



Got It! Program

ISSUE 3

TERM 4 2022

Welcome to the Term 4 2022

Got It! Newsletter!

Supporting the Social and Emotional Development of Primary
School-Aged Children

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Plus More!



THE TEAM:

Emma McKeown, Clinical Lead (Social Worker)

Liz de Jong, Social Worker

Kate Quick, Occupational Therapist

Taylor Walsh, Occupational Therapist

Vivienne Hughes, Parent & Teacher Educator

Ujala Patel, Administration Officer



There is a lot happening in the *Got It!* Community, here is a snapshot of what has been keeping us busy!

Our team have absolutely enjoyed being face-to-face in schools with children, families and teachers. This has been particularly special after running many aspects of the program online during 2020-2021 due to COVID-19. It's good to be back on school grounds and in school communities once again!

So far during 2022 we have run the *Got It!* program at Lindfield East Public School, Lane Cove Public School and Killarney Heights Public School. In term 4 we will be running the targeted group program at Waitara Public School and Forestville Public School.

The following schools have expressed interest in the Got It! Program in 2023; Normanhurst Public School, Meadowbank Public School and Chatswood Public School. We currently have vacancies for 2023 so please encourage other schools to make contact with the team if they are interested.

We have parent webinars coming up in term 4 on the topics of developing resilience, discipline and setting effective limits and supporting children's transition to kindergarten. All K-6 parent communities are welcome to attend. The flyers are included towards the end of the newsletter. Please contact our team if you would like PDF versions of the webinar flyers.

The *Got It!* team is always happy to hear from parents/carers, Principals & teachers from our *Got It!* Schools – past, present and future.

We are only a phone call (8877-4280) or email (nsllhd-macq-gotit@health.nsw.gov.au) away. Take care

***Got It!* Team**

Emma, Kate, Viv, Taylor & Liz

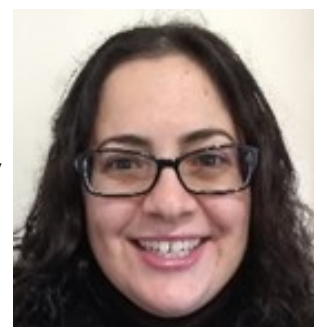
A SAD FAREWELL!

Just letting everyone know that I'm moving on to a new work opportunity in the private sector.

Families let us know that the work Got It! does is life changing and my past 5 years in the role has been very rewarding.

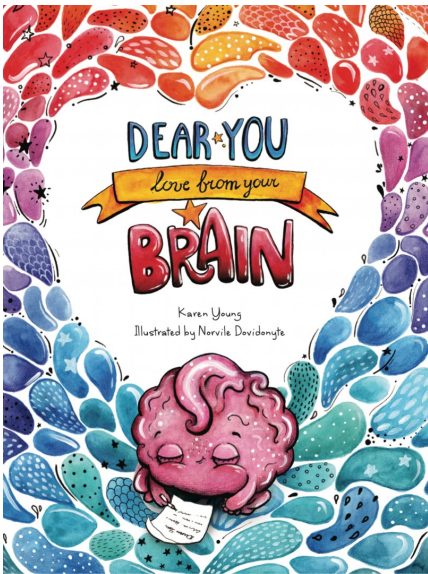
I've enjoyed getting to know the school communities and I wish the ever growing Got It! community all the best in the future.

Donna Fenech (Psychologist)



Donna Fenech

SOME NEW AND RECOMMENDED TOOLS AND RESOURCES FOR SUPPORTING SOCIAL AND EMOTIONAL DEVELOPMENT



Dear You, Love From Your Brain

By Karen Young

Like all beautiful, strong, important things, brains take time to build. Along the way, children have an enormous capacity to influence the brain-building process in profound and enduring ways. First though, they need information that will help them perform their magic.

This book will help children discover more about the brain – how it works, what it needs, and how to love it big so it can love it back bigger.

[Dear You, Love From Your Brain - Hey Sigmund](#)

A new resource from NSLHD Health Promotion, School Years Team

The Transition to School video series provides practical ideas to help parents, carers, Early Childhood Educators and Primary School Teachers to support a positive transition to school. Getting ready for school involves more than just reading and writing skills. It includes developing skills such as movement skills (fine and gross motor skills), self-management skills (emotional regulation) and interpersonal skills (communication skills). The video series will be available from **Term 4 2022**.

www.nshealthpromotion.com.au



PROFESSIONAL LEARNING

Youth Mental Health First Aid

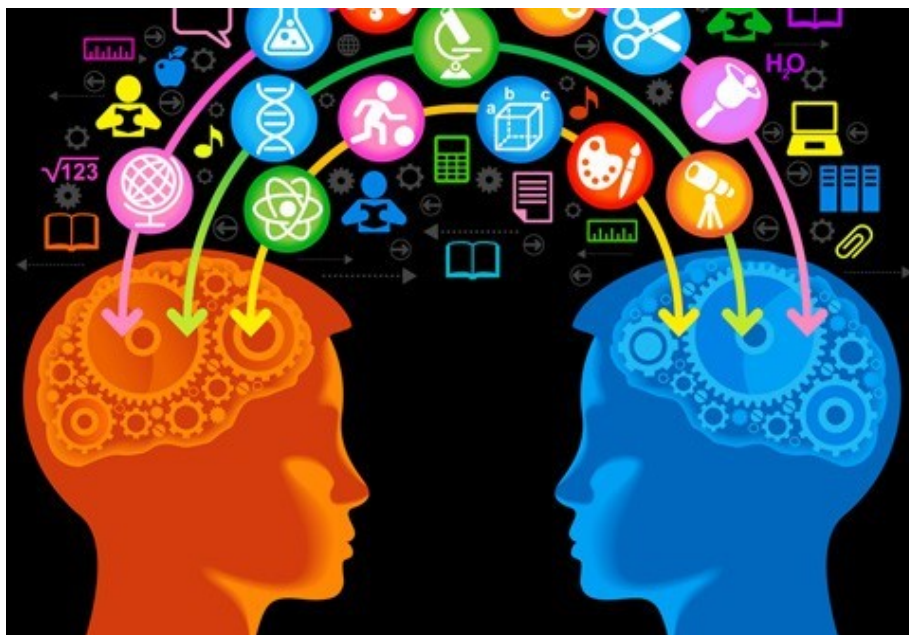
The Youth MHFA Course teaches adults how to assist adolescents who are developing a mental illness, experiencing a worsening of an existing mental health problem or in a mental health crisis, until appropriate professional help is received or the crisis resolves. Course participants learn about adolescent development, the signs and symptoms of the common and disabling mental health problems in young people, where and how to get help when a young person is developing a mental illness, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation.

Whilst the focus of this course is 12-18 year olds, many primary school executives and upper primary school teachers attend these courses as the information learnt can certainly be helpful with supporting upper primary students as well.

The Youth Mental Health First Aid 4 hour Refresher Course for accredited Youth Mental Health First Aiders is also now available.

Contact Vivienne Hughes for further information and Term 4 course dates

Tel: (02) 8877 5320 Email: Vivienne.Hughes@health.nsw.gov.au



Seasons for Growth

ADULT PROGRAM



The ***Understanding Change, Loss and Grief*** seminar is designed for use in a wide variety of workplaces and community settings to deepen understandings of the nature and impact of change, loss and grief on the lives of groups or individuals.

School- Link is now able to offer this seminar to your education staff.



Contact Fiona or Vivienne for further information

Tel: (02) 8877 5320 or 0421 582 964

E: NSLHD-School-Link@health.nsw.gov.au

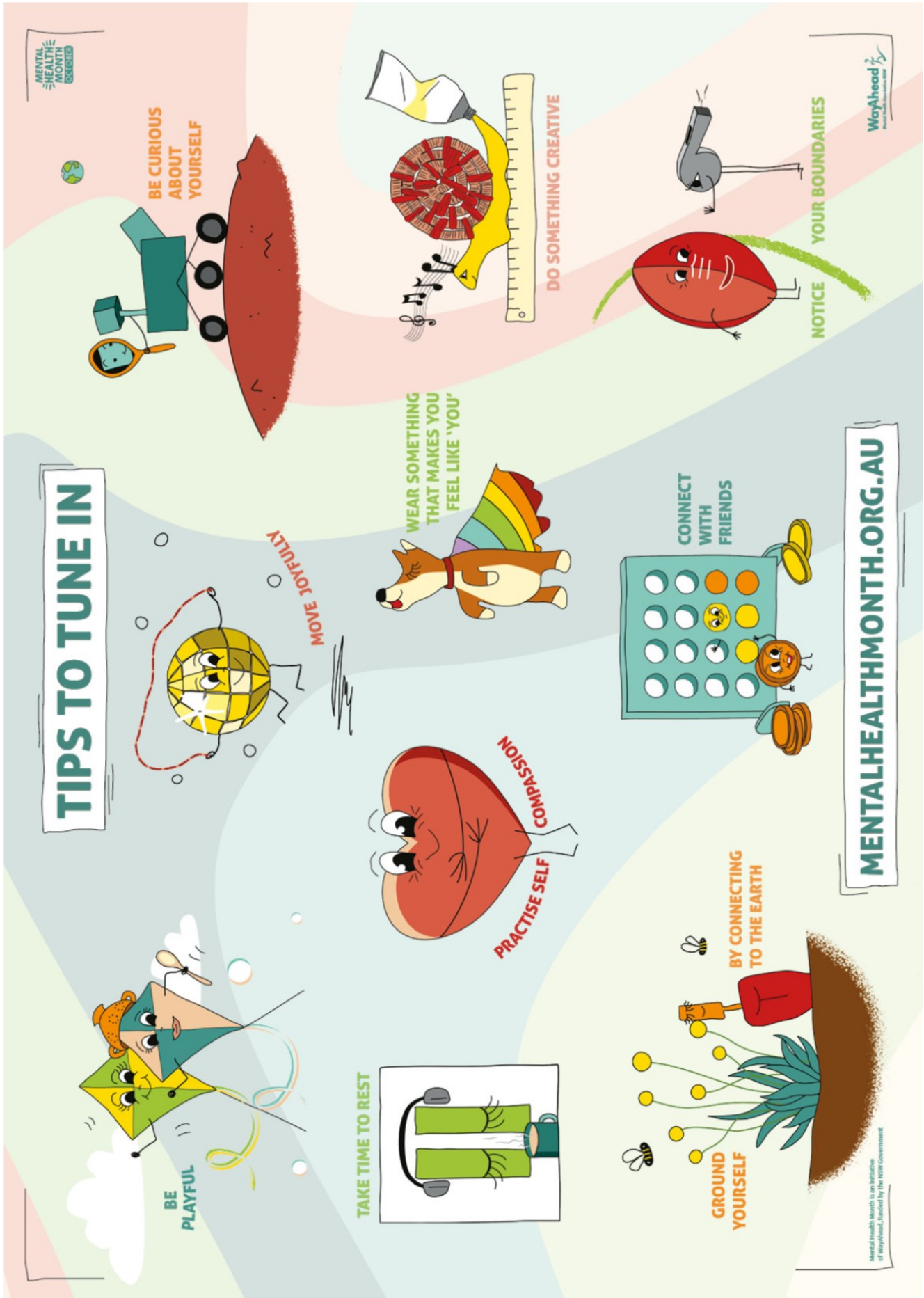
A few ideas when supporting children with their emotions.

From the Got It! Team

- ◆ Children are born with all feelings. They are not born with the ability to organise or make sense of these feelings. They need adult help.
- ◆ There is power in PAUSING to allow thinking time for children to process what we have said.
- ◆ We are not born with Empathy. We learn this skill by repeated experiences of being empathised with.
- ◆ As adults we don't need to agree with a child's feeling to be able to provide empathy.
- ◆ Replace attention-seeking with connection-seeking when trying to work out a child's behaviour.
- ◆ To be able to support children with their emotions, a good place to start is to be self-compassionate and take care of ourselves.



SELF- CARE - TIPS TO TUNE IN



OCTOBER IS MENTAL HEALTH MONTH

Intervening early in a child's life, or when a problem is just beginning, can prevent mental illness from developing later in life.

"Prevention and early intervention in the life of a child,..... are vital elements in improving infant and child mental health. They help to prevent the development of mental illness as the child journeys into adolescence and adulthood. Wellbeing in childhood is also associated with a range of positive outcomes, including higher academic achievement, economic security and improved social relationships (VicHealth, 2015).

Research shows over 13% of 4–11-year-olds in Australia experienced a diagnosable mental health condition in a 12-month period (Lawrence et al., 2015). Poor mental health in infancy and early childhood has been linked to physical and mental illnesses in adulthood (Hughes et al., 2017; Zeanah Jr & Zeanah, 2019). Yet infants and children (aged 0–12 years) experiencing mental health problems have the lowest access to and use of specialist mental health services in Australia (Emerging Minds, 2019). This means a significant number of Australian children currently aren't getting the help they need, when they need it."

To find out more, go to

<https://emergingminds.com.au/resources/in-focus-prevention-and-early-intervention/>

Prevention and early intervention strategies create a solid foundation for health outcomes later in life.



Tune in: experience, discover, join in and connect

Connection Calendar for children

Tune In and connect to your friends, your family, your community and your mental health and wellbeing.

Discover what's on these school holidays @Share our Space

Click through the calendar or use the link below to explore and connect

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26 See if your school is open through the Share our Space program	27 Draw a family logo	28 Start your day with 5 mindful moments	29 Before dinner, talk about the best thing that happened today. What made it so good?	30 Plan a fun exercise you will do every day during October	1 Make a list of your 5 favourite songs	2 Make a map of your neighbourhood
3 Have a day without TV, computers or consoles	4 Write a note to a friend and put it in their letterbox	5 Share a game, toy, book with a friend or someone in your family – and think how the new owner might use them	6 Create an obstacle course with household items – and beat your best time	7 Try box breathing. it's as easy as 1.2.3.4	8 Discover new fun and healthy food ideas	9 Get ready for the start of Term 4 – pack bags, sort clothes, and have an early night
10 World Mental Health Day. Tune in to you	11 Find out which famous or historical people you share your birthday with and learn five new things about them	12 Learn a new joke to tell at dinner time	13 Lay quietly and listen to calming sounds. What do you hear?	14 Think about someone you admire, what values do you share with them?	15 Arrange to meet up with a friend	16 Do a 'Just Dance' challenge from Youtube with your family
17 Discover your local Aboriginal language	18 Help out with a chore that you usually don't do	19 Sketch or photograph your favourite spot	20 Finish an old craft project you started – or start a new one!	21 Create a lucky dip of favourite movie titles – for a family movie night with the lucky draw	22 Complete a journal entry each day for a week	23 Offer to help cook dinner
24 Try and have 5 glasses of water today	25 Go to bed early and read a book	26 Before you go to sleep – try a calming countdown	27 Use an old jar and plant some seeds and see what grows	28 Today is World Teachers' Day	29 Create your own game and show someone how to play it	30 Grandparents' Day – if you can, call your grandparents and have a chat

31
[Kids Helpline is a safe and easy way to share any worries you might have. 1800 55 1800](#)

education.nsw.gov.au/student-wellbeing/mental-health-month

HEALTH



Tune in: experience, discover, join in and connect



Connection Calendar for families

Tune In and connect to your friends, your family, your community and your mental health and wellbeing.

Discover what's on these school holidays
@Share our Space

Click through the calendar or use the link below to explore and connect

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26 See if your school is open through Share our Space	27 Create a family logo	28 Start your day with 5 mindful moments	29 Before dinner, talk about the best thing that happened today. What made it so good?	30 Sign up for Black Dog one foot forward walking challenge	1 Kick off the month by creating your ultimate 'feel good' playlist	2 Explore your neighbourhood. Let your kids decide where to turn and see where you end up
3 Tech-free day. Enjoy reading, walking, cooking or playing family boardgames together	4 Give your plants some TLC	5 Donate 5 items each to charity – and think how the new owner might use them	6 Create an obstacle course with household items – and beat your best time	7 Spend 5 minutes on your own and focus on your breathing	8 Enjoy a family 'cook in' where everyone helps to cook – and clean up, and if you can, give to a good cause	9 Get ready for the start of Term 4 – pack bags, sort clothes, and have an early night
10 World Mental Health Day – Tune in to you and your mental health	11 Grab a coffee/tea or sparkling water and read a book outdoors	12 Wish a student doing their HSC good luck	13 Lay quietly and listen to the sounds of your home. What do you hear?	14 Consider volunteering in your local area, as a family	15 Phone a friend for a chat and a laugh	16 Do a 'Just Dance' challenge from Youtube with your family
17 Discover new apps	18 Do something kind for yourself	19 Ever tried origami? Today might be the day.	20 Take up an old skill or hobby, or try a new one	21 Movie night. A classic you love or a new release. Don't forget the popcorn and PJs	22 Try eating something new – and fresh	23 Spring clean a spot where you like to spend time
24 Stay hydrated today. Drink your recommended water intake.	25 Watch Old People's Home for teenagers series on iView	26 Before you go to sleep – try a calming countdown	27 Share your feelings with someone you trust, and listen to them as well	28 Recognise World Teachers' Day	29 Stay active	30 Grandparents' Day and share a family memory or photo
31 Write down any worries you have, and put them into perspective. And contact help if you need it	education.nsw.gov.au/student-wellbeing/mental-health-month					

HEALTH



b kinder day

b kinder day is an annual worldwide day on June 22nd. The purpose of the day is to discuss kindness, empower and inspire children/people and remind us all that our actions do matter and that we each have the power to make a difference through human kindness.



[flyhighbillie/b kinder foundation](#) (a registered charity) has been nominated for the **2022 Mental Health Matters Youth Award**

They are up against our own School-Link team for their **Need A Lift? Youth Photography Competition.**

Both are worthy contenders for this award, to be announced on 28th October!!



Be You is a national mental health initiative for educators which aims to promote and protect positive mental health in children and young people in every early learning service and school in Australia.

Be You's vision is to build an education system in which every learning community is positive, inclusive and resilient – where every child, young person, staff member and family can achieve their best possible mental health.

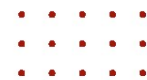
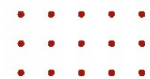
If you're committed to supporting the mental health and wellbeing of children and young people from the early years to 18, then Be You is for you!

Click here to find out more [Be You](#)



A Networking Opportunity for Principals in Northern Beaches Schools at Brookvale TAFE

Supporting Students' Mental Health & Wellbeing



An opportunity for Principals and School Leaders in the Northern Beaches area to network with local service providers over breakfast.

**Thursday
20th October
7:30am to
10:30am**



(02) 8877 5320



Vivienne.Hughes@health.nsw.gov.au



To register: <https://bit.ly/NBPrincipalExpo>



PRINCIPALS' BREAKFAST EXPO



This event is a partnership between Northern Sydney Local Health District, Be You headspace schools, NSW Department of Education, Association of Independent Schools NSW, Catholic Schools Broken Bay and TAFE NSW.

Also included: Presentations from

1. **Twenty10** on Supporting Students Identifying as Gender Diverse
2. **The Butterfly Foundation** on Supporting Students with Eating Disorders and Body Image Issues



(Please promote them to your parents)

Staying Connected Whilst Setting Limits



Join Our Free Webinar

Wednesday, 2nd of
November
6.30-8.00pm

Join us as we share what the research tells us
is effective when it comes to setting limits and
consequences with children.

To register, please click the below link:

REGISTER



Health
Northern Sydney
Local Health District

Wanting to
help give
your child a
positive start
to their
schooling?

Join our free
Webinar.



Wednesday 16th
November
6:30pm-8pm.

To register, please
click below

REGISTER



The webinar covers the following topics:

- Transitions and change.
- Understanding the feelings children may have about starting school and what behaviours you may see.
- Strategies to help children manage the transition to kindergarten.



Health
Northern Sydney
Local Health District

Wanting to know how to boost your child's resilience?

Join Our
Free
Webinar



Tuesday
22nd of
November
6:30pm-
8pm

Come along and hear what the research says is effective in helping children develop resilience.

We will explore the factors that contribute to resilience and how you can help teach children problem solving and coping skills

To register, please click the below link:

REGISTER



Health
Northern Sydney
Local Health District

WOULD YOU LIKE THE **GOT IT! TEAM** TO PRESENT AT A NETWORK / AREA/ OR REGIONAL MEETING OR EVENT?

WE WOULD LOVE TO SPREAD THE WORD ABOUT OUR PROGRAM WHICH WE ARE ALL VERY PROUD OF!

DID YOU KNOW THAT THERE IS A **GOT IT! TEAM** IN EVERY LOCAL HEALTH DISTRICT IN NEW SOUTH WALES?

PLEASE HELP US SHARE THIS INFORMATION AND SUPPORT ALL STUDENTS IN DEPARTMENT OF EDUCATION PRIMARY SCHOOLS IN THEIR **SOCIAL AND EMOTIONAL DEVELOPMENT.**



***All feelings are ok, but not all behaviours
are ok***

IF YOU ARE NEEDING SUPPORTSOME HELPFUL CONTACTS:

Family Connect and Support 1800 066 757

Child and Youth Mental Health Service (CYMHS):

Lower North Shore 9462 9222

Ryde 9926 5844

Hornsby Ku-Ring-Gai 9485 6155

Northern Beaches 9388 5150



Kids Helpline: 1800 55 1800 or kidshelpline.com.au

Beyond Blue: 1300 224 636 or beyondblue.org.au



Health
Northern Sydney
Local Health District



*A school-based
early intervention program supporting children in their
social and emotional development*

Getting on Track In Time

****Please Note New Phone No: 02 8877 4280**

NSLHD-MACQ-GOTIT@health.nsw.gov.au