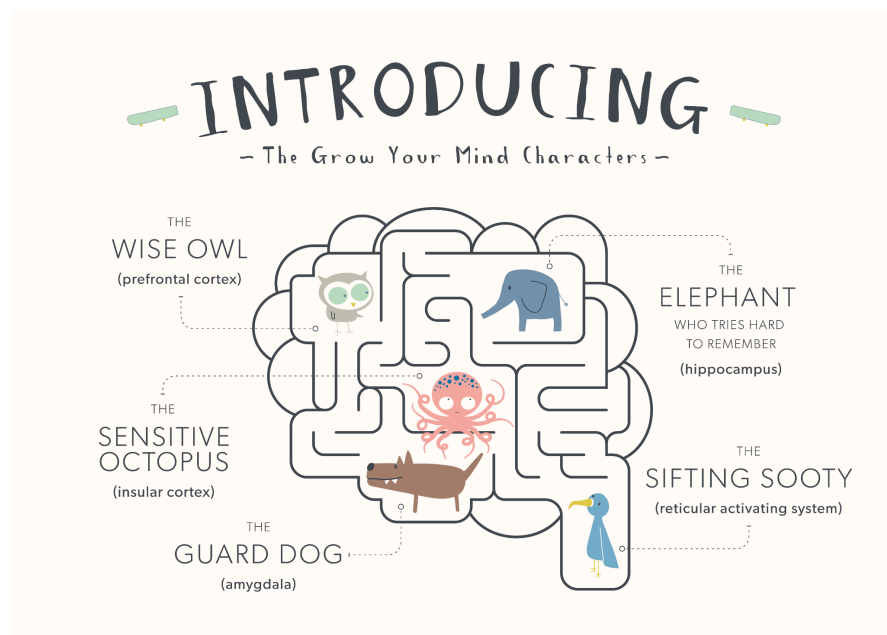


Dear Parents,

Have you heard your child talk about a guard dog, the sifting sooty, a sensitive octopus, an elephant who tries to remember and a wise owl? You may be wondering what on earth this is all about!



Each animal represents a key part of the brain and now that we are a Grow Your Mind school, you can expect to hear more about it.

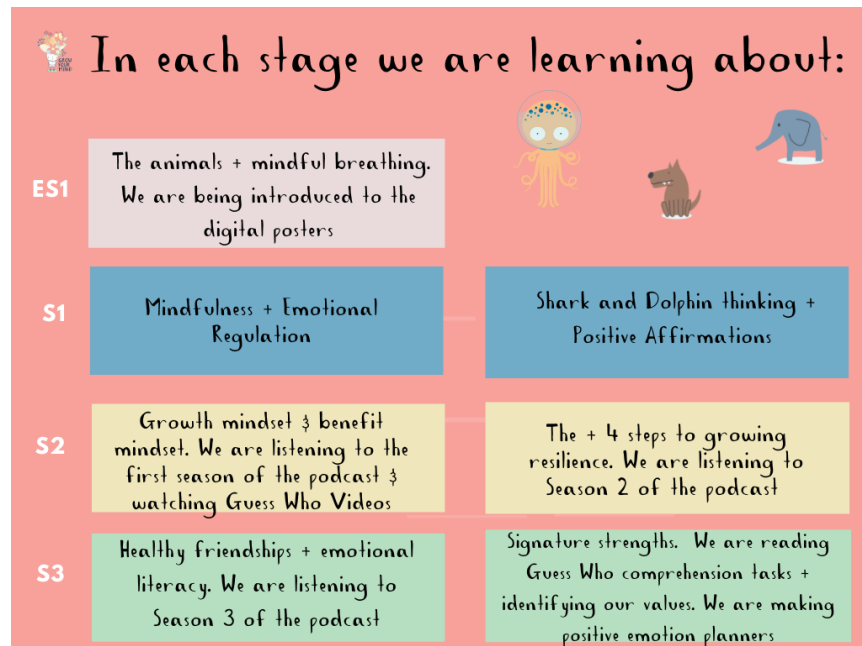
At our school, we believe that education is about academic achievement AND about developing well-rounded individuals who can navigate the complexities of life. We know that when children have the skills of resilience, emotional regulation and perspective, they will do better socially, academically and physically. With the Grow Your Mind program, we aim to provide our students with the tools and resources they need to thrive in all areas of their lives.

## Why the [animals?](#) Why the brain? And why Grow Your Mind?

The animals are a playful and engaging way to teach children about their brain and some of the core functions. Linking social and emotional wellbeing habits to the brain provides purpose and sparks a child's interest in topics that may otherwise cause a yawn or eye roll! E.g. gratitude, exercise, healthy friendships, and growth mindset are just a few examples.

We chose this particular program for 4 core reasons.

1. All of the content within the platform is linked to both NSW and Australian curriculum. Please see below for a detailed outline of this.
2. The program has been independently reviewed by the University of Wollongong with results showing positive gains in psychological and physical wellbeing as well as a greater sense of connection and belonging and [See full report](#)
3. Grow Your Mind provides a detailed learning continuum so that students are exposed to different topics and learning activities in each year group. An example of this can be seen here:



And finally:

4. Grow Your Mind provides a whole school approach to wellbeing. This means your mental health matters too - as does ours as a staff. The program provides accessible information we can pass on to you as parents and carers. Including their free, award winning podcast that we hope you make the most of at home and in the car.

## How will Grow Your Mind work at our school?

We will be running an explicit lesson each week as part of our PDH/PE curriculum and we will be grabbing 5 minutes of wellbeing throughout the day in a way that is reflective and responsive to the needs of the students. This may look like a mindful breathing exercise, a plan to be kind, listening to one of the Grow Your Mind songs, challenging unhelpful thoughts, practicing positive affirmation, being of benefit and picking up rubbish around the school or classroom.

As a staff we will receive on demand training for staff wellbeing and implementing the program.

## What is all this talk of mental health?

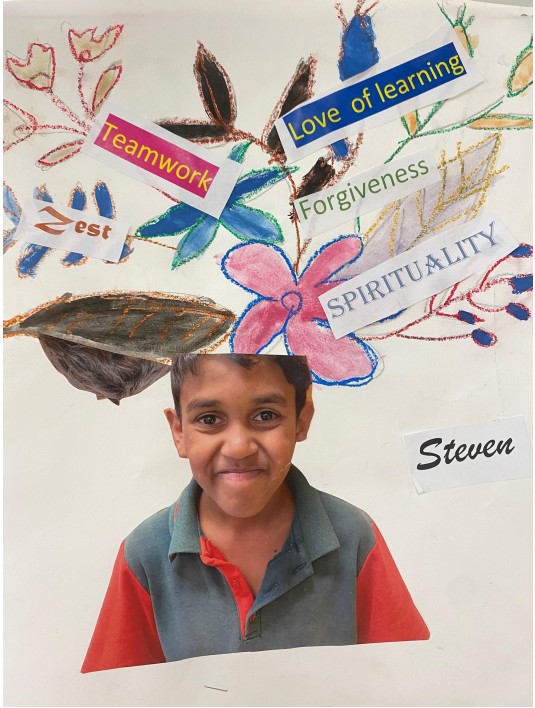
Grow Your Mind is on a mission to reclaim the term mental health It is often associated with mental health disorders. Whereas in fact, we all have mental health, just as well have physical health. It can be brilliant, terrible or somewhere in between.



Poor mental health is a serious issue however Grow Your Mind believes that mental health education does not need to be. They use storytelling, engaging videos, podcast episodes, interactive learning activities, songs, drama, dance and reflection opportunities to shine a playful light on the importance of taking care of your mental health.

Our school values prevention and building the skills of positive mental health habits in our students. By the time our students leave our school we want them to have a tool belt of strategies they can use and practice to help them on the path of enduring good mental health. This might mean you hear your child talking about character strengths, kindness, doing something joyful, helping others, moving their bodies and more. We will be using our brilliant

books as well as the Grow Your Mind recommended reading list to further strengthen your child's awareness of flourishing, emotions and resilience.



## Information on the curriculum:

The current NSW curriculum is shaped by five propositions, organised into three content strands. The outside of the circle is comprised of five interrelated PDHPE Propositions, of which our content is strongly aligned with.



The Grow Your Mind content aligns most strongly with **Health, Wellbeing and Relationships**

"The strand *Health, Wellbeing and Relationships* focuses on students developing the knowledge, understanding and skills important for building respectful relationships, enhancing personal strengths and exploring personal identity to promote the health, safety and wellbeing of themselves and others. Students develop

strategies to manage change, challenges, power, abuse, violence and how to protect themselves and others in a range of situations. "

And with **Healthy, Safe and Active Lifestyles**

"The strand *Healthy, Safe and Active Lifestyles* focuses on the interrelationship between health and physical activity concepts. Students develop the knowledge, understanding and skills to empower them to make healthy and safe choices and take action to promote the health, safety and wellbeing of their communities. They engage with a range of health issues and identify strategies to keep them healthy, safe and active."

As well as complementing the current PDH/PE curriculum, The Grow Your Mind Schools Program is a quality-assured program in the NSW Department of Education's Student Wellbeing external program catalogue in the theme/themes of Behaviour/Resilience/Sense of Belonging.

Grow Your Mind has been independently reviewed and is listed in the Be You Programs Directory. It meets the minimum evidence requirements set by Be You and has been awarded a rating for evidence and implementation.



Independently reviewed by the Be You Programs Directory

We are confident that the Grow Your Mind program will have a positive impact on our students, staff and community. We look forward to working together with you to support & develop your child's social and emotional skills in an engaging and playful way.

Thank you for your continued support,

Principal Name