



AUSTRALIAN PRIMARY SCHOOLS
MENTAL HEALTH INITIATIVE

<https://www.kidsmatter.edu.au/primary>

Caningeraba State School is a KIDSMATTER school. We are focussed on growing happy, healthy, confident children together with the local community.

In 2013, Caningeraba, embarked on the KidsMatter journey. KidsMatter Primary is a mental health and well-being framework for primary schools and has been proven to make a positive difference to the lives of Australian children. KidsMatter Primary is a federal government initiative and provides the validated methods, tools and support to help schools work with parents and carers, health services and the wider community, to nature happy, healthy, confident kids.

KidsMatter is a four stage journey consisting of:

Component 1 - A Positive School Community

Component 2 – Social and Emotional Learning for Students

Component 3 – Working with Parents and Carers

Component 4 – Helping Children with Mental Health Difficulties

It takes a village to raise a child! Parents can't do it on their own and schools can't do it on their own - we need to work together and that is what KidsMatter is all about, building that village right here in the Caningeraba State School community.

Caningeraba State School staff has been collaborating with the P and C and have many parents involved in the Kids Matter program. We have meetings once a term from 3-4 (we never go late) and have begun hosting KidsMatter afternoon tea on various topics to help in the development of our happy, healthy, confident children.

These meetings and information sessions are great opportunities to meet with other parents, gain great "tips" in a welcoming, convenient location.

Please come and join us! You don't have to commit to all the meetings or information sessions, just come along when you can.

If you're a Dad or Grandad we'd love to hear from you! Do you feel welcome at the school? Do you have skills you'd like to share with the school community but are unaware how to get involved? Do you have suggestions on how the school could reach out to the men in our school community? Please email the school with your suggestions, with KIDSMATTER in the subject line.

Have you had a chance to check out the KIDSMATTER library collection?

Parents are invited to join our school library and access the great books and DVDs we have available for borrowing. It is really quick to do. Have you ever heard of 123 Magic? It's a surprisingly easy way to help parents enjoy their kids (and kids probably end up enjoying their parents more too!). Through our KIDSMATTER library you can borrow DVDs and books that are highly recommended and interesting to read.



We have also launched the Caningeraba Kookaburras in 2014. It is new class parent representative program. Our aim is to enhance school/parent communication and to provide support for our teachers in a positive and friendly manner.



The Caningeraba Kookaburra Goals are to:

- improve communication between school, teachers and parents
- foster strong relationships and a sense of belonging for parents
- to support classroom teachers.

Nearly all our classrooms have a Kookaburra ready for action this year doing the vital job of improving that home/school link. Your class newsletter comes straight to your inbox and has all the relevant information for your child, in their classroom, right there in front of you. You will know what they are learning in class, when excursions, sports days – all that information you need right there in front of you!