



Wellbeing for Future Focused Schools

Wellbeing has become one of the most critical priorities facing schools today. Rising levels of student anxiety, increasing complexity of learner needs, workforce pressures, staff burnout, and the impact of rapidly changing social and digital environments are challenging schools to rethink how wellbeing is understood, supported and embedded across the entire community.

The Wellbeing for Future Focused Schools Conference brings together school leaders, wellbeing professionals, educators, researchers and practitioners to explore evidence-informed approaches that strengthen resilience, foster belonging and create psychologically safe environments where students and staff can flourish. Through practical strategies, research insights and real-world examples, the conference focuses on sustainable approaches that improve wellbeing outcomes while supporting positive school culture, learning engagement and long-term success.

Focus Areas for Submissions

We welcome presentations that explore one or more of the following themes:

1. Student Wellbeing, Belonging and Engagement

Schools are increasingly navigating complex challenges relating to student wellbeing, mental health and engagement. This strand focuses on approaches that help students feel connected, supported and ready to learn. Topics may include:

- ✚ Anxiety, emotional regulation and resilience
- ✚ School refusal and student re-engagement
- ✚ Building belonging and positive school culture
- ✚ Social and emotional learning (SEL)
- ✚ Student voice and agency
- ✚ Attendance, engagement and participation
- ✚ Supporting vulnerable and at-risk students

2. Staff Wellbeing and Workforce Sustainability

Supporting educator wellbeing is essential to building thriving and sustainable school communities. This strand explores practical approaches that improve workplace wellbeing while addressing the realities of modern education. Topics may include:

- ✚ Preventing burnout and compassion fatigue
- ✚ Workload management and sustainable practice
- ✚ Staff retention and workforce wellbeing
- ✚ Psychological safety and psychosocial hazards
- ✚ Building positive staff culture
- ✚ Leadership wellbeing and resilience
- ✚ Supporting early career educators

3. Trauma-Aware and Relationship-Centred Practice

Relationships remain at the heart of wellbeing and learning. This strand focuses on approaches that strengthen connection, trust and emotional safety for students, staff and families. Topics may include:

- ✚ Trauma-aware education
- ✚ Restorative practices
- ✚ Positive behaviour support
- ✚ Co-regulation and emotional development
- ✚ Relationship-based approaches to learning
- ✚ Family and community partnerships
- ✚ Creating safe and supportive learning environments

4. Wellbeing in a Digital World

Technology creates both opportunities and challenges for wellbeing. This strand explores how schools can support healthy engagement with technology while helping students navigate increasingly complex digital environments. Topics may include:

- ✚ Digital wellbeing and healthy technology use
- ✚ Social media and student wellbeing
- ✚ Online safety and digital citizenship
- ✚ AI and its impact on learning and wellbeing
- ✚ Building healthy digital habits
- ✚ Managing screen-related wellbeing challenges
- ✚ Supporting families in the digital age

5. Leading Whole-School Wellbeing

Effective wellbeing is most powerful when it is embedded across every aspect of school life. This strand explores leadership, policy and systems that enable sustainable wellbeing improvement. Topics may include:

- ✚ Whole-school wellbeing frameworks
- ✚ Strategic wellbeing leadership
- ✚ Measuring impact and outcomes
- ✚ Evidence-based wellbeing initiatives
- ✚ Multi-tiered systems of support
- ✚ Embedding wellbeing across teaching and learning
- ✚ Creating cultures where students and staff thrive

Why It Matters

Wellbeing is no longer an additional initiative, it is fundamental to learning, engagement and success. Schools that prioritise wellbeing create environments where students develop the confidence, resilience and skills needed to navigate an increasingly complex world, while staff feel valued, supported and capable of sustaining their impact.

The Wellbeing for Future Focused Schools Conference provides a platform for educators, leaders and specialists to share practical solutions, evidence-informed strategies and innovative ideas that strengthen wellbeing across the entire school community. Whether you are leading wellbeing initiatives, supporting students and staff, shaping policy, or driving cultural change, we invite you to contribute your expertise and help shape the future of wellbeing in education.

But with opportunity comes responsibility. Submissions should offer:

- ✚ Hands-on, practical demonstrations, audience engagement or take-away resources that educators can adapt in their own context
- ✚ Practical insights or research-based strategies relevant to K-12 educators

Submissions will be accepted based on criteria, relevance to K-12 educators, providing a mix across the various strands and topics.