



DECEMBER 2020

GROW YOUR MIND IMPACT REPORT

Mental health, we all have it, we can all learn ways to look after it.



Certified



Corporation



OUR REASON FOR BEING

Our vision is to provide evidence-based positive mental health education using a whole-school approach.

We are dedicated to arming children with knowledge about their brains, emotions and key habits that build resilience from a young age. We want school staff, students and families to have access to engaging, play-based and collaborative wellbeing resources.

WE HAVE REACHED

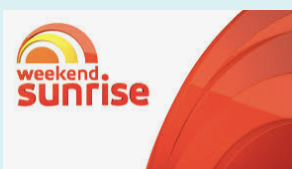
- 6000+ educators
- 2000+ families
- 100,000+ students

Grow Your Mind is an outstanding program, written by teachers, for teachers. All of the students, staff and parents at Malabar Public School absolutely love and benefit from it.

Jennie Lawson, Assistant Principal

Flustered by the morning rush, my 9 year old son instructs me to stop, put my hand on my heart and take three deep anchor breaths. My boys regularly surprise my husband and me with the mature insights they gain from Grow Your Mind. Through them, we are learning to be more mindful and to practice good mental health.

Melanie, mother of two



Hear about the impact on students this year on [Channel 7's Sunrise](#)

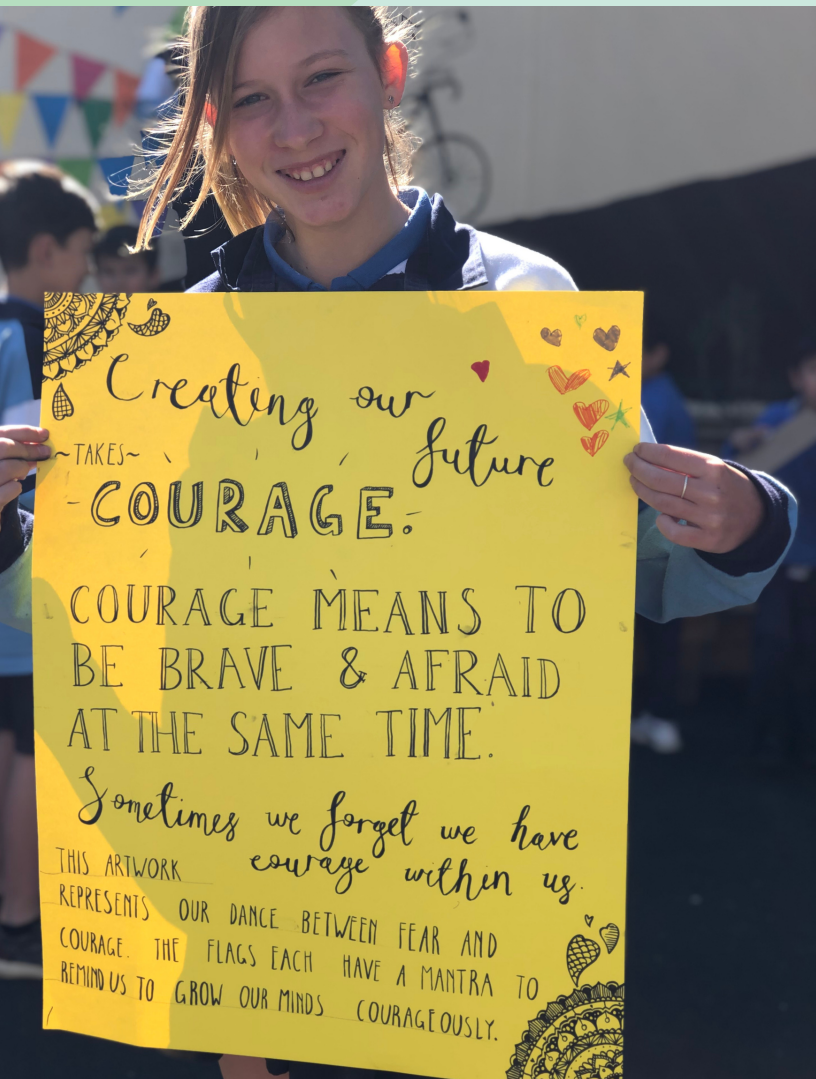
WHEN IT COMES TO FOSTERING WELLBEING, CURRENT BARRIERS FOR EDUCATORS ARE

- An overcrowded curriculum
- A lack of confidence in teaching some of core PDHPE
- High work-stress levels
- Not enough time
- Many programs are dry and require a lot of training or expert support
- Pressure to show proof of impact

OUR SOLUTION

Create a whole-school language of wellbeing:

- Based in the latest research bringing together; positive psychology, neuroscience, social & emotional learning and public health
- Takes complex topics and makes them digestible
- Can be used across the curriculum eg. literacy units, as well as stand alone lessons that can be taught explicitly
- Is time scalable and allows for flexibility in teaching. For example, our 'Take 5' resource makes doing 5 minutes of daily wellbeing easy for any teacher
- Offers a focus on teacher wellbeing to ensure our educators have an understanding of mental health so they are more able to foster it in their students
- Is easy for any educator to start the program and be guided through the core concepts to build confidence in the continuum of learning in wellbeing education
- With high impact digital and physical resources also extending to the home



2019 STUDENT PRE & POST EVALUATION

Last year 106 students from South Coogee Public School took part in an evaluation of Grow Your Mind.

Here are the results -

- 92% felt MORE confident to take care of their mental health since doing Grow Your Mind
- 1 in 2 students knew the key parts of the brain, compared to 1 in 5 before the Grow Your Mind program was introduced



2020 STUDENT EVALUATION OF CONTINUED IMPACT

Woollahra Public School has been using Grow Your Mind since 2018 and this year we followed up to evaluate the continued impact. Here are the results -

- 100% of teachers thought Grow Your Mind was a worthwhile program
- 90% felt more confident to teach their students about mental health and how to emotionally regulate
- 95% felt more confident to teach students how to adopt a benefit mindset and act with kindness
- 95% reported their students had a greater awareness of the good things and people in their life since doing Grow Your Mind
- 99% reported their students knew more ways to emotionally regulate since doing Grow Your Mind



TEACHER WELLBEING EVALUATION

Teacher wellbeing is a big part of the picture in creating a whole-school language of positive mental health. We have been tracking the impact of both our online and in person courses in this area since 2019 and these are the findings so far -

- 90% felt MORE confident to take care of their mental health
- Over 95% said they were committing to spend more time looking after their mental health



GROW YOUR MIND AT PRESCHOOL

This year Grow Your Mind has expanded more comprehensively into the early childhood space, with a pilot program in partnership with Chifley Public School and their surrounding centres.

A Preschool manual and set of lessons have been developed specifically for this age group, beginning an understanding of mental health from a young age.

Further rolling out of this part of the Grow Your Mind Program will occur in 2021, with more formal tracking of the impact.

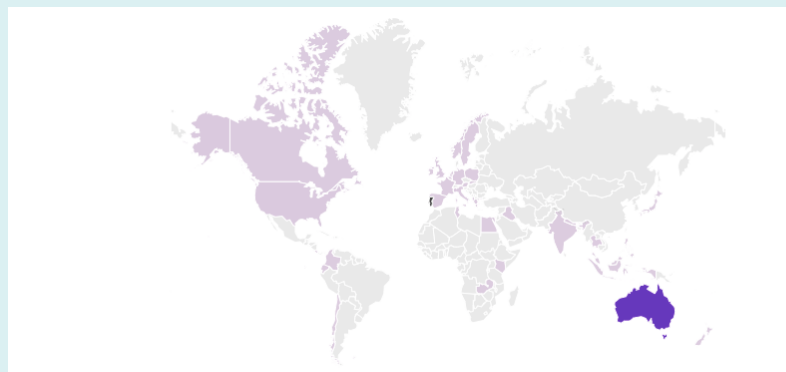


GROW YOUR MIND IN THE COMMUNITY

This year we launched free community webinars hosted by special guest speakers, on a range of wellbeing and mental health topics.

Topics included; parent wellbeing, fostering creativity in your family, and making friends with uncomfortable feelings.

To date we've had nearly 1000 attendees and are committed to continuing them in 2021.



THE GROW YOUR MIND PODCAST



In April 2020 we launched our children's podcast featuring incredible kids talking about core wellbeing topics such as hope, compassion, friendship, setbacks and more. The podcast features curriculum aligned episodes for use in the classroom or can be listened to at home as family learning.

To date it has:

- been listened to in over 60 countries
- provided a flexible teaching option
- strengthened whole-school & community wellbeing by enabling anyone to access crucial mental health messages



The podcast and its positive impact was featured on the [ABC National Sunday News](#)



TO BE OR NOT TO BE A BCORP

We are very proud to be a certified BCorp. This means we are part of a community that is working towards reducing inequality, lowering levels of poverty, creating a healthier environment, stronger communities, and the creation of more high quality jobs with dignity and purpose. We are also part of the Pledge 1% movement and we donate to nonprofits who work directly in the area of mental health.

IMPACT THROUGH PARTNERSHIP

In July 2019, Grow Your Mind engaged social enterprise, Avenue to run our warehousing and order fulfilment. Avenue is a co-working space where people of all abilities are supported to work, socialise and develop their individual skills, regardless of their support needs. This is a really meaningful partnership for us. We know the importance of connection, belonging & feeling valued, when it comes to enduring good mental health.



GROW YOUR MIND STORIES

"We are loving Grow Your Mind, it is so playful and yet empowering. Its appeal is certainly beyond preschool to Year 6. Adults benefit from it too! I feel privileged with the joy and responsibility of bringing it to life at St. John's. Thank you!"

Mary Naim, Family Educator St John's Catholic Primary School

"Grow Your Mind helped me a lot because I used to be one of those shy kids. I wouldn't want to say anything when the teacher asked a question, even though I did know the answer. It helped me to be more confident."

Amy, Year 6 student:

"The Podcast has been such a great gateway for Toby to have a chat with me in the car on the way to school.

No quizzing him straight up about life but once we've settled in and listened to the podcast it seems to naturally spark something in him to chat more easily about his own world."

Peta, Mother of 3

Grow Your Mind has been a wonderful addition to our Positive Education programme and complements the new NESA PDHPE syllabus.

It is wonderful to have a common language and to hear our students and teachers use this language in the classroom and playground when solving problems.

We encourage our parents to take on this language at home and find our parent workshops are crucial to strengthening our education partnership with families.

Kylie Latham, Deputy Head,
Loretto Kirribilli



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JENNIFER LAWSON
Deputy Head, Malabar Public

"We have implemented Grow Your Mind at Malabar Public School this year. It has been such a beautiful, positive and easy to use program for our teachers and students.

The posters and artworks are divine and the concepts and lessons are evidence based in Positive Psychology.

It has been a joy to work with Alice as she presented professional learning for teachers and parents and demonstrated how Grow Your Mind lessons can be done in the classroom.

Thank you so much for enabling us to implement Positive Education at Malabar Public School."

"To be successful, wellbeing must be a whole school approach and Grow Your Mind has been embraced by the Clovelly Public School community to help build social and emotional skills and in turn nurture other positive, caring and respectful relationships.

The resources that support the program are well researched, age-appropriate and have assisted us in bringing mental health awareness into the classroom."

Matthew Jackman, Principal,
Clovelly Public School

"Grow Your Mind has given our school a common language when discussing feelings, the brain, mental health and all things mindfulness.

The resource easily fits with a full curriculum and our teachers report that the activities settle the class and therefore in the long run save time."

Belinda Gold, School Counsellor
Emanuel

"There is not a day where one of my children don't refer to the knowledge they have learnt, strategy or story that has been taught to them by Grow Your Mind."

Lucy, Occupational Therapist and
mother of 3

"This program is amazing for what it does in our childcares and schools. If we can teach our kids these skills at a young age - we will set them up for resilience, improved mental health and success for their life."

Chelsea Pottenger, Mental health
ambassador, mindfulness and
meditation coach and mother

WHAT IS COMING IN 2021



EVALUATION

We have partnered with the University of Wollongong to undertake an external evaluation of the efficacy of the Grow Your Mind School program. This will involve 5 schools over 6 months with results due at the end of 2021.



THE GROW YOUR MIND PODCAST: SEASON 2

Season 2 launches early 2021 and includes episodes on gender, climate change, grief, resilience, joy and we are introducing a new animal character so stay tuned!

WHAT ARE WE LOOKING FOR?

To further develop our current digital subscription, we're looking for a UEX designer to work with our team 1-2 days a week for an initial period of 3 months.

And to help Grow Your Mind achieve both the impact and commercial growth we know it is destined for, we're looking to begin early stage conversations with anyone interested in becoming an Impact Investor.

If you are interested in either of these opportunities please contact kristina@growyourmind.life