



# Schools Resources Information Pack

A guide to curriculum links



# Introduction

## Purpose of this information pack

This pack outlines how ReachOut's school resources meet the Australian HPE and NSW PDHPE Curriculum as well as the General Capabilities Curriculum. It also gives a brief overview of our resources and how they could help your school or classroom.

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## About ReachOut Australia

ReachOut is Australia's leading online mental health organisation for young people and their parents. Our practical support, tools and tips help young people get through anything from everyday issues to tough times – and the information we offer parents makes it easier for them to help their teenagers, too.

We've been changing the way people access help since we launched the world's first online mental health service nearly 20 years ago. Everything we create is based on the latest evidence and designed with experts, and young people or their parents. This is why our digital self-help tools are trusted, relevant and easy to use.

Available for free anytime and pretty much anywhere, ReachOut is accessed by 132,000 people in Australia every month. That's more than 1.58 million each year.



# About ReachOut Schools

ReachOut Schools provides free educational resources, digital tools and practical tips to encourage the development of positive mental health and wellbeing across schools and extend the impact of existing programs.

The service features easy-to-understand information on a full range of mental health and wellbeing issues. Our school resources include innovative digital apps and online games to help students learn to take control of their mental health.

Staff and parents can use ReachOut to better understand the issues young people face and as a safe place they can recommend and refer students to.

School professionals can also access a range of professional development webinars and information, with resources added throughout the year. Schools professionals can register for updates at [ReachOut.com/Schools](https://ReachOut.com/Schools).



## FREE AND ACCESSIBLE

Free and available 24/7, ReachOut's mobile-first design means school professionals can access information where and when they need it.



## CO-DESIGNED WITH SCHOOL PROFESSIONALS

Insights from school professionals across Australia helped us design ReachOut Schools.



## COMPLEMENTING THE CURRICULUM

We extend the impact of your current wellbeing and mental health programs with additional online resources and tools. Our free action packs map to the Australian Curriculum.



## EVIDENCE-BASED SUPPORT

ReachOut Schools is based on the latest evidence and has been developed in consultation with experts.



## REACHOUT ORB

A positive psychology game, in a visually stunning world, with an easy-to-use curriculum mapped resource to engage Year 9 and 10 students. Available free in multiple formats for iPad and Desktop.

# Curriculum Links

## Australian Curriculum: General Capabilities

The General Capabilities Curriculum exists based on the philosophy that the young people of today will need a wide adaptive set of knowledge skills, behaviours and dispositions. Throughout their schooling, students develop and use the General Capabilities across all learning areas, in co-curricular programs and in their lives outside school.

ReachOut Schools uses these capabilities to further the value of the resources we create ensuring they contribute to students becoming successful learners, confident and creative individuals and active and informed citizens.

ReachOut's resources meet the following General Capabilities areas:

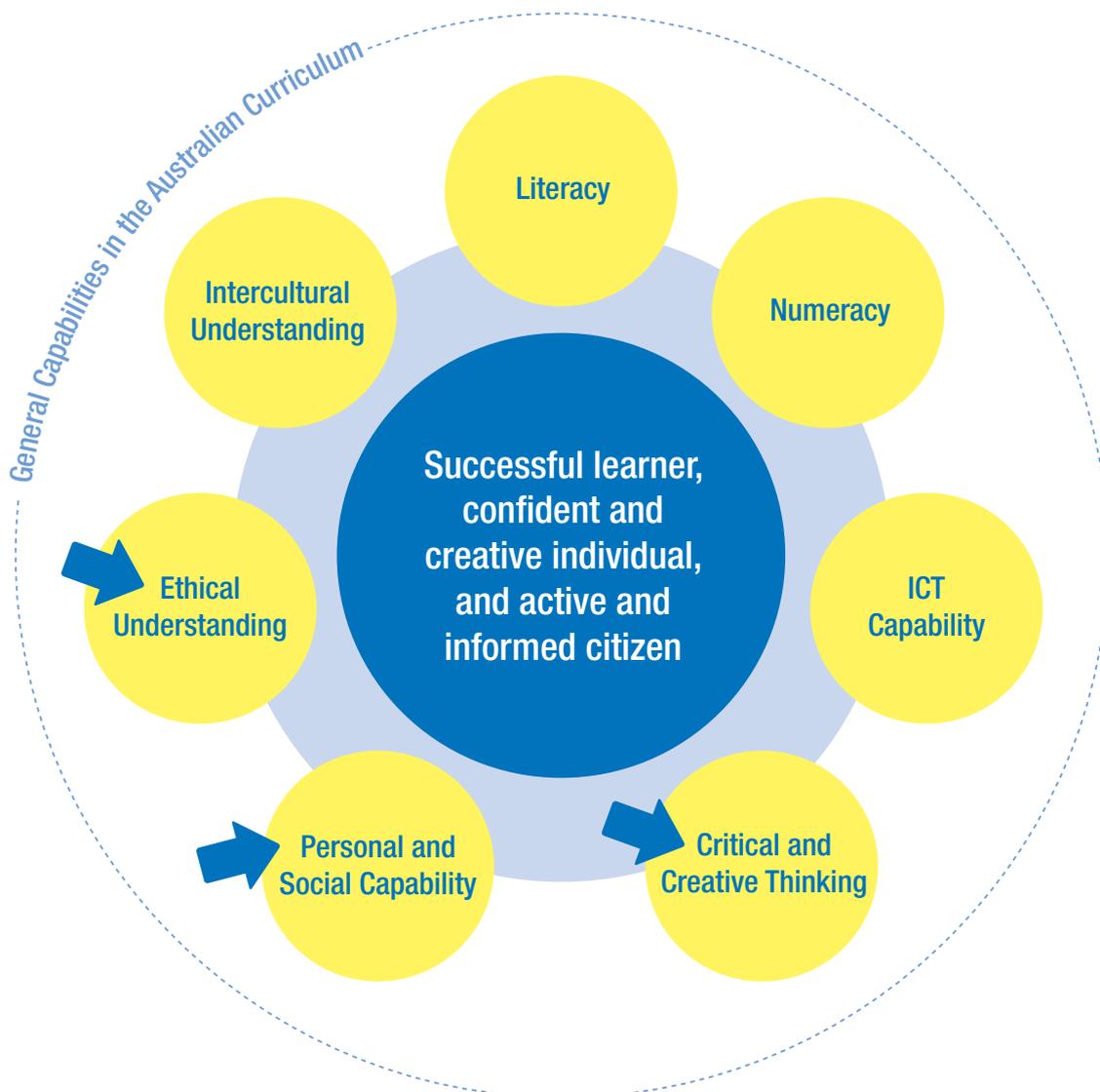


Figure 1: Australian Curriculum, Assessment and Reporting Authority. "General Capabilities - General Capabilities In The Australian Curriculum - The Australian Curriculum V7.3". [australiancurriculum.edu.au](http://australiancurriculum.edu.au)

# Australian HPE Curriculum

## Year 7 and 8

### Focus Areas

- ▶ Mental health and wellbeing
- ▶ Games and sports
- ▶ Lifelong physical activities
- ▶ Challenge and adventure activities

### Content

#### *Personal Social and Community Health*

- ▶ Being healthy safe and active
- ▶ Contributing to health and active communities

#### *Movement and Physical Activity*

- ▶ Learning through movement

## Year 9 and 10

### Focus Areas

- ▶ Mental health and wellbeing
- ▶ Games and sports
- ▶ Lifelong physical activities
- ▶ Challenge and adventure activities

### Content

#### *Personal Social and Community Health*

- ▶ Being health safe and active
- ▶ Communicating and interacting for health and wellbeing
- ▶ Contributing to healthy and active communities

#### *Movement and Physical Activity*

- ▶ Learning through movement

# NSW PDHPE Curriculum

## Stage 4

- ▶ Strand 1: Self and relationships  
Outcomes: 4.1, 4.2, 4.3
- ▶ Strand 3: Individual and community health  
Outcomes: 4.8
- ▶ Skills: Communicating, planning and problem solving

## Stage 5

- ▶ Strand 1: Self and relationships  
Outcomes: 5.1, 5.2, 5.3
- ▶ Strand 3: Individual and community health  
Outcomes: 5.8
- ▶ Skills: Communicating, planning and problem solving

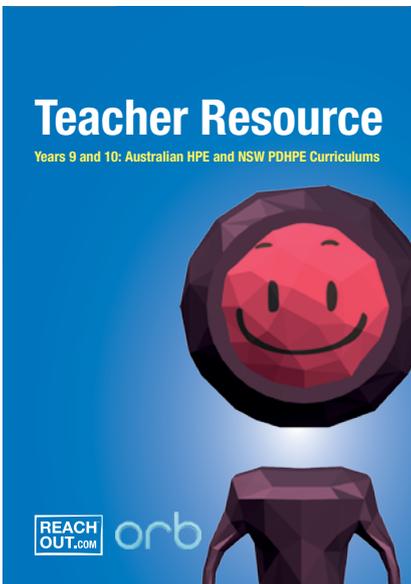
Please note that each individual ReachOut resource has a comprehensive guide to specific curriculum links including elaborations and outcomes.

# ReachOut Schools Resources

ReachOut Schools resources cover a range of different topics to help schools extend the impact of their current mental health and wellbeing programs.

We have a collection of flexible resources, both for the whole school community and individual classrooms. Head to the [ReachOut Schools page](#) for more information.

## Summary of resources



### ReachOut Orb (Year 9 - 10)

In 2016 ReachOut Australia developed its very own gamification package, [ReachOut Orb](#). Orb features a one-of-a-kind serious learning game (for iPad and desktop) with an easy-to-use curriculum-mapped teacher's resource for Year 9 and 10 PDHPE and HPE classes.

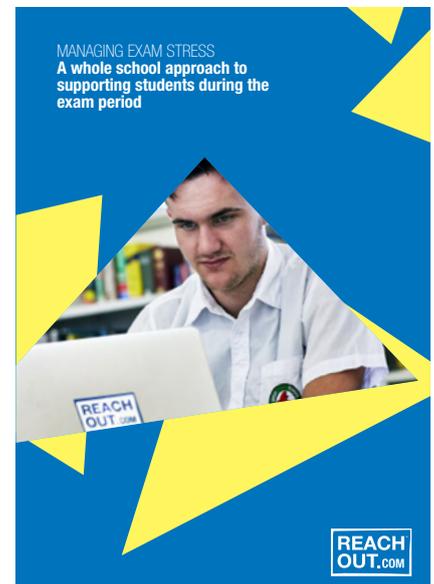
The ReachOut Orb package has been designed to help teachers and wellbeing staff teach mental fitness through positive psychology. The teacher resource was designed by award-winning positive education experts Dr Toni Noble and Helen McGrath.



### Bullying Action Pack (Year 7 – 10)

The [Bullying Action Pack](#) has been created to help school communities tackle bullying and create respectful relationships. This approach has been informed by research that highlights that a whole school approach is needed to resolve this persistent issue.

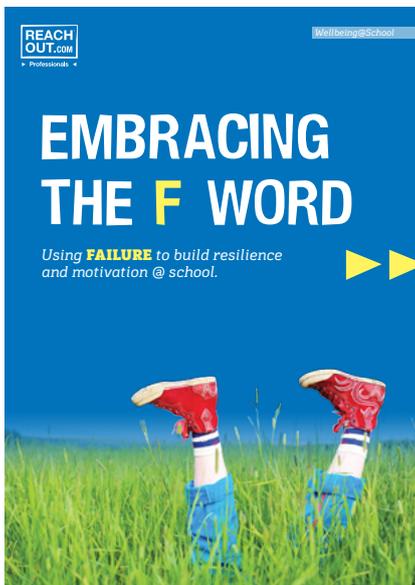
This resource caters to school staff, parents and young people. It includes curriculum-mapped classroom activities, information sheets to share with parents and resources to print and share with students.



### Managing Exam Stress Action Pack (Year 12)

This resource pack is designed to help support students, parents and carers through the stressful exam period.

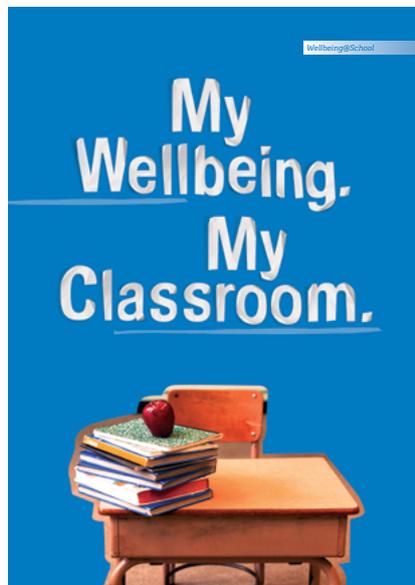
The [Managing Exam Stress Action Pack](#) includes a webinar and classroom resource on identifying stress, how to recognise students who may not be coping and ways you can support students.



### Embracing the 'F' Word (Year 7 – 10)

[“Embracing the ‘F’ Word”](#) will help students and teachers understand that failure is a necessary part of learning. It acts as a guide to teach students that learning happens through failure, effort and hard work.

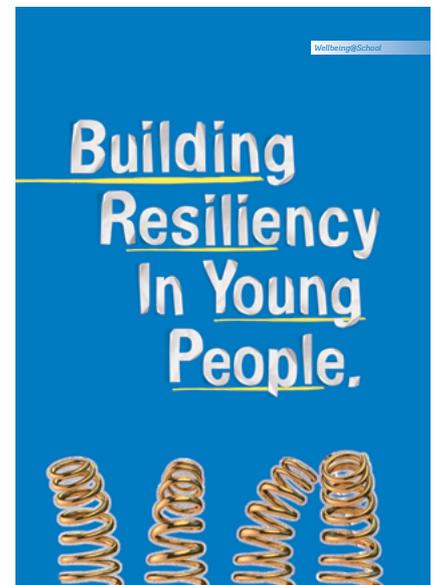
It is based on Professor Carol Dweck’s work on growth mindsets. “Embracing the ‘F’ word” is a flexible resource that can be used in the classroom or by wellbeing staff.



### My Wellbeing My Classroom (Year 7 – 10)

Research shows a classroom encouraging positive emotions and optimistic viewpoints can result in improved academic achievement and fulfilment.

[“My Wellbeing, My Classroom”](#) guides teachers and students through the practical application of Martin Seligman’s Positive Psychology PERMA framework. It is a flexible resource that can be used in the classroom or by wellbeing staff.



### Building Resiliency in Young People (Year 7 – 10)

Resilience is the ability to bounce back from adversity; it is a necessary skill for coping with life’s inevitable obstacles and one of the key ingredients to success. When we apply resilience through the positive psychology lens, the learning is not only to bounce back, but to bounce forward.

[“Building Resiliency”](#) explores the seven essential skills of resilience and turns them into practical activities for HPE and PDHPE classrooms.



**ReachOut Australia**  
Level 2, Building B  
35 Saunders Street  
Pyrmont NSW 2009

[ReachOut.com/About](http://ReachOut.com/About)