

Louise Rowling

08/09/2008

- ▶ **Worries hit kids**
Daily Telegraph, 08/09/08, General News, Page 7
By: None

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94 words

- ▶ **One pupil in five needs mental health or emotional support**
Australian, 08/09/08, General News, Page 5
By: Stephen Lunn

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392 words

- ▶ **School grades linked to mental health**
Canberra Times, 08/09/08, General News, Page 5
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- ▶ **Mental health linked to academic achievement**
Sunraysia Daily, 08/09/08, General News, Page 11
By: None

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- ▶ **Principals acknowledge role of mental health**
Burnie Advocate, 08/09/08, General News, Page 12
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- ▶ **Mental health = good exam results**
Geelong Advertiser, 08/09/08, General News, Page 12
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- ▶ **Head for learning**
Newcastle Herald, 08/09/08, General News, Page 15
By: None

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196 words

- ▶ **Principals link mental health to academic achievement**
Border Mail, 08/09/08, General News, Page 12
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- ▶ **Mental health linked to academic achievement**
North West Star, 08/09/08, General News, Page 9
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▶ **Principals see a mental link**

Launceston Examiner, 08/09/08, General News, Page 20

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283 words

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Worries hit kids

ONE in five Australian students have mental health problems which are affecting academic performance, new research reveals.

Almost 80 per cent of school principals across 25 countries, including Australia, believe students' academic performance is directly linked to their mental health. The research will be presented in Melbourne this week at the *Margins to Mainstream* mental health conference.

Principals identified bullying, harassment, anxiety, depression, family dysfunction and drug and alcohol issues as some of the problems affecting students.

Professor Louise Rowling from the University of Sydney said principals recognised students' mental health was a priority.



One pupil in five needs mental health or emotional support

Stephen Lunn
 Social affairs writer

ONE in five children needs support to deal with mental health or emotional wellbeing issues, many school principals believe.

A survey of 1200 principals worldwide, including 270 in Australia, found students' academic performance was directly linked to how they felt emotionally.

A student's reaction to bullying, harassment, anxiety, depression, family dysfunction and personal or family drug and alcohol issues was a big influence on their academic performance, the principals reported.

The study's author, Sydney University mental health expert Louise Rowling, said 40 per cent of Australian principals believed that in a class of 25 students, at least five needed support for mental health problems.

And 94 per cent of the principals, higher than the overall international average of 82 per cent, said a child's mental health and wellbeing was an important factor in their academic life.

Mental health professionals

have long recognised the link between school achievement and the emotional impact of a difficult school or home environment, but it was pleasing decision-makers in schools now accepted the link, Professor Rowling said. "The principals themselves have recognised there are a lot of issues going on in schools for young people and staff ... they need to get their head around," she said.

Professor Rowling, who will present her findings to a mental health conference in Melbourne this week, said emotional problems had "the potential to impact on students' learning and adjustment to school".

"What we wanted to do was ensure education systems recognise mental health is an important thing they (the principals) need to take on their agenda," she said.

Lyn Walker, director of mental health and wellbeing at VicHealth, agreed that schools must look beyond reading, writing and

arithmetic to provide social support and a relationship between the school and home.

"Mental health problems are one of the top priorities of government in deciding on spending initiatives, which is an acknowledgement this is a huge and growing problem," Ms Walker said.

"It's so important for children to have supportive relationships, because we know good mental health equates to better educational outcomes."

President-elect of the International Confederation of Principals Andrew Blair said the research confirmed the mental health of students was a real concern.

"To improve educational outcomes we must continue to find ways to improve students' mental wellbeing," he said. "This means encouraging school leaders to make positive changes to school culture, ethos, curriculum and pathways to care."



School grades linked to mental health

Eighty per cent of school principals across 25 countries believe students' academic performance is directly linked to their mental health.

The study of more than 1200 principals, including 270 in Australia, also found about one in five Australian students needed mental-health support.

The research, to be presented for the first time in Melbourne on Wednesday at the Margins to Mainstream mental health conference, surveyed 1215 principals from 25 countries. An overwhelming majority – 82 per cent – of school heads globally said they believed there was a direct link between mental health and students' academic achievement.

In comparison, 94 per cent of Australian principals considered mental health and wellbeing, as very important in terms of student performance and academic achievement.

Professor Louise Rowling, of the University of Sydney, said this was

likely because Australians had been exposed to a national mental health campaign and were therefore more aware of the extent of mental health problems.

Professor Rowling is the president of the International Alliance for Child and Adolescent Mental Health and Schools, which undertook the research with the International Confederation of Principals.

She said it was the first time principals had recognised what the mental health sector had known for a long time. "Now the principals themselves have recognised that there's a lot of issues going on in schools for young people and their staff, that . . . they need to get their head around," Professor Rowling said.

She said principals had identified bullying, harassment, anxiety, depression, family dysfunction and drug and alcohol issues, as some of the problems affecting students.

"It has the potential to impact on their learning and adjustment to school and connection to school."

she said. "What we wanted to do was to ensure that education systems recognise that mental health is an important thing that they [principals] need to take on their agenda."

Confederation president-elect Andrew Blair said the research confirmed the mental health of students was a real concern and needed to be addressed.

"To improve educational outcomes for students we must continue to find ways to improve students' mental wellbeing," he said.

"This means encouraging school leaders to make positive changes to school culture, ethos, curriculum and pathways to care."

VicHealth acting chief executive Lyn Walker said if schools provided student-to-student support and student-to-teacher support, mental health as well as literacy and numeracy would benefit.

Young people would be involved in sessions in Melbourne today to draft a series of recommendations in response to the study.

AAP



Mental health linked to academic achievement

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This was likely because Australians had been exposed to a national mental health campaign and were therefore more aware of the extent of mental health problems, Professor Louise Rowling from the University of Sydney said.

Prof Rowling is the president of the International Alliance for Child and Adolescent Mental Health and Schools, which undertook the research with the International Confederation of Principals (ICP).

She said it was the first time principals had recognised what the mental health sector has known for a long time.

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ICP president-elect Andrew Blair said the research confirmed the mental health of students was a real concern and needed to be addressed.

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-AAP



Burnie Advocate
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MTWTFS-

Principals acknowledge role of mental health

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General News
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MTWTFS-

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General News
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MTWTFS-

Results seen as mental Head for learning

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The education system should place mental health on principals' agendas, said Professor Rowling.

AAP



Principals link mental health to academic achievement

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