

Mana Ake – Stronger for Tomorrow

Enhancing wellbeing and positive mental health for tamariki in school years 1-8



A summary of discussions held at the most recent Mana Ake Service Level Alliance (SLA) meetings. For more information, please contact the Mana Ake project team (details below).

1 SUPPORTING MINISTRIES TO CONSIDER FUTURE INVESTMENT

We are pleased to confirm that the current provision of Mana Ake – Stronger for Tomorrow will continue until 1 December 2021.

This will allow the Mana Ake executive sponsors – the Ministry of Education, the Ministry of Health, Canterbury District Health Board and Canterbury Clinical Network – to work on a longer-term plan to support tamariki and whānau in Canterbury.

In the meantime, Mana Ake kaiārahi and kaimahi will continue to support tamariki and whānau and to work with schools/kura and school clusters to embed the positive practices identified as beneficial, including:

- understanding need and prioritising the way Mana Ake resources are used to maximise impact;
- developing a strategic focus on wellbeing;
- ensuring that teachers use Leading Lights and its rich range of advice, guidance, and resources as their first port of call;
- taking up professional learning and development opportunities; and
- supporting teachers and teacher aids to implement wellbeing programmes.

2 SCHOOL SURVEY

A big thanks to schools for taking the time and effort to distribute and respond Malatest International survey circulated in February. We expect to be able to share results from the survey in April 2021.

3 LEADING LIGHTS

Leading Lights has been specifically designed for education professionals to help identify children with specific wellbeing needs and provide ideas and strategies about how these children are best supported within schools/kura.

Leading Lights should be the first port of call for teachers who notice a concern about a child's wellbeing. It features advice and resources for supporting individual children, the class, family/whānau and information about how to request specialist and support services in the local education and health systems.

Registering for Subscriber Updates will ensure you are alerted to upcoming Professional Development and to new or amended pathways. Log in [here](#).

3.1 Professional development 2021

The 2021 dates for professional development [webinars](#) have been confirmed:

- 24 March – Eating disorders
- 26 May – Suicidal ideation
- 23 June – Child development
- 18 August – ADHD (Attention Deficit Hyperactivity Disorder)

Professional development sessions are run by a range of practitioners with special interest in their fields, including psychiatrists, psychologists, general practitioners (GPs), Resources Teachers Learning and Behaviour (RTLBs) and physiotherapists.

So far there have been sessions on topics such as anxiety, emotional regulation, eczema, gender diversity and self-harm. These have been recorded and are available on [Leading Lights](#).

4 CLUSTER FORUMS 2021

Termly cluster forums provide an opportunity for schools/clusters to share learning and practice to promote wellbeing for akonga (students) and kaiako (teachers).

The sessions are held on Tuesdays from 9-11am with an agenda via email shared closer to the time. The next sessions are:

- 23 March
- 1 June
- 14 September
- 16 November