

# Improving student learning through well-being



25th - 26th May 2017

Parramatta RSL  
Crn Macquarie and O'Connell Streets  
Parramatta NSW

**cheri**  
the **childr<sup>en</sup>'s** hospital at Westmead  
Education Research Institute



# Conference Overview

The Children's Hospital Education Research Institute (CHERI) is proud to present its 21st conference titled "Improving student learning through well-being".

This conference presents the opportunity to learn firsthand from local and international experts on the key contributors to student well-being along with practical strategies to enhance it.

The importance of well-being to students' learning and academic outcomes, as well as their positive social and emotional development is well documented. Research shows that family and school environments have a significant impact upon the well-being of children and young people. Teacher well-being is also critically relevant to whole school well-being, with a reciprocal, symbiotic relationship between teachers and students. Well-being can change over time and is influenced by the surrounding environment. There are many ways to enhance well-being.

We are delighted to have internationally acclaimed, Professor Adele Diamond (Developmental Cognitive Neuroscience, Canada) as our keynote speaker. Professor Diamond is at the forefront of research on 'executive functions' and on the brain's prefrontal cortex. Recently voted as one of the 15 most influential neuroscientists, Professor Diamond will present on the different components of executive

functioning and how we can improve it in children and adolescents.

We are also excited to have Professor Patrick McGorry (Executive Director of Orygen Youth Health) joining us. Professor McGorry is a leading international researcher, clinician and advocate for the youth mental health reform agenda. He strongly believes that early intervention offers the greatest hope for recovery and takes every opportunity to educate the community to recognise the early signs of mental illness.

Professors Diamond and McGorry are among a list of presenters who are renowned well-being experts.

This conference with its exciting panel of presenters is a not to be missed event for educators, school counsellors, psychologists, allied health professionals and all those in whose care rests the well-being of every child.

On behalf of the CHERI conference organising committee, I welcome you and your colleagues to this premier event of 2017.

Dr Belinda Barton,  
Head, CHERI



The program has been compiled by CHERI in conjunction with

- The Sydney Children's Hospital Network
- NSW Department of Education and Communities
- NSW Catholic Education Commission
- Association of Independent Schools of NSW

Visit CHERI website for more information <http://www.cheri.com.au/conferences.html>

# Conference Outline

## International Keynote Speaker

**Professor Adele Diamond** is the Canada Research Chair Professor of Developmental Cognitive Neuroscience, University of British Columbia and was recently recognized as one of most influential neuroscientists alive today. Professor Diamond is at the forefront of research on 'executive functions' and on the brain's prefrontal cortex on which they depend. Executive functions include 'thinking outside the box' (cognitive flexibility), mentally relating ideas and facts (working memory), and giving considered responses rather than impulsive ones, resisting temptations and staying focused (inhibitory control).

In looking for practical ways to help children develop healthy executive functions, and thus help more children thrive, Professor Diamond believes that focusing exclusively on training cognitive skills is less efficient, and ultimately less successful, than addressing students' social, emotional, and physical needs. She shows why besides training the skills of interest, it is important to support them by lessening things that impair them (like stress or loneliness) and enhancing that which supports such as joy and good health.

Professor Diamond was educated at Swarthmore (B.A., Phi Beta Kappa), Harvard (Ph.D.), and Yale Medical School (postdoc). Her many awards include an honorary doctorate (Honoris Causa) from Ben-Gurion University, the Bronfenbrenner Award for Lifetime Contributions to Developmental Psychology in the Service of Science and Society, being named a "Woman of Distinction" by the YWCA, and being named one of the "2000 Outstanding Women of the 20th Century."



## Other Confirmed Speakers

### Professor Pat McGorry

Executive Director of Orygen, Professor of Youth Mental Health at The University of Melbourne, and a Director of the Board of the National Youth Mental Health Foundation (headspace). Australian of the Year 2010.



### Professor Fiona Brooks

Professor of Public Health, University of Technology Sydney

### Dr Barbara Spears

Faculty of Education, University of South Australia

### Dr Victoria Rawlings

Faculty of Education and Social Work, University of Sydney

### Dr Angela Dixon

Clinical Research Director and Senior Clinical Psychologist at the Department of Psychological Medicine, Children's Hospital at Westmead.

### Jennifer Coen,

Clinical Mental Health Social Worker and Consultant, Sydney Catholic Schools

## WHAT: Topics include

- Executive functioning: what is it, its importance to education and well-being, and how can we improve it
- Mental health, young people and effective interventions
- LGBTQ youth
- Youth self-harm and suicide
- Long term effects of childhood trauma
- Refugees and trauma
- Health and well-being in adolescents: protective and risk factors
- Cyber bullying

# General Information

## Location

The club is located on the edge of the Parramatta CBD, adjacent to the beautiful Parramatta Park, and only a 10 minute walk from the station.

Address: Corner Macquarie and O'Connell Streets.

## ARRIVING BY BUS AND TRAIN?

For timetable information by train, ferry and bus travel, phone 131500, or visit the Transport Infoline: [www.131500.com.au](http://www.131500.com.au)

Transport - by car About 60 minutes from Sydney

**PARKING** - The Parramatta RSL club's multi-storey Car park is opposite the clubhouse provides ample parking for members and guests free of charge.

**PLEASE NOTE:** parking is very limited and subject to availability. Once the RSL car park is full, no entry is permitted. For members and guests to receive free parking, the ticket must be validated at the RSL reception.

For car parks around Parramatta visit [http://www.parracity.nsw.gov.au/live/my\\_home/parking\\_\\_and\\_\\_transport](http://www.parracity.nsw.gov.au/live/my_home/parking__and__transport)

The Parramatta Shuttle Bus (formerly The Loop) is a free transport solution that connects tourists, residents and commuters to the commercial, retail and recreational landmarks of the city. The free Parramatta Shuttle Bus runs every 10 minutes, seven days a week.

The free Shuttle Bus is a great way to get around Parramatta its fast, free and easy to find. The Parramatta free Shuttle Bus operates on a continuous loop around the city centre connecting rail, bus and ferry transport interchanges with local clubs and shops, and other community hubs.

You don't need a ticket or a timetable just look out for the green bus and jump on board.

## SPECIAL REQUIREMENTS

Please indicate on your registration form any special dietary or mobility requirements.

## Important Dates

### EARLY BIRD CLOSES FRIDAY 31st MARCH 2017

**Cancellation Fee Schedule:** Cancellations received between 1st - 30th April 2017, will incur a 25% late cancellation fee.

No refunds will be provided for cancellations received on or after **12th May 2017**. Places are limited so get in quickly to avoid disappointment.

Please note that cancellations must be received in writing; email to [info@cheri.com.au](mailto:info@cheri.com.au)

In the event you arrange to transfer your registration to another individual, notification of this intention must be communicated in writing prior to 22nd May 2017 to [info@cheri.com.au](mailto:info@cheri.com.au)

## REGISTRATION DESK

The registration desk will be located in the foyer of the Parramatta RSL and will be open: 7:45am - 4:30pm

## Accommodation

The following hotels are located in the Parramatta area. Please coordinate all reservations directly with the hotel. Listed below are the following recommendations and websites to book accommodation on-line.

Holiday Inn, Tel: 1800 007 697  
[www.holidayinnparramatta.com.au](http://www.holidayinnparramatta.com.au)

Mantra Hotel, Tel: 02 9685 1600  
[www.mantra.com.au](http://www.mantra.com.au)

Meriton Serviced Apartments, Tel: 02 9277 1128  
[www.meritonapartments.com.au](http://www.meritonapartments.com.au)

Novotel, Tel: 02 9630 4999  
[www.accorhotels.com](http://www.accorhotels.com)

Park Royal, Tel: 02 9689 3333  
[www.parkroyalhotels.com/en/hotels-resorts/australia/parramatta.html](http://www.parkroyalhotels.com/en/hotels-resorts/australia/parramatta.html)

<https://www.tripadvisor.com.au/>

<https://www.trivago.com.au/>

# Registration Form

## Tax Invoice

The Sydney Children's Hospital Network (ABN 53 188 579 090)

For your convenience you can complete the registration details below or register online at <https://www.eventbrite.com.au/e/improving-student-learning-through-well-being-registration-28214183382>

Full Name: \_\_\_\_\_

Position: \_\_\_\_\_

Organisation: \_\_\_\_\_

Address: \_\_\_\_\_

City/Suburb: \_\_\_\_\_ State: \_\_\_\_\_ Postcode: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

Would you like to be contacted by: E-mail

Please indicate whether you have any special dietary requirements:

- Vegetarian
- Gluten Free
- Diabetic
- Lactose Intolerant
- No red meat
- Other \_\_\_\_\_

To assist us with our future planning, how did you hear about this conference?

- Email from CHERI
- From a colleague/friend
- Advertisement
- Website
- Other \_\_\_\_\_

Please indicate other topics you may be interested in receiving notifications of:

- Learning difficulties
- Mental health
- Psychology
- Behavioural problems
- ADHD
- Neurofibromatosis type I
- Velocardiofacial syndrome
- Language disorders
- Education (special education)

### Privacy Policy

CHERI will use information it collects from you for the primary purpose for which it is collected and for such other secondary purposes that are related to the primary purpose of collection. Personal details that CHERI collects will be stored in CHERI's database and used to provide you with information of CHERI's events. Please notify us in writing if you do not wish to have your personal details stored. CHERI will not disclose your personal details to a third party without your permission.

# Payment Method

## “Improving student learning through well-being”

The program includes morning tea and lunch. (all rates inclusive of GST).

**Early bird: registration before 31st March 2017** (all rates inclusive of GST)

One day \$290  Thurs  Fri  (Please tick the appropriate box)

Two days \$550

**Regular: registration after 31st March 2017** (all rates inclusive of GST)

One day \$350  Thurs  Fri  (Please tick the appropriate box)

Two days \$650

Please send invoice to arrange payment

OR

Please debit my credit card (a tax invoice/receipt will be sent to you, for your records)

Credit Card Details:

Please debit \$ \_\_\_\_\_ MasterCard / Visa (please circle)

C/C Number:

Expiry Date: /

Cardholder's Name: \_\_\_\_\_

Signature: \_\_\_\_\_

OR

Cheque payment:

**Payable to: The Sydney Children's Hospitals Network**

**Post to:** C/- CHERI

Locked Bag 4001

Westmead NSW 2145

Email or fax registration form to: [info@cheri.com.au](mailto:info@cheri.com.au)

Fax: 02 9845 0421

Cancellation Policy: Cancellations received between 1- 5th May 2017, will incur a 25% late cancellation fee. No refunds will be provided for cancellations received on or after 12th May 2017. Please note that cancellations must be received in writing - email to [info@cheri.com.au](mailto:info@cheri.com.au)