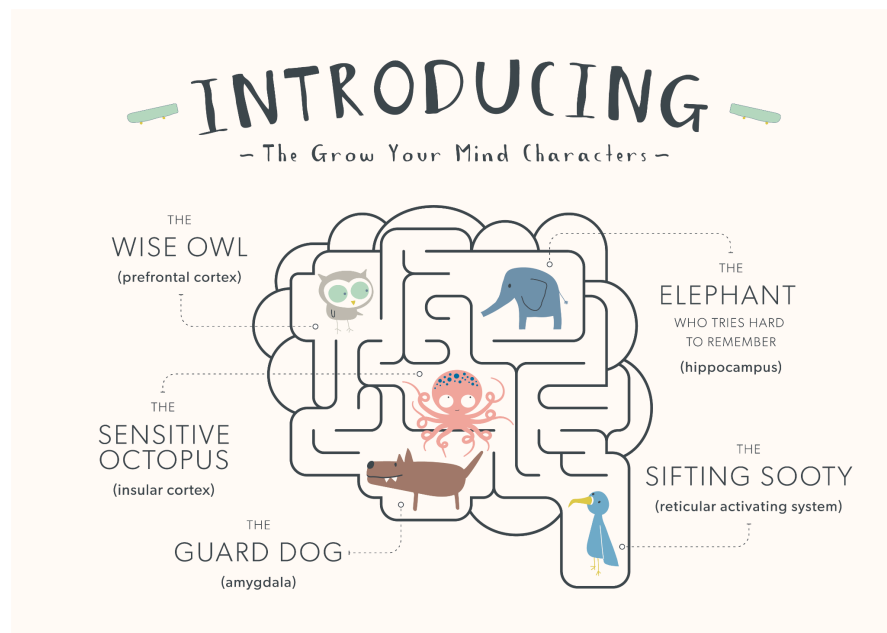


Dear Parents,

Have you heard your child talk about a guard dog, the sifting sooty, a sensitive octopus, an elephant who tries to remember and a wise owl? You may be wondering what on earth this is all about!



Each animal represents a key part of the brain, and now that we are a Grow Your Mind school, you can expect to hear more about it.

At our school, we believe that education is not only about academic achievement, but also about developing well-rounded individuals who can navigate the complexities of life. We know that when children have the skills of resilience, emotional regulation and perspective, they will do better socially, academically and physically. With the Grow Your Mind program, we aim to provide our students with the tools and resources they need to thrive in all areas of their lives.

Why the [animals?](#) Why the brain? And why Grow Your Mind?

The animals are a playful and engaging way to teach children about their brains and some of the core functions. Linking social and emotional wellbeing habits to the brain provides purpose and sparks a child's interest in topics that may otherwise cause a yawn or eye roll! E.g. gratitude, exercise, healthy friendships, and managing conflict are just a few examples.

How Grow Your Mind works at our school?

We are covering an explicit lesson each week as part of our wellbeing curriculum, as well as grabbing 5 minutes of wellbeing throughout the day in a way that is reflective and responsive to the needs of the students. This may look like a mindful breathing exercise, a plan to be kind, listening to one of the Grow Your Mind songs, challenging unhelpful thoughts, practising a positive affirmation, being of benefit and picking up rubbish around the school or classroom.

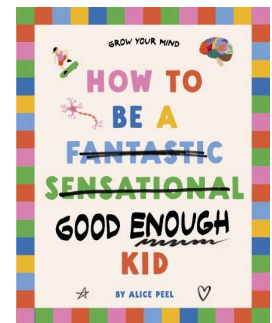
What about at home?

Grow Your Mind provides a whole school approach to wellbeing. This means your mental health matters too - as does ours as a staff. The program provides accessible information we can pass on to you as parents and carers.

Whole school wellbeing relies on messages being **reinforced at home**.

Grow Your Mind has a children's podcast. This is free and features children talking about different social and emotional wellbeing topics from resilience, to joy, to grief, to friendship problems and more. You can find it wherever you get your podcasts. Play it on car rides or during a quiet afternoon. It is pitched at 6 to 13-year-olds, with some episodes more suitable for upper primary.

Grow Your Mind also has a children's [chapter book](#) for 7 to 13-year-olds. It is a compass for life, and each chapter features a different wellbeing/life question that is answered playfully. The book is available from bookstores, online and via the Grow Your Mind website: growyourmind.life



Grow Your Mind is about building mental fitness skills.

Grow Your Mind is on a mission to reclaim the term mental health. It is often associated with mental health disorders. Whereas in fact, we all have mental health, just as well have physical health. It can be brilliant, terrible or somewhere in between.



Poor mental health is a serious issue; however, Grow Your Mind believes that mental health education does not need to be. They use storytelling, engaging videos, podcast episodes, interactive learning activities, songs, drama, dance and reflection opportunities to shine a playful light on the importance of taking care of your mental health.

Our school values prevention and building the skills of positive mental health habits in our students. By the time our students leave our school, we want them to have a tool belt of strategies they can use and practice to help them on the path of enduring good mental health. This might mean you hear your child talking about character strengths, kindness, doing something joyful, helping others, moving their bodies and more.

We are confident that the Grow Your Mind program will have a positive impact on our students, staff and community. We look forward to working together with you to support & develop your child's social and emotional skills in an engaging and playful way.

Please see this link where you can [Meet the Grow your Mind Animals](#)