

## Term 2, 2009

### Welcome from Jane Taylor...

Welcome to the second newsletter for 2009. The aim of the newsletter is to:

- keep you informed of opportunities coming up
- share stories of wellbeing work being carried out in QLD schools and across the nation
- keep you informed of state and national developments

If you have anything that you would like to share with the rest of the state about your journey using MindMatters, please let me know.

### State news

- **MindMatters** is now linked to the QCAR Essential Learnings. If you would like a copy of this document, please contact Pam Taylor (MindMatters QLD Administration Assistant) at [MindMattersQLD@pa.edu.au](mailto:MindMattersQLD@pa.edu.au)
- **KidsMatter** continues to be implemented in 17 primary schools across Queensland. Would you like to know more about KidsMatter? The website, [www.kidsmatter.edu.au](http://www.kidsmatter.edu.au), now has a range of downloadable information including parent/carer/staff information sheets, school stories and e-newsletters. You can also contact the Queensland KidsMatter Project Officer, Michael Hardie, at [m.hardie@qut.edu.au](mailto:m.hardie@qut.edu.au) (07) 3138 5724.

### DID YOU KNOW?

**MindMatters has had over 117,000 participants attend professional development during the past nine years!**

### MindMatters Youth Congress

MindMatters will be running a second Youth Congress in Sydney in the lead-up to the National Professional Development Event.

- Date: 28 June, 2009
- Venue: Novotel Brighton Le Sands (Sydney)
- Further information: TBA

### MindMatters National Professional Development Event

MindMatters will be running a National Professional Development Event in Sydney. It will build on the success of the first event held in Melbourne in September last year.

- Date: 29-30 June, 2009
- Venue: Novotel Brighton Le Sands (Sydney)
- Confirmed Speakers: Dr Tim Sharpe and Mark McCrindle
- Further information: please contact Jo Mason (National Co-ordinator Strategic Development) at [jo.mason@pa.edu.au](mailto:jo.mason@pa.edu.au) or Robyn Hearl (National Officer, Strategic Development) at [robyn.hearl@pa.edu.au](mailto:robyn.hearl@pa.edu.au)



## MindMatters national developments:

Jo Mason (National Co-ordinator Strategic Development) leads the redevelopment of MindMatters. Some of the developments currently underway are listed below.

- **Consultations:** the redevelopment of the MindMatters Resource Kit continues to gather momentum. On 22-23 April 2009, representatives from the state and territory education and health sectors will be giving feedback on some of the updated MindMatters resource booklets.
- **Website:** updates continue on the new website, [www.mindmatters.edu.au](http://www.mindmatters.edu.au)
- **Accreditation:** the MindMatters Level One Introductory Workshop has been accredited through the NSW Teachers Board thanks to Jason Pascoe (MindMatters NSW State Project Officer)
- **Resource booklets:** the MindMatters booklets are continually evolving. The new resource kit contains the following working titles:
  - *Whole School Matters*
  - *Community Matters*
  - *Teaching and Learning*
  - *Students Experiencing High Support Needs in Mental Health*
  - *Understanding Mental Health*
  - *Change, Loss and Grief*
  - *Resilience 1 & 2*
  - *Dealing with Bullying and Harassment*

## Resiliency in Bayside Schools (RIBS) project:

MindMatters has been working with the South East Alliance of General Practice (SEAGP – Brisbane) on the Resiliency in Bayside Schools (RIBS) project.

Olivia Fisher (RIBS Project Officer) has been working with the schools and SEAGP to get the latest newsletter together. In the past couple of months, 201 people from the RIBS project schools have attended a MindMatters professional development.

The latest issue of the RIBS newsletter focuses on the theme 'students helping students, staff helping staff'. It is overflowing with photos and good news stories about mental health and wellbeing promotion from RIBS project partners, including:

- South East Alliance of General Practice (Brisbane)
- Wynnum State High School
- Alexandra Hills State High School
- Victoria Point State High School
- Wynnum North State High School
- Cleveland District State High School.

You can access the newsletter, which also contains project updates and a look at the BABI Youth and Family Service, at: <http://mail.seagp.org.au:8081/Services-Programs/MentalHealth/RIBS/RIBSNewsletterApril09.pdf>

Thanks to Olivia Fisher for the above information.



## Did you know?

- MindMatters has a variety of NEW professional development. You can access details on the QLD website. [http://www.mindmatters.edu.au/professional\\_development/professional\\_development\\_calendar/professional\\_development\\_calendar.html?ddlTcState=qld](http://www.mindmatters.edu.au/professional_development/professional_development_calendar/professional_development_calendar.html?ddlTcState=qld)

## New websites

Did you know about the following websites?

- *Australian Child and Adolescent Trauma, Loss and Grief Network (ACATLGN)* – links people across Australia concerned with the trauma, loss and grief experiences of children and adolescents. You can access the website at: <http://www.earlytraumagrief.anu.edu.au/>
- *Cybersmart Kids* – a community awareness project developed by the Australian Communications and Media Authority. You can access a variety of publications on social networking, mobile phone use and safe use of the internet at: <http://www.cybersmartkids.com.au/>

## StaffMatters continues to build throughout QLD:

Twenty-two educators from across the Townsville area attended the StaffMatters focus module on March 19 & 20 at the Mercure Resort. The module examined the significant impact that staff mental health and wellbeing has in the life of the whole school and the use of the MindMatters initiative. Participants looked at the Staff Matters Wellbeing at Work model and explored a range of resources and strategies to maintain staff mental health and wellbeing. Overall the participants rated the module 4.8 out of 5 and improved their knowledge around mental health and wellbeing.

One of the participants, Joy, talked about *The Happiness Trap* book by Dr Russ Harris and thought other people may be interested in it. Joy indicated that you can download a chapter of the book at the following link [www.actmindfully.com.au](http://www.actmindfully.com.au)

## Upcoming MindMatters workshops in Queensland

Date	Workshop	Venue
5-6 May	Focus Module: Staff Matters	Rydges Tradewinds, Cairns
7-8 May	Level One Introductory Workshop	All Seasons Verona Hotel, Mt Isa
11 May	Focus Module: Leadership	Riverside Reception Centre, New Farm
12-13 May	Level One Introductory Workshop	Riverside Reception Centre, New Farm
19-20 May	Focus Module: Staff Matters	Southport Sharks, Gold Coast
21-22 May	Level Two Planning Workshop	Metro Ipswich International
26-27 May	Focus Module: Staff Matters	Townsville Catholic Education Office
26-27 May	Level Two Planning Workshop	Kondari Resort, Hervey Bay
28-29 May	Level One Introductory Workshop	Goomeri Golf Club, Goomeri
2 June	Focus Module: Leadership	Ocean International, Mackay
4-5 June	Focus Module: Teaching & Learning	Riverside Reception Centre, New Farm
June 10 & 11	Focus Module: Staff Matters	Dreamtime Cultural Centre, Rockhampton

**To register for professional development online go to:**

[http://www.mindmatters.edu.au/professional\\_development/professional\\_development\\_calendar/professional\\_development\\_calendar.html](http://www.mindmatters.edu.au/professional_development/professional_development_calendar/professional_development_calendar.html)