



Siena Catholic College –Winner Secondary

Q1: What was your initiative or project about?

Briefly describe the initiative or project. How did your school become aware of the issue or opportunity? Which Wish for Education did it address?

Our initiative focused on strengthening mental health and wellbeing across the student body. At Siena, Student Voice has always been central to creating positive change, and our Student Representative Council (SRC) recognised a growing need to prioritise student wellbeing. We became aware of the issue through ongoing conversations with peers, observations of increased stress, and the visible impact of social media pressures, such as unrealistic standards of perfection and the constant drive to 'fit in.' These pressures were taking a toll on many students' mental health, and it became clear that action was needed. This project aligned with the *Wish for Education* to create safe, inclusive learning environments where every student feels supported, heard, and valued not just academically, but emotionally as well.

Q2: How did you bring the initiative or project to life?

Explain how students and staff worked together to plan and implement the project. What roles did students play?

An email survey was sent to all students, inviting them to choose which of the five Wishes for Education they wanted to showcase. After Mental Health emerged as the top choice, an open call was made for students to participate in the filming of our video. Staff members were also enthusiastic and eager to get involved. Our Student Voice representatives and SRC members took the lead in planning, storyboarding, and editing the video, supported by Joan. Filming took place over two weeks, with media students and their teacher contributing their skills to bring the final production to life.

What made it successful?

What positive changes or outcomes did you see for students? How did it improve their experience at school?

In the video, you'll see how Siena Catholic College is already supporting student mental health through practical tools and programs that foster connection, resilience, and self-awareness. From dedicated wellbeing lessons and mindfulness practices to, access to counsellors and peer support initiatives, the College is committed to creating a culture

where students feel safe, seen, and supported. There's still a long road ahead, but we're confident that by continuing to encourage one another to speak up, check in, and reach out, we'll see a powerful and lasting shift in how students care for their mental health and for each other.

Q4: What would you do differently next time?

If another school wanted to run a similar project, what advice would you give them? What lessons did you learn?

If another school wanted to run a similar project, our biggest advice would be: *start with student voice*. Allow students to identify the issues that matter most to them. This ensures the project is meaningful, relevant, and driven by real need. Using a simple survey helped us gauge which of the five *Wishes for Education* resonated most with our community, and from there, everything flowed naturally.

We also learned the value of collaboration. Our project brought together students, staff, media teachers, and support staff. It was a team effort and collective ownership made the outcome stronger and more authentic. Giving students responsibility in planning, storyboarding, and editing helped build confidence and real-world skills while keeping the message student led.

Finally, we learned that small steps can create big change. At Siena Catholic College, we already have a strong foundation of wellbeing initiatives such as dedicated wellbeing lessons, access to counsellors, and peer support opportunities but this project reminded us how powerful it is when students lead the conversation. The more we normalise talking about mental health, the more supported our community will be.

School: Siena Catholic College
Health Mythbusters

Best Contact: Joan Prasser

Project/Initiative Title: Mental