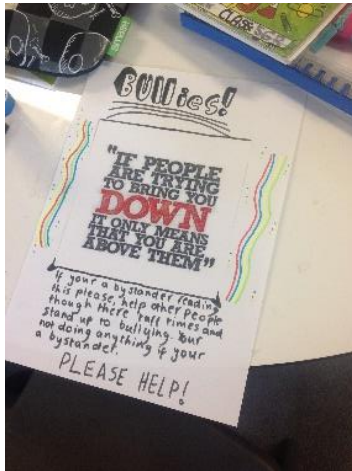


## Kids Matter in 5/6R

Roberts McCubbin is a Kids Matter school. We follow the Kids Matter Framework as we care for the children's Mental Health and Emotional Wellbeing. Apart from weekly Kids Matter sessions being timetabled into our work programs, mental health is incorporated into our programs throughout the day.

In 5/6R we have been focusing on taking action against bullying. We have been particularly focusing on the role that bystanders play in situations. We have been role playing situations and developing strategies for promoting positive relationships. We will be taking it further with our whole school buddy session focusing on the National Day of Action against Bullying.

We made posters to display in our classroom to remind us to be responsible for our actions. Here are some of our posters.



We have also been focusing on being mindful through the Smiling Mind App. It has been helpful to take a mental break throughout the week helping deal with stress, resilience and any mental challenges we face. The App is designed to focus on breathing and relaxation helping us go on with our day with a smile on our mind.

