In his valedictory speech, College captain Fraser Tooley said that the major priority of the student leaders at St Pius X College in 2015 is to pay special attention and care to the mental health and well-being of other students and that the year 12 leaders are committed to looking out for the students in the younger years, especially Junior School students.

College principal John Couani said "this is a whole-school focus for 2015 and beyond."

Since 2006 the College has been actively working towards the implementation of an integrated approach to supporting the positive mental health and well-being of its students and staff.

College counsellor Rick Russo said: "We are now moving into a new and exciting phase of MindMatters with a renewed major focus led by the college student leaders in 2015."

Mr Couani said: "The college wanted to be at the forefront of positive mental health and well-being for all - which is what the MindMatters program provides."

"We strongly believe that our students' feeling of connectedness to their school underpins their well-being.

"We need to continue to build a positive self-esteem in our boys by engaging them on many levels in and out of the classroom. Feeling safe, valued and appreciated is absolutely key as is developing trust so that students are able to seek help."

"At St Pius X we believe that every teacher is a teacher for well-being. As a Catholic school, MindMatters is embedded in our religious education programs as part of our reflection days as well as being explicitly taught in PDHPE which covers areas such as resilience, risk taking and seeking help.

"Other classroom activities at the College include 'listening assemblies', transition programs and, most recently, the introduction of online learning modules.

"Many of the MindMatters activities and events take place outside the classroom. These include peer support and mentoring, twice-weekly boxercise, bushwalks, hikes, rock climbing, canoe trips, paddle boarding, RUOK? Day, National Day Against Bullying and high profile guest speakers."

Mr Russo said MindMatters has led to a changed culture at the College with a greater sense of connectedness amongst students, who are more inclusive and tolerant, and with a greater respect for diversity.

"Importantly, there is a greater acceptance that every person's mental health and well-being is important. More students are self-referring by seeking counselling and re-referring or reaching out to their mates. Help-seeking skills of all students have significantly improved and senior students have embraced the 'MindMatters' philosophy as mentors to younger students and are actively involved in student empowerment projects."

Staff well-being is also strongly supported at the College through seminars, exercise classes, free massages, breakfasts, social occasions and a weekly health and well-being newsletter.

The College is the recipient of a National Recognition Award as one of 18 schools across Australia successfully implementing a whole-school approach to improving mental health and well-being over an extended period of time.