



Truwell wishes to partner with St Andrews College in educating its students to become informed and responsible in the area of personal wellbeing and in the need to foster wellbeing in others. We suggest that for this to happen, a wellbeing program needs to be adopted that sees St Andrews College offering holistic care that covers students, support staff and teachers. This wellbeing program needs to be proactive, redemptive and generative. It also needs to allow parents and carers to partner with the College in promoting wellbeing. By adopting Truwell, St Andrews College can have confidence they have a wellbeing program written by Christian educators that critics are calling 'world's best standard'.



PASTORAL CHALLENGES AT ST ANDREWS COLLEGE

Discussions between the College and Truwel have suggested a number of pastoral challenges.

1. There is a desire for the School to excel in the pastoral care it gives to students, teachers and support staff.
2. There is recognition that the need to enrich student, teacher and support staff wellbeing is growing in importance.
3. There is a need to put in place more pro-active initiatives to contribute to the wellbeing of students, teachers and support staff.

Tuwel is designed to be a one-stop-shop for all school wellbeing needs. Instead of using multiple platforms, one simple platform is provided. Tuwel is a comprehensive wellbeing platform that not only monitors, it also enriches the wellbeing of staff and students.

HOW TRUWELL WOULD WORK

AT ST ANDREWS COLLEGE

Truwell would offer a digital resource that allows school leaders to **track** the wellbeing of teachers and students and **enrich** them by providing remedial exercises. Simple to use, Truwell empowers school leaders to target pastoral care intervention by implementing an interactive and personalised program for teachers/support staff and secondary students.

THE TRUWELL CARE

At least once a term, staff and students:

1. **Score** their overall wellbeing and get a personalised letter reminding them of the help agencies existing within and outside of the school.
2. **Contribute** ideas on how staff and student wellbeing might be improved. These ideas are processed in an easy-to-manage way that makes this exercise enormously useful to school leaders.
3. **Rank** the impact of the main stressors on their life, thus informing the school of wellbeing trends and indicating where remediation might be needed.

THE TRUWELL COURSES We believe monitoring wellbeing is not enough. Therefore, over 50 wellbeing courses are provided. These courses are interactive, personalised and digitally delivered on mobile phones and most computers.

- The exercises for staff each last for about 30 minutes, and may count towards mandated hours of professional development.
- The exercises for students last for about 20 minutes.

PRIVACY

For **staff** - privacy is ensured by only grouped data being shared with school leadership.

For **students** - individual wellbeing data is made available to staff.

CONTENT OF THE WELLBEING COURSES

Over 50 digital courses are currently offered. However, new updates are happening continually.

➤ Examples of topics covered for staff:

- ✓ **Managing workloads**
- ✓ **Tricks to Remaining Positive**
- ✓ **Handling difficult classrooms**

➤ Examples of topics covered for students:

- ✓ **Dealing with bullies and bullying**
- ✓ **Establishing a good digital footprint**
- ✓ **Improving personal Wellbeing**

A full content list of course topics for staff and students can be accessed at:
www.truwell.org

MANAGEMENT: The management of Truwell is simple. One meeting with Truwell is needed to on-board the program. Thereafter, delivery is largely automated. All wellbeing data is presented on an easy-to-read dashboard.

Ongoing help for a Truwell school is provided at: hello@truwell.org

PRICING: Totalling the costs of the various wellbeing initiatives in schools typically results in a \$42+ bill per student pa. Truwell provides a one-stop wellbeing program for a fraction of this cost.

The cost pa is based on the number of students in a school. The per student costs are:

- ✓ Student Wellbeing Survey
- ✓ Staff Survey (Teachers and Support Staff)
- ✓ 45 Student Wellbeing Courses (Available for parents)
- ✓ 22 Staff Wellbeing Courses

is \$1.5 per Student PA

TRUWELL FOR PARENTS



One of the **great strengths** of the [Truwell Wellbeing Program for Schools](#) is that it **offers wellbeing support** for the whole school community, and this includes parents.

The Truwell Wellbeing Program enables parents to access the same wellbeing course undertaken by their children. This means parents will be informed on the major threats to the wellbeing of their children and guided as to what they can do to help their children respond to such issues as:

- ✓ **Handling stress**
- ✓ **Developing resilience**
- ✓ **Responding to bullying**
- ✓ **Getting on with others**
- ✓ **Coping with threats to digital wellbeing**
- ✓ **Improving personal wellbeing**

Being enabled to follow the student wellbeing program undertaken by their children at school, parents can partner with the school in reinforcing the measures needed to help their children flourish.

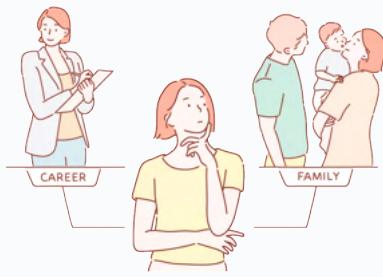
A number of other Truwell products are made available to schools to use with their parents including a Parent Satisfaction Survey.

TEACHER WELLBEING COURSES



POSITIVE PSYCHOLOGY

- ▶ Tricks to Remaining Positive
- ▶ How to cope with Stress
- ▶ Improving Personal Wellbeing
- ▶ Protecting your Inner Self



TEACHER WELLBEING

- ▶ Ways to Improve your work-life Balance
- ▶ Optimising Teacher Effectiveness
- ▶ Taming the Admin Burden
- ▶ Improving Teaching and Learning
- ▶ Managing a Difficult Class



LOOKING AFTER YOURSELF

- ▶ Ways to Increase your Resilience
- ▶ Handling Financial Challenges
- ▶ Improving Personal Health
- ▶ Dealing with Boredom and Burnout



NEW SKILLS

- ▶ Teachers Skills in a COVID World
- ▶ Ensuring WHS
- ▶ Handling Changes in the Workplace
- ▶ Coping with Technology
- ▶ Career Advancement



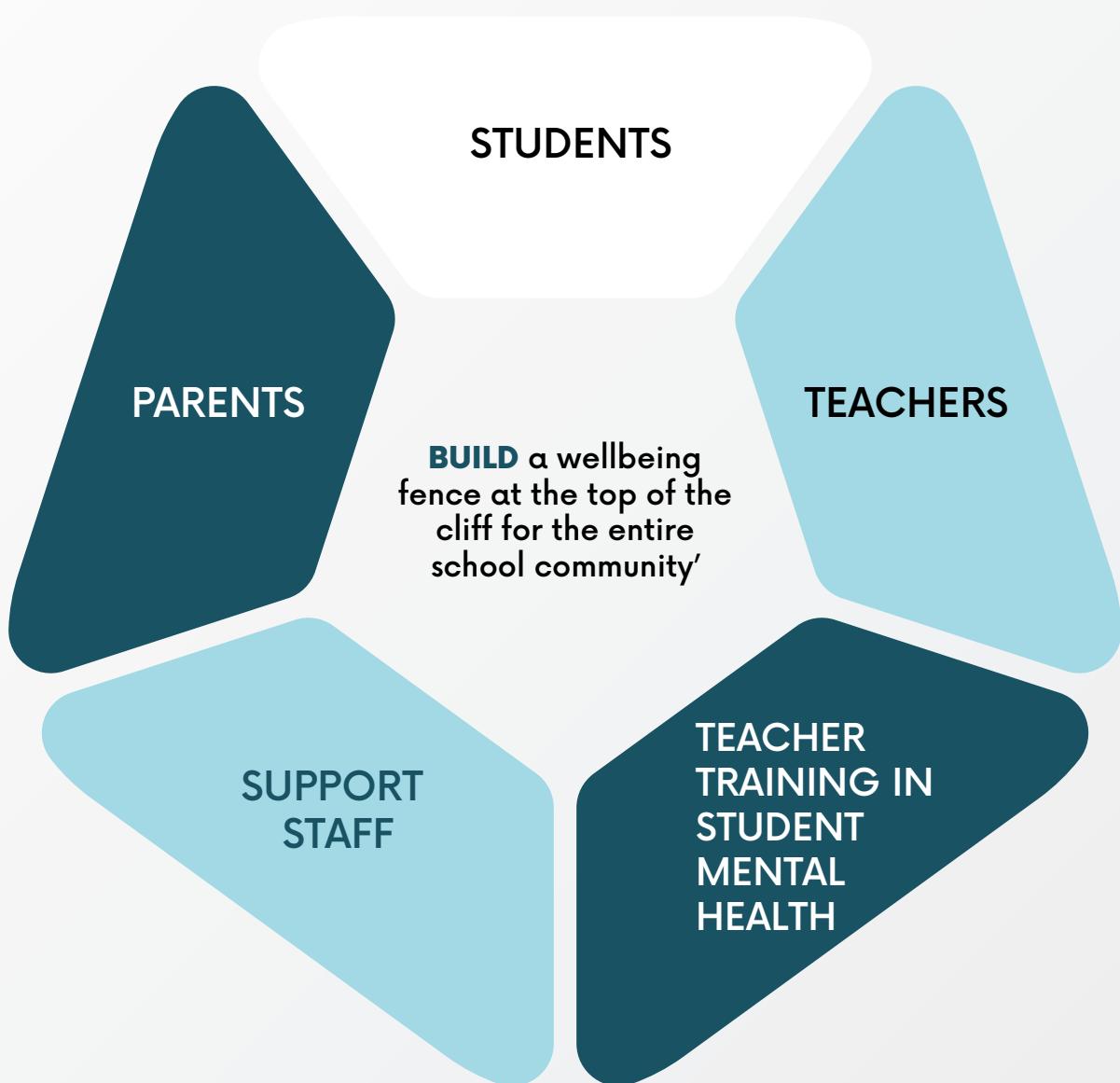
GETTING ON WITH OTHERS

- ▶ Dealing with Difficult People
- ▶ Developing Counselling Techniques

At the end of each exercise, a personalised summary is provided.

TRUWELL CARE

A wellbeing solution uniquely created for your school



Truwell Care is an autonomous solution that allows schools to implement best practices with minimal input and human intervention.

PROPOSAL

Given the needs of the School, it is proposed that St Andrews College purchase the Platinum level of service from Truwel which sells at \$1.5 per student + GST.

If order and payment were to be received before 14th January 2022, and if the Platinum level of service was purchased, there would be a discount of 20%.

Platinum - Staff, Students and Parents	Pre-14th Jan. 2022	1058 x \$1.2	\$1,269
	Post-14th Jan. 2022	1058 x \$1.5	\$1,587

It is hoped that this proposal is acceptable to you.

Should you wish to amend the proposal in any way, please do not hesitate to contact me.

With kind regards,

Dr Tim Hawkes



Adam Weber

