

WELLBEING *newsletter*

TERM 2, WEEK 7

SCHOOL VALUES

Congratulations to the following students who were acknowledged for living our school values of resilience, respect, responsibility and empathy.

- **Harry Swann** - being a kind friend and playing with people who don't have anyone to play with
- **Ewen Watt** - trying hard with his learning
- **Theo Sandlant** - being respectful and responsible by helping tidy up the JP unit
- **Harry Brown** - being respectful and responsible by helping tidy up the JP unit
- **Lexi Becker, Claire Carter, Nate Marsden, Sienna Miller, Eddie Sinclair, Lily Simmons** - being responsible and helping tidy up the library while Linda was away
- **Amity Dawes** - displaying empathy by helping a younger student calm and return to class last week
- **Alice Burns** - being responsible by doing extra physical activity at home on the weekends
- **Asher Lawry** - being resilient and showing initiative in P.E.

SCHOOL VALUES

- **Asher Lennon** - applying a growth mindset to his learning
- **Aster Stolzenberg** - always showing kindness and being a good friend
- **Felix Baines** - displaying the value of responsibility by being one of the first to clean up our classroom each day.
- **Nathaniel Lennon** - all 4 values in PE, working hard to improve every lesson.
- **Louis Dodd** - respecting the teacher when instructions are given in PE.
- **Izzy Politis & Amelia Wilson** - showing responsibility by packing up the whole OSHC room without being asked
- **Caleb Baines** - persisting through his work.
- **Hannah Kent** - persisting through her work and being a positive role model for other students

If you would like any further information about what you see in these newsletters, please feel free to contact me

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THE RESILIENCE PROJECT

This week's presentation from The Resilience Project is all about [Mindfulness](#).

Mindfulness is our ability to be present at any given moment. We practise this by using intentional awareness and concentrating on what you are doing when you are doing it.

Thousands of studies into [Mindfulness](#) indicate that with regular practise, Mindfulness can lead to benefits such as; reduced stress, reduced rumination, increased memory, increased cognitive function and physical health benefits through improved immunity.

View Part 4 of the series here:

[Part 4 - Mindfulness:](#)

<https://theresilienceproject.com.au/2023-parent-carer-hub-inspire-hugh/>

Mindfulness can be practised through meditation, yoga, flow-states and daily activities such as cooking.

Source: UC Berkeley, Greater Good Science American Psychological Association

