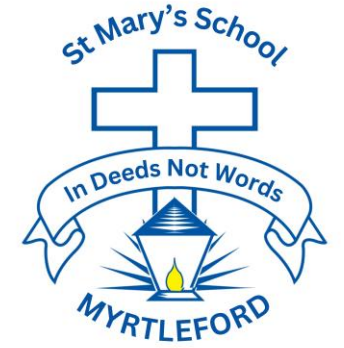


Wellbeing @ St Mary's

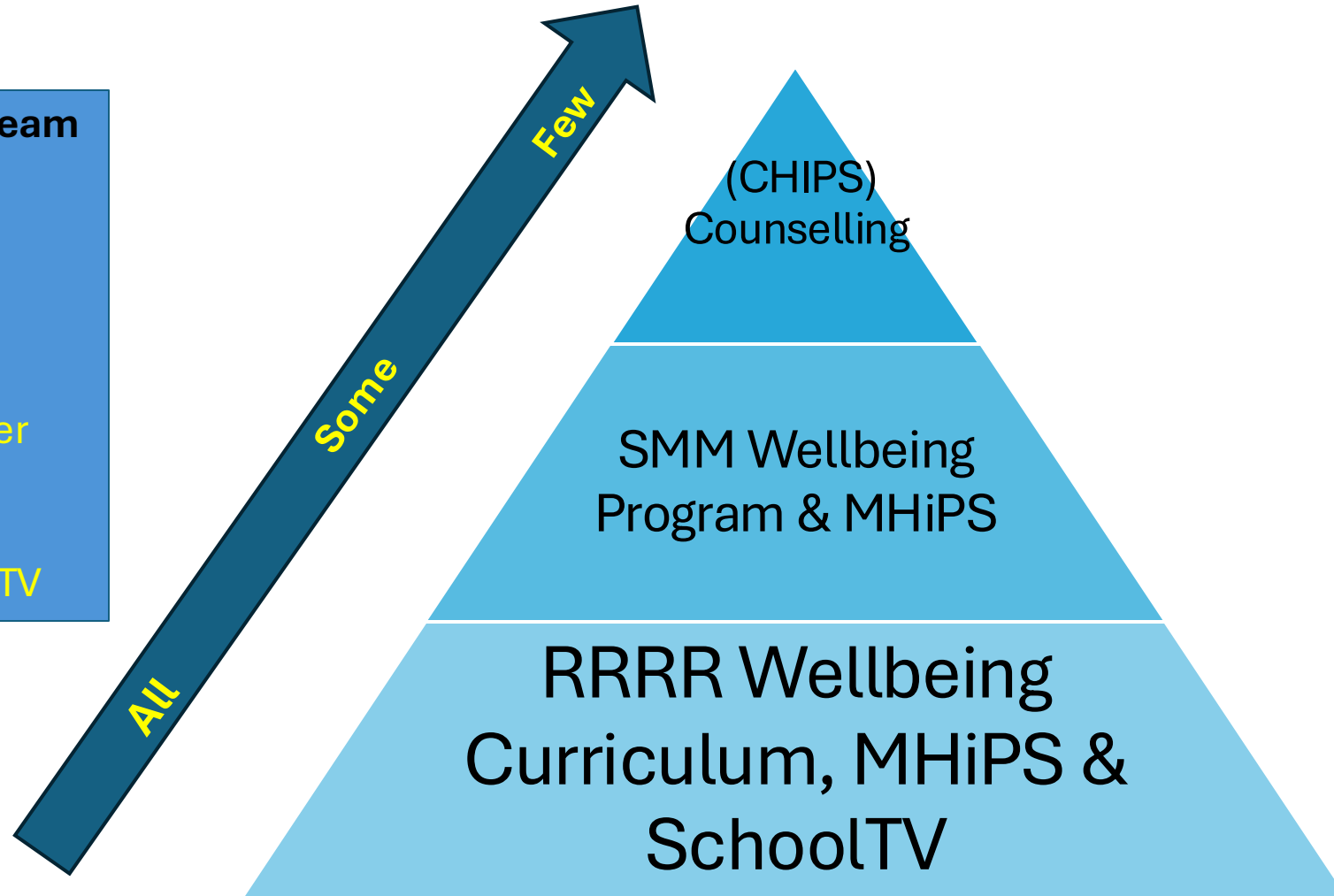


SMM Wellbeing Team

Andrea O'Connor
• (MHiPS)

Bridie Schmidtke
• Wellbeing Officer

Carolyn Deith
• RRRR & School TV



RRRR Wellbeing Curriculum

The **Resilience, Rights and Respectful Relationships (RRRR)** program is taught in schools across Victoria to help children build important **social, emotional, and relationship skills** from Foundation to Year 12.

What the Program Teaches: Children learn skills that support their wellbeing and relationships, including:

- Understanding and expressing their emotions (Emotional Literacy)
- Recognising their personal strengths
- Learning healthy ways to cope with challenges
- How to solve problems and manage stress
- Knowing when and how to seek help
- Understanding identity, respect, and positive gender relationships

Why It Matters: The program helps children:

- Build resilience and confidence
- Develop healthy and respectful friendships
- Strengthen their emotional wellbeing
- Improve behaviour, connection with school, and academic success

How It's Delivered:

RRRR is part of the Victorian Curriculum and is used in both primary and secondary schools. The program is evidence-based, and designed to create safe, respectful learning environments for all students.



Mental Health in Primary School (MHiPS)

The **MHiPS program** helps primary schools better support children's mental health and wellbeing by funding a dedicated **Mental Health and Wellbeing Leader (MHWL)** in every Victorian government and low-fee non-government primary school by 2026.

What the Program Does:

- Trains a specialist teacher to lead a **whole-school approach** to mental health and wellbeing.
- Helps teachers recognise early signs of mental health concerns and provide support in the classroom.
- Builds clear pathways for students to access extra help inside the school or through community services when needed.
- Coordinates support by working with teachers, leadership teams, families, and external services.
- **Why It Matters:**
- Schools are an ideal place to pick up early signs of mental health challenges.
- Early support can help children feel safer, more confident, and more ready to learn.
- The program has shown strong results, with schools reporting improved capacity to support students' wellbeing.

School TV- Wellbeing Resource for Families

SchoolTV is an evidence-based wellbeing platform that supports parents and carers in raising children and adolescents. It brings together **expert advice, practical strategies, and trusted information** to help families navigate the challenges young people face today.

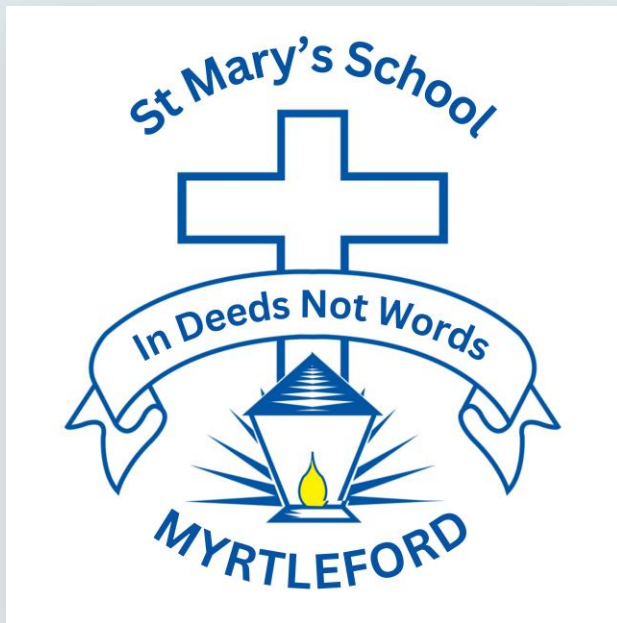
Through our school's partnership with SchoolTV, families can access:

- **Clear, expert-led guidance** on a wide range of youth wellbeing topics.
- **Practical resources** including videos, interviews, articles, and tools from global specialists and organisations.
- **Easy, private access** to content that supports meaningful conversations at home.
- **Multilingual options**, including written content available in 60+ languages and expert videos in Hindi, Chinese, and Arabic.
- **Free expert-led webinars** throughout the year on key wellbeing topics.
- Families are encouraged to explore SchoolTV regularly and sign up for **Get Alerts** to stay updated when new topics are released

[Home Page SchoolTV | St Mary's Primary School - Myrtleford](#)



SMM Wellbeing Program



The SMM Wellbeing Program is a small, supportive wellbeing group held during the school day. The focus of the group is to help students build important **social and emotional skills** in a safe, encouraging setting.

The group will support students with:

- Recognising and expressing feelings
- Managing worries and anxiety
- Building confidence and resilience
- Developing positive friendships and communication skills
- Learning teamwork and strategies for everyday challenges

Sessions are **small and supportive**, using age-appropriate activities such as games, discussion, role-play, and simple strategies students can use at school and home. As a Catholic school, we may include brief prayer or reflection aligned with our values.

Participation is **voluntary and requires parent consent**, and the program does **not** involve any assessment or diagnosis. Its purpose is to help students strengthen skills that support learning, friendships, and overall wellbeing.

Workshops will be facilitated by our **Student Wellbeing Support staff** during school hours, with minimal disruption to class time

Counselling Support – Gateway Health (CHIPS Program)

Our school partners with external agencies, such as Gateway Health, to provide Tier 3 counselling for students who need more intensive, specialised support.

- The CHIPS Program (Child Health Intervention and Parent Support) is a free early-intervention service for children aged 0–12 experiencing social, emotional, or behavioural challenges. It offers:
- Therapeutic counselling for children
- Group support and parenting guidance
- Help for children at risk of mental health difficulties, including anxiety, emotional regulation challenges, and behavioural concerns
- Counselling is tailored to each child’s developmental stage and may include play-based approaches, creative therapies, or talk-based support depending on the child’s needs.
- Key points for families:
- Services are delivered by qualified mental health professionals through Gateway Health.
- Participation is voluntary and provided at no cost.
- The program aims to strengthen emotional wellbeing, support behaviour, and enhance family relationships.
- Referral is required; our wellbeing team can assist families with this process.
- This Tier 3 support helps ensure students with more complex needs receive the right care from trusted community specialists.