Examples of Staff, Students and Community Mental Health and Well-Being Social, Emotional Learning Schools Are Doing!

Directly aligned to the KidsMatter and MindMatters Frameworks

The ACT Principals Australia team brainstorming to assist you...

**Strategies** many schools are already doing or want to do (which our grants can fund)...

- Free dress days / events linked to school / community special calendar days / events
- ATSI staff who have agreed to be contact officers / support for kids and other staff
- Staff who have agreed to be contact officers / support for kids and other staff from a refugee / overseas background
- Separated parents students staff who have agreed to be contact officers / support for kids and other staff
- An older students mentoring / buddy program
- Camps
- A staff buddies program
- Vertical streamed classes and groups formally and informally (to help younger kids see positive role models, and how other age groups deal with life etc)
- Homework and Breaky clubs for students
- A front office meeting room being a duel meetings AND community info room with flyers and materials about school and community support agencies, brochures, positive role model stories, former students who are successful in life
- Staff team building and social events and programs calendar
- Staff induction programs
- Student and staff awards and ceremonies
- Celebrating multicultural / United Nations / NAIDOC / White Ribbon days
- Section of newsletter devoted to student and staff well being and story sharing
- Student and staff school culture / social and emotional needs Suggestion Boxes or emails/facebook sites
- School promotions of local services and resources to support student and staff well-being in emails, posters, on the school facebook account and newsletters
- Staff meetings dedicated to staff well-being and mental health, and special activities, PD and programs

**Useful resources** EVERY school / leader / individual can use –

- The KM and MM portal online learning spaces and surveys
- The Principals Australia Institute local office team (Project Officers, Support Staff and Manager)
- A range of data – including from above
- School specialist staff, community partnerships, parent/grandparent helpers/experts