

Mental Health Workshop Curriculum Focus

Our Mental Health workshop strives to continue the fight against the stigma surrounding mental health by making the concept as 'normal' with a perception of it being as general as our physical health. There are many reasons one may visit a GP, however mental health is generally overlooked when thinking about a visit to the doctors. This needs to change and for people to be educated that it is perfectly acceptable to require and seek aid for their mental health. While in the process, we want to empower and build stronger resilience preparing everyone for many of the challenges the real world will present. The aim to hopefully decrease instances of Mental Health issues in the student's future.

Our Focus Curriculum outcomes are:

Years 3-4

Year Three			
	<i>Personal, Social and Community Health</i>	Factors that strengthen personal identities	ACPPS033
	<i>Personal, Social and Community Health</i>	Physical Social and emotional changes as people grow older	ACPPS034

Year Four			
	<i>Personal, Social and Community Health</i>	Strategies that help individuals to manage the impact of physical, social and emotional changes	ACPPS034
	<i>Personal, Social and Community Health</i>	The positive influence of respect, empathy and the valuing of differences in relationships	ACPPS037
	<i>Movement and physical activity</i>	Benefits of regular physical activity and physical fitness to health and well-being	ACPMPO46

Years 5-6

Year Five			
	<i>Personal, Social and Community Health</i>	Ways that individuals and groups adapt to different contexts and situations	ACPPS051
	<i>Personal, Social and Community Health</i>	Skills and strategies to establish and manage relationships over time, such as: - exploring why relationships change - assessing the impact of changing relationships on health and wellbeing - building new friendships - dealing with bullying and harassment	ACPPS055

	<i>Movement and physical activity</i>	Benefits of regular physical activity and physical fitness to physical, mental and emotional wellbeing: • control of blood pressure • reduced risk of heart disease • reduced stress • improved concentration	ACPMPS064
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Year 6			
	<i>Personal, social and community health</i>	Strategies and resources to understand and manage the changes and transitions associated with puberty, such as: • minimising and managing conflict • recognising and building self-esteem • selecting and managing relationships	ACPPS052
	<i>Personal, social and community health</i>	Skills to establish and manage positive relationships, such as: • showing respect and empathy • being cooperative • actively listening • being trustworthy • accepting differences	(ACPPS055
	<i>Personal, social and community health</i>	Situations in which emotions can influence decision-making: • in peer group • with friends • with family • during sporting or physical activities	ACPPS056

We also may touch on the below outcomes:

Years 3-4

Year Three			
	<i>Personal, Social and Community Health</i>		
		Assertive Behaviours and communication skills to respond to unsafe situations	ACPPS035
		Actions in daily routines that promote health, safety and wellbeing	ACPPS036
		Behaviours that show empathy and respect for others	ACPPS037
		Circumstances that can influence the level of emotional response to situations	ACPPS038

		Choices and behaviours conveyed in health information and messages	ACPPS039
	<i>Movement and Physical Activity</i>		
		Benefits of a healthy weight and physical fitness to health and well-being	ACPMP046
		Cooperation skills to ensure everyone is included in all physical activities	ACPMP048

Year Four	<i>Personal, Social and Community Health</i>		
		Use of persistence and resilience as tools to respond positively to challenges and failure	ACPPS033
		Personal behaviours and strategies to remain safe in uncomfortable or unsafe situations	ACPPS035
		Strategies to ensure safety and well-being at home and at school,	ACPPS036 and ACPPS040
		Strategies to identify and manage emotions before reacting	ACPPS038
		Strategies to cope with adverse situations and the demands of others	ACPPS038
		Ways in which regular physical activity in natural and built environments promotes health	ACPPS041
	<i>Movement and physical activity</i>		
		Cooperation skills to ensure everyone is included in all physical activities	ACPMP048

Years 5-6

Year Five	<i>Personal, social and community health</i>		
		Changes associated with puberty which vary with individuals	ACPPS052
		Reliable sources of information that inform health, safety and wellbeing, such as: - internet-based information - community health organisations - publications and other media	ACPPS053, ACPPS057
		Strategies that promote a safe, healthy lifestyle, such as: - comparing food labels on products - increased physical activity - practising sun safety	ACPPS054



		Ways in which inappropriate emotional responses impact on relationships, such as: • loss of trust • fear • loss of respect	ACPPS056
		Preventive health measures that promote and maintain an individual's health, safety and wellbeing, such as: • bicycle safety • sun safety	ACPPS058

Year 6	<i>Personal, social and community health</i>		
		Ways that personal identities change over time	ACPPS051
		Criteria that can be applied to sources of information to assess their credibility	ACPPS053
		Strategies that promote a healthy lifestyle, such as: • refusing medicines, tobacco, alcohol or other drugs • improving the nutritional value in meals • increasing physical activity • being safe in an online environment	ACPPS054
		Preventive health measures that can promote and maintain community health, safety and wellbeing, such as: • creating social connections for better mental health • meeting physical activity recommendations	ACPPS058
	<i>Movement and physical activity</i>		
		Benefits of regular physical activity and physical fitness to health and wellbeing: control of weight and blood fats, such as cholesterol improved concentration	ACPMPS064