



## Smart and Good High Schools

<http://www.cortland.edu/character/highschools/>

This US report makes for interesting reading. Its subtitle is *Integrating Excellence and Ethics for Success in School, Work and Beyond*. It is co-produced by the Center for the 4<sup>th</sup> and 5<sup>th</sup> Rs (Respect and Responsibility) and Character Education Partnership.

Linking the report to Jim Collins' hedgehog concept of Level 5 Leadership, the authors say in their introduction: *This report proposes an overarching hedgehog concept that we think the best high schools also have in common, namely, that education has two great goals: to help students become smart (in the multi-dimensional sense of intelligence) and to help them become good (in the multidimensional sense of moral*

*maturity). Excellence and ethics. We call a school that is committed to both of these goals a Smart & Good High School.*

*Character is the pathway to both excellence and ethics. Young people need performance character—diligence, a strong work ethic, a positive attitude, and perseverance—in order to realize their potential for excellence in any performance or achievement context in school, work, and beyond. They need moral character—integrity, respect, cooperation, and justice—in order to be ethical and fulfilled in their relationships. If young people don't have performance character, they won't develop their talents and lead a productive life. The nation won't have a competent, competitive workforce.*

*If our young don't have moral character, they won't lead an ethical life. Society will be filled with people who lie, cheat, and steal.*

*In a Smart & Good High School, all things in the life of the school—routines, rituals, discipline, curriculum, cocurricular activities, and unplanned “teachable moments” - are intentionally utilized as opportunities to foster excellence and ethics.*

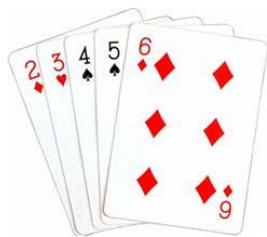
*If our young don't have moral character, they won't lead an ethical life. Society will be filled with people who lie, cheat, and steal.*

*Our report's title, Smart & Good High Schools, clearly indicates our belief that if you want individual teachers and*



*other staff to pursue the mission of excellence and ethics with students, then you should create a whole-school design (addressing such issues as teaching load and time for planning) and a positive school culture that motivate and help staff implement such a vision. Otherwise, as a member of our Experts Panel commented, “All the noble rhetoric in school mission statements will seem like a cruel joke.”*

## Gambling Matters Newsletter



<http://www.ghsouthern.org.au/mos/content/section/2/27/>

Gambling Matters is the official magazine of Gambler's Help Southern. It's an excellent source of news, views and resources on the issue of gambling – both in the state of Victoria and elsewhere.

Issues are available to read online.

You can subscribe to Gambling Matters by sending an email to [GamblingMatters@ghsouthern.org.au](mailto:GamblingMatters@ghsouthern.org.au) or visiting the subscription web page at [http://ghsouthern.org.au/mailman/listinfo/gamblingmatters\\_ghsouthern.org.au](http://ghsouthern.org.au/mailman/listinfo/gamblingmatters_ghsouthern.org.au)

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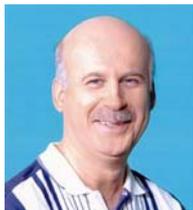
*Where your attention  
goes, your energy flows  
and life grows.  
(Brian Bacon)*



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## Stand Up



Your knees shake.

You are blinded by the lights.

You are lost for words.

You die.

No, it's not public speaking.

It's the world of stand up comedy if you're a beginner.

*If you want to conquer fear, don't sit at home and think about it. Go out and get busy.*

(Dale Carnegie, Author)

That what I experienced when I started stand up comedy last year.

And I am determined to keep doing it until I get it right or get at least one laugh.

Why?

Because its beyond my comfort zone.

Let me explain my madness.

I've been speaking, training and coaching for over thirty years and I still thoroughly enjoy it.

I thought 'what can I do that I have no experience in and most people would never ever attempt? Ah, yes, stand up comedy, I haven't died on stage for a long time. I'll give that a go.'

It's been great because its provided me with a challenge, I've learnt new skills that have helped me in my professional speaking and training business and I have fun.

If you are in a comfort zone at work, then why not challenge yourself and take up something that gets you refreshed and excited.

All you have to do is *stand up* for yourself.

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## Character Education Partnership



<http://www.character.org>

Linked to the character education movement in the United States, this site has some interesting resources and articles available that are also relevant in an Australian context.

*You can tell a lot about a fellow's character by his way of eating jellybeans.*  
(Ronald Reagan)

### **What is Character Education?**

*Character education is a national movement encouraging schools to create environments that foster ethical, responsible, and caring young people. It is the intentional, proactive effort by schools, districts, and states to instill in their students important core, ethical values that we all share such as caring, honesty, fairness, responsibility, and respect for self and others.*

*Effective good character education is comprehensive; it is integrated into all aspect of classroom life, including academic subjects and infused throughout the school day in all areas of the school (playing field, cafeteria, hallways, school busses, etc.). It provides long-term solutions that address moral, ethical, and academic issues that are of growing concern about our society and the safety of our schools.*

### **How Does Character Education Work?**

*To be effective, character education must include the entire school community and must be infused throughout the entire school curriculum and culture. Character education promotes core values in all phases of school life and includes proactive strategies and practices that help children not only understand core, ethical values, but to care about and act upon them.*



# New Year Resolutions

## A Time for Renewal - A New Start for Everyone



The beginning of a new calendar year is a time for "taking stock" about what's been working and what hasn't. It's a time to plan how to build on strengths and make some changes.

Here are five "resolutions" for support staff and teachers to consider:

(1) Resolve to make the first day back special. This is the time for support staff and teachers to take special steps to individually greet and welcome back each student and especially those who need to be re-engaged in the learning process. (For ideas on welcoming, see the Center's Quick Find on Transitions at [http://smhp.psych.ucla.edu/qf/p2101\\_01.htm](http://smhp.psych.ucla.edu/qf/p2101_01.htm) )

(2) Resolve to follow through: be prepared to help the identified students re-engage in positive activities and learning. Be sure to look at a broad range of contributing causes to problems. Focus on changes in the classroom and school environment that might reduce commonly occurring problems in a cost effective way. (For more ideas, see the Center's Quick Find on Motivation at <http://smhp.psych.ucla.edu/qf/motiv.htm> )

(3) Resolve to reach out to create more collaborative and mutually supportive ways to team with others at the school, in the district, and in the community. (For more ideas on this, see the Quick Find on School and Community Collaboration at [http://smhp.psych.ucla.edu/qf/p1201\\_01.htm](http://smhp.psych.ucla.edu/qf/p1201_01.htm) )

(4) Resolve to develop mutually supportive relationships with families. (For more on this, see the Quick Find on Parent/Home Involvement in Schools at <http://smhp.psych.ucla.edu/qf/homework.htm> )

(5) Resolve to take care of yourself. (For some ideas about minimizing staff burn-out, go to the Quick Find on Burnout at <http://smhp.psych.ucla.edu/qf/burnout.htm> )

### Working Together to Turn Resolutions into Actions

For schools that don't already have one, forming a Learning Supports Coordinating Team can help enhance how resources are used at the school to make it possible to follow through on the above resolutions. Such a group can help a school become more proactive in anticipating and preventing many problems. The team does this by reviewing all resources the school is using to support learning with a view to analyzing effectiveness, redeploying resources to enhance good outcomes, and mobilizing staff, students, and families to work effectively together. (See "Developing Resource-Oriented Mechanisms to Enhance Learning Supports" at [http://smhp.psych.ucla.edu/pdfdocs/contedu/developing\\_resource\\_oriented\\_mechanisms.pdf](http://smhp.psych.ucla.edu/pdfdocs/contedu/developing_resource_oriented_mechanisms.pdf) )

For more on anticipating the natural opportunities for strengthening learning support that occur over the course of the school year, see "Ideas for enhancing support at school this month" at <http://smhp.psych.ucla.edu>

*(Editor's Note: The monthly timeline in the above list is created to suit the US school year. Adapt your reading of the list if need be to suit the rhythm of the Australian school year starting in January.)*

## UCLA Center for Mental Health in Schools

Thanks go to the UCLA Center for Mental Health in Schools for several of the articles and items in this issue of Starlink. Their website has been promoted a number of times in past issues of Starlink – it's an excellent resource! Visit <http://smhp.psych.ucla.edu> to see for yourself!

## Inspire

<http://www.inspire.org.au/>

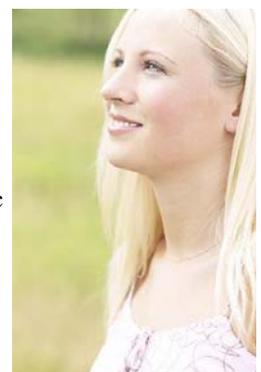
The Inspire Foundation is a national non-profit foundation that was formed in 1996 in response to Australia's unacceptably high rates of youth suicide and attempted suicide.

The mission of the Inspire Foundation is to create opportunities for young people to help themselves and help others.

This mission derives from our deeply held belief that young people want to make a positive difference in their own lives and the life of their community - and that with appropriate care and support every young person can get through tough times.

We also believe that every young person has something special to give the world. That is why young people are at the centre of all that we do - as partners in the development and delivery of our initiatives.

The primary focus of Inspire's work is on young Australians aged 16-25, with a specific commitment to those living in under-served communities.



**Note: Reach Out** (<http://www.reachout.com.au>) is one of the initiatives of Inspire

## BJ Seminars International

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(Watch this space for our new website!)

- ... inspiring and connecting people

## New Look & New Logo

*The changes in Starlink for 2006 reflect the formation of a new partnership, BJ Seminars International, with my colleague, Chris Bennett. For our logo we combined my own, (the mandorla) with Chris's (the figure with upraised arms). This reflects that, in our new venture, we are combining our separate skills and backgrounds - but with the whole becoming more than the sum of its parts. ☺*



*Starlink itself will remain the same - a collection of resources and ideas we hope you will continue to find useful!*

*Cheers, Sue*

## Science Direct

<http://www.sciencedirect.com>

This website is an excellent resource for the latest research and published articles, including those in the fields of Arts and Humanities, Nursing and Health Professions, Psychology and Social Sciences.

As a guest user or individual, you can download at no cost articles from the most recent issue of many journals. Articles from previous issues are not cheap to purchase, at \$30.00 USD.

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## Taylor & Francis Online Journals

<http://journalonline.tandf.co.uk>

Similar to the Science Direct website, this UK based website provides access to (currently) 1,257 journals online, including a number of Australian publications.

Abstracts for all articles are available, though each full article costs approximately \$22.00 USD to download. Both electronic and online subscription information is available for each journal.

Some Starlink readers may be interested in a special 25% discount organisational/

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<http://www.tandf.co.uk/journals/offer/rpos-so.asp>