



## Smiling Mind Program

In 2021, Waikerie Lutheran Primary School was accepted to be part of the Rural and Regional Smiling Mind program

### Why WLPS choose to a part of this program?

- WLPS takes student and staff well-being seriously in order to achieve effective daily learning.
- We wanted something that was easy yet effective for staff and students to use.
- It is a research based program with positive results for both staff and students.
- We had previous had some experience with the program but no formal training.

### What is Smiling Mind?

The Smiling Mind program Is a non for profit program.

**Vision:** Our vision is to see Mindfulness Meditation on the Australian school curriculum by 2020.

**Mission:** Provide accessible, lifelong tools based in mindfulness meditation; creating happier, healthier, more compassionate people.

### Benefits of the program:

- Enhances learning outcomes; improves attention and concentration and engagement with school.
- Builds resilience; enhance wellbeing and confidence in staff and students both personally and in their school environment.
- It is a research and evidence based program
- It was established by psychologists, teachers and experts in well-being.



Read more about the program



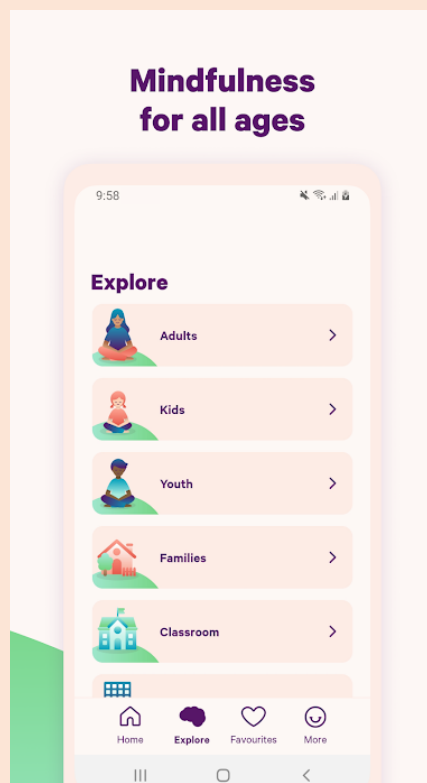


## Smiling Mind also has an App available

- Families are able to download the free app and utilise it at home.
- The app is able to be used by all the family



Smiling Mind App



## Program Time line for WLPS

**Term 1** - 2 staff undertake the 6 week training and create a school plan

**Term 2** - All staff to undertake Smiling Mind training

- Share program information with parents

- Trial program with a small group and or single classroom

**Term 3** - Whole school implementation in every classroom

**For more information or any questions please come in and ask at the SWEL centre**