

Healthy Brains

“A child's mental health is just as important as their physical health and deserves the same quality of support.” Kate Middleton

Dear Families,

A couple of weeks ago we had our ‘National Superhero Day’ and our students dressed up in their version of what a superhero meant to them. There were all the superheroes like Spiderman, Batman, Wonder Woman and Ninja Turtles. I even heard there was a Gravy-Man! Other students dressed up as doctors, teachers, nurses, and even parents. And of course, there were loads of footy players. I was so flattered to be included as one student’s Superhero – Syd dressed up as me! I phoned his mum, and we had a bit of a laugh and she told me that I was Syd’s superhero because, “Andy takes care of my brain.” What an amazing compliment – thanks Syd.



As a school, we are working on being more pro-active rather than reactive when dealing with the wellbeing of our community. Part of my job is to help up-skill staff, so they are better at identifying mental health concerns and know what to do and where to go. It is also about helping to be pro-active through teaching social and emotional skills in the classroom.

Here are a few ideas that you could do at home to ‘take care of your brains’...

- As a family, do some colouring in together in silence. Listen to the noises outside. Can you hear the pencils rubbing on the paper? What other noises do you notice? What body sensations do you feel?
- In the evening, turn off all the lights and put on some relaxing music and listen.
- Go for a walk together as a family. How does a walk make you feel? Could a walk help you if you wanted to take care of your brain? What other types of exercise might help? Discuss.
- Eat dinner together and talk about things that you do to take care of your brain.
- Take very deep and long breaths. What do you notice about your body? What about your mood?

“A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles.” Christopher Reeve

Thanks to all you everyday superheroes for simply being you.

Andy McNeilly
Mental Health and Wellbeing Coordinator

