



Getting on Track in Time – *Got It!*

Got It! has commenced in your school. This is a new program supported by the NSW Ministry of Health, and the NSW Department of Education.

The *Got It!* Team has started working with children in Kindergarten to Year 2 and their parents. Parents should have received a questionnaire to complete late last year or early this year. If you have not returned this questionnaire, please do so as soon as possible. This questionnaire, combined with a questionnaire completed by teachers, helps the *Got It!* Team identify those children who may be experiencing emotional, social or conduct problems at home or at school. For those children with difficulties in these areas, the *Got It!* Team will contact parents/carers to offer an interview to explore this further.

The *Got It!* Team will also be supporting teachers of the Kindergarten to Year 2 group to implement the Fun FRIENDS social and emotional learning program. This fun group program will be available to all students in this age group to help them with building friendships and managing their behaviour.

Some children and parents will also have the opportunity to participate in a 10 week group program that will give these selected families the opportunity to be part of a fun and supportive group that can improve child behaviour and family relationships and help parents deal with difficult behaviours.

Challenging and anti-social behaviour often causes problems in many areas of a child's life. It can also be stressful for their family, friends and community. Sadly, these children can often be seen as 'naughty', rather than as children who are struggling with organising their thoughts, feelings and behaviours.

Got It! aims to provide support and practical help to children and their families, and also to support the school community to help children get the most out of the opportunities available to them.

The *Got It!* team is looking forward to working at your School during the rest of this year. We would like to thank the whole school community for your commitment to improving the wellbeing of your children and families.

If you have any further questions, please ask your school's administration staff about being in contact with the *Got It!* Program clinician, Alexandra McGregor available at the school on Thursdays and Fridays.