



Visit teaches students about healthy minds

A DESIRE to improve students' psychological wellbeing led to the AFL's director of education visiting Bunbury last week.

Bunbury Cathedral Grammar School held a two-day program with Matthew Scholes, who is also a visiting scholar from Melbourne's La Trobe University.

Mr Scholes introduced the school's Year 10 leaders, Year 5 and 6 students, sports coaches, staff and parents to his positive psychology in sport program.

"It looks at the science of positive psychology and building resilience," he said.

"The biggest lever in terms of changing athletes' wellbeing is coaches, so we work with them and the way they frame their coaching.

"It's about handling failures, being resilient and learning from your losses.

"I teach it in a sport setting because it is easier to understand but the same concepts flow to the classroom, home and eventually the workplace."

Mr Scholes also held an open ses-

sion attended by about 70 parents and community coaches and described the audience as "open minded" and "really engaged and enthusiastic".

He visited WA solely for the two-day Bunbury program and Grammar's head of positive education Andrew Lincoln said the visit was a "coup".

"We have a big focus on the wellbeing of our staff and students," Mr Lincoln said.

"Something all kids do and is really important is sport so we thought that was a good lever to work with kids' wellbeing.

"Our aim is to be sending out kids who are optimistic and resilient and if we can improve their sport, that's a bonus for us."

"It's about handling failures, being resilient and learning from your losses"

- Matthew Scholes

Bunbury Cathedral Grammar School Year 6 students Jeremy Bugden and Grace Satie took part in the sports psychology program organised by the school's head of positive education Andrew Lincoln and visiting scholar Matthew Scholes.

PICTURE: LINCOLN BERTELLI