

Resilience Project

STEP UP Action Plan

School Name:

Date:



About your school:

| | |
|--|--|
| Location: | |
| Total Enrolments: | |
| Day students: | |
| Boarders: | |
| Demographic breakdown: | |
| % Aboriginal/ Torres Strait Islander students: | |
| TSS supported students (Cape York/ Palm Island)? | |

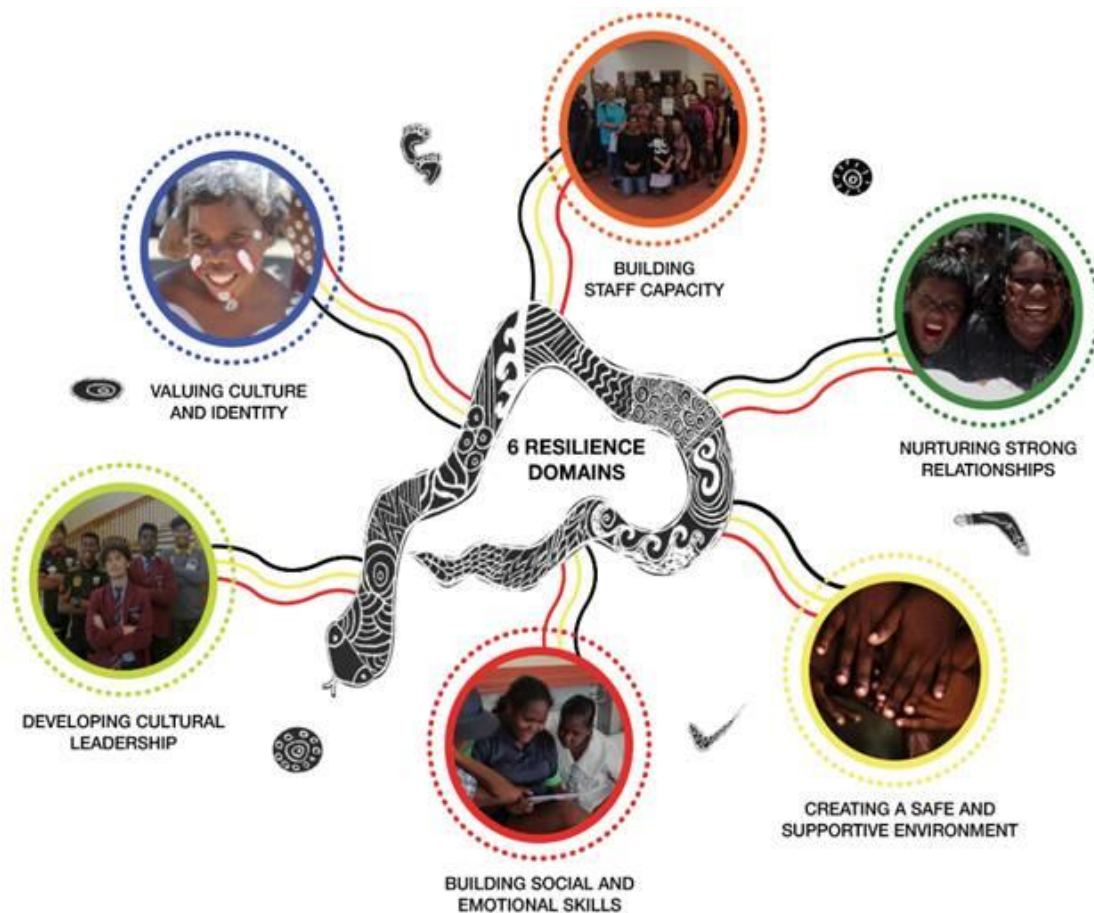
- S** Strengths-Based
- T** Tuned in
- E** Evidence-Based
- P** Plan is measurable

- U** Understanding
- P** Partnerships

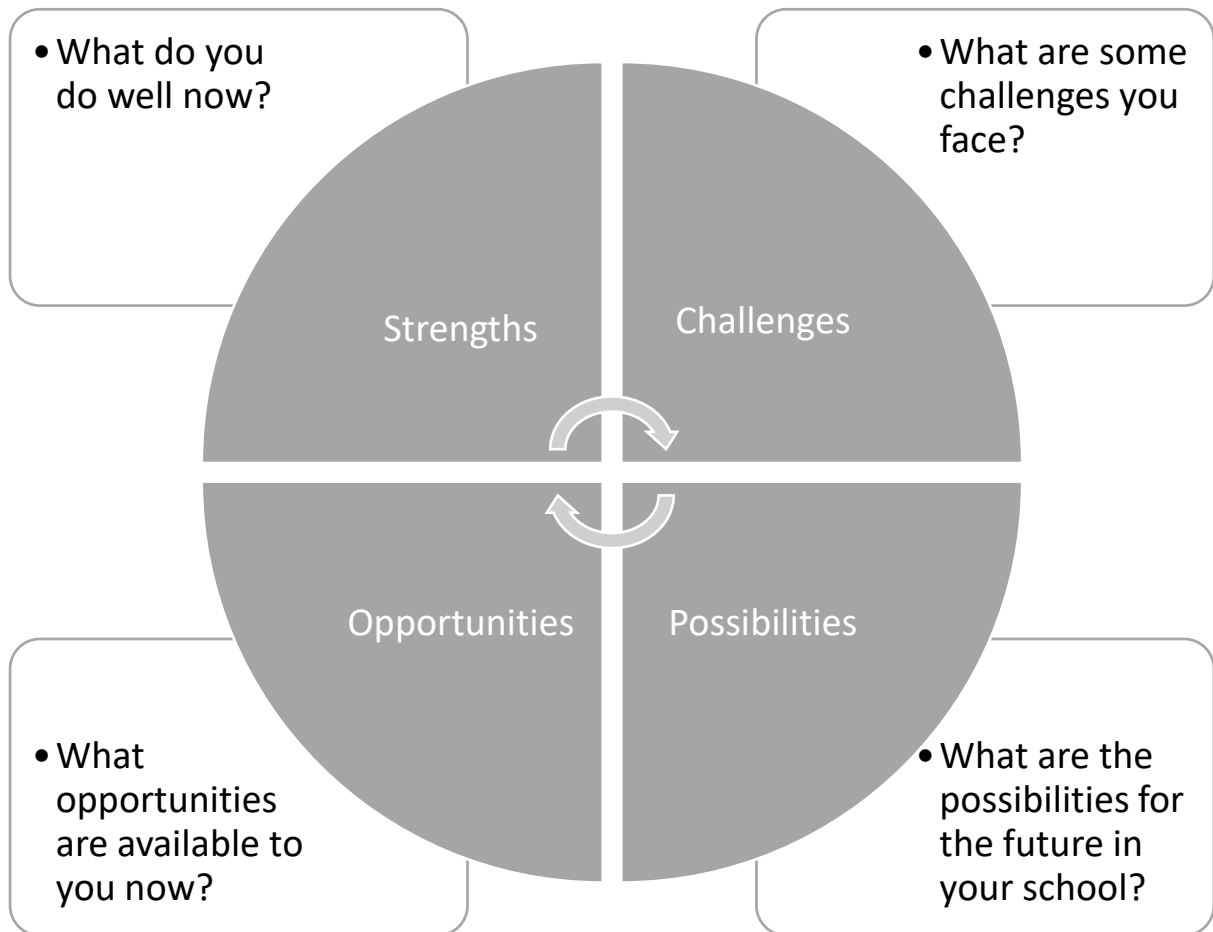


The Six Resilience Building Domains:

The Central Queensland University (CQU) and Education Queensland Transition Support Service (TSS) Resilience research project examined the literature and evidence base on Social Emotional Learning strategies and resilience for Aboriginal and Torres Strait Islander students. It worked with students, parents and schools to identify the six resilience building domains used in this toolkit. These domains were identified as being essential components to support Indigenous students' wellbeing at school. This resource can be used in conjunction with others available on the resilience toolkit website, such as checklists and questions to consider for your school.



Planning Framework



Rate your school across each Domain, using the following key:

1 = Not a lot is happening in this area.

2 = We're doing a couple of things in this area.

3 = We're doing ok in this area but could do more.

4 = We're doing pretty well in this area

5 = This is a strength area in our school

Valuing Culture and Identity:

Strengths

Challenges

Possibilities/ Opportunities

Current Rating:

1

2

3

4

5



Building Social and Emotional Skills:

Strengths

Challenges

Possibilities/ Opportunities

Current Rating:

1

2

3

4

5



Developing Cultural Leadership:

Strengths

Challenges

Possibilities/ Opportunities

Current Rating:



Creating a Safe and Supportive Environment:

Strengths

Challenges

Possibilities/ Opportunities

Current Rating:



1

2

3

4

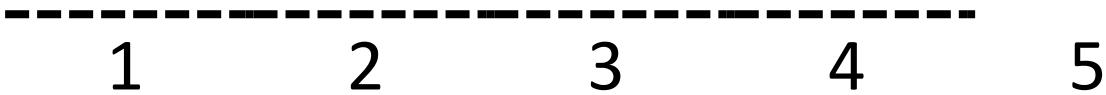
5



Nurturing Strong Relationships:

| |
|------------------------------------|
| Strengths |
| Challenges |
| Possibilities/Opportunities |

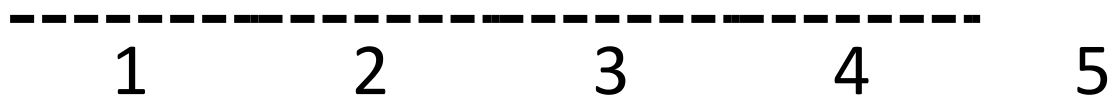
Current Rating:



Building Staff Capacity:

| |
|-------------------------------------|
| Strengths |
| Challenges |
| Possibilities/ Opportunities |

Current Rating:



Other Strengths or Challenges:

Are there any strengths or challenges at your school that don't fit the above domains? E.g. Health, academic supports or resources important to supporting Indigenous students?

A large, empty rectangular box with a dashed black border, intended for the user to write their response to the question above.

STEP UP Focus Area/s:

List 1, 2 or 3 focus area/s to develop over the next 12 months:

| | |
|----------|--|
| 1 | |
| 2 | |
| 3 | |



Supports for Implementation:

What will you need to support your plan? (e.g.; TSS, Professional Development, funding, what school personnel?)



Tracking Your Progress:

What would success in this area look like? How will you measure the success of your plan? What tools, milestones and indicators will keep you on track?

| Focus Area: (insert focus here) | |
|--|-------------------------------|
| Progress/ Success | Indicators/ Milestones |
| | |

| Focus Area: (insert focus here) | |
|--|-------------------------------|
| Progress/ Success | Indicators/ Milestones |
| | |

| Focus Area 3: (insert focus here) | |
|--|-------------------------------|
| Progress/ Success | Indicators/ Milestones |
| | |



Research/ Professional Development:

What Professional Development or other research/information would you like to access?



Are there any research focus areas that you need to support your practice?



The artwork on the front page was designed by Venus Watson. Her piece expresses the strengths she drew on to be strong and deadly at boarding school. For full story, see the resilience toolkit website.

To access further resources to support your STEP UP plan, please see:

<https://resiliencebuildingtoolkit.com.au/>

To contact CQUniversity regarding the toolkit or the STEP UP plan please email ciher@cqu.edu.au

To contact the Queensland Department of Education Transition Support Service: 07 4036 5021

Happy Planning!

