

# MindMatters



## e-Newsletter

Welcome to the Term 1 edition of the MindMatters ACT newsletter for 2009. If you would you like to contribute a story from your school's wellbeing journey to the next newsletter, please email Libby Porter at [libby.porter@act.gov.au](mailto:libby.porter@act.gov.au)

### Wellbeing Festival of Drama & Dance takes off!

*The festival takes place this year at MacKillop Catholic College's newly renovated theatre on 3 September.*

*2009 sees several exciting updates for the previously named MindMatters Drama Festival. Some of these include...*

- A **themed** approach.  
The theme for the 2009 festival is **Walking Together**.
- Broadening the scope of the festival to include **dance** classes/groups.
- Free **pre-festival workshops** for participating students and their teachers.

To register or find out more, ring Libby Porter on 02 6205 9198 or 0408 683 102

### Coming soon – free workshops this term

(Workshop details next pages)

- ❑ 10-11 March: Level One Introductory Workshop
- ❑ 17-18 March: Level Two Focus Module: Students Experiencing High Support Needs in Mental Health
- ❑ 25-26 March: Level Two Planning Workshop



## Territory News



### MindMatters linked to ACT curriculum framework, Every Chance to Learn

To obtain your copy of MindMatters resources linked to the interdisciplinary and KLA-based Essential Learning Achievements, log on to

[http://www.mindmatters.edu.au/teaching\\_and\\_learning/curriculum\\_links/act\\_curriculum\\_links.html](http://www.mindmatters.edu.au/teaching_and_learning/curriculum_links/act_curriculum_links.html)  
and download the pdf file.

### **What can I expect from the MindMatters Level One Introductory Workshop?**

The MindMatters Level One Introductory Workshop provides an introduction to the MindMatters resource kit and the concept of a whole school approach to mental health and wellbeing. This practical hands-on workshop provides classroom ideas around the following topics: bullying and harassment, resilience, understanding mental illness, community matters, loss and grief, data and evaluation, and staff mental health and wellbeing.

**Individuals and teams are encouraged to attend**

### **Free professional development**

MindMatters now offers more professional development to schools.

To **register** online, please go to the MindMatters website, [www.mindmatters.edu.au](http://www.mindmatters.edu.au), or go to the MindMatters ACT homepage and follow the links to the ACT training schedule.

### **What can I expect from the MindMatters Focus Module: Students Experiencing High Support Needs in Mental Health?**

Students experiencing mental health difficulties are best supported by a whole school approach. A range of promotion, prevention and early intervention strategies are considered. Staff working closely with these students will examine proactive strategies for maintaining mental health and wellbeing. Identification, self-referral, case management, online counselling, debriefing, referral pathways, transitions, agency networks, re-entry into formal schooling and confidentiality will be addressed in this Focus Module.



## Territory News



### MindMatters Level Two Planning Workshop

The MindMatters Level Two Planning Workshop is directed at school core teams with experience of MindMatters. The core team develops a school action plan with a view to measuring the progress made by the school.

Level Two planning workshops are available to school community core teams of four or more (which must each include a member of the executive leadership team). It is preferable that at least some of the team have attended Level One professional development and it is expected that schools taking part be familiar with MindMatters and use the resource.

The Level Two process is based on a whole school approach to mental health and wellbeing. Schools that use the process and can demonstrate positive change for the mental health and wellbeing of students will be offered recognition as a MindMatters school. The Level Two Planning Workshop is followed up by undertaking additional focus modules.

*MindMatters National Evaluations highlighted the important role of the **senior executive** in ensuring the success of the whole school approach to wellbeing. We encourage executive staff to be part of the core team that attend the two-day Level Two Planning Workshop. Here's what they say about it!*

#### Comments from participants at the ACT Level Two Planning Workshop (June 2008)

*'Excellent discussions at school level. Very valuable having a team present.'*  
**Deputy Principal, DET High School**

*'Really well-prepared, helpful ... practical support for moving forward.'*  
**Principal, Catholic College**

*'The workbook is fantastic – I've never had something like this at a PD – IT'S GREAT!!'*  
**Year Advisor, DET High School**

*'Fantastic being able to work in a school group. Interesting hearing about others' ideas.'*  
**Deputy Principal, DET High School**

**Book your team for the Level Two Planning Workshop on 25-26 March. Participating schools are offered one day of free in-school follow-up support from the MindMatters Coordinator.**



## National Update

### New-look MindMatters website

- Improved navigation
- Improved search facility
- Email page facility
- Site map

Check it out at the new URL:  
[www.mindmatters.edu.au](http://www.mindmatters.edu.au)



### The Australian Child & Adolescent Trauma, Loss and Grief Network

The Network is based at the Australian National University and offers resources and an online forum to help people working with children and adolescents who may be experiencing trauma, loss or grief.

<http://www.earlytraumagrief.anu.edu.au>

**Lost one of the booklets from your school's MindMatters Resource Kit?**



You can download it for FREE at the MindMatters website.

Click on 'Resources and Downloads'. All eight booklets are available as pdf files.

### The more things change ...

*Principals Australia is the new name of the peak body for principals' organisations across Australia previously known as APAPDC.*

*Principals Australia exists to support principals and their associations to build effective, inspirational and sustainable leadership in Australian schools. This leadership has the learning and wellbeing of students and staff as its prime focus.*

Check out their website:  
[www.pa.edu.au](http://www.pa.edu.au)