RESILIENCE

Georgina Manning will deliver a presentation on 'The 5 Secrets to Develop Confidence and Resilience,' at our Parent Information Evenings on Tuesday 11th February for parents of children from Grade 3 – Grade 6 and Thursday 13th February for parents of children from Prep – Grade 2. Georgina is the Director of - Wellbeing for Kids which offers regular newsletters and articles on a range of wellbeing topics. Click on the topic below to read her latest articles.

Parenting Tip Sheets (click on the links below)

Anxiety in children
Building children's independence
Building emotionally resilient behaviour
Building resilience in children
Characteristics of resilient children
Effective conflict resolution skills
Friendships & Conflict
Helpful tips for parents to destress
Helping kids to think positively
Teaching kids to be problem solvers

SOCIAL AND EMOTIONAL LEARNING

As part of our Social and Emotional Learning Education we use the BOUNCE BACK! Wellbeing and Resilience program, which teaches children the skills and attitudes to help them become more resilient. It uses literature as a starting point for discussions and follow-up activities.

The unit we are beginning with this term is Core values. Our values are statements about how we think we should behave and what we believe is important. Our values are our moral map, which guide our behaviour and actions. The following values are taught in the BOUNCE BACK! Program- Being honest, Being fair, Being responsible, Being kind, Being cooperative. Accepting differences in other people, Being friendly, Being respectful, Showing self-respect.
What can you do to help your child develop and live by good values?

- Give your child positive feedback when they act honestly (e.g. when they tell the truth, own up to what they have done, avoid the temptation to keep something that belongs to someone else, and when they try to identify who owns something they have found that doesn’t belong to them).
- Play age-appropriate board and card games with your children. This provides an opportunity for you to reinforce playing fairly by following the rules of a game and not cheating. Playing games with your children also provides an opportunity for them to practise social skills such as being a good winner and loser.
- Help them to develop kindness and a sense of fairness towards others who are less fortunate than themselves. Model for them some ways to support others who are in need.
- Encourage your child to appreciate and return the kindnesses and favours they receive from others.
- Present different people’s points of view when talking problems through with your child. This helps them gain a sense of what’s fair for everyone involved.
- Give your child regular chores and give them positive feedback when they do these without being reminded. Stress that people will trust and respect you more when you behave responsibly.
- Model cooperative behaviours for your child by working with them on a project (e.g. building a model) or task (e.g. tidying up the garage). Comment on how and why things went well (e.g. you both did a good share of the work, each did the part they were good at and each respected what the other person did).
- Provide opportunities for your child to socialise with their extended family, neighbours and friends, and participate in community groups such as clubs and sporting teams. Emphasise the importance of being friendly and accepting differences in people and discuss with your child how they might do this in each situation. Show them by example too.
- Never give up! Sometimes there is a ‘sleeper effect’ and values that your child didn’t seem to ‘take up’ at an earlier age pop up in their behaviour when they are older.

The Better Buddies Values displayed throughout the school are Inclusion, Respect, Honesty and Inclusion. These values create a pro-social atmosphere in the school, by helping children develop resilience and discourage bullying. The values to be taught, encouraged and developed are caring for others, friendliness, responsibility, including others, respect, valuing difference, and promoting inclusion.

The KidsMatter Team members will be responsible for bringing back activities and ideas to the classroom for the Better Buddies Values of Inclusion, Respect, Honesty and Inclusion.

Karen Crimmins Student Wellbeing Leader