**Health and Wellbeing of Students**

As parents we are always interested in the happiness, health and wellbeing of our students. Following is some information on initiatives, services and upcoming events which are focussed on these areas.

**Kids Matter**

KidsMatter is an Australian mental health and wellbeing initiative set in primary schools and in early childhood education and care services – like preschools, kindergartens and day care centres. It’s not a program, but a framework that helps these places take care of all their mental health needs by focusing on:

- creating positive school and early childhood communities
- teaching children skills for good social and emotional development
- working together with families
- recognising and getting help for children with mental health problems.

For more information: [http://www.kidsmatter.edu.au/families](http://www.kidsmatter.edu.au/families)

**Mind Matters**

MindMatters is about young people; their health and wellbeing. It helps schools to support young people to achieve their goals, build relationships and cope with challenges. MindMatters is a framework that aims to promote mental health, prevent problems and enable early intervention. MindMatters:

- Supports schools around Australia to foster the mental health of their students
- Provides training for schools using the framework
- Assists secondary schools and health services to work more closely together
- Encourages secondary schools and families to work more closely together
- Provides useful resources and links (on this website) for young people, families, teachers and schools

For more information: [http://www.mindmatters.edu.au/](http://www.mindmatters.edu.au/)

**Headspace**

Headspace is the National Youth Mental Health Foundation. Raising sensitive issues and working to resolve problems that arise along the way can be challenging. It can also be hard as a parent to know the difference between normal behaviour, such as moodiness, irritability and withdrawal, and an emerging mental health problem. Headspace can help you with:

- General health
- Mental health and counselling
- Education, employment and other services
- Alcohol and other drug services.
For more information: http://www.headspace.org.au/parents-and-carers

Events

On Friday 5th June, Generation Next will be hosting an event in Canberra on “The Mental Health and Wellbeing of Young People” with a wide range of high profile speakers. To book and find out more information visit http://www.generationnext.com.au/events/mental-health-wellbeing-of-young-people/canberra/

APFACTS is the voice of non-government school parents (Catholic and Independent) in the ACT. For more information, visit our website at www.apfacts.org.au or find us on Facebook at www.facebook.com/Apfacts

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