

Wellbeing Newsletter Week 4 Term 1 2023

Last Friday we celebrated **Random Act of Kindness Day** across the school. Did you know, that research shows, performing a random act of kindness not only makes the recipient's day but is also good for your own wellbeing? It can release hormones within your body that contributes to your mood and overall wellbeing. The other great news is performing acts of kindness can be contagious.

Students across the school were encouraged to perform some random acts of kindness for those around them, be it at school or home. The challenge was set to see if we could perform 1000 acts of kindness which is less than two per student. We have not reached our target yet however we are still adding to our wall. Ask your children each night how they have shown kindness during the day or if they have been the recipient of kindness. Share how you have been kind or experienced kindness during the day. Remember kindness is not only performing a kind task but in how we speak to others, in the way we treat our land, in the way we interact on social media, online games and demonstrated in how we treat others.

Kindness doesn't cost much but is the richest gift we can give.



How are you feeling today?

Being able to recognise our emotions and how these present in our bodies is a key skill to self-regulation. The Prep C class of 2022 completed a wonderful mural inspired by "The Feelings Book" by Todd Parr to help us check in with our emotions. It is important to help our children notice the signals our body gives us around our emotions. Did they notice muscles getting tight or thoughts racing perhaps they began to do shallow breathing or they started sweating. Try verbalising the signals you feel too as this is not an easy concept for children to understand.

Anxiety and School Camp



Is your child feeling a little anxious around camp? Then you are not alone. Talking to your child, validating their feelings, finding out as much information for them as possible and brainstorming solutions are all good starting points.

Below are some links for some ideas on how to help. Please contact your class teacher or myself if you would like some further support on ways to help your child.

[10 strategies for managing school camp anxiety](#)

[Problem solving sheet for camp](#)

[Managing Camp worries](#)

The Mindfulness Centre is open Tuesday – Friday every lunch time. It has been lovely to see so many students making use of the space. I am particularly impressed to see so many students displaying the school values of co-operation and respect as they play games, share and chat across age groups.