

The Smiling Mind School Program



The Smiling Mind School Program is an evidence-based approach to support student mental health and wellbeing. The NSW Department of Education and Buildcorp Foundation is investing in the implementation of the program into 400 NSW primary schools.

WHAT IS THE SMILING MIND SCHOOL PROGRAM?

- A whole school mindfulness approach that provides training, resources and materials to support educator and student wellbeing.
- A positive, preventative and proactive approach to support students to develop foundational personal and social capabilities.
- Provides a comprehensive social-emotional learning (SEL) framework and aligns with the PDHPE syllabus.



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 School 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 and carers

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

What does the program involve?

PROGRAM WORKSHOPS & RESOURCES

Stage 1: Mindful Champion Training	Stage 2: Professional development	Stage 3: Program Resources
Nominated teacher from each school	Mindfulness foundations for teachers and school leaders	Implementation of program with resources to support the ongoing mindfulness program across the whole school
<ul style="list-style-type: none"> — Access to Online Learning Mindfulness Foundations A&B (🕒 1.5 hours per module, total 3 hours) 📅 4 WEEKS PRIOR TO MINDFUL CHAMPION TRAINING — Intensive training for one to two teachers from each school to deepen their mindfulness knowledge and be the mindfulness champion within the school. 📅 3 DAYS (DAY 1 & 2 CONSECUTIVE, DAY 3 FOUR WEEKS LATER) 	<p>Smiling Mind expert facilitators will attend your school to deliver this PD session for all educators, designed to support a whole school approach.</p> <ul style="list-style-type: none"> — Mindfulness Foundations Training for all Staff An introduction to mindfulness, the science behind it, the benefits for educators and students and establishing a personal practice. Educators will further learn how to practically approach bringing mindfulness into their school and classroom. 📅 2 HOUR WORKSHOP AT YOUR SCHOOL — Optional online learning provided to all educators Teachers provided with access to Online Learning Mindfulness Foundations A&B. This self paced learning is encouraged but optional (🕒 1.5 hours per module, 3 hours total) for completion prior to the mindfulness foundations workshop 	<ul style="list-style-type: none"> — Mindfulness Curriculum (Years 1-6) Providing developmentally appropriate teaching and lesson plans for the whole year, aligned with PDHPE syllabus. — Student Journals Support students to deepen their mindfulness understanding with exercises for them to complete outside of the class time. — Parent and Carers Video & Guide A video and printed resource for parents and carers to engage them in exploring mindfulness in the home environment. — Smiling Mind app The Smiling Mind app provides teachers, students and parents access to guided meditations and activities. — Online learning modules for educators Teachers have access to self-paced learning modules to refresh their knowledge for 12 months.
<ul style="list-style-type: none"> ✓ Support ongoing engagement with the program ✓ Ensures that every school champion has the skills needed to support their school's teaching group ✓ Trains and supports any new teachers 	<ul style="list-style-type: none"> ✓ Learn about mindfulness ✓ Start a personal practice ✓ Understand the benefits ✓ Develop a mindfulness implementation plan for your school 	<ul style="list-style-type: none"> ✓ Support sustainable implementation of the program within your whole school community

PROGRAM RESOURCE MATERIAL FUNDED BY NSW DEPARTMENT OF EDUCATION AND BUILDCORP FOUNDATION

A JOINT INITIATIVE BY



Enabling future generations of healthy minds together

What does the program involve?

PROGRAM ROLLOUT & COMMITMENT

The program will be implemented in a staged approach over a 12 month period.



[TO REGISTER CLICK HERE](#)

Case Study



Challenges

Our primary school had major concerns about the wellbeing of our students. We were seeing a lot negative behaviours, our families weren't engaged, and our enrolments were dropping.

My leadership shared my determination to turn this around and create an environment and culture of safety where students, and their families, engaged in learning and with the school.



Approach

We chose to introduce mindfulness. We spoke with Smiling Mind and enrolled in their training program for staff. Our champion undertook deep training over three days and our whole team took part in a two hour overview session after school one afternoon. We learnt a lot about how to help the students, but also how to practice mindfulness ourselves.

Throughout the day, we include a 5 minute mindfulness meditation after meal breaks that calms and resettles the students ready for learning. Once a week class teachers incorporate a 45 minute mindfulness lesson on key concepts and ideas designed to support the development of emotion regulation and awards, social awareness, and building respectful and caring relationships between students.

That was four years ago and I can hardly recognise our school. We now start each day with a mindfulness assembly to settle and focus the students ready for the day ahead.

Watch how mindfulness has made a difference for students in other schools



Outcomes

Within the first year our students were calmer during class and less disruptive, and less likely to get involved in fights in the playground. Staff also reported all students were more able to focus on tasks and more interested in learning.

There is now a waiting list for enrolments. Families are engaged in the mindfulness program as well as their child's learning, and we have all experienced the improved wellbeing of students. While academic improvements weren't a focus when we started, the students' readiness to learn has also shown improvements in our results. Today, we are a different school.

Registering your interest with Smiling Mind

If you would like to join this training program to deliver mindfulness sessions in your school, please complete the Expression of Interest at this [link](#). We will notify you of next steps if you are selected.

The program is mapped to the Australian Curriculum and aligns with PDHPE syllabus.

Want to find out more before you register?

Feel free to email us at projects@smilingmind.com.au for more information.



Places are limited, so please fill in your expression of interest as soon as possible.

*NB this program is only available to NSW government primary schools.

Click on the image below to register.

info.smilingmind.com.au

SMILING MIND

Register your school today!

For the Smiling Mind School Program

NSW GOVERNMENT | Buildcorp FOUNDATION

The Smiling Mind School Program is an evidence-based approach to

First Name Last Name

Your email address*

Your role

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