KidsMatter KPS

Childhood is a crucial time for growing healthy minds. All children need care and support to develop and learn. Some children need additional help to reach their potential. KidsMatter is a mental health and wellbeing framework for primary schools and early childhood education and care services, and is proven to make a positive difference to the lives of Australian children.

If you would like to read and learn more about Kids Matter, please feel free to click on the link provided. Kids Matter website

http://www.kidsmatter.edu.au/families

KidsMatter Primary has three major aims:

* To improve the mental health and wellbeing of primary school students
* To reduce mental health problems among students
* To achieve greater support for those students experiencing mental health problems

**KidsMatter Primary Component 1**

Positive school communities create opportunities for children, families and staff to feel included. They make help support accessible and find lots of ways to invite people to take up the offer. They build bridges to help everyone benefit from understanding experiences and cultures that may be different to their own.

By working together families and schools can make sure that children with disabilities are included so that their learning, social and mental health needs are met.

Being included and learning to include other are very important for children's social development. Being included promotes belonging and connectedness, which are also key factors for supporting children's mental health.
**What Parents and Carers can do:**

* Get to know other families, take an interest in others' different backgrounds as well as what you have in common.

* Encourage children to include and appreciate others' cultural and individual differences.

* Be role models for inclusion by showing through your actions how to be caring and respectful towards others.

* Encourage your own children to include children of different abilities in their play.

* Take an active interest in activities at your child's school. Get involved at school, for example, by helping in the classroom or by joining parent working groups.

* If children complain of being teased or bullied be sure to tell your child's teacher so the school can take action to stop it.

* You can contact your child's school if you have any questions about your child or their education. Schools welcome questions from parents and carers.

If you would like to read more about *A Positive School Community* please click on the following link- Component 1