



Greetings from the KidsMatter Action team!

Here at Berry Public we are a KidsMatter school. We are looking forward to a positive focus on mental health and wellbeing for 2017. Good mental health is essential. Children who are mentally healthy are able to cope with life's challenges, form stronger relationships and become better learners.

Our resolution for this year is a focus on inclusiveness in our school and community as part of improving the well-being of our all our students. We would like to extend a special welcome to our new parents and caregivers. Families and schools have a great impact on children's mental health and children benefit when the important people in their lives work together and have a shared understanding of their development and needs.

We would like to update you on the Kids Matter initiatives already in place.

- **Peer leaders**- Our peer leaders, have received training and have been already caring and supporting students in the playground in 2016.
- **Buddy Seat** -Our school has two buddy seats in the playground. The buddy seats are helping to foster a culture of inclusiveness at BPS.
- **Flagpoles**
- **KidsMatter Celebration Day on 21st February** -Planning is well underway for a fabulous day which is focused around the Berry Way and building a sense of community.

We encourage interested parents to investigate www.kidsmatter.edu.au. This website has good material to support parents, caregivers and school staff in their role as supporters of well being in children. Our Kidsmatter Action Team is looking at developing connectedness, positive and respectful relationships, social and emotional skills and learning for our students. These are all protective factors that encourage good mental health, wellbeing and positive outcomes for all children.