

WELLBEING *newsletter*

TERM 2, WEEK 1

WHAT'S HAPPENING

This term we will be sending home a fortnightly newsletter focussing on the wellbeing of the school community. This newsletter will include items such as:

- good news stories of our students living our school values
- information for parents about The Resilience Project and Zones of Regulation
- information about parent webinars or articles of interest about topics such as childhood anxiety, and internet safety

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

email:

felicity.godson353@schools.sa.edu.au

Phone:

8339 2377

SCHOOL VALUES

Congratulations to the following students who were acknowledged for living our school values of resilience, respect, responsibility and empathy during Term 1.

- Claire Jensen
- Sophie De Haas
- Neve Lindsay
- Evie Gajjar
- Wynter Williams
- Mabel Chhabra
- Hayden Smith
- Rowan Williams
- Angus Orchard
- Amelie MacGregor
- Roy Bartlett
- Arlo Tiessem
- Estelle Underwood
- Sienna Miller
- Annie Raspe
- Henry Stubing
- Sophie Whittle
- Shannon Laheen

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THE RESILIENCE PROJECT

As many of you are aware, this year we are working closely with The Resilience Project to support the wellbeing of our school community.

Over the coming weeks, we'll be sharing the Parent & Carer Hub with you. The videos are 5-10 minutes long and will walk through the key pillars of resilience: Gratitude, Empathy & Mindfulness. You'll hear stories and be introduced to activities to show how these strategies can support our kids' learning and development, and also support you as parents and carers.

This program is an important part of our school's effort to look after the mental health of our community.

View the first presentation of the series here:

Part 1: Meet Hugh and learn about The Resilience Project -

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

In this presentation, Hugh shares a personal experience about his sister's battles with Mental Illness.

Note: This video contains a story about an Eating Disorder that may be triggering. Please consider this before watching. For mental health resources and support information, visit The Resilience Project's Support Page.

We will be in touch fortnightly to share the remainder of the program, including research and wellbeing activities to integrate into day to day life.

THE ZONES OF REGULATION

Online Parent Resource - 'An Introduction to Regulation'

This online resource:

- will help you to understand regulation
- will give examples of how you can respond to your child's big feelings
- may take up to 1 hour to complete
- does not need to be done all at once.
- Link to parent resource:

https://rise.articulate.com/share/rG_zIH9hfq9hGFgQ6ALfq6sfpKbhRtbD