

Welcome to Switch4Schools

Parents & Carers

This year we are excited to bring [Switch4Schools](#) (also commonly known as Switch) into our school community to help our students develop emotional intelligence and embed these important life skills.

Why?

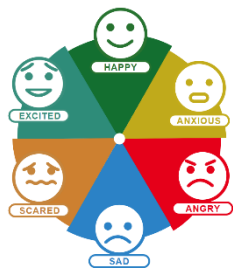
Switch is a program designed to help children understand and manage their emotions, which research shows is more crucial for academic success than IQ or personality traits. With mental health challenges hindering both school performance and overall wellbeing for many students, fostering emotional intelligence is crucial for navigating obstacles and achieving success in school and beyond.



Mission Australia 2022 Report n=18 800.

Over a quarter of the students surveyed indicated that mental health challenges were what they self rated as their biggest challenge, with 3 in every 10 students convinced there was nothing that could help, or they were unsure about what could help.

How does it work?



Switch4Schools is committed to building emotional intelligence capability and personal resilience to prevent poor mental health and support young people to be better equipped to deal with the ups and down of life.

To achieve this, teachers and students will engage in lessons and activities related to emotional intelligence, including understanding and managing emotions, empathy and constructive conflict resolution strategies.

Students will also be encouraged to “check in”, usually at the start of the day, to learn to identify and label their feelings, and will be supported to learn about and participate in small activities that are designed to help the students learn to more effectively manage their emotions in the classroom. These small strategies are expected to create a classroom environment more conducive to learning for all.

What can be done at home?

Access the publicly available [app](#) to familiarise with the emotion wheel language and explore the available activities and resources that will be referenced at school.

Want to learn more?

Watch this introductory [VIDEO](#) by the Switch founders, reference [frequently asked questions](#) via the website, or reach out to the team directly via support@switch4schools.com.au.

