Helping Parents members

Two great articles available now:

1. Is it normal? Dealing with sexual behaviours in children and young people
Here’s an interesting article to help parents understand and respond to children’s sexual behaviours of all ages. Great for parents of upper primary and secondary school parents.

2. Oh so serious!
Parentingideas writer Malcolm Dix shares seven ways that parents can slow things down at home so families can better connect. It’s personal, practical and relevant. Great for parents of primary school parents.
http://www.parentingideasschools.com.au/getattachment/f0f0a352-00f6-433a-a3c5-8a40443229bb
It’s the last week of Walk to School 2014 – let’s keep up the fantastic walking activity! Your school has played an important part in helping primary school students get involved in this year’s Walk to School. With over 550 schools taking part across Victoria, together we are helping students increase their physical activity levels, and develop healthy habits that can lead to a range of health benefits.

**Keep filling out your classroom calendars**

Don’t forget to record your students’ walks on your classroom calendars each day. The school with the highest Walk to School participation in each of the four education regions will win a full day clinic run by Melbourne City FC game development officers, plus a class set of 30 soccer balls and 30 soccer bibs. The runner up in each of the four regions will win a class set of 30 soccer balls and 30 soccer bibs.

To be eligible to win, you’ll need to complete your classroom calendars during October, and report your participation to VicHealth via the Walk to School website by 14 November.

**This week’s competition for students**

This week, we’re inviting kids to tell us what they’ve enjoyed most about Walk to School. Entries can be sent to walktoschool@vichealth.vic.gov.au until Thursday. Five winners will each pick up a family pass to Melbourne City FC v Sydney FC at AAMI Park on Saturday 22 November.

Happy walking! *Copyright © 2014 VicHealth, All rights reserved.*
KidsMatter

This time of year is ideal for revisiting the tips and guides for supporting students who are starting school for the first time. These resources are available on the KidsMatter website as well.

A series of mental health tip sheets have been developed for all families to build an understanding of mental health and wellbeing for children. In recognition of the rich diversity in our schools, these community language tip sheets support engagement with the following community languages groups: Arabic, Burmese, Cantonese | Traditional Chinese, Dari, Dinka, Korean, Mandarin | Simplified Chinese, Vietnamese.

**Building Resilience: A Model to Support Children and Young People**

The Building Resilience framework has been developed for the Deecd by University of Melbourne. Building Resilience online ‘assists schools to easily access programs, tools and resources designed to enhance the resilience of children and young people’.

**Building Resilience at home**

You can play an important role in supporting your child’s social and emotional learning. To help families build resilience in at home, a range of information sheets are available. See the links below to download this information.

- Building Resilience and Social and Emotional Skills (docx - 4.23mb)
- Challenges to Resilience - the concerns of children and young people (docx - 4.23mb)
- Emotional Literacy (docx - 4.24mb)
- Problem-solving (docx - 4.29mb)
- Stress Management and Positive Coping (docx - 4.28mb)
- Help-seeking (docx - 4.25mb)
SAFEMinds

SAFEMinds is a learning and resource package for schools and families that aims to:

- enhance early intervention mental health support for children and young people in schools; specifically regarding mild mood disorders (anxiety and depression) and self harm
- increase engagement of parents and carers with schools to more effectively support their child’s mental health; and
- develop clear and effective referral pathways between schools and community youth and mental health services.

It provides a suite of online materials for the whole school community, including teachers, school support staff and parents and carers, as well as a range of targeted face-to-face professional learning opportunities.

SAFEMinds: Online uses an immersive, video-based experience, to tell a series of personal stories of children and young people, their families and teachers. The “Parents and Carers” section of this resource provides videos and a toolkit of supporting resources specifically for parents and carers, to develop their knowledge and understanding about the many different forms of emotional distress children and young people may experience, and how these might be presented.

To access the full suite of SAFEMinds resources, please go to the SAFEMinds website When prompted for a password, enter “SAFEMinds-Guest”.

Once you are in the SAFEMinds site, click the ‘SAFEMinds Online’ tab to access the parent and carer videos and toolkit resources.

SAFEMinds: At Home will offer a series of parent information forums in various locations across Victoria to support connections between parents and carers and schools and local mental health services. Parents and carers will be invited to attend forums in which headspace will provide useful information about supporting children and young people experiencing emotional distress, along with a panel of local mental health agencies who will provide information and answer questions from families about the services they provide. Further information about these forums, including dates and venues, will be made available on the DEECD site soon.