

At school this term we have been focussing on building our students resilience. Resilience is a person's ability to be flexible and is how quickly they can restore themselves after a stressful or challenging event.

A great way of building resilience is showing gratitude (looking on the bright side of life). Each day students are asked to write in grateful journals about someone or something that they are thankful for. A great home add on to this is to talk about something your child is grateful for that has happened throughout the day.

The year 3 to 6 health topic for this term is all about building self-worth. The girls are working on a program called "Flourish" with Miss Hall and the boys are with Mr Walsh completing a program called "Victorious".

We are also discussing with the students about why we should do things. Our focus is on, "We do this because this is - Who We Are" not for reward or punishment but because this is "Who I Am".

We encourage children to take responsibility for the smallest things and have them try to take a challenge and turn it into an opportunity. As we work together to help your children reach their full potential, please encourage this kind of thinking at home.

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