Introducing KidsMatter Primary

We know that children thrive when they have a sense of belonging. Children need strong, positive connections with friends who support and understand them, and people they can turn to for help. It matters to children. It matters to you. It matters to us at KidsMatter Primary.

KidsMatter Primary is an Australian initiative for primary schools that provides a framework, resources and support to identify and implement strategies to improve the mental health and wellbeing of students.

KidsMatter began as a pilot program in 100 schools across Australia in 2007 - 2008. The evaluation of the pilot showed improvements in student wellbeing, behaviour, and learning outcomes.

KidsMatter Primary will give your school access to the latest thinking and research on mental health and wellbeing including:

- Strategies to help you build a positive school community
- Social and emotional learning resources for use in and beyond the classroom
- Practical ideas for working with families
- Specific guidance to help children with mental health difficulties.

The KidsMatter whole-school approach assists schools to be the best possible places to nurture and support the wellbeing and academic achievement of all students.

We hope today’s briefing will be the starting point for your KidsMatter journey.

Yes, it takes commitment, but the benefits are significant.

**Successful schools start with healthy minds**

**Today’s briefing will cover**

- KidsMatter: Why it matters
- Aims and goals
- Defining mental health and wellbeing
- Children’s mental health and wellbeing
  - a national priority
  - an educational priority
- Benefits of KidsMatter
  - for students
  - staff
  - school and community
- What’s different about KidsMatter?
- How KidsMatter works:
  - framework
  - guiding principles
  - whole-school approach
  - four components
- Recommended next steps

**KidsMatter resources in this pack**

- Introduction to KidsMatter Primary CD
- Successful schools card and leaflet
- KidsMatter framework and journey card
- What works best
- Leading and driving KidsMatter
- Statement of our Commitment