

# Merriwa Central School



*Valuing individual potential – achieving personal best*

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5 March, 2019

Dear Parents/Caregivers

## **Invitation for your son/daughter to participate in The Wellbeing Profiler Project on adolescent wellbeing**

Merriwa Central School is committed to understanding the needs of your child and have engaged a research team from the Centre for Positive Psychology at The University of Melbourne to measure wellbeing of all students. We seek permission from you to allow your child/ren to complete The Wellbeing Profiler survey at school.

### **What is this research about?**

Although wellbeing is an important part of life for all people it is particularly important for young people. The purpose of this research is to help understand young peoples' wellbeing from their point of view. The information will help your school learn more about how young people can be supported.

### **What will your child be asked to do?**

The Wellbeing Profiler was developed by researchers at the Centre for Positive Psychology at The University of Melbourne to measure youth wellbeing. The survey will be conducted at your school usually as a class activity taking approximately 30-45 minutes. We will ask questions about how your child thinks and feels about his/her physical and mental health, school, friends and family. The research team will provide your school with a confidential report on the findings in which no individual student is identified. Your school may invite your child/ren to complete this survey more than once during the school year.

### **Do students have to complete the survey?**

No. Participation is completely voluntary and students are free to withdraw from participation at any time while completing the survey. We are seeking your permission for your child/ren to participate in this survey. To provide consent, kindly return a signed form with the "Yes" option selected. If you prefer for your child/ren not to take part in the survey, kindly return a signed form with the "No" option selected. There will be no negative consequences if you choose not to participate.

### **What will happen to the information? (Confidentiality and data storage)**

The survey is anonymous, responses to the survey are strictly confidential and only group results will be reported back to the school. Survey responses will be stored online on a secure encrypted database that is managed by the Centre for Positive Psychology at the University of Melbourne. No-one will be able to identify you or your child from the results which will be confidential, that is, no individual students will be identified. If the sample size is less than 10, results will not be reported so as to protect the identity of the students. The school's information may be added to the responses from many other young people and used to produce information such as reports, academic publications or presentations. It is important to know that no young person or school will be identified. Storage of the collected data will be kept on secure, password protected University servers for at least 10 years before being deleted.

### **Providing data for research at The University of Melbourne**

Your school has also consented to providing students' Wellbeing Profiler survey data for researchers at The Centre for Positive Psychology to further investigate adolescent wellbeing in Australia, and to use for benchmarking against other schools. Furthermore, findings may be used for presentations, reports and academic publications to help further understand adolescent wellbeing.

### **What are the possible benefits?**

We anticipate the results of this survey will help your school understand where students need more support so they can create a positive environment for students to learn and develop to their fullest potential. We also hope that these insights on student wellbeing will inform wellbeing interventions/practices and curriculum at school.

### **What are the possible risks and how will students' welfare be protected?**

Although it is unlikely, it is possible that some students may be uncomfortable or distressed in answering some of the questions about their feelings, relationships and outlook on life when they fill out the survey.

It is important to note that none of the survey questions is related to self-harm, harm to others, or diagnosis of any psychological or physical illness.

To safeguard students' welfare they are advised in a separate information sheet that should they feel any distress during, or as a result of, this activity, they can withdraw at any time, with no negative consequences on their learning experiences in school. Furthermore they are advised that they may also wish to talk to their parents/guardians, teacher, school, welfare officer, a doctor or a counselling service such as Headspace, Kid's Help Line, or Lifeline.

<i>Headspace</i>	<i>Kid's Help Line</i>	<i>Lifeline Australia</i>
Headspace provides mental and health wellbeing support, information and services to young people and their families across Australia. <a href="http://www.headspace.org.au">www.headspace.org.au</a>	Free 24 hour telephone counselling service for young people aged 5-18.  Phone: 1800 551 800	Lifeline Australia is a 24/7 phone counselling service.  Phone: 13 11 14 Website: <a href="http://www.lifeline.org.au/">http://www.lifeline.org.au/</a>

**School support:**

Principal – Darren Noonan, phone: 02 6548 2119, email: [darren.noonan@det.nsw.edu.au](mailto:darren.noonan@det.nsw.edu.au)

By visiting the Australian Psychological Society website you can locate a Psychologist in your area if you wish.

[www.psychology.org.au](http://www.psychology.org.au).

**Will I hear about the results of this project?**

It will be the school's responsibility to report the findings, as they see fit, to the School Community.

**Where can I get further information?**

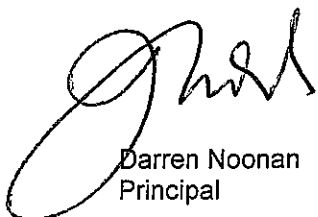
Darren Noonan will be responsible for coordinating the wellbeing initiative in your school. Please feel free to contact Darren Noonan on 02 6548 2119 should you have any questions about your child's participation in the wellbeing initiative.

Alternatively, please feel free to contact Dr Tan-Chyuan Chin at The University of Melbourne on (03) 9035 8976.

**Who can I contact if I have any concerns about the project?**

This research project has been approved by the Human Research Ethics Committee of The University of Melbourne. If you have any concerns or complaints about the conduct of this research project, which you do not wish to discuss with the research team, you should contact the Manager, Human Research Ethics, Office for Research Ethics and Integrity,

University of Melbourne, VIC 3010. Tel: +61 3 8344 2073 or Email: [HumanEthics-complaints@unimelb.edu.au](mailto:HumanEthics-complaints@unimelb.edu.au). All complaints will be treated confidentially. In any correspondence please provide the name of the research team or the name or ethics ID number of the research project.



Darren Noonan  
Principal

Ashleigh Golden  
Coordinator

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**Merriwa Central School**

Bow Street Merriwa NSW 2329

[merriwa-c.school@det.nsw.edu.au](mailto:merriwa-c.school@det.nsw.edu.au)

[www.merriwa-c.schools.nsw.edu.au](http://www.merriwa-c.schools.nsw.edu.au)

Secondary Campus T 6548 2119 F 6548 2534

Primary Campus T 6548 2101 F 6548 2797

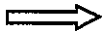
**Centre for Positive Psychology  
Melbourne Graduate School of Education**

Consent form for children participating in The Wellbeing Profiler



THE UNIVERSITY OF  
MELBOURNE

**PROJECT TITLE: The Wellbeing Profiler Project**



Name of participating school: \_\_\_\_\_

Name of investigator(s): Dr. Tan-Chyuan Chin, Professor Dianne Vella-Brodrick, Professor Lindsay Oades, Dr. Margaret Kern, Dr. Gavin Slemp, Dr. Kent Patrick, Miss Alexandra Johnston, Miss Jiaying Jiang and Mr. Rowan Jacques-Hamilton

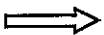
1. I consent for my child to participate in this project, the details of which have been explained to me, and I have been provided with a written plain language statement relating to the project.
2. I understand that after I sign and return this consent form, the form will be retained by the researcher/s.
3. I understand that my child's participation will involve the **completion of The Wellbeing Profiler, an online questionnaire**, by my child.
4. I acknowledge that:
  - (a) I am providing consent for my child to participate in this study;
  - (b) The possible effects of participating in this study, namely in relation to possible student discomfort and distress during or following the completion of the survey have been explained to my satisfaction;
  - (c) I have been informed that my child is free to withdraw from the project at any time without explanation or prejudice;
  - (d) I have been informed that the confidentiality of the information my child provide will be safeguarded subject to any legal requirements, including in relation to record-keeping and privacy;
  - (e) **I understand that questionnaire data collected** will be stored at the University of Melbourne on a password protected server will be destroyed after at least 10 years and will only be accessible by the named researchers;
  - (f) Data from The Wellbeing Profiler used in any publications arising from the overall research project will not, under any circumstances, contain names or identifying characteristics (including identifying characteristics of my child's school).



Please place a tick in the relevant box below to indicate your consent for this project.

**Yes.** I agree to provide consent on my child's behalf to participate in this research.

**No.** I prefer for my child not to take part in this survey.



Child name: \_\_\_\_\_

Class: \_\_\_\_\_



Parent name & signature: \_\_\_\_\_

Date: \_\_\_\_\_

HREC: 1648526; Date: 20/12/18; Version: 2.1