

WELLBEING *newsletter*

TERM 2, WEEK 3

WHAT'S HAPPENING

This week SAPOL came and ran some cyber safety workshops with our Year 3/4 and 5/6 classes. The focus of these sessions were about how to keep yourself safe online, and what to do if you are feeling unsafe.

An important aspect of cyber-safety is open communication at home, and being informed about the games/websites and apps that children are accessing. The 'Think U Know' website is a great parent resource that can be accessed at:

<https://www.thinkuknow.org.au/resources-tab/parents-and-carers>

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

- **Koa Atkins, Paige Van Schaijk, Aster Stolzenberg, Scarlett Wolosiuk** - being responsible members of the school by picking up rubbish during their playtime
- **Megan Wolosiuk** - always displaying the school values, she is a willing helper, always polite and gets on well with all of her peers.

SCHOOL VALUES

- **Tristan Vallance** - a team player who is a positive role model for others in the class. He is always focused on his learning and helps his peers when needed
- **Bella Reed & Molly Cowie** - showing empathy towards Mr. Huff and his family
- **Mikey Biven** - being a responsible learner

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

WELLBEING

newsletter

TERM 2, WEEK 1

THE RESILIENCE PROJECT

This week's presentation from The Resilience Project focuses on **Gratitude**.

Gratitude is paying attention to the things that we have right now, and not worrying about what we don't have. We practise this by noticing the positives that exist around us.

Research shows that practising gratitude rewires our brains to overcome the negativity bias (which can lead to anxiety and depression) and see the world in a positive light. It is also shown to broaden thinking, and increase physical health through improved sleep and attitude to exercise.

View Part 2 of the series here:

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

There are many ways in which you can practise gratitude, including starting a gratitude journal. You can simply use a notebook to list three things that went well for you each day, or use a more comprehensive wellbeing journal, like those created by The Resilience Project.

Source: [Psychology Today](#).

PRACTISING GRATITUDE



**WHAT HAS MADE
YOU HAPPY TODAY?**

'I played with my friends on the playground'

- Alia

'Spending time with Bri before school started'

- Alexis

'Playing on the sweat track at recess' - Ruby

'I had a friend to play with at playtime' - Jack

'My brother gave me an extra-long cuddle' -

Oli

'This morning I got to play on my Nintendo'

- Charlie

'I got to play my favourite games, which is one bounce' - Riley