



VISIBLE WELLBEING™
Professor Lea Waters AM PhD

Searching for Wellbeing in Transition

Grade 6 students face the daunting task of going into Year 7; often moving schools, and leaving friends and teachers. The familiarity of primary school and often the smaller student population is left behind for the secondary school experience which seems scary, unknown and unfamiliar. Post COVID, Grade 6 students are facing an even tougher transition. Students have had fewer experiences to individuate and mature, and this means that the transition could be particularly difficult. Students are more reticent to take calculated risks and to feel discomfort, and anxiety is also considerably heightened.

In order for students to flourish at secondary school, we need to support this transition and provide a wellbeing toolkit for secondary school. Using SEARCH, a scientifically researched framework by Professor Lea Waters AM, PhD, the workbook will proactively equip students to face secondary school with confidence, skills and strategies.

Students work through the workbook in class. It is suggested that parents/guardians are informed which session is to take place, and encouraged to follow along with their own guide. Conversations can occur at home which will model communication between the young person and family around the wellbeing topics. The keynote is available as an alternative to the guide for parents.



I support many students as they transition into secondary school. They struggle with a myriad of issues that this program would address. I wish all primary schools used this program.

Michelle Read, Counsellor Forest Hill College

FOR STUDENTS

STUDENT WORKBOOK

The student workbook has nine sections which can be read independently or as a class. The associated activities are designed for individual reflection, partner-work, and then discussion as a class. Topics include; building positive relationships, forming identities and growing resilience.

STUDENT KEYNOTE

A keynote can be held in Year 6 or at the start of Year 7. The presentation will cover topics in the workbook and also open up discussion, and include activities, to investigate the themes. Students will be actively engaged.

Duration: 1 hour presentation with 30 min Q&A

FOR PARENTS

PARENT GUIDE

The parent guide accompanies the student workbook to help parents gain insight into how they can support their kids' wellbeing as they transition into secondary school. Chapter topics are aligned with the student guide so families can progress through topics together.

PARENT KEYNOTE

The parent keynote can be offered to schools alongside the guide or as an alternative. Parents have the opportunity to ask questions of the facilitator and connect with fellow parents to build their community. The keynote can be held as a transition event, either in person or via virtual delivery.

Duration: 1 hour presentation with 30 min Q&A

Facilitator Marianne McEwen has almost 20 years experience working with young people as a Wellbeing Leader. She has led the work of counsellors, nurses, psychologists and has vast experience supporting students as they transition to secondary school.