Dear Parents and Caregivers,

This week in our Newsletter you will find lots of information about the **KidsMatter** framework which we are putting in place. **KidsMatter** places a focus on mental health and wellbeing. The information further on will explain to you what **KidsMatter** is and why it is important for us to implement. An important aspect in implementing **KidsMatter** in our school is establishing an Action Team. The Action Team’s role includes the following:

- Coordinating all the steps that need to be taken to get **KidsMatter** going
- Providing information about **KidsMatter** to staff, students and families
- Checking what the school already does to support children’s mental health
- Working out where the gaps are and what can be done
- Planning what to do to provide each **KidsMatter** component at the school
- Working out how to do it and getting it going
- Seeing how it works and deciding whether anything further is needed

I would like to encourage as many parents as possible to join our Action Team! We are going to have an **information session** on **Thursday 28th November** here at school at **3:30pm**. You are welcome to bring your children—we will put on a movie for them while you attend the meeting. You don’t need to have any previous experience in education or specific knowledge at all. **Anyone can be a part of this** and I will be there to support you throughout the process. If you think that our children’s mental health and wellbeing is important and you’d like to help us improve that then please come along! You won’t be asked to do anything difficult and we really need your help.

Our first step is to ask **all families to complete the online survey**. You can find it at [https://www.kidsmatter.edu.au/primary/other-resources/school-surveys/parent-survey](https://www.kidsmatter.edu.au/primary/other-resources/school-surveys/parent-survey) or just go to [www.kidsmatter.edu.au](www.kidsmatter.edu.au) and type ‘survey’ into the search tab. Click on parent survey and you are away. We will also provide **support with this survey** at the meeting on the 28th November.

It is very important that we receive this data back to inform our planning for the first component so please do take the time to complete the survey. It doesn’t take long and it will really help us tailor the program. It is completely confidential—no names are associated with any data provided to the school.

Enjoy your weekend,

Michelle.
The universal paradox: you are free to choose but you are not free from the consequence of your choice.

Principal's Award
The Award this week goes to Shaeya Falzon

For giving her personal best during reading with me on Monday, keeping up with the book we read and sharing well with Della.

Numeracy Award
Lachlan Trewick for his excellent use of strategies when applying them to addition and subtraction problems. He also demonstrates the school values on a consistent basis.

Literacy Award
Brigid Connelly for working hard at decoding high frequency words like ‘the’, ‘and’ and ‘A’ when doing guided reading this week.

Gardening Roster
2013

<table>
<thead>
<tr>
<th>WEEKEND</th>
<th>FAMILIES ON DUTY</th>
</tr>
</thead>
<tbody>
<tr>
<td>30/1st Dec</td>
<td>Trewick G &amp; L Hayes</td>
</tr>
<tr>
<td>14/15th Dec</td>
<td>Gilfin J &amp; K Ciise</td>
</tr>
</tbody>
</table>

Keys can be picked up from office. Also Andrea is available to anyone who would like to learn how to start and operate both ride on mowers.

Please arrange a swap if you are unable to work your designated weekend or contact: Kari 0429 326 351.
Elmore Playgroup

The Elmore Playgroup AGM will be on Wednesday 4th December at 10am at the Elmore Scout Hall.

At this stage, no current office bearers wish to continue, and due to low memberships, it is likely that Elmore Playgroup will not run next year. If you are interested in attending in 2014 and/or being an office bearer, please attend the AGM, or phone Meg Doller (President) for more details – 5432 6035

Kris Kringle

Each class has chosen a secret Kris Kringle for Christmas. The idea is to show your Kris Kringle they are special without giving away your secret. In the past people have left a little note in lockers to say things like, "Have a nice day", or a candy cane, etc. These are suggestions and completely up to the individual. In the last week we will be handing out gifts up to the value of $10. Each student will be given the chance to have three guesses to guess who their KK is. If gifts could be wrapped in Christmas paper with a card saying 'To ...... From you KK or Kris Kringle' please, that would be greatly appreciated. If you have any questions please don't hesitate to contact Craig or Andrea in regards to Kris Kringle.

Thanks!!
Introducing KidsMatter Primary

Do kids matter? Of course! They matter to families, to schools and to the community. These are the groups that KidsMatter Primary wants to bring together to improve children’s mental health.

Good mental health is vital for learning and life. Children who are mentally healthy are better able to meet life’s challenges. They also learn better and have stronger relationships with teachers, family members and peers.

KidsMatter Primary is a national mental health initiative that has been trialled nationally in over 100 schools since it began in late 2006. KidsMatter Primary has been developed in collaboration with the Australian Government Department of Health and Ageing, beyondblue: the national depression initiative, the Australian Psychological Society, and Principals Australia (formerly the Australian Principals Association’s Professional Development Council). The trial was also supported by Australian Rotary Health (formerly the Australian Rotary Health Research Fund).

Research has found that up to 14% of Australian children have mental health problems such as anxiety, depression and behaviour problems. Only one out of every four young people with mental health problems receives professional help¹. Sometimes this is because parents, carers and school staff are unsure whether children need further help. They may not know what kind of help is available or where to get it. In some cases it may be difficult to access child and adolescent mental health services in their area.

KidsMatter Primary has three major aims:

- To improve the mental health and wellbeing of primary school students
- To reduce mental health problems among students
- To achieve greater support for those students experiencing mental health problems

One in seven Australian children have mental health problems - KidsMatter Primary aims to reduce this.

What is
KidsMatter Primary

KidsMatter Primary is a flexible, whole-school approach to children’s mental health and wellbeing for primary schools. It works both on its own and as an umbrella under which a school’s existing programs can comfortably fit. KidsMatter Primary provides the proven methods, tools and support to help schools, parents and carers, health services and the wider community nurture happy, balanced kids.

KidsMatter Primary was developed in collaboration with beyondblue, the Australian Psychological Society, and the Principals Australia Institute, with funding from the Australian Government Department of Health and Ageing and beyondblue.

KidsMatter Primary fosters partnerships between the education and health sectors.

KidsMatter Primary takes schools through a two-to-three year cyclical process in which they plan and take action using a comprehensive whole-school approach to mental health promotion, prevention and early intervention. It allows for flexibility and can be tailored to schools’ local needs. In this way, KidsMatter Primary builds on the work schools are already doing to address the mental health and wellbeing of their students through national, state, territory and sector-based mental health initiatives and policies. KidsMatter Primary provides a range of resources and support throughout the implementation journey.

KidsMatter Primary is a national initiative that aims to contribute to:

- improving student mental health and wellbeing,
- reducing mental health difficulties amongst students, and
- increasing support for students experiencing mental health difficulties.

Core Components

Guiding Principles

- The best interests of children are paramount
- Respectful relationships are foundational
- Diversity is respected and valued
- Parents and carers are recognised as the most important people in children’s lives
- Parents and teachers support children best by working together
- Students need to be active participants
- Schools, health and community agencies work together with families

Whole-School Approach

Planning for whole-school change
Professional learning, shared understanding and focus for staff
Partnerships with parents and carers, health and community agencies
Action within and beyond the classroom
KidsMatter Primary

The theory

Four key models inform the KidsMatter Primary framework:

1. Model for mental health promotion, prevention and early intervention in schools (World Health Organization, 1994).
2. Risk and protective factors model (Commonwealth Department of Health and Aged Care, 2000; Spence, 1996).

Model for mental health promotion, prevention and early intervention in schools

KidsMatter Primary provides primary schools with a framework for mental health promotion, prevention and early intervention (PPEI). Mental health promotion covers a variety of strategies that increase the chances of more people experiencing better mental health. Promotion includes actions that create living conditions and environments that allow people to adopt and maintain healthy lifestyles. Mental health prevention is about the actions taken early to try to stop mental health difficulties from developing. Mental health early intervention refers to picking up early signs of mental health difficulties and doing something about it to prevent problems worsening.

Who?

Whole-school community, staff, students, parents and carers, health and community agencies

All students (and their parents and carers)

Students experiencing mental health difficulties (20-30% of students) and the 3-12% of students with mental health disorders, and their parents and carers

What does KidsMatter Primary do?

Creates an environment to promote positive mental health and wellbeing

Facilitates social and emotional learning (SEL) for students

Supports student engagement and connectedness at school and facilitates help-seeking for mental health difficulties

How?

Works with the whole community and provides support and information to staff, parents and carers

Through the curriculum, creates opportunities to practise skills and engages parents and carers

Supports children in school and develops clear processes and referral pathways (by working with parents and carers and health and community agencies)

(Adapted from World Health Organization, 1994)
KidsMatter Primary at your school

Every child is different, every family is different, and every school is different.

This means that each school participating in the KidsMatter Primary initiative needs to look at the mental health needs of its children and families and work out how it can strengthen support for children's mental health. The KidsMatter Primary framework has been designed to help schools build on what they are already doing to promote children's wellbeing.

What schools are doing

Each school's KidsMatter Primary Action Team has the job of coordinating all the steps that need to be taken to get KidsMatter Primary going. These include:

- Providing information about the KidsMatter Primary initiative to school staff, students and families.
- Checking what the school already does to support children's mental health.
- Working out where the gaps are and what can be done.
- Planning what to do to provide each KidsMatter Primary component at the school.
- Working out how to do it and getting it going.
- Seeing how it works and deciding whether anything further is needed.

Each KidsMatter Primary school will be supported by a person trained in the KidsMatter Primary implementation process who will work with the Action Team to plan and implement the four components of KidsMatter Primary. The KidsMatter Primary Implementation Support Person will also provide KidsMatter Primary education to all school staff so they understand what KidsMatter Primary is about and what they can do to support children's mental health.

Together they will be working on ways to make the school a more inviting place for children and families as part of the positive schools community component.

The Action Team and school staff will be choosing school programs for teaching social and emotional skills as part of the curriculum.

They will be looking into how the school can support parents and carers by providing them with information and resources about children's development, children's mental health and parenting.

They will also be finding out more about children's mental health and working out how the school can assist children and families to find help when they have concerns about the mental health of students.

Implementation in each State and Territory will be supported by a KidsMatter Primary State and Territory Coordinator.
This week the grade 5/6 students and Mrs Bacon have gone to camp in Canberra so we all hope they are enjoying themselves. The grade 3 and 4 students have been working really well in my room helping their buddies with their ICT skills on the new laptop computers.

Next week we are covering the following:

**Literacy**
- Spelling- High Frequency Words and Inventory Spelling Word lists and activities.
- Language – Sequence– Students will listen to a Fairy-tale and order the sequence cards of that story.
- Literature – Rhyming Words – Students will learn how to write sentences with rhyming words.
- Literacy – Comparing different types of texts such as an imaginative text versus an information text.
- Grammar – Sentences and punctuation.
- Writing – Poetry - Students will look at the structure on how to write poetry and learn the different types of poetry.

**Numeracy**
- Number and Algebra- Patterns and algebra.
- Measurement and Geometry – Shape.

**Homework**
Students are to practice reading reader level books with their parents and practice reading words off their high frequency word learning chart.

Lilly working on her addition and subtraction problems

Students working on their new laptop computers.

Students building numbers on a place value chart
3-6 News

I received the following message from Mrs B last night: Hi. Everyone is having a wonderful time! Highlights have been AIS sports activities, Space Centre, GEO Science learning about the Earth’s crust, tectonic plates and earthquakes, and Parliament House, particularly the role play, question time and meeting Lisa Chesters for a chat and photos. See you Friday. Cheers Andrea. :) We wish them a safe trip back.

The Basketball Match by Tyler Falzon.

Chapter 1: The start

One warm afternoon after school Hayden, Rhys, Tyler, Sam and Max all put their basketball jumpers on. They walked towards the basketball stadium. They heard running footsteps behind them. They turned around to see the other team. They were called the Nights. “You guys will get thumped by us Nights.” they all said. “Whatever.” replied Max.

Chapter 2: The game

They walked into the stadium to meet up with Jay who was not in his basketball jumper. “What do you think you are doing?” asked Tyler. “Oh yeah, sorry, I will now go and get dressed.” replied Jay. Heat was now on the ground with the Nights. The two umpires were now ready too. Rhys was now in jump for our team and Tyrone for their team. The ball was thrown up.

Chapter 3: First half

The scored were even. Heat 15 and Nights 15. The boys walked around to try and get the ball. The ball was passed to Tyler who ran half way then passed it to Sam who shot a three pointer. The Nights kept passing the ball. The Rhys ran through to steal the ball. Rhys had just done a layup. The Nights took it. They had a great strategy which made them get a three pointer. Now the scores were Heat 34 and Nights 33.

Chapter 4: Second half

Heat got the ball and Hayden passed it to Max who passed it to Sam who passed it to Tyler who shot a three pointer. Then all of a sudden the buzzer went off. Heat won the grand final. Heat walked off, got their trophy and went to Tyler’s place to party.

From the Elmore Health and Wellbeing Team: Healthy Tip

After brushing your teeth try just spitting out and not rinsing. If you can’t, do a really small rinse. It lets the fluoride in the toothpaste stay in contact with your teeth longer.
STEPHEN STORER
BENDIGO TENNIS ACADEMY DIRECTOR

SUMMER TENNIS COACHING CLINIC

6th/7th/8th & 9th JANUARY 2014

ELMORE TENNIS CLUB

Time: 8.30am start
Age: 9-16 years

Beginners through to advanced players

Hourly coaching sessions
Small group numbers

Cost: $60 (4 day clinic)
Or $17 (per hourly session)
(Non-refundable)

Registration and payment due: 20th December 2013

Please contact:
Leanne Trewick on 0447326049