R U OK? Day

Date:	14th September
Duration:	Day

Ask R U OK?

No qualifications needed, because a conversation could change a life

What is the special event?	**R U OK? Day is Thursday 14th September 2023.** It's the national day of action when we remind each other that every day is the day to ask, 'are you OK?' and start a meaningful conversation whenever you spot the signs that someone you care about might be struggling in life. R U OK? is calling on all of us to let the people you care about know you're here, to really hear them. Asking R U OK? is the first step, but you also need to genuinely listen to what comes next. R U OK? conducted research to understand what a meaningful R U OK? conversation looks like for Australians in 2023. People commonly mentioned three things: • **Trust:** they need to know the person they speak to is someone they trust, and, for many, someone they are close to. • **Authenticity:** they want to know the person asking them genuinely wants to hear the answer. • **Environment** people prefer to have these conversations in a private space with enough time to share what they want to say. By taking the time for an R U OK? conversation and genuinely listening with an open mind, we can all help the people in our world feel supported and connected. Before you can look out for others, you need to look out for yourself. And that's OK. If you're not in the right headspace or you don't think you're the right person to have the conversation, try to think of someone else in their support network who could talk to them. **Let the people in your world know you're here, to really hear,** because a conversation could change a life.

Why is it important to Keiki Early Learning?	At Keiki, we recognise the importance of wellness and wellbeing. Not just on physical but mental and emotional wellness and wellbeing. The uniqueness of Keiki's family feeling, amongst the staff is something we are all proud of. Talking about and sharing wellness and wellbeing tips isn't always enough though. We sometimes need to ask the questions 'Are you okay?'

What are our expectations?	We have no expectations for educators and coordinators, except for you to really be aware of each other. If you would like to, you are welcome to organise something for your service. The Hub will be providing cupcakes for all services. Is someone you work with acting differently or experiencing grief? Follow the steps in the link below https://www.ruok.org.au/how-to-ask

Activity Ideas	Here are some ideas. Take input from educators, children and families and choose activities that have meaning for your service. For staff/service - • Dress in yellow to raise awareness • Download the resources/poster from https://www.ruok.org.au/work for staff For children – • Read books about emotions • Make "emoji" masks/playdough faces to encourage children to identify and name different emotions • Role play emotions (ie can you make an angry face? When might you feel angry?) • Help children name their emotions (ie You are sad because Johnny is playing with the toy you want. I can see your frown. It's ok to feel sad.) • For OSHC children, download the activity & display resources from https://www.ruok.org.au/education#PRIMARYSCHOOLRESOURCES • Do activities that improve mental wellbeing, such as yoga or guided meditation • Download and print the emotions chatterbox for families of kindy aged children to take home. Chatterbox.pdf

	Remember the EAP. If you or someone you work with are not okay, or just need a little bit more support, use the information below. **ACCESS EAP APP INSTRUCTIONS** 1. Download the **AccessMyEAP app** 2. With the app open, select "**Register For New Account**" 3. Enter your **First Name, Last Name, Personal Email Address and Password** 4. Select **Sign Up** 5. On the next page, where it says "**Domain**", type "**keikiearlylearning.com.au**" 6. Select your role (**Manager/Employee**), followed by **"Let's Do This"** 7. You are all set. You are now able to access 3x professional counselling sessions per year and an array of wellness resources right at your fingertips!

LINKING THIS EVENT TO RESOURCES AND DATA

To support educators, educational leaders and early childhood teachers we link each event with important and valuable resources that support and inform our decision making at Keiki.

How can we link this event to our Philosophy?	***Core Value: Our Community*** We provide ongoing, high quality professional development for our teams to ensure each educator has a deep understanding of the holistic needs of each child and can reach their full potential. ***Core Value: The Whole Child*** Our highly experienced teams provide beautiful, thoughtful environments where children are invited and encouraged to make their own choices, to explore the arts, enjoy physical play, practice mindfulness and develop meaningful, positive relationships with others.

	We believe the emotional needs of every child must be met first to enable them to participate, play and learn.

How does this event link to the AEDC Data?

Physical Health and Wellbeing

Area	At Risk	Vulnerable
Stirling	8.9%	8.4%
Joondalup	8.1%	5.4%
Wanneroo	11.9%	8.2%

Children who are struggling emotionally or whose parents are struggling emotionally may come hungry or inappropriately dressed, or they may appear tired or clumsy. Document and share this information with your coordinator and put supports in place for the child and/or family where possible.

Social Competence

Area	At Risk	Vulnerable
Stirling	12.8%	6%
Joondalup	9.6%	4.4%
Wanneroo	13.5%	7.5%

Develop social skills by modelling conversational skills. Build safe & secure relationships.

Emotional Maturity

Area	At Risk	Vulnerable
Stirling	13.3%	6.7%
Joondalup	10.7%	4.6%
Wanneroo	14.1%	7.2%

Talk to the children about emotions, how they feel and how to manage them. Help children develop appropriate behaviours whilst allowing children to feel the way they feel and acknowledge that all feelings are valid and acceptable.

Language and Cognitive Skills

Area	At Risk	Vulnerable
Stirling	9.3%	5.6%
Joondalup	6.9%	3.1%
Wanneroo	11.8%	6.6%

Read books and talk about the stories and emotions in them.

Communication and General Knowledge

Area	At Risk	Vulnerable
Stirling	11.4%	6.8%
Joondalup	9.6%	3.5%
Wanneroo	13.8%	7.9%

Talk to and listen to the children. Let them know they are heard.

How does this link to the ECA Code of Ethics?

In relation to children, I will:

- act in the best interests of all children
- ensure that children are not discriminated against on the basis of gender, sexuality, age, ability, economic status, family structure, lifestyle, ethnicity, religion, language, culture or national origin.

In relation to colleagues, I will:

- acknowledge and support the diverse strengths and experiences of colleagues in order to build shared professional knowledge, understanding and skills.

In relation to community and society, I will:

- promote the value of children's contribution as citizens to the development of strong communities

How does this event link to the UN Rights of the Child?	Articles: 12. Children have the right to say what they think should happen when adults are making decisions that affect them and to have their opinions taken into account. 13. Children have the right to share freely with others what they learn, thank and feel, by talking, drawing, writing or in any other way. 24. Children have the right to good quality health care, clean water, nutritious food and a clean environment so they will stay healthy. Richer countries should help poorer countries achieve this. 31. Every child has the right to rest, relax, play and to take part in cultural and creative activities. Please talk to the children about the Rights of the Child. Do you have it displayed in your service for the children?

How can we link this event to Aboriginal and Torres Strait Islander culture?	For Aboriginal and Torres Strait Islander people a history of forced removals, policies such as racial assimilation, socially sanctioned racism and violence and grief over the loss of land and culture have all contributed to intergenerational trauma. If people don't have the opportunity to heal from past trauma, they may unknowingly pass it on to others. Connection and belonging form the foundation of healing from intergenerational trauma.