**Appendix 3**

**Identifying Wellbeing Enablers and Impactors Checklist**

|  |  |  |  |
| --- | --- | --- | --- |
| **Wellbeing Correlations** | **Impactor** | **Enabler** | **Possible individual or whole school action** |
|  | What negatively impacts this?  How do you know? | What enables this?  How do you know? | Can impactors be mitigated? If so, how?  Can enablers be further developed? If so, how? |
| **Individual Level** | | | |
| **Academic performance** |  |  |  |
| Homework and study time considering involvement in other activities competing with time for homework |  |  |  |
| * Is there support |  |  |  |
| * Is there a feeling of success and control |  |  |  |
| **Social emotional competencies and connections** |  |  |  |
| * Ability to deal with thoughts and feelings |  |  |  |
| * Emotional resilience and ability to cope with stressors |  |  |  |
| * A sense of self |  |  |  |
| * Mindfulness |  |  |  |
| * Attitude and respectfulness towards others and differing cultures |  |  |  |
| * Close Friendships |  |  |  |
| * Relationships with teachers |  |  |  |
| * Feeling of success and control |  |  |  |
| * Relationship with family/kin |  |  |  |
| * Other – list what is relevant to your context |  |  |  |
| **Spirituality** |  |  |  |
| * Religious beliefs |  |  |  |
| * Connection to church or religious body |  |  |  |
| * Spiritual connection with the environment/ to Country |  |  |  |
| * Meditation |  |  |  |
| * Other – list what is relevant to your context |  |  |  |
| **Health and physical activity** |  |  |  |
| * Good nutrition |  |  |  |
| * Appropriate sleep |  |  |  |
| * Physical activity |  |  |  |
| * Team sport |  |  |  |
| * Representative/Elite sport |  |  |  |
| * Physical wellness |  |  |  |
| * Safety |  |  |  |
| * Safe use of technology |  |  |  |
| * Other – list what is relevant to your context |  |  |  |
| **Community Level** | | | |
| **Belonging and Connectedness** |  |  |  |
| * Group linkages, belonging and connectedness |  |  |  |
| * Memberships of associations |  |  |  |
| * Community involvement |  |  |  |
| * Employment/ voluntary work |  |  |  |
| * Family social and cultural supports |  |  |  |
| * Family transport |  |  |  |
| * Family belonging |  |  |  |
| * Family health and socio-economic supports |  |  |  |
| * Community expectations |  |  |  |
| * Other – list what is relevant to your context |  |  |  |
| **Structural Level** | | | |
| **Housing** |  |  |  |
| * Quality of housing (place to do homework, equipment to do homework) |  |  |  |
| * Quality of housing where safety is featured |  |  |  |
| * Other – list what is relevant to your context |  |  |  |
| **Systems** |  |  |  |
| * Access to education |  |  |  |
| * Access to social services |  |  |  |
| * Access to political and justice systems |  |  |  |
| * Access to health systems |  |  |  |
| * Access to transport systems |  |  |  |
| * Other – list what is relevant to your context |  |  |  |