



Hello Everyone,

This week marks the end of Mental Health Month. We'll be having an **out of uniform day on Friday, 31st October** to celebrate everything we've learned about looking after ourselves and each other. There will be an optional gold coin donation in support of the Kids Helpline service.



At St. Augustine's, we focus on mental health and wellbeing all year round through our Respectful Relationships curriculum, classroom lessons and activities, our Zones of Regulation program and our school wide positive behaviour learning (Stay Safe, Take Pride, Act Justly, Respond Positively).

We know how important it is for children to be supported to name and express their feelings, regulate their emotions, notice their triggers, use positive coping strategies and ask for help when they need it.

Building positive relationships, staying active, and taking time to do things they enjoy also help children feel connected and balanced. Together, these protective factors help build strong mental health and wellbeing.

Below are comments from some of our students about how they take care of their mental health.

"At home and at school I exercise and eat fruit. This makes me feel good."
- Freddie, Foundation

"I do 5 finger breathing to help me stay in the happy zone." - Evie, Foundation

"I like to play outside and when I get home from school I eat some chips and a lollipop. This makes me feel happy." - Neave, Foundation

"I write in my journal and when I'm angry I do the squeeze and release strategy Mrs Griffiths taught us." - Elsie, 1/2

"I concentrate on breathing if I'm stressed. I enjoy reading, writing and maths, which all help take my mind off anything that might worry me." - Indy W, 3/4

"I think positive about myself and doing exercise helps me be happy" - Bridget, 3/4

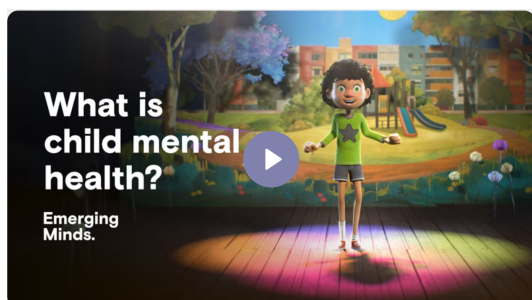
"I take care of my mental health by talking about it with anyone who cares about me and will listen. The people I tell should support me in what I'm worried or stressed about" - Ava, 5/6

Taking a proactive approach to educating ourselves and our students, also helps **reduce the stigma** that can come with talking about mental health. Please **see the fact sheet** in this weeks newsletter for more information from the Children's Health and Wellbeing Local.

Kind Regards,
Anna Gardiner

Child Mental Health Resources

Emerging Minds Website What is child mental health?



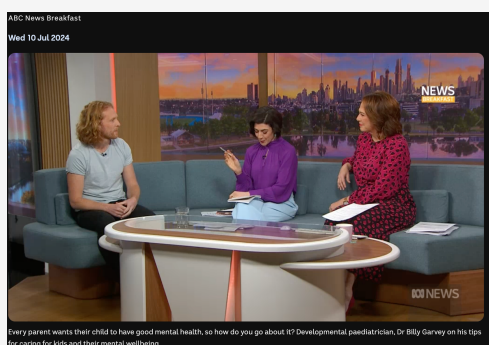
The Emerging Minds website has as a collection of resources which may be helpful if you:

- wonder what mental health 'looks like' in children
- thought infants and children didn't have mental health
- want to know more about what shapes a child's mental health
- are curious about children's emotions and behaviours
- are unsure whether a child's reactions or behaviours are 'normal' for their age and experiences, or might be signs of mental health difficulties
- want to know what you can do to nurture positive mental health in your child
- want to know how you can support a child who's dealing with challenges or whose family or community is facing tough times.

Click on the link below to view the 2 minute video "What is child mental health?" and be linked into more information.

<https://emergingminds.com.au/families/understanding-and-supporting-childrens-mental-health/>

"How to be mindful of kids mental wellbeing" ABC News Breakfast



Every parent wants their child to have good mental health, so how do you go about it?

Developmental paediatrician, Dr Billy Garvey provides his tips for caring for kids and their mental wellbeing.

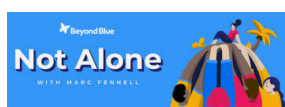
Dr Billy Garvey has also authored a book titled, "Ten things I wish you knew about your child's mental health".

Watch this 6 minute video by clicking the link below

<https://www.abc.net.au/news/2024-07-10/how-to-be-mindful-of-kids-mental-wellbeing/104080652>

Adult Mental Health Resources

Beyond Blue: Not Alone Podcast



<https://www.beyondblue.org.au/mental-health/personal-stories>

No matter what we are going through, there are other people experiencing it too.

From Beyond Blue, this is Not Alone. A podcast where everyday Australians talk about their mental health journey to help you with yours.

Ladies, we need to talk. Mental Health Mini Series Podcast 	https://www.abc.net.au/listen/programs/ladies-we-need-to-talk/ladies-we-need-to-talk-mental-health-ep-0/105840828 <i>One in three women in Australia will be diagnosed with an anxiety disorder in their lifetime and one in six will experience depression. This Mental Health Month, it's time to find solutions.</i>
Black Dog Institute: myCompass online program 	https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/mycompass/ <i>myCompass is a free, interactive self-help program from Black Dog Institute designed for adults to build resilience and manage mild to moderate depression, anxiety and stress. myCompass is free to use and funded by the Australian Government Department of Health.</i>

Mental health services and supports

Beyond Blue 24/7 mental health support service 1300 22 4636 beyondblue.org.au	headspace Online support and counselling to young people aged 12 to 25 1800 650 890 (9am-1am daily) For webchat, visit: headspace.org.au/eheadspace	Kids Helpline 24/7 crisis support and suicide prevention services for children and young people aged 5 to 25 1800 55 1800 kidshelpline.com.au	1800RESPECT 24/7 support for people impacted by sexual assault, domestic violence and abuse 1800 737 732 1800respect.org.au
Lifeline 18 24/7 crisis support and suicide prevention services 13 11 14 lifeline.org.au	Suicide Call Back 24/7 crisis support and counselling service for people affected by suicide 1300 659 467 suicidecallbackservice.org.au	Mensline 24/7 counselling service for men 1300 78 99 78 mensline.org.au	QLife LGBTI peer support and referral 1800 184 527 (6pm-10pm daily) qlife.org.au (online chat 3pm-12am daily)

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.

