



Be an '*appa*' on Monday, 20 March ...

... connect with a colleague school leader

The National Advisory Council of the Australian Primary Principals Association met in Canberra last week ahead of the Australian Principals Occupational Health, Safety and Wellbeing 2022 Survey data, which will be released on Monday, 20 March.

The data resulting from principals' responses to questions about their occupational health and wellbeing in 2022, shows us that stress levels are increasing. The cumulative impact of increasing workload, teacher shortage and supporting the wellbeing of students and teachers, are among the factors that have led to an escalation in stress levels.

47.8% of leaders received a red flag email alert (i.e. resulting from survey responses which place them at risk of a serious mental health concern in following years), and still, school leaders steadfastly maintain their commitment to quality teaching and learning; and to ensuring that the needs of children and young people remain central to their work.

School leaders care for many. On Monday, 20 March, we want school leaders to know that their profession and colleagues care for them too.

A key value of APPA is collegiality, for we know that we are better together.

appa has another meaning that is appropriate here. The urban dictionary tells us that *appa* means *Greater than a homie or best friend, someone who is always there for you no matter what. "You see those guys over there, they my appas. They got my back thru thick and thin."*

On 20 March, we ask you to be an *appa* for someone.

Check in on them: send a text, make a phone call, invite them for a mid-morning coffee at the local café. Let them know they are not alone and that while APPA is our association, it's also our credo.



Malcolm Elliott, Angela Falkenberg, Peter Cutrona