

Greetings again from the KidsMatter Action team!

Here at Berry Public we are a KidsMatter school. We continue to have a positive focus on mental health and wellbeing. 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 focus for this year is communicating and collaborating with parents and carers. Increasing the support available to parents and carers is considered essential for improving the mental health and wellbeing of children. Studies show that a majority of parents and carers report the need for extra support or information on raising children. Schools are well-placed to provide families with information, resources and learning programs relating to parenting, child development and children's mental health. Here at Berry PS we are listening! Based on your results from the survey 'What parents want to know more about', parents were seeking information on the following areas: Building Resilience, Child Development and Learning, Cyber Safety, Children's Wellbeing and Mental Health and Dealing with Bullying. Tune into the KidsMatter articles in the newsletter for more information.

Further updates on KidsMatter initiatives:

- **BounceBack programs** rolled into classrooms equipping students with skills to enhance resilience build positive relationships and develop effective help-seeking strategies to deal with conflict.
- **KidsMatter Peer leaders**- Continue to support their peers in the playground.
- Plans are underway for a **KidsMatter Celebration in 2018**

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 continues to encourage the protective factors of connectedness, positive and respectful relationships, social and emotional skills and learning for our students.

