



Curriculum Report March 2022

Term 1 has continued to be busy throughout the school. Students have been engaged in many activities both inside and outside of the classroom. Several extracurricular events are going happen in the coming weeks -for the first time in a long time, these will be wonderful opportunities for the students to engage in something different! 5/6 are off to Quantum, 3/4 on a Bugs excursion and the Grade 1 Dinner/2 Sleepover!

The Resilience Project Update

Students have begun working their way through the Resilience Project Learning Program. This program has been great to link with the work we are already doing within the RRRR's program. Each day students are completing activities in GEM and this is being linked to many other areas of the curriculum. Donna Gilliam has also been sending information through Compass to families to continue this important work at home.

OUR CLASSROOM IS COMMITTED TO

g.e.m.

GRATITUDE
Being thankful for what you have

EMPATHY
Putting yourself in someone else's shoes

MINDFULNESS
The ability to be 'in the moment'

Frequently asked questions by parents and carers

<p>Why is resilience and wellbeing important?</p>	<ol style="list-style-type: none"> 1. Children who are not well emotionally will not be able to learn. When we are stressed the part of our brain responsible for learning does not work. 2. Calm children can focus and retain more information. 3. Resilience enables children to take safe risks without fear of failure. 4. The statistics indicate that the number of adults struggling with mental ill health has increased over the years. 5. Statistics also tell us that mental ill health is affecting young people at alarming rates and the onset is getting earlier. 6. Prevention is the key to seeing these figures improve
<p>Why and how is this relevant to curriculum?</p>	<ol style="list-style-type: none"> 1. The Resilience Project curriculum has been produced to align with Victorian and Australian Curriculum standards and frameworks. 2. The Resilience Project curriculum addresses aspects of achievement standards in the Personal and Social Capabilities learning area and the Health and Physical Education learning area
<p>What does this program look like in the classroom? What will my child be doing?</p>	<ol style="list-style-type: none"> 1. Your child will complete a variety of activities that introduce them to the Resilience Project key pillars of Gratitude, Empathy and Mindfulness. 2. The activities will give them a chance to practice these concepts, individually and in groups.

	<p>3. Children will be encouraged to develop habits of practising these concepts on a daily basis outside of the lessons. You can play a big role in supporting this</p>
<p>What is gratitude, empathy and mindfulness? Why these?</p>	<ol style="list-style-type: none"> 1. Gratitude is defined as being thankful for what you've got. 2. Empathy is thinking about what others are feeling. It's about being kind to others. 3. Mindfulness is bringing your attention to the present moment. It builds awareness of thoughts, emotions and surroundings, as well as a sense of calm. <p>There is a wealth of supporting academic research on the mental and physical benefits of these strategies.</p>

Staff Professional Development – Lookout

Last Friday Staff attended a whole day session on Trauma Informed Practice. This session was aimed at ensuring all staff were familiar with ways to ensure all students are able to make the most of learning experiences at school. In particular we looked at how we can use behaviour support plans to identify and support student behaviour as well as the importance of regulating behaviours before we can relate or reason with students.

