



mind matters

Leading mental health and wellbeing

Welcome from Heather Golding

... to the final newsletter of 2009. The aim of the newsletter is:

- To keep you informed of training opportunities
- Share stories of wellbeing work being carried out in Tasmanian schools and across the nation
- Keep you informed of state and national developments
- The State Project Officer for 2010 is **Jo Cook**

State news

- **MindMatters** would like to thank everyone for their support in 2009. If you are interested in a specific professional development that you would like planned in your region, please let us know!
- **School leaders' breakfast.** MindMatters conducted a school leaders' breakfast at *The Henry Jones Art Hotel* on the 16 October. We would like to thank the leaders in education for attending and listening to Jill Pearman, MindMatters National Team Coordinator, talk about new developments with the resource.
- **MindMatters workshops.** During the term the following PDs were conducted: Level One Introductory Workshop; Level Two Planning Workshop; and Staff Matters Focus Module.
- **Staff Matters Focus Module.** The [Staff Matters](#) website provides information, activities and professional development ideas for promoting staff mental health and wellbeing within the education context.

DID YOU KNOW?

MindMatters has provided professional development, support and information to more than 124,000 people from education and health since 2000.

MindMatters national developments

National developments underway at present include the following:

- **Audits and surveys** are currently being piloted in schools in NSW and VIC. There are three surveys of 20 questions each for students, parents and staff as well as more in-depth audits.
- ***Just Being Me*** is a 22-page integrated curriculum package produced by COPMI, in conjunction with MindMatters staff. The resource has been developed for middle-school teachers who are using the two popular novels *Lockie Leonard*, *Legend* (Tim Winton) and *Helicopter Man* (Elizabeth Fensham) as class texts.

Health & Wellbeing Expo 2010

The Youth Network Advisory Group (YNAG) in association with the Clarence City Council Youth Services Team, and proudly supported by the Hawthorn Football Club, are organising a fun night of health and wellbeing activities as well as traditional sports activities:

Health and Wellbeing Expo
Kangaroo Bay, Rosny
Wednesday 3 February 2010
4:00 pm – 7:30 pm
Come meet Hawks players.

MindMatters website
[School Stories](#) can now be
submitted online



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Upcoming MindMatters Workshops in Tasmania 2010:

Date	Workshop/Focus Module	Venue
2-3 March	Level One Introductory Workshop	Tasmanian Technopark and Conference Centre, Dowsing Point, Hobart
16-17 March	Students Experiencing High Support Needs in Mental Health Focus Module	Devonport Entertainment and Convention Centre, 141-151 Rooke St, Devonport
20-21 April	Teaching and Learning for Engagement Focus Module	Tasmanian Technopark and Conference Centre, Dowsing Point, Hobart
4-5 May	Level Two Planning Workshop	Door of Hope, Cnr Glen Dhu and Heather Sts, Launceston
11 May	Transitions Focus Module	Devonport Entertainment and Convention Centre, 141-151 Rooke St, Devonport
13 May	Transitions Focus Module	Tasmanian Technopark and Conference Centre, Dowsing Point, Hobart
6-7 July	Level One Introductory Workshop	Door of Hope, Cnr Glen Dhu and Heather Sts, Launceston
20-21 July	Students Experiencing High Support Needs Focus Module	Tasmanian Technopark and Conference Centre, Dowsing Point, Hobart
3-4 August	Level Two Planning Workshop	Tasmanian Technopark and Conference Centre, Dowsing Point, Hobart
17-18 August	Staff Matters Focus Module	Devonport Entertainment and Convention Centre, 141-151 Rooke St, Devonport
5 October	Student Empowerment Focus Module	Tasmanian Technopark and Conference Centre, Dowsing Point, Hobart
26-27 October	Teaching and Learning for Engagement Focus Module	Door of Hope, Cnr Glen Dhu and Heather Sts, Launceston
16 November	Whole Student Approach Focus Module	Tasmanian Technopark and Conference Centre, Dowsing Point, Hobart

Register online at

www.mindmatters.edu.au/professional_development_calendar

MindMatters Workshop requests welcome:

We are committed to providing the following MindMatters workshops across the State:

Level One Introductory Workshop 2-day	Level Two Planning Workshop 2-day	<p>9 Focus Modules:</p> <ul style="list-style-type: none"> • Leadership • Staff Matters • Student Empowerment • Communities Do Matter • Students Experiencing High Support Needs in Mental Health • The Whole Student Approach • Teaching and Learning for Engagement • Measuring Our Progress • Transitions
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It would be great to hear from schools interested in any particular workshops.

Please contact your State Project Officer,
Jo Cook
on 0421 389 165
or (03) 6233 7185.