Identify | Measure | Report | Respond
on your school and student wellbeing

Are your students
ready to learn?
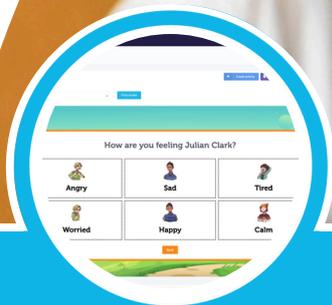
lifeskills GO

Identify, measure, report and respond to wellbeing needs

Real-time measurement of readiness to learn

Triangulate attendance and behaviour with rich wellbeing data

Measure the impact of your wellbeing programs

How are you feeling Julian Clark?
Angry | Sad | Tired
Worried | Happy | Calm

44%
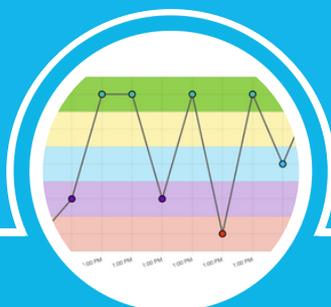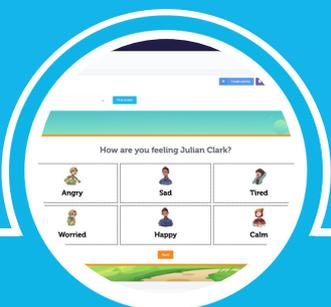Ready to learn 8/18
See class overview

Introduction

At Life Skills GO, our mission is simple: to empower student voice through technology, helping schools drive better outcomes by providing evidence-based wellbeing data from the students, for the students. Our vision is that every child is seen, heard, and supported to thrive in life.

We bring together a team of experts—teachers, wellbeing professionals, curriculum advisors, psychologists, neuroscientists, and researchers working hand in hand with the education community to build our platform, Life Skills GO. It is designed to support whole-school wellbeing with data-driven insights, enabling schools to take informed actions that impact the entire student body.

This document is intended to provide an overview of the benefits of whole school wellbeing plans, providing evidence and support to make a convincing proposal to executives as well as clear guidance for primary and secondary school educators on how to effectively implement and measure whole school wellbeing.

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Implementing Whole-school Wellbeing

BENEFITS AND BEST PRACTICE ADVICE FOR EFFECTIVE IMPLEMENTATION

What is Whole-School wellbeing?

A whole school approach recognises that all aspects of the school community can impact positively upon students' health, safety and wellbeing. This includes all those who care and are affected by the decisions the school makes: Students; Teachers; Senior leadership team; Support staff; Board of trustees or board of governors; Parents and families of students and staff; the wider local community that serves the school and is served by it. (1)

Benefits of implementing whole-school wellbeing

- A meta-analysis of 213 school-based programmes involving over 270,000 students from kindergarten to high school showed that students developing social and emotional skills and adopting healthy behaviours reported improved academic performance in overall grades and standardised maths and reading scores. (2)

- Longitudinal research has shown that students with the highest levels of wellbeing recorded the best academic performance and lowest school absences one year later. (3)

1 Quinlan, Denise M.,Hone, Lucy C.. The Educators Guide to Whole-school Wellbeing (p. 16). Taylor and Francis.
2 Durlak, J. A., Weissberg, R. P., Dymnicki, A. B., Taylor, R. D., & Schellinger, K. B. (2011). The impact of enhancing students' social and emotional learning: A meta-analysis of school-based universal interventions. Child Development , 82 (1), 405–432
3 Suldo, S. M., Thalji, A., & Ferron, J. (2011). Longitudinal academic outcomes predicted by early adolescents' subjective well-being, psychopathology, and mental health status yielded from a dual factor model. Journal of Positive Psychology , 6 , 17–30.

Life Skills GO is an innovative platform built for the K-12 sector, providing real-time and crucial wellbeing data, metrics, insights, and reports along with evidence-based, trauma-informed, and curriculum-aligned resources to schools. This enables educators to make informed, data-driven decisions regarding school and student wellbeing, ensuring that every student is empowered and every teacher is equipped to support them.

Uniquely, it also allows schools to measure the effectiveness of their wellbeing programs, offering a groundbreaking tool for continuous improvement and supporting school leaders to make informed resourcing decisions about their wellbeing initiatives.

With a wealth of actionable data at their disposal, schools and educators can better detect patterns and deploy precise interventions, significantly enhancing both school and student wellbeing and academic outcomes. This capability also lays the groundwork for proactive and preventative strategies in educational environments.

Immediate Insights and Interventions

Life Skills GO updates student wellbeing data in real-time, enabling educators to swiftly identify at-risk students and implement timely interventions, reducing identification-to-support time significantly.

Wellbeing Baseline Data

Life Skills GO enables schools to establish wellbeing baseline and assess programs effectiveness, enabling data-driven adjustments to enhance student and school outcomes effectively.

Empowerment Through Student Voice

Life Skills GO prioritises student input in measuring wellbeing, fostering a sense of belonging by understanding students' real-time experiences and needs, enhancing wellbeing and community connection in schools.

"It's just easy compared to any other platform"

Ilona Watkins
Principal, Noorat Primary School

Integration with School Systems

Life Skills GO excels in integrating seamlessly with global School Information and Administration Systems like Sentral and School Bytes, enhancing adoption and reducing staff workloads by consolidating data and metrics in one platform amidst educational disruptions.

Automated Data Analysis

Life Skills GO automates wellbeing data analysis, providing easy-to-understand dashboards and reports that save time and enhance the effectiveness of wellbeing programs.

Comprehensive Skill Development

Life Skills GO emphasises on emotional literacy, self-regulation, and emotional vocabulary to reduce classroom disruptions, boost academic performance, and foster lifelong personal and professional success in students.

Proactive Rather Than Reactive

Life Skills GO's real-time data supports proactive school and student wellbeing, enabling early issue anticipation and effective intervention, thereby enhancing student outcomes and school environments significantly.

How it can help your school

Improve Academic Excellence

Students exposed to SEL programs on average achieve 13% higher than their non-SEL peers.

(CASEL, 2017)

Know the Impact of Your Wellbeing Programs

Student and whole school wellbeing data is measurable and reportable, so you know what is actually working.

Reduce Suspensions & Behavioural Incidents

Take a proactive approach to address issues before they escalate.

Strengthen Parent/Carer-Teacher Relationships

Use individual learner profiles to work with parents and carers to support student needs.

Build Valuable Emotional Literacy Skills

Teach recognition of emotions and full emotional literacy in students of all ages.

lifeskills GO

Save Teacher Time

Wrap support around your wellbeing approach with teaching materials, games and activities, measurement and reporting.

Strengthen the Provision of Individualised Instruction

Life Skills GO creates individual learner profiles that can support Learning Support Programs and monitor adjustments.

Create a Whole School Approach to Wellbeing

Spend more time focusing on actions than analysis by utilising the periodic reporting and planning resources within Life Skills GO.

Increase Student Readiness to Learn

Students become ready to learn faster and are able to individually self-regulate enabling more time on task.

Scan to start your FREE trial now

1300 889 018   www.lifeskillsgroup.com.au

Evidence-based, trauma-informed & curriculum-aligned content

All Life Skills GO online content is evidence-based, drawing upon CASEL, PERMAH and 21st Century Learning frameworks with clear alignment and mapping to the PDHPE Syllabus (available as a downloadable PDF), including reference to General Capabilities (Personal and Social Capability, Critical and creative thinking and Intercultural understanding). Each lesson activity is sequenced and mapped to a curriculum outcome and pedagogically backed by research. Our online PDHPE content was also assessed and approved by BE YOU (Beyond Blue).

Life Skills GO is now also available as a quality-assured program in the NSW Department of Education's Student Wellbeing external programs catalogue in the theme of Behaviour.

Interviews with key players such as parents/carers, students, educational leaders, experts in wellbeing theory and psychologists allowed an in-depth understanding of the process of development that ensured the efficacy of the content.

Life Skills GO has been used in hundreds of schools across Australia and New Zealand for a number of years. All existing Life Skills GO content is informed by extensive peer-reviewed research into health and physical education, social-emotional learning, mindfulness, positive psychology and wellbeing science, in combination with research regarding effective pedagogical practises.

"The lessons I created... gave me so much time back. I can clearly find the content I need. Students were surveyed and preferred GO lessons over their traditional PBL lessons."

Candice Taylor

Assistant Principal Curriculum and Instruction, Killarney Vale Public School

"I feel suspension and behavioural data allows us to be reactive.

Wellbeing data gathered daily and early allows us to be proactive and respond much more effectively."

Marc Petersen

Head of Wellbeing at Blaxcell Street Public School

"Life Skills GO - it is a great resource to help schools have the evidence their programs work."

Allyssa Nelson

Assistant Principal, Thornton Public School

Start your **free trial**

lifeskills GO

- **Capture wellbeing data for your entire school** as part of marking your roll - no teaching time lost!

- **Know how many students are ready to learn** and what support they need.

- **Measure the impact of your wellbeing programs** so they have a real impact in the areas that matter.

- **If you use Sentral or School Bytes, you can access Life Skills GO** within your existing account - no new log in or website to remember.

Start capturing wellbeing data with Life Skills GO today.

"I've been searching for this tool. This is my 30th year in education."

Shanti Clements
Principal, Seven Hills West Public School

Scan to start your FREE trial now

School Bytes
Integration partner

SENTRAL
Integration partner

Safer Technologies 4 Schools
ASSESSED 2021

NSW EDUCATION
SUPPORTING STUDENTS' WELLBEING

2021 AUSTRALIA & NEW ZEALAND EDTECH 50
Holon IQ

be you | Beyond Blue
*Independently reviewed by the Be You Programs Directory*

For School **Executives**

Executive access provides access to dashboards, reports, class usage data and individual learner profiles.

Schools can customise executive access for anyone attached to the school with an account.

Dashboards

- Real-time displays of student emotions and context such as online, playground and in the classroom, and monitoring of student readiness to learn to identify the students and parts of the school that need wellbeing support.
- Dashboards are dynamic and customisable allowing educators to easily access the right information at the right time so everyone can make informed decisions and actions to support students based on their real needs
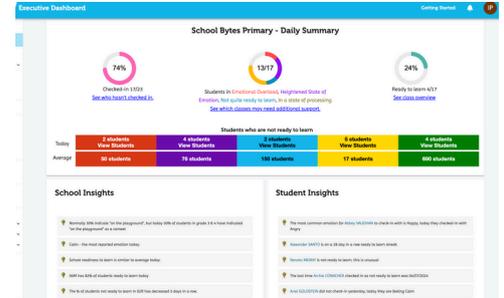
Automated Reporting

- Periodic reports (weekly, fortnightly, 5 weekly, termly, semesterly and annually) are generated at class, stage, school and individual students level. These reports analyse the patterns and trends of student emotion check-ins and surface insights for educators so you have the data at your fingertips
- These reports can be easily embedded in executive, learning support and stage meetings, ensuring that there is a whole school approach to data-informed wellbeing programs.
- Individual learner profiles can be embedded in school reporting processes and parent/carer-teacher interviews for further insight about student wellbeing.
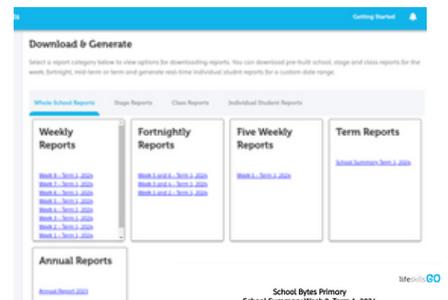
Strengthened Learning Support Processes

- Life Skills GO uniquely provides relevant and reliable data about student emotional wellbeing and readiness to learn. This data can be highly informative for monitoring the effectiveness of individualised strategies, recognising patterns and trends in emotion and behaviour and as evidence in applications for funding and access requests.
- The nature of the data also allows student voice to be empowered in dialogue with parents and carers.
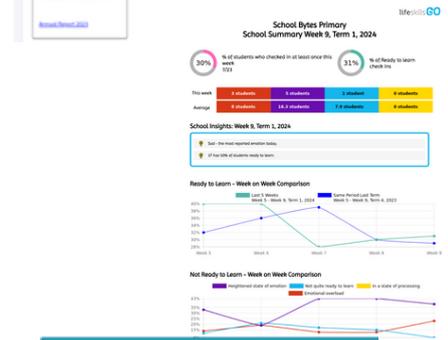
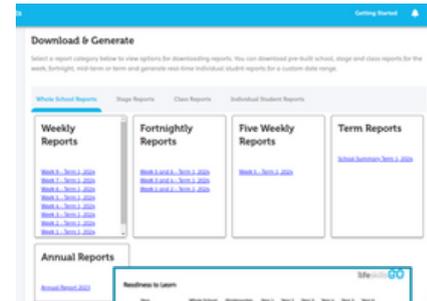## Annual Reporting, Strategic Planning & Continuous Improvement

- As part of your executive reports, you have access to an annual report that provides analysis of trends in your whole school population. This provides insights in relation to student readiness to learn, emotion check-ins, including a dissection of context (online, playground, classroom, home).
- The reports can be customised by date range so you can use the data to evidence the impact of wellbeing programs when you reflect against your school plan or as evidence for any validation or self reflection process that you undertake.
- For those using Sentral or School Bytes, these reports can be integrated to triangulate data points such as behaviour, attendance, readiness to learn and academic achievement.

School Planning and Reporting

Where is this school in relation to the Statement of Excellence in the element wellbeing?

In schools that excel, there is a strategic and planned approach to develop whole school wellbeing processes that support the wellbeing of all students so they can connect, succeed, thrive and learn.

	Themes	Q. Are we excelling? Are we doing this?	YES - As Evidenced By Life Skills GO
	Caring for students	• Staff are equipped and supported with the knowledge and skills to understand the diverse wellbeing needs of students. • Embedded processes are in place to ensure that all students feel empowered and can access staff members for guidance, support and assistance.	Data 1: Staff knowledge of wellbeing needs evidenced by Real time teacher dashboard Data 2: Students empowered evidenced by Student check-in, student journal Data 3: Embedded processes evidenced by Daily insights, weekly team meetings, executive dashboard and summary.
	A planned approach to inclusion and wellbeing	• There is an embedded school-wide and data-informed approach to support student and staff wellbeing. • Student voice and agency is used to inform and refine practices and processes which are responsive and proactive in meeting emerging needs.	Data 1: School wide, data informed approach evidenced by Analysis of patterns, trends and emerging insights surfaced daily, weekly and periodically. Data 2: Student voice to inform and refine practices & processes evidenced by Regular, reliable and relevant student wellbeing data available at student, class, stage and school aggregation Data 3: Proactive in meeting emerging needs evidenced by Student voice is a lead indicator of behaviour, absenteeism and disengagement
	Individual Learning Needs	• A school-wide, collective responsibility for student learning and success is shared among students, parents/carers, and staff. • Planning for learning is informed by robust and holistic information about students' wellbeing and learning needs, developed in consultation with parents/carers where appropriate.	Data 1: Planning for learning is informed by robust, holistic information about student wellbeing needs evidenced by Readiness to learn for every student, class, stage and school Data 2: Student, parent/carer consultation evidenced by Individual learner profile
	Behaviour	• Positive and respectful relationships are evident throughout the school community, promoting student wellbeing and creating an optimal environment for learning across the school. As a result, maximised learning time is a focus in every classroom.	Data 1: Positive and respectful relationships are evident evidenced by Conversations starting with student voice invite partnerships with school communities. Data 2: Environment for learning evidenced by Real time data allows for real time problem solving and experimentation to find optimal environments for learning. Data 3: Maximised learning time a focus evidenced by Readiness to learn can be mapped through a school week to ascertain optimum learning time

Sidebar themes:
- Learning Culture
- Wellbeing
- Curriculum
- Assessment
- Reporting
- Student Growth & Performance

School Insights

Readiness to learn by week for this year

State of Emotion by Week

Term at a glance

Get Your Free Trial Started Today

Activate Your 14 Day Free Trial for Life Skills GO on $ SENTRAL

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Life Skills GO

Welcome to Life Skills GO for Sentral

Take your roll call within Sentral to the next level by measuring your students' emotional state and readiness to learn in real-time! This simultaneous emotional check-in can be taken alongside your daily roll call or any-time during the school day to provide insightful, actionable student wellbeing data.

In order to start a trial you are required to read and accept the Terms and Conditions, available to view online.
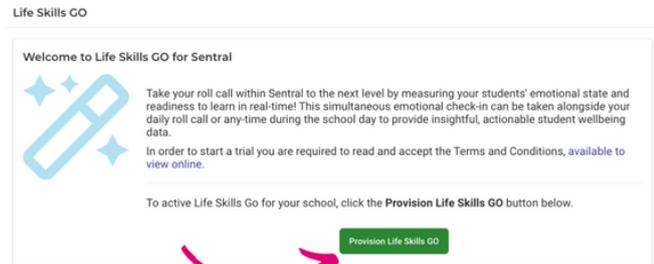
To active Life Skills Go for your school, click the **Provision Life Skills GO** button below.

[Provision Life Skills GO]

3

Life Skills GO

Licence Agreement — Check Details — Ready

Life Skills GO for Sentral Provisioning Wizard

Licence Agreement

In order to enable Lifeskills Go for Sentral, you need to first review and agree to the terms and conditions below.

Proceeding with this will:

- Establish a new school instance within the Lifeskills Go platform
- Consent to allowing Life Skills Group to access your current student and staff lists through Sentral's APIs
- Allow Life Schools Group to provide you with access to the service for use by your school

☐ I agree to the terms and conditions outlined above

[Next] [Cancel]

4

Life Skills GO

Licence Agreement — Check Details — Ready

Life Skills GO for Sentral Provisioning Wizard

School Details

Please review your school details for correctness before proceeding to create your Lifeschools Go account. If all the details look correct, click the Next button to attempt provisioning.

School Name: Sentral Public School
State: NSW
Post Code: 2067
Admin First Name: Antony
Admin Surname: Mawer (@Sentral)
Admin Email Address: antony.mawer@sentral.com.au

Please tell us why you are activating Life Skills GO for Sentral?
◉ I am interested in trialling the product
○ I want to participate in National Checkin Week
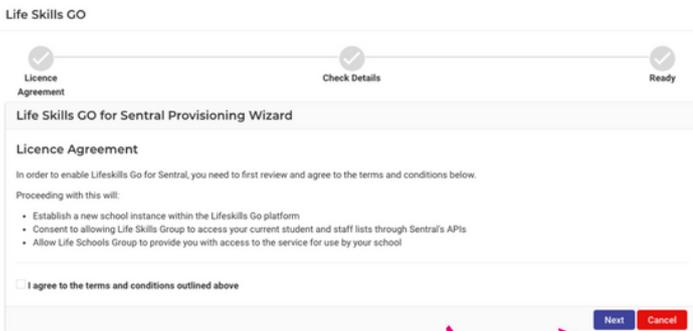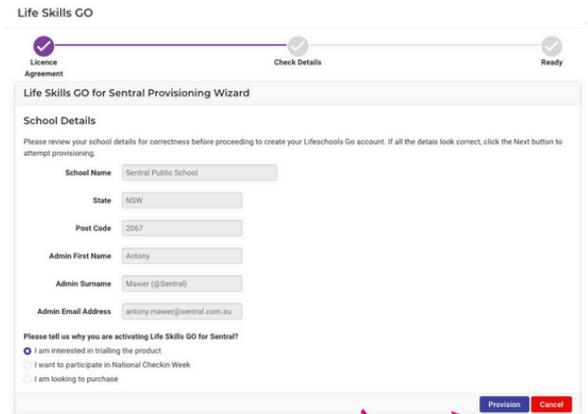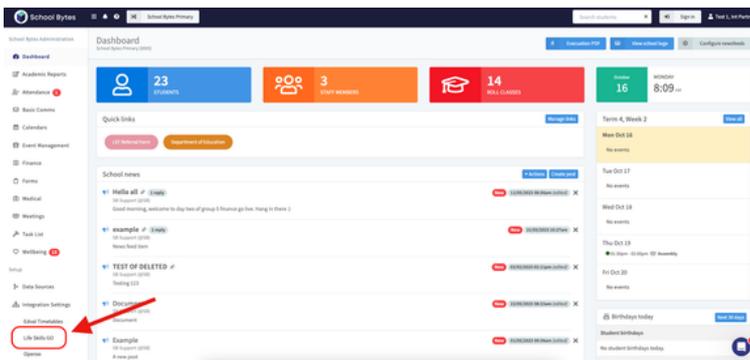○ I am looking to purchase

[Provision] [Cancel]

Activate Your 14 Day Free Trial for Life Skills GO on 📚 School Bytes

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