

Media release: Research identifies practical ideas to enhance student wellbeing

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Schools can get practical ideas to enhance student wellbeing and lower levels of aggressive and bullying behaviours from a report released today.

‘Making a difference to student wellbeing’ analyses data from 400 schools that have used the Wellbeing@School online tools between 2013 and 2016.

‘Student wellbeing is central to students’ success at school and in adult life,’ senior researcher Sally Boyd said. ‘We wanted to connect the student and teacher data from the same schools, and present this data in a way that gives teachers and schools guidance on what they can do to make a difference.’

NZCER researchers analysed the data to create four measures: two about students (student wellbeing and aggressive behaviour) and two about schools (teaching for wellbeing and school-wide actions).

The data show teaching for wellbeing in the classroom was most strongly connected to students’ sense of wellbeing. School-wide practices and actions were associated with lower levels of aggressive behaviour.

‘Practices such as praising students for helpful and caring behaviour, and teaching students strategies for managing their feelings and emotions have a positive impact on student wellbeing,’ Sally Boyd said.

‘This study showed that schools that had lower levels of aggressive behaviour had more focus on school-wide actions. Teachers reported these schools had practices that promoted a wellbeing culture, demonstrated collaborative leadership, offered support for students, and prioritised staff development,’ Sally Boyd said. ‘These practices were backed up with effective policies and procedures relating to behaviour.’

The Wellbeing@School tools are only available to NZ registered schools. Find out more at www.wellbeingatschool.org.nz. Read about the [Making a difference](#) research and link to the [infographic report](#).

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Sally Boyd is available for interviews until 11.30am Tuesday.