

WELLBEING *newsletter*

TERM 2, WEEK 9

SCHOOL VALUES

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

- **Lachlan Durand** - for displaying responsibility for his learning
- **Olivia Hamilton** - for helping younger students in the yard at play time and stepped up to help them
- **Mabel Chhabra** - for showing persistence in her learning
- **Henry Randell** - for being a respectful and responsible class member
- **Luca Zobel** - for showing responsibility in PE lessons, and helping pack up without being asked
- **Jemima Stolzenberg** - fantastic work ethic - always puts in her best effort
- **Kai Felice** - working through strong feelings to become more resilient
- **Flossie Townson** - Always acting in a responsible manner - often volunteering to help those in need
- **Xavier Grossmann** - for working hard at his fundamental movement skills in PE.
- **Guinevere Innes** - for focusing on her skill sets in PE.
- **Mabel Fowden** - for displaying excellence in school sport

SCHOOL VALUES

- **Alexis Dolman, Oli Miller, Grace Huff, Bella Gierke, Saige Phillips, Tristan Vallance** - consistently displaying the school values and thinking scientifically
- **Hugo van der Linden, Liv Campbell, Ella Vyden, Alice Carter** - showing resilience during the recent choir assessment

THE RESILIENCE PROJECT

This week I have included a summary piece from The Resilience Project about the concepts we have been covering this term at school, as well as the parent resources we hope families have been accessing at home. Next term we would love to include any examples of families practising the 3 main drivers behind The Resilience Project - Gratitude, Empathy and Mindfulness. If you have tried any of the suggested activities with your family and would like to share them with others, please send me an email about it, or feel free to call in a have a chat.

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THE RESILIENCE PROJECT

In the final part of The Resilience Project's parent series, Hugh shares an important message about allowing our children to experience adversity.

The key to building resilience in our children is allowing them to experience failure, hardship, disappointment etc. As parents, we can be too quick to resolve our children's challenges which can deprive our children of enormous growth opportunities. These typically happen when we experience failure and uncertainty. As parents we should be there for our children when they fail, but not fight their battles for them.

View Part 5 of the series here:

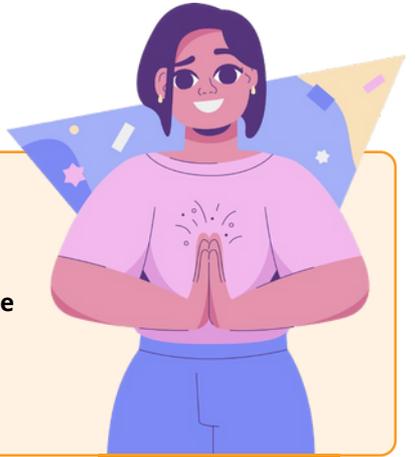
Part 5 - <https://theresilienceproject.com.au/2023-parent-carer-hub-inspire-hugh/>

Thank you for participating in this Parent and Carer Digital Presentation series.

You can re-watch the videos and access activities and resources anytime via the Parent & Carer Hub.

You can also stay up to date with The Resilience Project news and events by signing up to their Newsletter.





Gratitude

Practising gratitude is the ability to **notice things in your life** (big and small) and appreciate them, rather than thinking about the things you wish you had, or might be missing out on. **Making this a daily habit rewires your brain to scan the world for the positives** rather than default to our negative bias. Over time, this leads to **increased levels of energy, happiness, and self-esteem.**

Graterogories

You Will Need

- Get your family together.
- Paper for each player.
- Pencil/pen for each player.
- Timer.

How To Play

- This game can be played individually or in teams.
- Choose a letter of the alphabet at random (you might use an alphabet chart, sing the alphabet song, put all the letters of the alphabet in a container like a raffle or you might have a letter dice at home).
- Place a timer on for one minute.
- In that one minute, each player/team writes down as many things they can that they are grateful for starting with that letter.
- Winning player/team scores a point.
- Play again with a different letter.
- Play continues for as long as you like.
- Winner is the player/team who has the most points at the end of your game.

‘It is not happiness that brings us gratitude. It’s gratitude that brings us happiness.’



Scan the QR code to listen to **Dr. Kiran Martin** on the imperfects podcast. She says that gratitude should be our **fundamental orientation of life** and that we need to wear glasses that have gratitude lenses.

Gratitude Walk

As a family, go for a walk around your home, local neighbourhood or favourite park and imagine you are wearing ‘**Gratitude Glasses**’. Point out all the things you see that you are grateful for.



Jump onto **TRP@Home** on the The Resilience Project website. Here you will find a range of **free resources and activities** you can do at home.



TRP@HOME

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The Resilience Project is proud to partner with Coles to support students, teachers and parents to become happier, healthier and more resilient. We are grateful for the commitment and shared vision of Coles to support the mental health of all Australians.