

TO PARENT/GUARDIAN(S)

Dear Parent(s),

Bannister Creek Primary School has recently partnered with Mentally Healthy WA to promote and encourage our students, staff and the broader school community to become more mentally healthy, boosting their resilience and self-esteem through the message of Act-Belong-Commit. Act-Belong-Commit is a positive mental health promotion campaign that encourages the whole community to take action to promote and protect their own mental health and wellbeing.

Mentally Healthy WA is based at Curtin University and it is important to them that they provide a program that is making a positive difference to not only students, but staff and the wider school community as well. As part of this unique and innovative program, our school has been selected to participate in a Parent/Guardian Survey to further evaluate the Mentally Healthy Schools Program to ensure the program is meeting its objectives. The survey will explore knowledge and attitudes towards mental health, the reach of Act-Belong-Commit within your child/children's school and the impact of the Mentally Healthy Schools Program on stigma and openness to discuss mental health. Participation in the Parent/Guardian Survey is completely voluntary.

Further information on the evaluation component of the Mentally Healthy Schools Program is attached. To participate in the Parent/Guardian Survey please click [here](#), or copy and paste this link into your web browser: https://curtin.au1.qualtrics.com/jfe/form/SV_etgOFDDA1EynrPD please note completion of survey is indication of consent for MHWA to record, analyse and use the data you provide. Please keep the attached information letter from Curtin University for future reference, completion of the Parent/Guardian survey is completely voluntary.

If you would like more information about any aspects of the survey, or the Mentally Healthy Schools Program, please feel free to contact Phoebe Joyce, Mentally Healthy WA Schools Coordinator on (08) 9266 1873 or phoebe.joyce@curtin.edu.au who is the key contact for this project.

Curtin University Human Research Ethics Committee (HREC) has approved this study (HREC number RDHS-216-15). Should you wish to discuss the study with someone not directly involved, in particular, any matters concerning the conduct of the study or your rights as a participant, or you wish to make a confidential complaint, you may contact the Ethics Officer on (08) 9266 9223 or the Manager, Research Integrity on (08) 9266 7093 or email hrec@curtin.edu.au.

Lynnette Macauley

Principal – Bannister Creek Primary School

INFORMATION TEMPLATE TO PARENT/GUARDIAN(S) FROM MHWA

Dear Parent/Guardian(s),

Bannister Creek Primary School has recently partnered with Mentally Healthy WA to promote and encourage students, staff and the broader school community to become more mentally healthy, boosting their resilience and self-esteem through the message of Act-Belong-Commit. Act-Belong-Commit is a positive mental health promotion campaign that encourages the whole community to take action to promote and protect their own mental health and wellbeing.

Mentally Healthy WA (MHWA) is based at Curtin University and it is important to us that we provide a program that is making a positive difference to not only students, but staff and the wider school community as well. As part of this unique and innovative program, your school has been selected to participate in an evaluation of the Mentally Healthy Schools Program to ensure the program is meeting its objectives.

This will involve you completing a short online survey (10-15 minutes). The survey will explore knowledge and attitudes towards mental health, the reach of Act-Belong-Commit within your child/children's school and the impact of the Mentally Healthy Schools Program on stigma and openness to discuss mental health. Participation in the Parent/Guardian Survey is completely voluntary and there are no foreseeable risks to participating in this survey. Contact details of organisations parents/guardians can seek support from including the phone number for Lifeline will be provided at the end of the survey as a safeguard. By participating in the survey, you are indicating you understand that survey data cannot be withdrawn once it is submitted as the survey is anonymous.

Participation in the survey indicates consent to participate and for MHWA to record provided data. All data collected as part of this research will be compliant with Curtin University's Data Management Plan. All research data collected will be anonymous and non-identifiable. You will be reminded throughout the survey to not include any identifying information about yourself or others as a safeguard. Please note that even if you do agree to participate in the evaluation research, you may withdraw your consent at any time without reason and without prejudice. A minimum number of six participants for each year group at one school will be required to ensure anonymity. All data will be stored for a minimum of seven years in accordance with Curtin University Data Management Policy. An overall report of the findings will be provided to funding bodies and key stakeholders, your identification will remain anonymous in this report. This overall report will be disseminated to all schools signed as official partner schools (this includes your school) and if findings are significant at the individual year level, area of the school or gender of the parent/guardian this will be reported on (e.g. 'awareness rates of the Act-Belong-Commit Campaign were higher among male parent/guardians' or 'awareness of the Act-Belong-Commit Campaign were higher among parent/guardians of students in Year 11 and Year 12').

The data will be stored securely on Curtin University staff's personal i:/drive and can only be accessed by the Research Team consisting of Phoebe Joyce, Julia Anwar McHenry, Geoffrey Jalleh, Simone Kerrigan and Sviatlana Kamarova. The data will be stored for a minimum period of 7 years, after which it will be destroyed in accordance with Curtin University's Data Management Policy.

Non-financial incentives in the form of a random draw for one competition prize will be provided to parents participating in the research who complete the survey. You will have the option to provide your email address on a re-directed page once you have completed the survey to go into the random prize draw, this information will not be stored with survey responses. The once-off draw will be undertaken by the research team and the prize will consist of a \$100 Dymocks gift voucher.

If you would like more information about any aspects of the survey, or the Mentally Healthy Schools Program, generally, please feel free to contact Phoebe Joyce, Mentally Healthy WA Schools Coordinator on (08) 9266 1873 or phoebe.joyce@curtin.edu.au who is the key contact for this project. You can also contact myself on (08) 9266 3789 or g.jalleh@curtin.edu.au. This project has met the Department of Education policy requirements.

Curtin University Human Research Ethics Committee (HREC) has approved this study (HREC number RDHS-216-15). Should you wish to discuss the study with someone not directly involved, in particular, any matters concerning the conduct of the study or your rights as a participant, or you wish to make a confidential complaint, you may contact the Ethics Officer on (08) 9266 9223 or the Manager, Research Integrity on (08) 9266 7093 or email hrec@curtin.edu.au.

Here is the link to the survey: https://curtin.au1.qualtrics.com/jfe/form/SV_etgOFDDA1EynrPD

Please keep this information letter for future reference.

Sincerely,



A/Professor Geoffrey Jalleh
Director, Behavioural Research Group
School of Public Health, Faculty of Health Sciences
Curtin University