

# 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: <b>Mindful Champion Training</b>	Stage 2: <b>Professional development</b>	Stage 3: <b>Program Resources</b>
<p>One or two nominated teachers from participating schools</p>	<p>Mindfulness foundations for teachers and school leaders</p>	<p>Implementation of program with resources to support the ongoing mindfulness program across the whole school</p>
<ul style="list-style-type: none"> <li>— Access to Online Learning Mindfulness Foundations A&amp;B (🕒 1.5 hours per module, total 3 hours)</li> <li>📅 <b>ACCESS PROVIDED PRIOR TO MINDFUL CHAMPION TRAINING</b></li> <li>— Intensive training for one to two teachers from each school to deepen their mindfulness knowledge and be the mindfulness champion within the school.</li> <li>📅 <b>3 FULL DAYS FACE TO FACE TRAINING, OR 90-MINUTE ONLINE SESSIONS OVER SIX WEEKS</b></li> </ul>	<p>To support a whole school approach, Smiling Mind expert facilitators will deliver training for all teachers at your school.</p> <ul style="list-style-type: none"> <li>— <b>Mindfulness Foundations Training for all Staff</b> 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.</li> <li>📅 <b>1-2 HOUR WORKSHOP DELIVERED AT YOUR SCHOOL OR ONLINE</b></li> <li>— <b>Optional online learning provided to all educators</b> Teachers provided with access to Online Learning Mindfulness Foundations A&amp;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</li> </ul>	<ul style="list-style-type: none"> <li>— <b>Mindfulness Curriculum (Years 1–6)</b> Providing developmentally appropriate teaching and lesson plans for the whole year, aligned with PDHPE syllabus.</li> <li>— <b>Student Journals</b> Support students to deepen their mindfulness understanding with exercises for them to complete outside of the class time.</li> <li>— <b>Parent and Carers Video &amp; Guide</b> A video and printed resource for parents and carers to engage them in exploring mindfulness in the home environment.</li> <li>— <b>Smiling Mind app</b> The Smiling Mind app provides teachers, students and parents access to guided meditations and activities.</li> <li>— <b>Online learning modules for educators</b> Teachers have access to self-paced learning modules to refresh their knowledge for 12 months.</li> <li>— <b>Interactive Q&amp;A sessions</b> Smiling Mind facilitators lead interactive Q&amp;A sessions where teachers from across NSW can ask questions and get advice on implementing mindfulness in their schools.</li> </ul>
<ul style="list-style-type: none"> <li>✓ Support ongoing engagement with the program</li> <li>✓ Ensures that every school champion has the skills needed to support their school's teaching group</li> <li>✓ Trains and supports any new teachers</li> </ul>	<ul style="list-style-type: none"> <li>✓ Learn about mindfulness</li> <li>✓ Start a personal practice</li> <li>✓ Understand the benefits</li> <li>✓ Develop a mindfulness implementation plan for your school</li> </ul>	<ul style="list-style-type: none"> <li>✓ Support sustainable implementation of the program within your whole school community</li> </ul>


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



# What does the program involve?

## PROGRAM ROLLOUT & COMMITMENT

Schools implement the program in a staged approach over a 12 month period, building capacity across the school using a range of training and resources.

 Access provided prior to Mindful Champion training



### Confirm school's participation

Principal submits an Expression of Interest in their school participating, and nominates one or two staff to be "Mindful Champions".  
The nominated teachers accept, and Smiling Mind confirms that the school is part of the program.



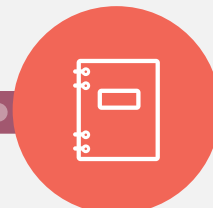
### Online Learning Mindfulness Foundations A&B

Completed by your nominated Mindful Champion/s ahead of their face to face training.



### Mindful Champion Training

School's Mindful Champions complete intensive training on mindfulness and how to implement a whole school approach. This training is delivered by Smiling Mind facilitators either face to face or online (online training only in term 2, 2020).



### Program resources

Distributed to support the implementation of the School's Program.



### Mindfulness implementation Plan introduced

Each school is supported to develop a whole of school mindfulness implementation plan tailored to their needs and experience.



### Mindfulness Foundations training—whole school

An expert Smiling Mind facilitator will provide whole school staff training. Prior to this session the whole school staff invited to take part in online learning.



### Ongoing support

Smiling Mind provides ongoing support to Mindful Champions and their schools as they embed mindfulness. Support includes check-in calls and interactive online Q&A sessions with Smiling Mind facilitators.

[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.

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.

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.

**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](mailto: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

A JOINT INITIATIVE BY



Enabling future generations of healthy minds together