Throughout Term One all year levels have been focusing on Drug Education as part of their social skills program in the classroom. Drug Education ties in extremely well with our School Values based on Respect, Responsibility, Honesty and Inclusion and our emphasis on Safety in establishing rules and classroom expectations. All of these areas assist in creating a pro-social atmosphere by helping children develop resilience and discourage bullying.

Our unit culminated in a Showcase on March 28th where Buddy classes enjoyed sharing their understandings of Drug Education. Listed below is a brief outline of what is to be included in each grades level.

**Saint Martin of Tours Drug Education**

**Prep–Grade 6**

**Prep**- Common illnesses, types of medications and safety issues relating to these including what to do in an emergency.

**Grade One**- What are drugs? Why do we need them? What are their dangers? What to do in case of an emergency?

**Grade Two**- Identify different types of drugs. Do we always need drugs to make us feel better? What are the dangers of drugs? What information is required in case of emergency when you ring 000?

**Grade Three**- Classifying drugs as harmful/not harmful, drugs and their effects, medicines and tobacco, safety in medicines and chemical accidents.

**Grade Four**- Relationships with friends, positive self-esteem, staying safe and giving and finding help.

**Grade Five**- Grouping drugs, harm minimisation, staying safe around drugs, smoking and its consequences.

**Grade Six**- Issues of Friendship, Bullying and Smoking, caffeine, alcohol and other drugs and staying safe around drugs.
In this issue

This month, we bring you a mental health directory for the whole community, it’s all here for you!

Directory for kids’ mental health and wellbeing

To make it simple for professionals to find information about mental health and wellbeing, KidsMatter has put together a directory of resources and services that support children. The directory – compiled by mental health professionals – highlights the most reputable organisations and websites in one easy location.

Professionals, school staff, early childhood educators and families can search the following categories:

- Websites with resources for professionals and families
- Organisations with telephone lines for children and families
- Services and support for professionals working with culturally and linguistically diverse (CALD) families
- Services and professionals that work with children and families

Karen Crimmins
Student Wellbeing Leader