

5 February 2026

Dear Prep to Year Parents and Carers

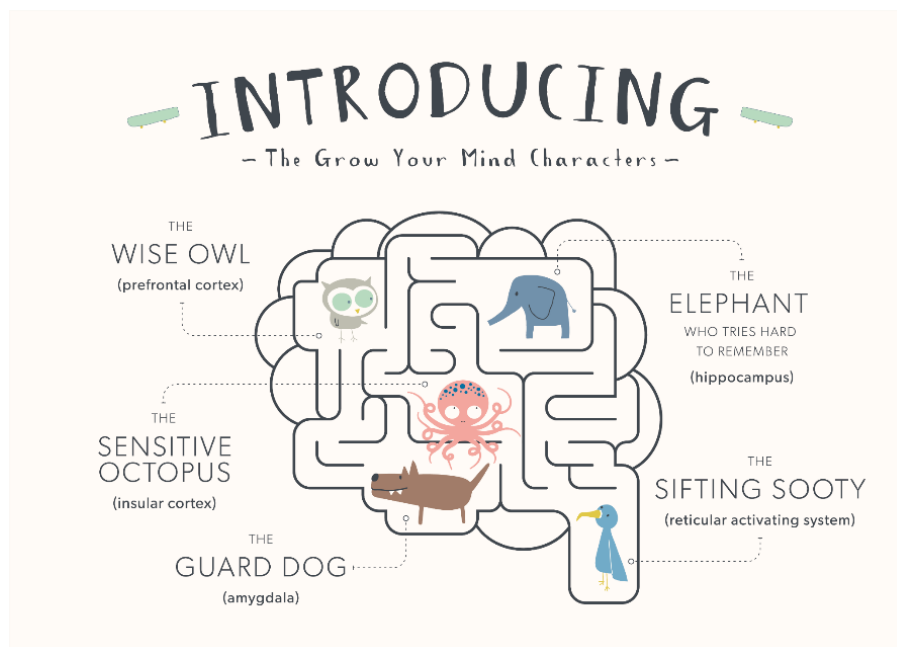
Have you heard your child recently talking about a Guard Dog, the Sifting Sooty, a Sensitive Octopus, an Elephant who tries to remember and a Wise Owl? You may be wondering what on earth this is all about!

In class, we have been exploring the *Grow Your Mind Wellbeing program*, and each animal in the program represents a key part of the brain. At Chapel Hill State School, we believe that education is about academic achievement and about developing well-rounded individuals who can navigate the complexities of life. We know that when children have the skills of resilience, emotional regulation and perspective, they will do better socially, academically and physically.

By engaging in the Grow Your Mind program, we aim to provide our students with the tools and resources they need to thrive in all areas of their lives, by learning essential skills to engage in their learning positively with their peers, navigate and work through challenges proactively and resolve problems quickly.

### **Why the animals? Why the brain? And why Grow Your Mind?**

The animals are a playful and engaging way to teach children about their brain and some of the core functions. Linking social and emotional wellbeing habits to the brain provides purpose and sparks a child's interest in topics that may otherwise cause a yawn or eye roll! E.g. gratitude, exercise, healthy friendships, and growth mindset are just a few examples.



Please click on the link to learn more about the Grow Your Mind program:

<https://www.youtube.com/watch?v=daTfpekObQ8>

**How will the Grow Your Mind program work at our school?**

**Chapel Hill State School – An Independent Public School**

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STRIVING FOR EXCELLENCE

All classroom teachers will be running an explicit lesson each week in the classroom, as well as participating in a five-minute wellbeing 'grab' throughout the day in a way that is reflective and responsive to the needs of the students in each class. This may include a mindful breathing exercise, a plan to be kind, listening to one of the *Grow Your Mind* songs, challenging unhelpful thoughts, practising positive affirmation or being of benefit in our school community by helping out (ie. picking up rubbish around the school or classroom).

We are confident that the Grow Your Mind program will have a positive impact on our students, staff and community. We look forward to working together with you to support and develop your child's social and emotional skills in an engaging and playful way.

We thank you for your continued support.

Kind regards

**The Prep to Year 2 Teaching Teams**

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