



Smiling Mind Schools Program - Regional and Rural.

Program Overview

 SMILING.
MIND

Funded by:
 Australian Government
Department of Health

Smiling Mind Schools Program

Coming to 600 regional and rural schools across Australia from 2021.

Through a whole-school approach to nurture positive student and educator mental health and wellbeing, our Schools Program provides training, resources and support to help schools implement and sustain meaningful and impactful change.

And thanks to generous support from the Australian Government, we're able to offer the program free of charge to participating schools.

↓ Testimonial

“

What a positive change Smiling Mind has had on our little school. We have weekly staff mindfulness in the morning before school and our students take time every single day for a Smiling Mind session. It's incredible the overall climate change it has had on our class and our staff team... Thank you for allowing us to be a part of such a wonderful program.”

— Participant in our Schools Program



What the program involves



First term: In-depth training for the school's mindfulness champions.

Two teachers from the school complete intensive Mindful Champion training, exploring mindfulness in education and how to lead implementation in their learning environments.



Second term: Program is introduced to all school staff.

The school's Mindful Champions lead the introduction of the rest of the school's staff to the program. All educators get access to interactive and practical online training, resources and support.



Third term onwards: Staff implement the program across the school.

Educators across the school commence using the program in their classrooms and with students. Schools have access to online resources, tools and support to assist with implementation and engagement.

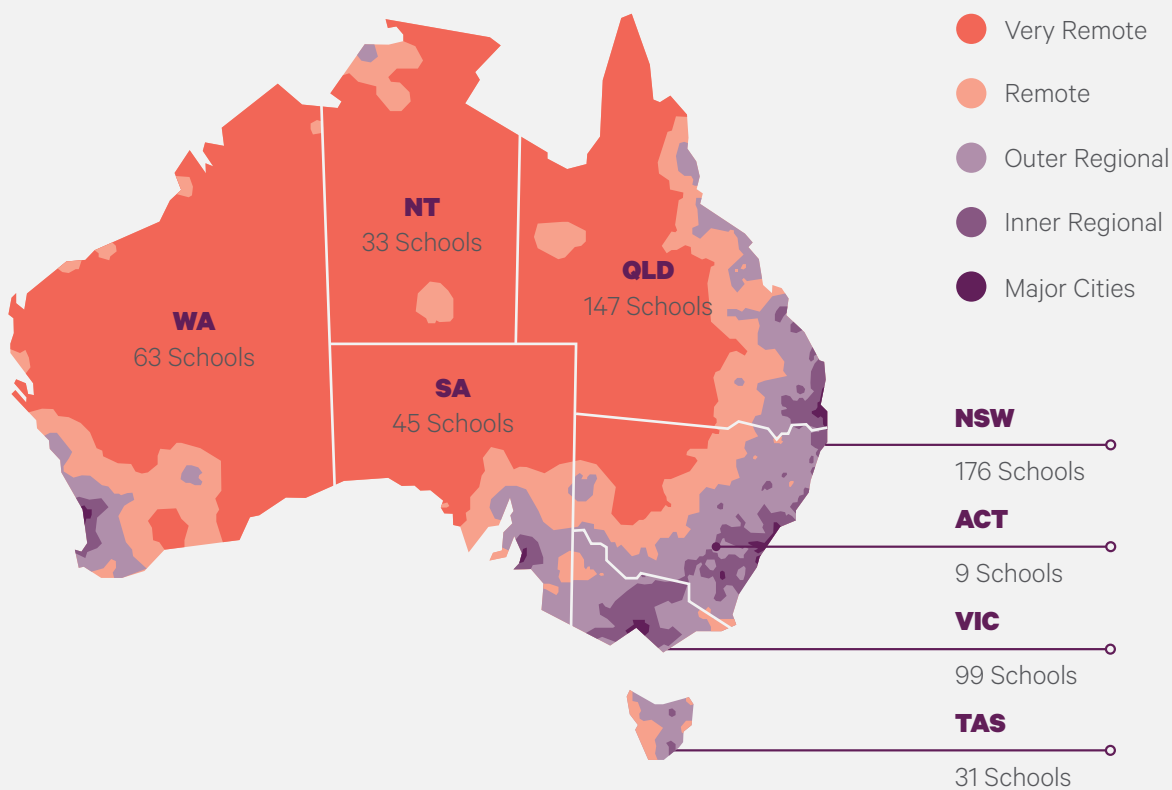
↓ Schools receive, free of charge:

- In-depth online training for staff on mindfulness and the Smiling Mind mindfulness based social and emotional learning program, and practical guidance on how to implement its benefits in diverse school environments.
- Access to our Learning Hub, which includes a range of self-paced digital courses and opportunities to connect and share experiences with educators across the country who are also participating in the program.
- The Mindfulness Curriculum, a comprehensive framework to support primary school educators in bringing mindfulness into their classrooms.
- Wellbeing surveys and measurement tools so schools can see for themselves the impact the program is having on students and teachers alike.
- Resources to support sustainable implementation of the program, including tools to support parent and carer engagement.
- Ongoing support from Smiling Mind's psychologists, facilitators and mindfulness experts.

Who can participate?

We're bringing the program to primary schools in rural and remote regions across the country. Schools from all sectors are welcome – Government, Independent, and Catholic. All training is delivered online using flexible and convenient modalities.

↓ **We've allocated a number of places to each state and territory based on population and geographic distribution**



↓ Eligibility

- All remote and very remote schools are eligible to apply, irrespective of ICSEA.
- Inner regional, outer regional, and ACT schools are eligible if they have an ICSEA less than or equal to 1,000.

Program benefits and impact

“

Great practical activities and ideas that could be used in a classroom from day 1.”

“

Backed by research. Practical and easy to implement in the classroom.”

“

I liked the interactive nature of the online sessions and getting to talk to teachers from other schools about their experiences. Even though the course was delivered online, I feel that it was engaging and I looked forward to the course each week.”

↓ **At the end of our six week Mindful Champion course:**

97%

Report high or very high confidence to discuss and teach mindfulness concepts

98%

were satisfied or very satisfied with the course

↓ **Program benefits**



Research shows that mindfulness practice can help primary-aged children to develop emotion and behaviour regulation skills, improve attention and concentration and facilitate optimal environments for learning.

The Smiling Mind Schools Program is designed to support:







Students:

-  Improved engagement with learning, attention and concentration
-  Improved wellbeing
-  Improved management of emotions and self-regulation skills
-  A positive climate for learning
-  Improved social management skills
-  Improved resilience


The whole school:

-  A positive school climate and culture
-  A positive learning environment

Teachers:

-  Calmer classrooms
-  Engaged and focused students
-  Reduction in stress
-  Comprehensive social-emotional learning (SEL) framework
-  Practical and easy to implement resources
-  Whole staff and individual support

Parents & carers:

-  Knowledge and resources needed to use mindfulness in the home environment

How to get involved

↓ Join an information session

We're running free online sessions where interested teachers, school leaders, and those from the education sector can learn more about the program and how we're planning to roll it out across the country from 2021 onwards. To learn more and to register, visit:

info.smilingmind.com.au/regionalruralschools

↓ Apply on behalf of your school

Applications open mid-November, with training cohorts starting in Term 1, 2021 and running through to mid-2022. Offers will be made on a rolling basis but demand will be high, so we encourage school leaders to submit an application early.

smilingmind.com.au/regional-and-rural-schools-program

Questions?

We'd love to talk.
Get in touch with us at:

✉ projects@smilingmind.com.au

Smiling Mind is a 100% not-for-profit organisation that works to make mindfulness meditation accessible to all.

Visit us online or download the free app to get started.

