

Mediaportal Report

08/09/2008

- ▶ **Too stoned to study**
 Herald Sun, 08/09/08, General News, Page 15
 By: Carly Crawford

Clip Ref: **00040914420**
357 words
- ▶ **One pupil in five needs mental health or emotional support**
 Australian, 08/09/08, General News, Page 5
 By: Stephen Lunn

Clip Ref: **00040910918**
392 words
- ▶ **Worries hit kids**
 Daily Telegraph, 08/09/08, General News, Page 7
 By: None

Clip Ref: **00040909816**
94 words
- ▶ **School grades linked to mental health**
 Canberra Times, 08/09/08, General News, Page 5
 By: AAP

Clip Ref: **00040915775**
405 words
- ▶ **Alcohol and drug worries at schools**
 Hobart Mercury, 08/09/08, General News, Page 6
 By: Carly Crawford

Clip Ref: **00040913542**
320 words
- ▶ **MIX FM (Melbourne)**
07:00 News - 8/09/2008 7:04 AM
Newsreader
News Director Ms Emily Hoskins 03 9420 1145

Demographics

Male:	21000
Female:	15000
AB:	11000
GB:	19000
All People:	37000

International and Australian mental experts are in Melbourne to discuss problems that plague students in their high school years. VicHealth's Brian Vandenberg, says that alcohol is a big problem for students.

Interviewees: Brian Vandenberg, VicHealth
Duration: 0.35
Summary ID: M00031997291
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▶ **ABC 774 Melbourne (Melbourne)**
07:00 News - 8/09/2008 7:06 AM
Newsreader
Station Phone 03 9626 1771

VicHealth has called for a ban on alcohol advertising during live-to-air sporting events. A new study shows 94% school principals consider mental health and wellbeing very important for student performance with drug and alcohol issues the most important emotional or health issue effecting students.

Interviewees: Brian Vandenberg, spokesman, VicHealth

Duration: 0.40

Summary ID: M00031996338

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Demographics	
Male:	60000
Female:	55000
AB:	53000
GB:	63000
All People:	115000

▶ **Triple J (Melbourne)**
08:00 News - 8/09/2008 8:00 AM
Newsreader
News Editor Ms Rhianna Patrick 02 8333 2912

A new study into the emotional and mental health issues facing students shows that 80% of school principals surveyed thought there was a direct link between mental health and academic achievement with drugs and alcohol the biggest mental health issues.

Interviewees: Brian Vandenberg, spokesman, VicHealth

Duration: 0.33

Summary ID: M00031997749

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Demographics	
Male:	800
Female:	200
AB:	100
GB:	400
All People:	1000

▶ **Triple J (Sydney)**
14:00 News - 8/09/2008 2:02 PM
Newsreader
News Editor Ms Rhianna Patrick 02 8333 2912

In Victoria, there are calls for changes to the way alcohol is advertised after a new study into the emotional and mental health issues facing students.

Interviewees: Brian Vandenberg, VicHealth

Duration: 0.34

Summary ID: S00032004212

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Demographics	
Male:	24000
Female:	12000
AB:	15000
GB:	15000
All People:	36000

07/09/2008

▶ **Vic: Principals link mental health to academic achievement**
AAP Newswire, 07/09/08, National, Page 0
By: AAP

Clip Ref: **00040914337**
437 words

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Too stoned to study

Carly Crawford

ALCOHOL and drug abuse is affecting the academic performance of students, principals fear.

A comprehensive new survey has found that Australian principals believe one in five students needs mental health support.

They rated alcohol and drug abuse as having the biggest impact on the psychological wellbeing of young people.

Anger management problems and bullying were among the other factors, according to a survey by the International Alliance for Child and Adolescent Mental Health and Schools (InterCamhs).

Findings of the the InterCamhs survey of 1200 principals around the world, including 270 in Australia, will be presented during a three-day mental health conference in Melbourne this week.

It found that 82 per cent of

principals globally and 94 per cent in Australia believe a student's mental health directly affects their academic achievement.

Project leader Professor Louisa Rowling, from the University of Sydney, said Australian principals had named drugs and alcohol as the major problem.

"It has the potential to impact on their learning and adjustment to school and connection to school," Prof Rowling said.

Principals Australia president Susan Boucher said students were less likely to use drugs if they felt positive about school.

"Where they feel protected and connected to school, and where they feel they are achieving success, research shows that has an impact on alcohol consumption and whether they access drugs."

Twenty students will voice

their ideas at a summit at Melbourne's convention centre tomorrow ahead of the Vic-Health Margins to Mainstream conference on Wednesday.

Australian Secondary Schools Association president Andrew Blair said a lighter teacher workload would help students cope with mental health issues.

"It's really important for people to understand that kids are coming to school with more social problems than they've ever had," he said.

"We've got more family dysfunction than ever before, so that for many kids school is the only place where they get a sense of belonging with adults."

He suggested smaller classes would better support students. "Teacher workloads have got to be redefined so they can spend this time with kids," Mr Blair said.



Path to higher education: Sue Winters is anxious over where son Patrick will do his secondary schooling. Picture: ANDREW HENSHAW

DO

- Pick a school that complements your child's personality and interests
- Look for a caring environment
- Choose a school that matches your family's values and religious beliefs.
- Find quality teachers who can be found in schools that don't have the best reputation
- Select a school that has extra-curricular activities such as leadership programs

DON'T

- Expect your child to fit a school's culture
- Leave your child out of the decision
- Rely solely on a school's reputation or brochures
- Think the one school will suit all of your children
- Fail to look at policies, such as anti-bullying, which reveal the school's heart

Source: *The Best School For Your Child*, by Erin Shale.

LN/Herald Sun/8/9/08



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."



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.



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



Hobart Mercury
08/09/2008
Page: 6
General News
Region: Hobart
Circulation: 46985
Type: Capital City Daily
Size: 189.16 sq.cms
MTWTFS-

Alcohol and drug worries at schools

CARLY CRAWFORD

ALCOHOL and drug abuse is harming the academic performance of students, principals fear.

A comprehensive new survey has found Australian principals believe one in five students needs mental health support.

They rated alcohol and drug abuse as having biggest impact on the psychological wellbeing of young people.

Anger management problems and bullying were among the other factors, according to a survey by the International Alliance for Child and Adolescent Mental Health and Schools.

The Intercamhs survey of 1200 principals around the world, including 270 in Australia, will be presented during a three-day mental health conference in Melbourne this week.

It found 82 per cent of princi-

pals globally and 94 per cent in Australia believed a student's mental health directly affected their academic achievement.

Project leader Professor Louisa Rowling from the University of Sydney said Australian principals had named drugs and alcohol as the major problem.

"It has the potential to impact on their learning and adjustment to school and connection to school," Prof Rowling said.

Principals Australia president Susan Boucher said students were less likely to use drugs if they felt positive about school.

"Where they feel protected and connected to school and where they feel they are achieving success, research shows that has an impact on alcohol consumption and whether they access drugs."

Twenty students will voice

their ideas at a summit at Melbourne's convention centre tomorrow ahead of the VicHealth Margins to Mainstream conference on Wednesday. Pre-conference talks begin today.

Australian Secondary Schools Association president Andrew Blair said a lighter teacher workload would help students cope with mental health issues.

"It's really important for people to understand that kids are coming to school with more social problems than they've ever had," he said.

"We've got more family dysfunction than ever before so that for many kids, school is the only place where they get a sense of belonging with adults."

He suggested that smaller classes would support students better.

Vic: Principals link mental health to academic achievement

By Michelle Draper

MELBOURNE, Sept 7 AAP - 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 1,200 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 this week at the Margins to Mainstream mental health conference, surveyed 1,215 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.

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 (InterCamhs), 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.

"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," Prof Rowling told AAP.

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," Prof Rowling 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."

ICP 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.

Prof Rowling said young people would be involved in sessions in Melbourne tomorrow to draft a series of recommendations in response to the study.

The preliminary findings of the research will be presented to the conference on Wednesday.

AAP md/gfr/lh/mn