



York District High School

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Term 4, 2021 Update

Dear Students, Parents and York DHS Community,

So what is Be You?

Be You is a national mental health initiative for educators which aims to promote and protect mental health in children and young people. The framework also supports staff mental health through professional development and targeted strategies; and fosters an overall mentally healthy community. York District High School commenced it's Be You journey in 2019, after being selected as a school eligible to receive funding for a 0.1 Mental Health Coordinator Role to help with implementing The 5 stages of the Be You Framework.

What is the Be You Team currently working on?

The team meets approximately 4 times per term to devise and action ideas that help foster positive mental health and wellbeing for students, staff and/or the wider community.

This year, The Be You Team have been focusing **on the following priorities:**

1. Be You Day/Week
2. Ongoing Staff Wellbeing
3. School Revamp: artwork on the outside wall of the Under Cover Area
4. Further external professional development opportunities for staff and students in the area of mental health and wellbeing.

Recently, nine staff members: Nicole Creed, Kim Bell, Ann-Marie Heard, Jacqui Mc Namara, Lana Chitty, Terry O'Brien, Conor Gregory, Sarina Narkle, and Braydon Butler were involved in completing two days of training in Youth Mental Health First Aid Training. The training was about learning how to assist adolescents who are developing a mental health problem, experiencing worsening of a mental health problem or in a mental health crisis.

The Be You Team will be investigating Teen Mental Health First Aid training in 2022 for Secondary students and possible parent workshops in the area of mental health.

The Australian Government is supporting the rollout of the Smiling Mind program into 600 regional and rural Australian primary schools. York District High School was selected to be a part of this for 2022. The Smiling Mind Program has been developed by a team of psychologists and uses mindfulness to boost calmness, contentment and clarity. Mindfulness meditation has been shown to help manage stress, resilience, anxiety, depression and improve general health and wellbeing.

During Term 4, Nicole Creed (Mental Health Coordinator/Upper Primary Teacher) and Rochelle Hooper (Early Childhood Teacher) completed 6 weeks of Mindful Champion training around Smiling Mind and how it can assist children and staff with their mental health and wellbeing. Stay tuned in 2022 for more updates about this!

If anyone has any questions, suggestions or would like to be involved in supporting Be You at York District High School, please contact Nicole Creed at nicole.creed@education.wa.edu.au.

Thank you,

The Be You Team

Courage, Effort and Innovation