole-school, multi-tiered systems of support will be discussed to capture the key components of trauma-informed practice in schools.

Workshops Session 1: 10.10 - 10.55

1(bb) Protective Behaviours

Sexual Health Victoria

Suggested Audience: All

In this workshop, Sexual Health Victoria educators cover the importance of protective behaviours education. This concept can be introduced as early as foundation and has applications all through a young person's school life. Students should learn that their body belongs to them, and there is nothing so awful that it can't be talked about. Find out more about how SHV addresses this topic and discover teaching and learning resources for use in the classroom.

Workshops Session 2: 11.25 - 12.55

2(a) Managing Meltdowns - A Low Arousal Approach

Raelene Dundon - Okey Dokey Childhood Therapy

Suggested Audience: Educators and non-teaching staff in the classroom

Meltdowns can be overwhelming for both children and educators. This comprehensive workshop introduces the Low Arousal Approach, a compassionate and effective framework for de-escalating intense emotional situations. You'll learn to recognize the early signs of distress, understand the stress response and how it leads to meltdowns, explore how our own beliefs and emotions impact on how we respond, and discover practical techniques to reduce anxiety and stress in your students. Through case studies and guided practice, you'll develop confidence in responding calmly and effectively when emotions run high, creating safer classrooms for everyone.

2(b) Why Can't They Just Do It? - Executive Functioning Challenges in ADHD and Autism and How to Help

Jo Crosbie - Okey Dokey Childhood Therapy

Suggested Audience: Educators and non-teaching staff in the classroom

Ever wondered why some students struggle to get started, stay organized, or follow multi-step directions, despite seemingly understanding the content? This enlightening workshop unpacks the often-invisible executive functioning challenges that affect many students, particularly those who are Autistic or ADHD. You'll gain insights into the brain functions that govern planning, organization, time management, and self-regulation, along with practical, classroom-ready strategies to support students who struggle in these areas. Leave with a toolbox of accommodations and teaching approaches that can transform frustration into success.

2(c) Meet the Circus - A Session Full of Information and Learning

Flying Fruit Fly Circus

Suggested Audience: All

Step right up!

Join us metaphorically under the big top as we explore the circus program our students participate in. Learn what a Flying Fruit Fly student does in their day to day program. We will take you by bus to Albury to meet the circus staff and talk about a day in the life of one of our students. This will be a celebration of the incredible roles you all play in our extended learning community! So grab your backstage pass, bring your best circus spirit, and get ready to run away and join the circus.

2(d) Teaching, Managing, and Responding to Student Behavior: High Probability Practices

Terry Scott - Kentucky Research Centre

Suggested Audience: Educators and non-teaching staff in the classroom

*Note - International Speaker - Delivered Online

This session presents a range of instructional and environmental strategies that are known to provide high probabilities for success. These include strategies for predicting problems, creating and teaching expectations, engaging students, fostering relationships, and managing instructional environments through routines and arrangements. In addition, examples of how to respond to common student misbehaviors will be discussed using examples.

Workshops Session 2: 11.25 - 12.55

2(e) Understanding Upstander Behaviour: Empowering Students to Take Safe and Effective Action

Karen Maclean - Courage to Care

Suggested Audience: All

Empower students through understanding the Pyramid of Hate, identifying how stereotyping can lead to prejudice, discrimination and violence and the impact on individuals and society. By exploring the bystander effect and embracing the role of Upstanders, students can learn to challenge norms and alter the perpetrator-victim dynamic.

Inspire your students and give them the tools to become an Upstander by disempowering the bully through safe, appropriate and effective strategies.

2(f) Be You Spotlight – Embedding Social & Emotional Learning Across Your School

Headspace

Suggested Audience: Educators and non-teaching staff in the classroom

This session will explore the critical link between Social and Emotional Learning (SEL), resilience, and mental health, highlighting how intentional SEL practices can strengthen school communities. Participants will gain insights into embedding SEL across teaching and learning, fostering environments that support emotional regulation, connection, and self-sufficiency. Through reflection and practical strategies, we'll identify strengths and areas for growth, equipping educators with tools to integrate SEL into everyday practice and build a culture of resilience.

2(g) Be You Spotlight – Responding to Self-Harm in Schools

Headspace

Suggested Audience: Educators and non-teaching staff in the classroom

Self-harm can be confronting, but schools play a critical role in providing early support and intervention. This session will equip educators with a shared understanding of self-harm, practical strategies to notice, inquire, and provide support within their role, and resources to navigate these complex situations with confidence. We'll explore the importance of a whole-school approach, collaboration with mental health services, and the vital role of educator wellbeing in sustaining the capacity to support students.

2(h) Comprehensive Be Ahead of the Game

Jody Riordan - Gateway Health Gambler's Help

Suggested Audience: Educators and non-teaching staff in the classroom

During these sessions, we aim to provide valuable insights to give you a better understanding of the issue of young people and gambling and introduce you to the Be Ahead of the Game school education program.

The session will cover the following:

- The facts about gambling;
- Young people and gambling, delving into:
 - * What the issues are;
 - * How young people are gambling and why they gamble.
- When gambling meets gaming and the ways young people are at risk of harm
- What is the Be Ahead of the Game school education program?
- Where to get support and advice for students and strengthen resilience.

Workshops Session 2: 11.25 - 12.55

2(i) Addressing Pornography's Influence in Schools

Maree Crabbe - It's Time We Talked

Suggested Audience: All

This interactive workshop will explore how schools can support students to navigate pornography's influence, including:

- The importance of a whole school approach
- Key relevant competencies
- Learning approaches we can take to build these competencies
- Examples of curriculum activities
- Challenges and opportunities for addressing these issues in schools.

2(j) Moving for Wellbeing: Practical Strategies to Boost Student Wellbeing Through Movement

Belinda Dutton, Melinda Campbell and Robyn Muir - Active Schools

Suggested Audience: All

Discover simple, practical ways to use movement to support student wellbeing, focus, and emotional regulation—without adding to your workload!

This hands-on session explores energisers, brain breaks, and calming activities that boost engagement, build connection, and create a more balanced classroom.

Walk away with a flexible toolkit of easy-to-implement strategies that promote wellbeing through purposeful movement—ideal for any year level, time frame, or teaching style.

2(k) Thriving Within the Chaos: Emotional Intelligence Tools for Educator Wellbeing

Heidi McKay & Cassie Neville - EQ Nexus

Suggested Audience: Educators

Teaching is a profession full of passion—but it's also full of pressure. In this session, we deepen our connection to what matters most while exploring the tools that help us stay well, stay present, and stay connected even when the job is tough.

Using evidence-based emotional intelligence strategies, we'll explore how to work within our Window of Tolerance, identify our patterns of response to stress, and focus on what's truly within our circle of control. You'll walk away with a toolkit of practical strategies for navigating your emotions through the daily challenges such as; student behaviours, parent conversations, team dynamics. All while keeping your own wellbeing, passion, and purpose intact.

"You can care deeply and still care for yourself."

Workshops Session 2: 11.25 - 12.55

2(l) From Worry To A Way Forward (Middle School Grades 4-9)

David Bolt - The Wellbeing Distillery

Suggested Audience: All

Worry is a natural part of life. But sometimes we can get stuck in worry – especially as an adolescent or teenager. Whilst there isn't always a solution to worries, there is always a way forward. HAT Wellbeing is an innovative school program that helps young people navigate real concerns using beautiful, evocative imagery and meaningful conversations. Based on the top worries of Australian teens, it provides flexible, interactive lessons adaptable to any classroom.

Join this hands-on workshop to explore how imagery, empathy, and authentic dialogue can build student resilience. Walk away with practical tools to foster deeper conversations and support student wellbeing—one 'Thought' at a time.

2(m) Resilience, Rights and Respectful Relationships (RRRR) Overview of Topics 1-8

Jacqueline Martyn - Department of Education

Suggested Audience: Educators

An overview of the updated Resilience, Rights and Respectful Relationships (RRRR) teaching and learning materials, covering Topics 1 – 8 (Topic 1 – Emotional Literacy, Topic 2 – Personal and Cultural Strengths, Topic 3 – Positive Coping, Topic 4 – Problem Solving, Topic 5 – Stress Management, Topic 6 – Help Seeking, Topic 7 – Gender Norms and Stereotypes and Topic 8 – Positive Gender Relations).

2(n) Strengthening Connections to Promote Attendance

Kritz Sciessere - Big Sister Experience

Suggested Audience: All

What is connection and why is it so vital to the relationship between educator and student? What role does feeling connected to school play in attendance? And what is our role as educators to facilitate this sense of connection with our students?

In this session, The Big Sister Experience highlights the importance of connection in the lives of our young people and the role that connection plays in increased school attendance.

In this session we will:

- Understand the vital role connection plays for a young person in showing up to school and engaging in academic and social activities within the school community
- Empower you as educators with many useful strategies, tools and activities to use both inside and outside of the classroom to help create solid foundations for connection
- Highlight the power of teacher vulnerability and how to encourage your students to want to connect with you and their classmates to foster a greater sense of wellbeing and community within the classroom and beyond.

Workshops Session 2: 11.25 - 12.55

2(o) Calm Tools for Anxious Kids

Stacey Louise - Inspired Kids Yoga

Suggested Audience: All

- Understand what happens in a child's nervous system when they are dysregulated
- Learn how to identify the 3 different ways that students respond to stress based on their nervous system
- Learn the corresponding tool to help regulate their specific stress response
- Learn how to teach a simple 2 minute "brain break" seated yoga sequence for students, that will help to keep their spine healthy and mind calm

2(p) Rev Up Student Success: Use Active Travel to Boost Health, Happiness, and Learning

Kathy Tessier - Department of Transport and Planning

Suggested Audience: All

This session highlights the role of active travel in promoting sustainability, enhancing student outcomes, and supporting the VTL 2.0 model. Explore how walking, scooting, cycling, and other active travel methods not only promote healthier and happier students but also boost student efficacy by improving focus, confidence, and overall readiness to learn. These practices reduce environmental impact and help build a vibrant, engaged, and empowered school community.

2(q) Empowering Student Voice & Leadership Through Play

Dale Sidebottom - Energetic Education

Suggested Audience: Educators and non-teaching staff in the classroom

This extended workshop delves deeper into the role of play in supporting student wellbeing and fostering student agency. Participants will engage in various play-based activities designed to boost self-awareness, empathy, and connection among students while also emphasising the importance of student-led initiatives in promoting wellbeing. The session will highlight the PEGG framework (Play, Exercise, Gratitude, Giving) and provide educators with practical tools to integrate these concepts into their teaching practices. Educators will learn how to empower students to take the lead in their own wellbeing through play-based programs, enabling them to express their voices and contribute positively to their school environment. Attendees will leave with a comprehensive toolkit of activities that can be tailored to meet their students' unique needs.

Outcomes:

- Gain insights into the benefits of play for student engagement and mental health, emphasising the role of student agency.
- Experience and practice a range of play-based activities that promote wellbeing and encourage student leadership.
- Create an action plan for incorporating play and the PEGG framework into existing curricula, enhancing student experiences and fostering a culture of student-led wellbeing.

Workshops Session 2: 11.25 - 12.55

2(r) How to Implement Restorative Practices 2.0

Sheila Bollard - Real Schools

Suggested Audience: Educators and non-teaching staff in the classroom

Emphasis on Immediate, High-Impact Changes: Discover practical and straightforward adjustments to your language and behaviour that you can implement effortlessly as soon as you return to your school, enabling you to work restoratively with minimal investment and maximum return.

2(s) Getting into Your Flow

Ellyn Martin & Rod Fraser - Business Growth Strategies

Suggested Audience: Only available to non classroom bases education support staff

Some of us are big-picture people and some of us love the detail. Some people love structure, while others hate structure and deadlines. These differences affect how we work, interact, and how we are perceived by others. Gain insights into yourself that will help you find your flow and work even more effectively with others.

2(t) Mindful Learning and Teaching

Craig Hassed - Monash University

Suggested Audience: All

Mindfulness can be seen as a trainable life-skill that underpins other important skills and executive functions. In some ways it is our most important life-skill because other skills depend on it. In this workshop we will explore what mindfulness is, how to train it and what are the implications for student wellbeing and learning. Some strategies on how to bring mindfulness into the classroom will also be provided.

2(u) Educating Boys

Tarun Stevenson - Calmer Classrooms

Suggested Audience: All

Understanding What Makes Boys Tick – and How to Help Them Thrive.

Boys often present behaviour challenges not because they're difficult, but because they're misunderstood. In this fast-paced session, we unpack how boys learn, why they act out, and how to channel their energy into positive outcomes. Discover how slight shifts in language, structure, and interaction can drastically improve focus and cooperation.

2(v) Compassion and Self-Compassion in Schools – Interactive Workshop

Lea Waters

Suggested Audience: All

Building on Professor Lea Waters' powerful keynote, this engaging workshop provides practical tools and evidence-based strategies to help educators foster compassion and self-compassion in school communities. Participants will explore how to ease personal suffering, respond to compassion fatigue, and create compassionate classrooms. Ideal for teachers, school leaders, and wellbeing professionals, this session transforms psychology and neuroscience into real-world techniques to build resilience, connection, and emotional wellbeing across the school.

Workshops Session 2: 11.25 - 12.55

2(w) Practical Tips for Supporting Autistic/Neurodivergent Learners

Chris Varney - I CAN Founder / CEO

Suggested Audience: All

In this workshop I CAN Founder/ CEO Chris Varney explores how school staff can empower Autistic/ neurodivergent learners. The content will offer practical strategies on leveraging student interests and giving students little responsibilities to bring down anxiety levels and maximise engagement with school. Chris weaves throughout the strategies some personal stories and insights from I CAN Network's Autistic-led mentoring programs which are on the School Mental Health Menu.

2(x) Bullying Uncovered: How to Notice It, Prevent It, and Respond Effectively

Dolly's Dream

Suggested Audience: All

Bullying can be subtle, complex, and easily missed — but its impact on students is profound. This workshop helps educators sharpen their ability to recognise the signs of bullying, understand its underlying dynamics, and take clear, confident steps to intervene. Participants will explore prevention approaches, reporting processes, and how to support students with empathy and clarity, while also engaging families and the wider school community.

2(y) Engaging Students with AI

Nick Gissing - Wodonga Senior Secondary College

Suggested Audience: Educators and non-teaching staff in the classroom

Discover practical strategies and tools to spark student curiosity and creativity through artificial intelligence. This hands-on workshop will showcase engaging, classroom-ready AI activities that promote critical thinking, collaboration, and future-ready learning.

2(z) Student Wellbeing

Jennifer Clarke & Allison Greene - Foundation House

Suggested Audience: All

Students of refugee backgrounds often face additional challenges in engaging with social, emotional and academic opportunities at school. This session will unpack some of the causes of these challenges and offer strategies school staff can use to build student capacity to engage positively with school and recover from the impacts of refugee trauma.

2(aa) Trauma-Informed Practice in Action in Schools

Emily Berger - Monash University

Suggested Audience: All

This workshop will provide an extension of the information presented in the workshop 1(aa) Trauma-Informed Theory, Research and Frameworks. The workshop will review whole-school, multi-tiered systems of support and participants will be taken through exercises to apply best practice, evidence-based trauma-informed approaches to their current school context. Participants will have the opportunity to work together and develop a blueprint for integrating trauma-informed practice in their school.

Workshops Session 2: 11.25 - 12.55

2(bb) Consent Education

Sexual Health Victoria

Suggested Audience: Educators

Learn from Sexual Health Victoria educators how to unpack consent in the classroom. Consent is a feature of the Victorian and Australian Curricula. It can be taught in age and developmentally appropriate ways from foundation - year 12. Applying a scaffolded approach to this concept leads to nuanced discussions about affirmative consent in practice when students are ready. Hear how SHV approaches this and gain practical activities and guidance on teaching this important topic.

2(cc) VTLM 2.0 – Embed the Effective Teaching Strategies within the Victorian Teaching Learning Model 2.0

Simone Higgins - Victorian Academy of Teaching and

Suggested Audience: Educators

In this workshop you:

- Understand practical, hands-on teaching strategies and actions to support the implementation.
- Gain a comprehensive overview of the elements of teaching and learning within the Victorian Teaching and Learning Model 2.0.
- Understand practical, hands-on teaching strategies and actions to support the implementation of the model within a diverse classroom.
- Develop a culture of continuous improvement through reflective teaching practices.
- Be able to integrate ongoing assessment and feedback mechanisms to track progress and adapt strategies accordingly.

2(dd) Cultural Awareness Training

Tim Clark - KESO, Department of Education

Suggested Audience: All

Explore the foundations of cultural awareness in education. This workshop covers the KESO role, pre- and post-colonisation perspectives, racial discrimination, cultural context in the curriculum, and local Aboriginal service providers—offering practical insights to help create inclusive, respectful learning environments rooted in cultural understanding and strong community connections.

2(ee) Connection and Belonging - Engaging Students in OoHC in Education

Department of Education LOOKOUT team

Suggested Audience: Please note: This is relevant for any staff member working with students who have experienced trauma (not just those in OoHC)

Learning Mentors support student learning, engagement, academic achievement and wellbeing at school.

Through a strong relationship the Learning Mentor assists the student to feel safe, supported and connected to school and learning. The Learning Mentor is a role model, guide and advocate for the student – someone who knows them well and takes an interest in their life and learning. The Learning Mentor demonstrates unconditional positive regard and holds high expectations and aspirations for the student.

This workshop will include information on how to help students impacted by trauma navigate the challenges of school - Common Educational Barriers for students in OoHC, The role of the Learning Mentor, Building positive and safe relationships for students in OoHC, The Learning Mentor experience.

Workshops Session 3: 2.30 - 3.30

3(a) Release The Pressure: Embracing The Human Experience

Meg Durham

Suggested Audience: All

Schools are high-pressure environments, and without noticing, we can add additional pressure to our working lives. In this presentation, we will explore the five patterns of behaviour that can keep us feeling on the edge of overwhelm and practical ways to reduce the pressure and embrace the mess and magic of school life.

3(b) More Than a Teacher: Managing Life's Demands Inside and Outside the Classroom

Jo Crosbie - Okey Dokey Childhood Therapy

Suggested Audience: Educators

Teaching doesn't end when the bell rings. This practical workshop acknowledges the unique challenges educators face in balancing professional responsibilities with personal wellbeing. We'll explore evidence-based strategies for managing workload, setting healthy boundaries, and prioritizing self-care without guilt. Through reflective activities and group discussion, you'll identify your specific stressors and develop personalized approaches to create a sustainable work-life balance that allows you to thrive both in and out of the classroom.

3(c) The Reflective Educator - Engaging in Reflective Practice for Self-Care

Raelene Dundon - Okey Dokey Childhood Therapy

Suggested Audience: Educators

Reflection isn't just about improving teaching—it's a powerful tool for educator wellbeing. This workshop introduces structured approaches to reflective practice that promote professional growth while preventing burnout. You'll learn how mindful reflection can transform challenges into learning opportunities, help process difficult emotions, and reconnect you with your purpose as an educator. Through guided exercises and collaborative discussion, you'll feel confident to engage in sustainable reflective practice that nurtures both your professional development and personal wellbeing to thrive both in and out of the classroom.

3(d) Sing | Play | Connect

Lisa Bektash - Wodonga Senior Secondary College, Aaron Silver - Wodonga Primary School, Lauren Schmutter - Wodonga Middle Years College & Wodonga Senior Secondary College

Suggested Audience: All

Explore the transformative power of music in a fun, interactive 60-minute workshop designed to boost wellbeing and foster connection. Led by three dynamic music educators, this play-and-sing-based session will engage staff in rhythm games, vocal exercises, and collaborative music-making, leaving participants energised, connected, and inspired both in and out of the classroom.

Workshops Session 3: 2.30 - 3.30

3(e) Supporting Upstander Culture Change in the Workplace

Karen Maclean - *Courage to Care*

Suggested Audience: All

When does a joke or a misguided comment become discrimination?

The purpose of this session is to inspire transformation of Bystander Behaviour to Upstander Action through an interactive workshop, with small group discussions and collaborative activities using case studies drawn from relevant experiences.

The participants will:

- Gain insight through the discrimination cascade into how unacceptable behaviours are normalised in the workplace.
- Understand the value of Upstander Behaviour and the obstacles to action.
- Develop practical, effective and safe strategies for Upstander responses.
- Consider how an Upstander support framework for schools and workplaces can support positive culture change.

3(f) Be You Spotlight - Educator Wellbeing

Headspace

Suggested Audience: All

A workshop aimed at educators where we delve into the vital topic of educator wellbeing. Together, we'll explore the significance of staff wellbeing in fostering a mentally healthy community. Explore the continuum of mental health and uncover essential components for self-care, including self-awareness and support systems. Learn practical strategies for caring for yourself and colleagues and gain valuable insights into implementing a whole-school approach to educator wellbeing.

3(g) From Surviving to Thriving: A Whole- School Approach to Educator Wellbeing

Headspace

Suggested Audience: All

This session explores a whole school approach to wellbeing, guided by 7 key principles, to create a culture that supports both staff and students. Through self-reflection and practical strategies, educators will gain the tools to sustain their own wellbeing while contributing to a positive and resilient school environment.

3(h) Vicarious Trauma, Burnout and Self-Care for Staff

Emily Berger - Monash University

Suggested Audience: Educators and non-teaching staff in the classroom

This workshop will cover the background, evidence and frameworks used to explain the prevalence and effects of vicarious trauma on teachers and other school staff. Participants will walk away with an understanding of the causes and impacts of vicarious trauma and ways to mitigate the effects of working with students exposed to trauma through effective self-care and whole-school support.

3(i) Time Out: Self-Care on the Basketball Court

Darren Clough - Melrose Primary School

Suggested Audience: All

Step onto the court for a light-hearted basketball showdown where fun, laughter, and friendly competition take centre stage. This energising session is all about moving your body, bonding with colleagues, and releasing stress. No skills required—just a willingness to play, connect, and enjoy some self-care through sport.

Workshops Session 3: 2.30 - 3.30

3(j) Recharging the Teacher: Because You Can't Pour from an Empty Cup — Let's Refill Yours with Practical Strategies, Movement, Laughter, and Purpose

Belinda Dutton, Melinda Campbell and Robyn Muir - Active Schools

Suggested Audience: Educators

Teaching is a rewarding yet demanding profession, and maintaining personal wellbeing is essential for sustaining energy, focus, and passion in the classroom. Through simple hands-on evidence-based activities, group discussion, and takeaway tools, educators will leave equipped with realistic and sustainable practices to support their mental, emotional, and physical wellbeing—both inside and outside of school.

Expect to move, reflect, and reconnect—with yourself and your purpose.

3(k) Learn Connection & Belonging Through Emotional Intelligence Games that Build Ready To Learn Minds

Heidi McKay & Cassie Neville - EQ Nexus

Suggested Audience: Educators

This interactive workshop provides leaders and educators with engaging games and activities to foster connection, wellbeing, and openness to new learning. Perfect for staff meetings, PLCs and team gatherings, it offers playful opportunities to build trust, collaboration, and team belonging – heart work that strengthens culture.

Come along for a laugh, some joy and light-hearted learning - the right way to end the day!

"We're here to connect as humans first, educators second. Strong teams start with strong relationships."

3(l) Are We In It Together? – The Shared Responsibility Of Wellbeing

David Bolt - The Wellbeing Distillery

Suggested Audience: Educators

Educator wellbeing is about more than just avoiding burnout—it's about creating a culture where educators can truly thrive. In this session, the TWD team will share **The Wellbeing Quadrant**, a practical framework that helps schools take targeted actions to both **promote wellbeing** and **prevent illbeing**.

Participants will explore each quadrant, gaining **actionable strategies** to enhance wellbeing at both individual and whole-school levels. They'll also brainstorm tailored solutions for their own school communities.

Leave equipped with **practical resources**, including a **Teacher Wellbeing Action Plan Template**, a short training video, and a **bank of 100+ wellbeing strategies** to implement right away. Let's build schools where teacher wellbeing isn't just supported—it's strategically prioritised!

Workshops Session 3: 2.30 - 3.30

3(m) Mind Movies: Designing Your Visual Path to Success and Wellbeing

Celine Forster - North East Flexible Learning Network

Suggested Audience: All

In this motivational 60-minute workshop, discover the transformative power of creating personal mind movies—visual tools that blend affirmations, goals, and inspiring imagery. Learn how to use them for daily motivation, mental health support, and goal-setting. Perfect for staff and students alike, mind movies foster creativity, focus, and connection to purpose.

3(n) Prioritising Your Wellbeing to Prevent Burnout

Kritz Sciesserer - Big Sister Experience

Suggested Audience: Educators

Everyone knows it's impossible to pour from an empty cup. Educators and education support staff are more overloaded than ever, with dysregulated and disengaged students, higher demands, and mental health issues rife in our young people, focusing on our wellbeing has never been so crucial. So as staff, how can we prioritise our own wellbeing to ensure we are feeling stable and confident to support our young people through the challenges they may be facing? And how can we step up to ensure we are creating a safe space for teaching and learning to occur?

In this session, we will:

- Look at what you juggle, and seek to find harmony to increase overall wellbeing, instead of ADDING wellbeing strategies to your workload.
- Talk about the importance of focusing on your own wellbeing.
- Focus on seeking a strong sense of wellbeing in your own life.
- Discuss how to model prioritising wellbeing to your students.
- Share tips, strategies and ideas to give you solid takeaways to begin incorporating a wellbeing practice into your life and family right now.

3(o) Yoga for YOU

Stacey Louise - Inspired Kids Yoga

Suggested Audience: All

- Brief dialogue at the start around the importance of staff wellbeing regarding burnout and effective co-regulation with students.
- Neck, shoulder and back releases.
- Stretches on the floor (seated and lying down- no yoga mat required).
- Breath awareness.
- Guided body scan.
- Guided relaxation.
- Brief check in at the end to see if you feel different afterwards and what is one thing they can continue to practice after today's session?

Workshops Session 3: 2.30 - 3.30

3(p) About the Employee Wellbeing Support Services

Employer Health - Department of Education

Suggested Audience: All

Discover free, confidential wellbeing services for Department of Education employees, including counselling and coaching through Converge. Learn how to book appointments, access the Converge App, and use a range of wellbeing resources designed to support your mental health and overall wellbeing.

3(q) Recharge and Thrive: Elevating Staff Wellbeing

Dale Sidebottom - Energetic Education

Suggested Audience: Educators

In this reflective and rejuvenating workshop, staff will explore the vital importance of self-care in maintaining personal well-being and professional effectiveness. Participants will engage in discussions and activities centred around mindfulness, stress management, and the integration of play into their own lives. The session will encourage educators to prioritise their mental health, fostering a culture of wellbeing within the school community.

Outcomes:

- Recognise the signs of stress and burnout, and understand the importance of self-care.
- Learn practical self-care strategies that can be easily integrated into daily routines.
- Develop a personalised self-care plan that supports their wellbeing and enhances their ability to support student wellbeing.

3(r) Staff Wellbeing in the Context of Restorative Practice 2.0

Sheila Bollard - Real Schools

Suggested Audience: All

Seven elements of working restoratively to enhance staff wellbeing. By incorporating restorative practices into your daily routine, you can create a more harmonious and fulfilling teaching environment, ultimately enhancing your own wellbeing and job satisfaction.

3(s) Breathe & Wander

Emily Weavers - Wodonga Senior Secondary College

Suggested Audience: Educators

Step away from the buzz and enjoy a gentle 60-minute walk with colleagues. Breathe & Wander offers a chance to move, chat, and connect in a relaxed setting. Whether you're sharing ideas or simply enjoying the fresh air, this session is all about slowing down together—no pressure, just presence.

Workshops Session 3: 2.30 - 3.30

3(t) The Mindful Way to Self-care

Craig Hassed - Monash University

Suggested Audience: All

The distracted inattentive state of mind not only impairs our performance and efficiency, it also has significant implications for stress and mental health. In many ways, mindfulness can be seen as the remedy for this and it can be trained through formal and informal practices. In this workshop we will explore how mindfulness can be used to deal with stress, foster greater wellbeing and enhance our capacity to deal with workload.

3(u) Staff Wellbeing

Tarun Stevenson - Calmer Classrooms

Suggested Audience: All

You Can't Pour From an Empty Cup – Here's How to Refill It.

Classroom management starts with the self. This session is a timely reminder that your wellbeing directly impacts your effectiveness. Learn simple but powerful strategies to regulate stress, avoid burnout, and stay calm under pressure. Reconnect with your purpose, rediscover your resilience, and leave feeling recharged.

3(v) Self Care is Child's Play

Michelle Butters & Carlea Finck - Wodonga Senior Secondary College

Suggested Audience: All

Come explore the transformative power of mindfulness through child's play. Participants will discover how playful activities can enhance emotional regulation, foster creativity, and improve focus and allow the adults in the room a chance to calm themselves and reset through games, colouring and Lego.

3(w) Practical Tips for Supporting Autistic/Neurodivergent Learners

Chris Varney - I CAN Founder / CEO

Suggested Audience: Educators and non-teaching staff in the classroom

In this workshop I CAN Founder/ CEO Chris Varney explores how school staff can empower Autistic/ neurodivergent learners. The content will offer practical strategies on leveraging student interests and giving students little responsibilities to bring down anxiety levels and maximise engagement with school. Chris weaves throughout the strategies some personal stories and insights from I CAN Network's Autistic-led mentoring programs which are on the School Mental Health Menu.

3(x) Reset with Your Breath

Anna Houston - VidaFlo

Suggested Audience: All

Experience your own breath and the power it holds in this 1 hour experience. Learn a simple, relaxing technique you can use at home, explore how breath can shift your mood, and enjoy a 25min guided session to reset your nervous system leaving you feeling calm, clear, and revitalized.

Workshops Session 3: 2.30 - 3.30

3(y) Layers of Light: An Acrylic Journey for Grown-Ups

Lucy O'Callaghan – Glimmers in Art, by Lucy

Suggested Audience: All

Acrylic landscape painting. This experience is more than just a painting class—it's a moment of self-expression, calm, and connection. Each participant walks away not only with a finished artwork and their own art supplies, but also with a sense of accomplishment and possibility.

3(z) Refresh & Rejuvenate

VET Beauty Student - Wodonga Senior Secondary College

Suggested Audience: All

Take a well-deserved break and experience the talents of our VET beauty students in this relaxing self-care session. Choose from a range of services including lash lift and tint, brow shaping, mini facials, and more. Perfect for staff looking to unwind and enjoy a little pampering to end the day!

Our Vision

All Federation students are inspired and supported along an educational pathway, Kindergarten to Year 12, within our community of Government Schools, which prepares them to reach their full potential.

Four Year Objectives

- Every student is genuinely known and understood as they progress from early years through to career
- Every student learns in an innovative learning and student centred environment
- Every student is provided the opportunity for self-directed learning along a meaningful pathway
- Every student's needs are supported

Wodonga Federation of Government Schools' 2014 to 2024

December 2013

Initial interviews conducted with School Principals & Council



April 2014

Interested School Councils & Principals responded to survey



May 2016

Employment of Executive Officer



February 2014

Discussion paper & accompanying survey prepared by Peter Cole of explored Governance Model



August 2015

Consolidation report prepared by Peter Cole with recommendations of a Federation Model of Governance



July 2015

Establishment of Business Managers Action Group - Procurement (Paper, Test & Tag, Fire Extinguisher), Passtab, Policies (Visitors, Payment, WWCC)



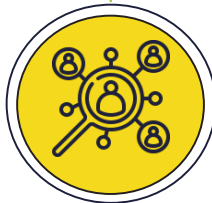
July 2017 - Annually

Federation Conference



October 2017 - Annually

Multi School Staffing (2017 - 2020)



October 2017

Staff Recruitment Campaign - Teach in Wodonga



August 2018

Their Care Cluster



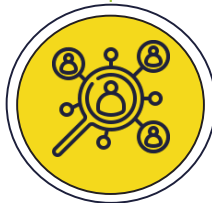
October 2018, 2019

Children's Fair - Marketing material, Our Federation Campaign, Find My School Campaign



May 2018, 2019, 2020, 2021

Education Week



October 2017

Establishment of Engagement Action Group



October 2020, 2021

Pre-School Transition



Back to School Campaign

January 2019



July 2019 - Annually

Future Leaders



Live Q & A

May 2020, 2021, 2022



Peer Support

March 2022



2021 - 2025

Our Approach

- Fulfilling our vision through working collaboratively
- Mobilising resources, knowledge and expertise to support our objectives
- Sharing accountability and creating opportunities for all students
- Enabling and enhancing strategies at work
- Advocating for system improvement

Key Actions

- Share best practice and solve problems together
- Maintain and utilise the Executive Officer to facilitate collaboration
- Create opportunities for professional dialog and professional development
- Collective, consistent messages to our community about enrolment and transitions
- Explore alternate ways to deliver enhanced supports for students
- Promote the Federation vision, objectives, approaches and actions
- Track Federation student outcomes through data sharing
- Attract and retain staff
- Promote opportunities for student leadership and voice to develop student agency
- Explore and operational efficiencies

Wodonga Federation of Government Schools' 2014 to 2025

August 2016

Federation formalised the signing of the MOU



August 2016

Establishment of Student Voice Action Group - Leadership program 2017, Teach the Teacher (2018 & 2019)



August 2016

Child Safe Standards - Policy, Code of Conduct, Risk Management Strategy, School Council Training, Audit response



September 2016

Establishment of Achievement Action Group - Student Data, Conference 2017, Review of common assessment, review of Federation NAPLAN



October 2016

Establishment of Wellbeing Action Group - Referral Form, Y-Safe (2018 & 2019), Family Info Session (Y-Safe & Autism), Respectful Relationships, Out of School Activities



March 2017

Establishment of Inclusion Action Group - Defining Inclusion, promoting Inclusive practice



October 2016

Establishment of the Board



October 2017

Establishment of Policy Action Group



December 2016

Federation's Strategic Planning day



November 2016

Successful Digital Technology Grant Application (\$50,000)



2022, 2023, 2024

Pre-Service Teacher Recruitment



March 2024

Fitness Passprt



WIN GradLink

March 2024



Dare To Lead Professional Development

February 2023

