KidsMatter Primary: What works best?

A number of elements have been identified as making significant improvements in the quality of how KidsMatter is implemented, and its impact in a school. These elements include:

- School leadership is actively supportive
- A small team is responsible for driving the initiative
- A whole-school approach is used for mental health and wellbeing work
- All staff develop a shared knowledge and understanding of the key concepts
- Work is planned in a step-by-step way
- The school leadership team and teachers are actively involved in planning
- Student and parental involvement is actively encouraged

These elements have been unpacked in the table overleaf.

The KidsMatter journey is underpinned by theory and evidence based practice that delivers results.

Further Information
State or territory contact details are on the website www.kidsmatterprimary.edu.au
For general information call: 1800 543 767
1. Have active school leadership commitment

**The Principal**
- Understands the time and resources involved in implementing all four components of the KidsMatter framework in a planned strategic way with a whole school approach.
- Commits to implement KidsMatter with the support of the staff and parents/carers, on behalf of the school community.
- Understands the importance of integrating KidsMatter into their school strategic plan.

**Principals and/or their representatives**
- Receiving information about KidsMatter and how it can benefit their school community.
- Finding out what's involved.
- Making a decision about participating.
- Finding out about next steps.

**Interested people**
- Receiving an introduction and overview of KidsMatter.
- Finding out what's involved.
- Receiving information about participating.
- Finding out about next steps.

**KidsMatter Primary Briefing**
- 1-2 hours.
- For principals and school leaders.

**KidsMatter Overview**
- 3 hours.
- For anyone interested in KidsMatter.
- For new staff at an existing KidsMatter school.

2. Establish and resource a school Action Team to plan and drive implementation of the four framework components

**The Action Team**
The Action Team, consisting of three or more members, representing the principal or deputy, student wellbeing staff, teachers, parents, students (as appropriate) and critical friend (non-school based personnel).
- Meets at least twice a term to plan, implement and review action using the steps and tools in the Getting Started Workbook and KidsMatter Action Team handbook.
- Encourages parental involvement in KidsMatter.
- Works in partnership with appropriate people with experience in parenting support on Component 3 and mental health on Component 4.
- Integrates feedback from whole-staff professional learning into the component plans.

**School Action team members**
- Developing a deeper understanding of KidsMatter.
- Becoming familiar with resources and tools.
- Understanding the implementation step by step process.
- Commencing planning.
- Encouraging new staff and supportive agencies to gain a deeper understanding.

**School Action Teams and others supporting the Action Teams**
- Taking advantage of opportunities to reflect, review and renew.
- Sharing experiences with other KidsMatter schools.
- Receiving support from KidsMatter and other schools.
- Receiving additional resources to enhance the implementation of KidsMatter.

**Getting Started: professional learning for School Action Teams**
- Prerequisite: School has submitted the Statement of our Commitment and all Action Team members have viewed the Introduction to KidsMatter Primary CD.
- 1 day of professional learning.
- For KidsMatter School Action team.

**Implementation Support and Network meetings**
- Half day offered 2 or 3 times per year.
- For School Action Teams, other school leadership and non-school personnel supporting the Action Teams.

**Working with KidsMatter Primary**
- 1 day of professional learning.
- For non-school based personnel working with KidsMatter schools.

3. Enable whole school staff professional learning of key concepts and practices of mental health and wellbeing in schools

**The Action Team**
The Action Team.
- Identifies an internal or external person to attend component training and then deliver the equivalent of 3-4 hours of professional learning in each of the framework’s four components to the whole staff.
- Is highly encouraged to work in partnership with people who are experienced in parenting support on Component 3 and mental health on Component 4.
- Consults with students to the most effective way to deliver the professional learning in school.
- Involves the whole staff, parent representatives, and where appropriate, students in planning the professional learning.

**The Facilitator**
- Being trained to deliver 3-4 hours of professional learning to the whole staff at the school for each component.

**Components**
- **Component 1:** Positive school community.
- **Component 2:** Social and emotional learning for students.
- **Component 3:** Working with parents and carers.
- **Component 4:** Helping children experiencing mental health difficulties.

**Facilitating KidsMatter Components 1, 2, 3 & 4 professional learning**
- Pre-requisite/s: School based facilitators are from schools where they are a member of an Action Team that have attended Getting Started. Non-school facilitators have attended Working with KidsMatter Primary.
- 1 day for each component.
- For the person/s identified to facilitate the 3 hours of professional learning for the school staff.

Before you begin the KidsMatter journey in your school, it is recommended that you consult your school community to determine their readiness. KidsMatter has developed a document to support you in this process called the Statement of our Commitment.