PRIMARY PRINCIPALS’ WELLBEING PROJECT

The Research Project

Catholic Education Western Australia has engaged Professor Donna Cross from the Telethon Kids Institute to research the wellbeing and resilience of CEWA primary school principals. The specific aims of the research are to:

- Identify the characteristics and wellbeing mindsets of principals; and
- Understand how these factors relate to principals’ physical health, school size and school socio-economic status.

The project is the first of its kind to use innovative digital technology (wearing an Apple Watch) to collect information to better understand the health and wellbeing of primary school principals in Western Australia.

The benefits in this research may:

- Help to inform future policy and professional learning
- Help to inform organisation and structural practices to maximise primary principals’ health and other work outcomes
- Increase awareness about your physical health, and
- Improve confidence in using and understanding wearable technology.

How Primary Principals Can Participate

All CEWA primary principals are invited to participate in this study and can do so via a form that will be circulated at the Leaders Forum.

All participating principals will be asked to complete two online surveys: one at the start of Term Three, 2017 and one at the end of Term Four, 2017.

Half of the participants will be randomly selected by Telethon Kids Institute researchers to wear an Apple Watch that will measure your health and wellbeing across Terms Three and Four. During this time, these participants will be asked to respond to ‘in the moment’ questions on the Apple Watch. It is envisaged that these questions will be asked one to two times a day for the first two weeks, then three times per day for the remaining weeks. An example of an ‘in the moment’ question could be: “Do you feel energised when you wake up in the morning?”

Those wearing Apple Watches will be required to attend a two-hour training session, held by Apple staff, prior to Term Three to understand the functionality of the watch.

In addition the Apple Watch will also collect biometric data and link it to the ‘in the moment’ questions. Biometric health data collected will only include:

- Health Data (the ‘health’ app comes standard on your iPhone) including heart rate, activity exercise and sleep patterns.
- Mindful Minutes (via the ‘breathe’ app).
Participants who have been selected to wear the Apple Watch will also be required to participate in a twenty-minute recorded telephone interview at the end of Term Four.

Participation in this study is voluntary and participants may withdraw consent at any time without prejudice. Please note:
- Only principals who use an iPhone daily are able to receive an Apple Watch.
- The Apple Watch remains the property of CEWA and must be returned at the end of the project.

**Privacy and Confidentiality**

All project-related information, including participation information and all information collected through the survey, iPhone and Apple Watch, will be treated in a confidential manner and be stored securely at the Telethon Kids Institute’s password-protected electronic database or locked in the project manager’s office and will only be accessed by the research team. CEWA will not have access to any of the research data.

The identity of participants or schools will not be disclosed at any time, except in circumstances where the research team is legally required to disclose that information. Participant privacy and the confidentiality of information disclosed by participants is assured at all times. The data will be used only for this project, and will not be used in any extended or future research without first obtaining explicit written consent from participants.

**For Further Information**

If you would like to discuss any aspect of this project, please contact:

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