We trust that you and your families are settling in well to the new school year.

KidsMatter Primary is a mental health and wellbeing framework for primary schools and is proven to make a positive difference to the lives of Australian children. Included in the web site are loads of links, information sheets and resources that are designed for families.

www.kidsmatter.edu.au/mental-health-matters

This website covers a vast array of topics related to your child’s wellbeing such as:

- Mindfulness
- Social and emotional learning
- Mental health difficulties
- Getting help
- Belonging
- Cultural diversity
- Family relationships
- Positive mental health for parents and carers
- Starting school
- School refusal
- Body image
- Bullying
- Additional needs and mental health
- Learning and Learning difficulties
- Resilience

Below is the link to the program that has been developed for Australian Secondary school staff students and their Communities.

www.mindmatters.edu.au

For parents there can be times when we need some new ideas on how we might better support our children. Situations may arise that create some difficulties for your children.

This site is a great starting point for reliable information and guidance.

Kind Regards,
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