

HEALTH & WELLBEING[®]



The 2020 Australian Principal Health and Wellbeing Survey

For existing participants, survey opens on **24th August 2020.**

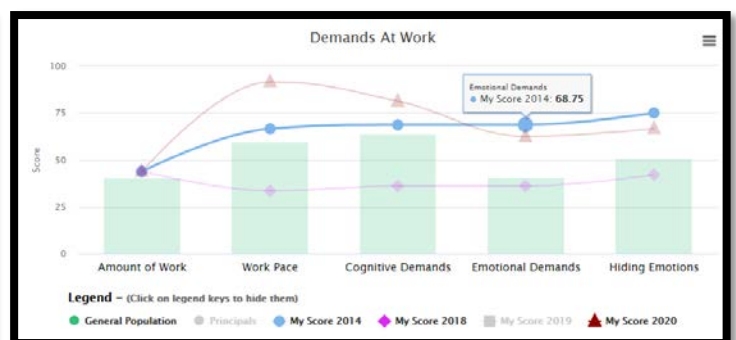
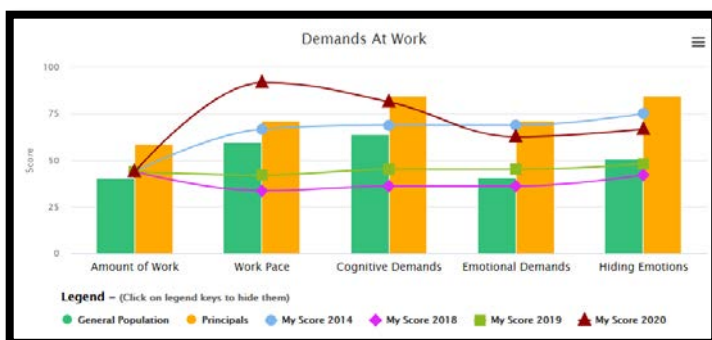
For **NEW PARTICIPANTS** only, survey opens

31st August 2020, via registration at

<https://healthandwellbeing.org/en-AU>.

YOUR PARTICIPATION IS IMPORTANT!

New Reporting Template



We have developed an interactive new reporting template, which displays your 2020 scores along with any past years' scores, the average scores of the general population and the 2019 Australian principals' results. The charts have an interactive element, allowing participants to select which datasets they wish to view, as well as the results for individual datapoints.

Research Impact

- Approximately 50% of Australian principals have participated, demonstrating strong support for the research from within the industry.
- The impact of the research is also reflected in the funding. The recent success with the Australian Research Council Linkage Grant (LP 160101056) funding that secures the running of the survey in Australia until 2020 demonstrates strong support from the academy as well as the industry partners.
- Every state department of education has been briefed on the research outcomes and implementing new policies to address issues uncovered by the research, at their request.
- Since the release of the 2014 report TV, Radio, Print and on-line outlets have reached ~10,000,000 Australians (~50% of the population). The ACU media office reported that this has more media attention than any other ACU research project.
- The findings have had wide ranging political impact and departments of education around the country are now routinely briefed on the findings.
- Immediate benefit to the education workforce came through two changes in policy by the *Teachers Health Fund*: a) reducing waiting periods for psychological services from 12 months to 8 weeks; and b) rebating telepsychology for their members in remote locations.
- The project is building a significant database that grows annually and increasing scholarship in the field. As the database grows so has the interest from the academy.

The 2020 Survey

The Australian Catholic University is continuing the longitudinal study into the occupational health, safety and wellbeing of school leaders, in conjunction with Deakin University. Throughout this project, we have had the financial support from The Australian Research Council through the Linkage Grant Scheme. We have also had support from Teachers Health Fund, APPA, AHISA, Catholic Church Insurance (CCI) and the New South Wales Secondary Principals Council (SPC). Together they have contributed to funding the *Australian Principal Health and Wellbeing Survey 2016-2020*.

The research team has been greatly expanded in 2016-2020, made possible by the Australian Research Council grant. We aim to help policy makers better understand school leaders' occupational context and work-related health and wellbeing issues. The team also plans to identify what helps principals to thrive and build on this to develop professional learning opportunities in conjunction with the principals' associations.

The survey involves all principals, assistants and deputies in every sector of every Australian state and territory. It is being conducted in response to concerns that the increasing complexity and workload demands of school leadership roles are impacting on the health and wellbeing of Australian school leaders.

Survey data is providing evidence to policy makers about the real but often hidden costs and benefits of initiatives such as the introduction of a national curriculum and changes to national testing and accountability requirements.

The survey is being conducted by members of The Institute for Positive Psychology and Education at ACU. It is independent of all employer groups, professional

associations and unions. All individual survey data is kept strictly confidential and no individual or school will be identifiable in any reporting of the results.

All participants receive an instant, individualised report on their personal health and wellbeing status and can compare this to others in similar school situations.

We have launched a new website in 2019, <https://healthandwellbeing.org>. In 2020, we have launched a new interactive reporting template, allowing participants to view their results in a simpler and more dynamic way. Shortly your principal association will email the survey invitation to you. We hope you will take the time to participate.

For more information visit <https://healthandwellbeing.org/en-AU>.

| Chief Investigators | Project Manager |
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Yours sincerely,



Professor Herb Marsh and Professor Phil Riley

The Research Team

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