

WELLBEING *newsletter*

TERM 2, WEEK 5

SCHOOL VALUES

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

- **Ella Vyden** - always displaying a caring attitude towards others. Ella puts 100% into her work at all times and willingly helps her peers.
- **Nathaniel Lenon** - always displaying resilience in all PE sessions.
- **Edgar van der Linden** - Resilience and engagement in PE
- **Harriet Brush** - for always taking responsibility over her learning
- **Angus Orchard** - always taking responsibility for their learning and helping others
- **Isaac Chicco** - always taking responsibility for their learning and helping others
- **Darcy Davis** - for helping others on camp when they were upset and regularly holding the door for teachers and students
- **Margot Bruer** - for overcoming fears about going on camp and performing in front of an audience

SCHOOL VALUES

- **Taite Dawes** - for always trying, even when things are hard
- **Charlie Padley** - for picking up rubbish as we walked around camp
- **Edi Pollard** - Respect and Responsibility (for always volunteering to help in the classroom)
- **Mabel Pollard** - for cleaning up the classroom for Andy while Ms. Wood was on camp
- **Scarlett Steele** - for overcoming her fears on camp and staying overnight
- **Louis Dodd** - always maintaining a positive mindset
- **Amelia Lemm** - for cleaning up the classroom for Andy while Ms. Wood was on camp

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 next presentation from [The Resilience Project](#) is all about **Empathy and Kindness**.

Empathy is our ability to put ourselves in the shoes of others to feel and see what they do. We practice this through being kind and compassionate towards other people.

Brain imaging data shows that being kind to others registers in the brain as more like eating chocolate than like fulfilling an obligation to do what's right (e.g., eating brussel sprouts)!

Research shows that practicing empathy, such as performing acts of kindness, taps into our brain's 'mirror neurons', builds compassion and our behaviour becomes more social and community-based.

View Part 3 of the series here:

Empathy

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

1. Here's an activity to practise empathy and kindness: Reflect on someone in your life who could benefit from an act of kindness today. It could be a friend who would love some affirmation about their work, your pet who deserves an extra treat, or a family member who would love a phone call or text message.
2. Make a plan for who you are going to give an act of kindness to, and what you are going to do.
3. If you want to add accountability to your plan, share it with someone else and encourage them to do the same thing.
4. Follow up with each other in a few days time, to ask how it went!

Sources: [Psychology Today](#), [UC Berkeley](#), [Greater Good Science](#)