September 8, 2023 Newsletter

ISSUE 14

The Junction Journal

The Junction Public School Union St Merewether 2291 Ph. 4963 1343 Email: <u>thejunctio-p.school@det.nsw.edu.au</u> Principal: Cath Larkman **08/09/2023**

From the desk of Mrs Larkman

Hello to our parents and carers,

What a lovely morning it was last Friday for Donuts and Handball. How lucky are our students to have so many attending! There are some more beautiful photos further on in this newsletter. Thanks also to our P&C and community volunteers.







Kindness Colour Run is coming up! Please see the P&C report for how you and your students can enjoy the day to the max! Please keep the sponsorship money coming in also.

Safety tip - We ask that students and carers don't ride skateboards/bikes on

school grounds and that dogs are not brought on site – even on leads.

Cath Larkman, Principal



Artwork by Auntie Michelle Earle commissioned by TJPS in 2018

We respectfully acknowledge that this newsletter comes to you from Awabakal land.

In communicating how we learn, teach and lead, we acknowledge and pay respect to elders past and present and extend that respect to all Aboriginal people as the traditional custodians of this land on which we are all privileged to live, work, and learn.

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NSW Department of Education



Every Day Matters

Attending school every day allows your child to get the most out of their learning and improve their career and life options.

Regular school attendance can help expand your child's learning and create positive relationships with their peers.

If you require support in getting your child to school for any reason, please reach out to us.

If you need interpreter assistance to contact the school, please call 131 450, tell the operator what language you need and ask them to phone the school. The operator will get an interpreter on the line to assist you with your conversation. You will not be charged for this service.



English

education.nsw.gov.au - Every Day Matters

NSW Department of Education

Why attendance matters

When your child misses school they miss important opportunities to ...









0.5

sw.gov.au

Build skills through fun



Upcoming Events

TERM 3

Tuesday September 12 Kindergarten Excursion – Oakvale Farm Wednesday September 13 Primary Wind Ensemble Kinder 2024 Transition to school visit 12-1 Friday September 15 Grandparents Day – Library Book Donation Wednesday September 20

Kinder 2024 Transition to school visit 12-1 Thursday September 21 Kindness Colour Run Friday September 22 Final Day Term 3

TERM 4

Monday October 9 Students and staff return (no staff development day) Wednesday October 11 Primary Band Day Mon-Fri October 16-20 Stage 1 Intensive swimming Program Monday-Wednesday October 16-18 Bandfest Mon-Fri October 23-27 Stage 1 Intensive swimming Program Friday October 27 Year 5 Leadership Workshop 1 Wed-Fri November 1-3 Year 4 Great Aussie Bush Camp Thursday November 2 Primary Wind Ensemble Friday November 3 Year 5 Leadership Workshop 2 Wednesday November 8 Kindergarten 2024 Orientation 1, 9-11am Friday November 10 Year 2 and Band recruitment morning Year 5 Leadership Workshop 3 Friday November 17 Year 5 Leadership nominations Monday November 20 Year 5 vote – Leadership nominations Monday – Friday November 20-24 Christmas Book Fair Wednesday November 22 Kindergarten 2024 Orientation session 2 Monday November 27 Year 5 Leadership speeches & voting Wednesday December 6 Kindergarten 2024 Orientation session 3 **Thursday December 7** Band Presentation Night - Ncle Conservatorium Friday December 15 Students last day of term

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GRANDPARENTS DAY BOOK DONATIONS

FRIDAY 15 SEPTEMBER 8:30 - 12PM

The library has purchased some amazing books for you to donate to the library.

Prices start from \$5. EFTPOS available and cash accepted.

Donated books will have a book plate with the child's name placed inside. They will be the first to borrow their donated book.

Looking forward to seeing you all

2023 School Staff

Principal - Mrs Cath Larkman Deputy Principal - Ms Connie Emmington

Kindergarten

KC – Mrs Jody Cooper KE - Miss Jo Ellis – Assistant Principal Early Stage 1 KG - Mrs Sarah Griffiths

Stage 1

1B - Miss Tess Barns/ Mrs Amy Blackmore 1H - Miss Angie Harris – Assistant Principal Stage 1 1L - Mrs Aleisha Ladkin 1/2A - Mrs Amy Lalic 2MC - Mrs Nina McLeod/ Mrs Nicole Jones 2/3A – Miss Alison Smoother (year 2)

Stage 2

2/3A – Miss Alison Smoother (year 3)
3LC - Mrs Holly Lynch/ Mrs Phillipa Campbell
3/4B - Miss Lucy Bourne
4F - Mr Brad Ferguson
4L - Mr Rob Low - Assistant Principal Stage 2
4N - Miss Lily North

Stage 3

5FW - Mrs Kate Farrell/ Mrs Sarah Wilson 5S – Mrs Jane Singh/Mrs Sarah Wilson 5/6K - Miss Kate Spring 6L - Mr Matthew Liles - Assistant Principal Stage 3 6R - Mr Michael Radnidge/Miss Gemma Doran

Learning and Support

Ms Connie Emmington - Coordinator Mrs Claire Edwards / Mrs Katrina Gardoll Mrs Michelle Morrison Miss Sara Willoughby/ Ms Hannah Titchmarsh – Library Miss Alison Tonkin – Music Mrs Linda Whiteside – Counsellor Mr Luke Sparksman – AP C&I Ms Laura McAllister – Flexible Learning

School Learning Support Officers

Mrs Di Edwards Mrs Nicole Harrison Mrs Theresa Koitka Mrs Emma Lovegrove Mrs Pam Parkes Mrs Belinda Scorgie Ms Sevi Celik Mr Jack Ward

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Information from the Front Office Team...

Money Collection

The school is now using our new finance system 'School Bytes'

The school also accepts cash, (exact amount only), cheque or we have EFTPOS facilities in the office. (Please note that the school EFTPOS facility is only available for school payments and not P&C – such as the Uniform Shop).

Any cash payments to come straight to the office, this includes: -Band fees, School books, Excursion money etc. Any money that is sent to school must be in a sealed envelope/bag with your "Child's name and class" on the front and details of the event you are paying.

There is a "Payments" slot at the front counter in the school office – students are to post payments in this slot.

Absences

Any absence from school must be explained. The Sentral Parent Portal is a great way to advise the school of student absences, or alternatively phone the school, send an email or write a note. Each day at around 10am, the school sends out an SMS alert to parents of any child who has an unexplained absence for that day. Please refrain from using class apps like Class Dojo to explain absences as the teacher may not be at school or they are teaching and unable to read the Dojo message before 10am.

Extended Leave

If you are going away and leave is over (5) school days, you must complete an "EXTENDED LEAVE FORM" from the office prior to your leave. Leave forms submitted are subject to approval by The Principal.

Late Arrivals / Early Leavers

School hours are from 8.55am to 3pm. The first assembly starts at 8.55am. If children arrive later than 8.55am, they need to present to the office to provide late arrivals information to office staff. A 'Purple Partial Slip' is then taken to the class teacher. Similarly, if children leave early for the day, parents must buzz the intercom at the Union Street gate to admitted into the office. Admin staff will phone the classroom for your child to come up to the office. Please be aware of early departures in recess and lunch breaks as it can be quite difficult to locate your child in the playground.

Medication at School

The office is only able to administer 'prescribed medication' to students. This means medication that has been prescribed by a doctor. This medication must be left in the package provided, clearly labelled with the child's name and dosage. If medication is required, a parent will need to come to the office and complete a Student Health Condition Support for Prescribed Medication form.

SCHOOL STAFF ARE NOT ABLE TO ADMINISTER PANADOL OR NON-PRESCRIPTION MEDICATIONS.

In the Office

OFFICE HOURS: 8:30AM TO 3:15PM School Email: <u>thejunctio</u> p.school@det.nsw.edu.au

SCHOOL SECURITY

ph: 1300 880021

Office Team

Mrs Dianne Edwards Mrs Amanda Brake Mrs Angela Bowen Mrs Kathy McInnes Mrs Lesley Janissen

General Assistants

Mr Tom Jervis Mr Darren Ray

In the Community

P&C News

P&C Contact email

Jessica Ryan, President president@junctionpandc.org

UNIFORM SHOP

ONLINE ORDERING! www.tjpsuniform.com

Secondhand Uniform Donations

Donations accepted are bomber jackets, polo fleece jumpers, red polo shirts and black sport shorts. We are unable to accept donations of white shirts or tunics.

Email the Uniform Shop: tjpsuniformshop@gmail.com PLEASE ASSIST WITH DELIVERY OF UNIFORM ORDERS BY PUTTING YOUR CHILD'S NAME on the order (in the NOTES section)

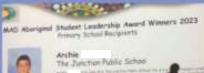
Please ensure that your Child's name is clearly marked on all items of clothing

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MAD AWARDS 2023

S. Martin











The Junction Public School



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Amy Lalic The Junction Publ

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Thank you to everyone who helped make our Doughnuts for Dads a successful event. It was so nice to see you all enjoying the sunshine. The children certainly enjoyed having you at school and the excuse to eat doughnuts!

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The Junction Public School GEM Day and P&C Kindness Colour Run

Hello to our wonderful Junction families

This term we have been participating in the **Resilience Project**. We have been learning all about 'Dis moments in life and **Gratitude**, **Empathy and Mindfulness**. To celebrate our term and how far we have come we are inviting all of our wonderful families in for a day of activities. Here we will share stories from our Resilience Program, engage in mindfulness activities and create wonderful family memories. We are calling this our **GEM Day!**

What have we been doing?

FITNESS

PASSPORT

0

To complement this program our focus through the **Promier's Sporting Challenge** is to build our physical capacity and understand the impact physical fitness can have on our body and wellbeing. As a school, we participate in the Health Hustle (which is exercising to music), dancing, yoga and running. After 10 weeks we will have completed **40 movement activities** and **run 19 484km** as a school. We then go back to class to engage in mindfulness activities and breathing exercises before marking off our activities in the fitness

passport.

P&C Kindness Colour Run So how can you help?

At the start of the term your children brought home a sponsorship card. A sponsor may wish to make a one off donation or to sponsor each lap. The P&C have worked tirelessly to gather prizes for the

students, including a IT XBox, surfing gear, movie vouchers etc. Money raised during this time will go towards a **new multipurpose sports ground** for all students. There are prizes for the highest fund raisers and everyone who returns sponsorship money will go into the draw for prizes. To be eligible for the prize draw money must be

returned by

Tuesday 19th September, Term 3

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Concept Ideas for Multipurpose Sports Ground



GEM Day and P&C Kindness Colour Run Thursday 21st September 2023

Time	Events		
9.00	Morning Assembly and then all students and teachers return to classrooms for roll marking, reading and preparation for parent visits		
10.00 - 10.30	CELEBRATION ASSEMBLY Parents and families welcomed to the new hall for Resilience Project presentation		
10.30- 11.00	OPEN CLASSROOMS Families and friends welcome to visit classrooms to share in mindfulness activities and student journals		
11.00-11.20	RECESS		
11.20	Assembly under COLA		
Stages	K/1/2	3/4	5/6
11.30-11.40	Health Hustle (parent participation welcomed)		
11.50 - 12.15	Colour Run with families. Photos Ice block	Yoga	Butterfly Positive Affirmations School Display
12.20 - 12.45	Butterfly Positive Affirmations School Display	Colour Run with families. Photos Ice block	Yoga
12.50-1.15	Yoga	Butterfly Positive Affirmations School Display	Colour Run with families Photos Ice block
1.20-2.20	LUNCH		
2.20 – 2.50	Assembly Share our GEM Song P&C Prizes will draw prize winners		
2.50-3.00	All students return to rooms with teachers to collect school bags and hand out certificates		

Sponsorship Payments

Sponsorships money can be paid by 1 of 3 ways:

- Cash brought straight to the school office
- EFTPOS at the school office

• Online via School Bytes (QR code)– In the School Bytes App select Statement. At the bottom of your statement click on the + button, which takes you to 'Add other item'. Select the child you wish to pay for, then select Colour Run and add. Type in the amount you would like to pay. If you have more than 1 child to pay for, repeat the procedure from the + button at the bottom of the statement.

We look forward to seeing you on the day!



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You are invited! Please join us for the TJPS Kindness Colour Run.

THURSDAY 21 SEPTEMBER FULL DAY EVENT FOR THE WHOLE TJPS COMMUNITY

The Kindness Colour Run is a celebration of our kids' efforts in two important projects. Throughout Term 3, the students have been taking part in the 'Premier's Sporting Challenge', which includes Health Hustles and running daily laps around their school and is linked to our PD/H/PE outcomes. At the same time they are engaging in the 'Resilience Project', which supports student's mental health and wellbeing both in the classroom and at home. As a celebration of all their efforts, the P&C are holding a 'Kindness Colour Run' in the last week of Term 3.

THE FUNDRAISING & THE PRIZES

This is also our **major fundraising event for the year**, with funds raised going to the creation of a multi-purpose sports facility which will benefit all students.

All children have received a sponsorship card. They can collect sponsors throughout Term 3. Please follow the instructions from the school about how to return your cards and money. We have been fortunate to have received a selection of great prizes donated by local businesses and families.

All students who return a completed Sponsorship Card (regardless of the amount raised) will go into the draw to win prizes. We will also have some prizes for the top fundraisers.

Prizes will be drawn on the 21 September, and to be in the running for prizes, completed Sponsorship Cards must be returned by Tuesday 19 September.



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ABOUT THE COLOUR RUN - 21 SEPT

This is a full day event for the whole family. In the morning, the school will hold their GEM Family Day, to share some of the work from the Resilience Project.

After recess (from 11.30am) the Kindness Colour Run activities will be kicking off. Kids will run in 3 separate groups. Please see the timetable for more info. Family & friends will have the chance to run with the kids.

There is no cost to students to take part in the Colour Run. Family participation is encouraged parents, siblings, carers are invited to join in the day for a small donation.

ABOUT THE COLOUR:

The colour powder is non-toxic, biodegradable, skin safe and environmentally friendly. And yes, it washes out. We have sourced the powder from an accredited supplier of colour run events. If you have any further questions, please reach out to the P&C and we can supply you with the specifications. All students will be offered Safety Glasses to wear if they would like.



NEED A CALMER OPTION?

If any students aren't keen on being involved in the colour powder part of the run, there will also be a 'calm route'. This is for kids that would like to opt out of the colour stations and walk / run the course in a way that suits them.

WHAT TO WEAR:

The Kindness Colour Run is an out of uniform day. To participate in the colour run, as part of our celebration of these PD/H/PE outcomes, students are asked to wear light-coloured clothes to school on this day. White shirts would be great, so they are able to show the effects of the colour. All clothes should still be sun safe, including the covering of shoulders and the tops of arms.

Please wear appropriate running shoes and don't forget your water bottle. If students have an old hat they would like to wear while they run, this is fine also. The school will supply sunscreen. Shade stations will be available.

We suggest bringing a towel to sit on in the car on the way home! If you want your clothes to remain coloured, don't shake the powder off.... Lay your clothes flat and soak it in white vinegar, dry it flat, iron the shirt and then pop it in the dryer to set the colour. If you don't want the colour to stay, just wash it as normal dusting off as much powder before putting this in the washing machine.

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MERCHANDISE:

A small selection of merchandise is now available to order on Flexischools. Merchandise is entirely optional, the kids do not need anything extra or new to take part in the run.

There are white t-shirts, white tutus (two sizes: S/M & M/L) and rainbow head & wrist band sets. Get in quick, limited quantities.

Orders close on 17 September. The P&C will be delivering orders to classrooms, as well as setting up a collection table on the day.

LUNCH OPTIONS:

The P&C will be holding a **sausage sizzle on the day**. Sausage sandwiches will be available for \$3 and poppers for \$1. This will contribute to our fundraising on the day.



Our amazing canteen team will also be offering some Colour Run Specials, stay tuned for some rainbow treats on the day.

All kids and families can also bring their own picnic lunch.

All students will be provided with a zooper dooper upon completion of the Kindness Colour Run.



PHOTO STATION

Make sure you bring a camera to visit the photos station to take some happy snaps on the day. Our wonderful P&C are creating some great backdrops and props to help you create memories of the day!

IT TAKES A VILLAGE - CAN YOU HELP?

This is our largest event for the year, and has been completely organised by our P&C volunteers. We still need a lot of helpers on the day to run the Colour Stations, cook the BBQ, and help out.

We are so grateful for our supportive community, if you can pitch in, please complete the Sign-Up Genius link. If you have any questions, reach out to the P&C.

THANK YOU

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The Junction Public School

Kindy 2024 Transition

Transition to school

A wonderful opportunity for future students to prepare for school by attending our transition program one day a week.

Commencing July 26th every Wednesday during Term 3 from 12-1pm. Parents are welcome to come along, join in and meet our staff and other families.

Please RSVP to the email address below to book your place.

Information Session: August 23rd 4-5pm

Book Week Parade: August 24th

Orientation Dates 9-11 am November 8th November 22nd December 6th

Personal Tours

These are available by appointment year round. Meet our staff, ask questions and hear about all the great opportunities TJPS has to offer.

For more information and to RSVP please Contact: Jo Ellis Email:jo-anne.ellis@det.nsw.edu.au Phone: 4963 1343







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Learning Gallery

Year 6 Canberra Excursion

On the first day, Tuesday, Year 6 were up bright and early, ready to depart school and head off to Canberra at 8:30am. They arrived in the afternoon and headed straight to Old Parliament House and finally the AIS. They got sorted into their cabins and got comfy with a nice dinner.

The next day, they attended various attractions, including Questacon, Parliament House and lunch at the Arboretum. They wore their school uniform, proud to show off their school. That night, they had a Matilda's night, watching the semi-final and supporting their national team. Everyone was excited to dress in green and gold, and although the Aussie team was unsuccessful, everyone had a great time.

The 3rd day, we did more fun activities - The Mint, Mt Ainslie, The National Gallery of Australia and a very special War Memorial service. This was followed by a fun and engaging trivia night filled with laughter and smiles.

Finally, when it was time to head home, we visited Old Parliament House once more with each group going to the opposite section that they visited on the first day. We left with smiles on our faces and happy memories with our friends. We arrived back at school at around 5:30pm, with lots of photos, excited to be back with our families.

Thank you to our teachers and families for making the excursion possible.

Maya and Ella (on behalf of all of Year 6)



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Regional Athletics

Congratulations to Madi B, Lyla B Eva C, Lola C, Nina C, Sam D, Marthen F, Ella H, Edison K, Indiya K, Logan L, Willow O, Matilda S, Lola T and Isabella Y who all competed at the Regional Athletics Carnival last Friday. We are so proud of their efforts on the day, this is such a great achievement!

A further congratulations to the following students for progressing to NSWPSSA State Athletics Championship for the following events.

Matilda S – 100m, 800m

Eddie K – Discuss

Marten F – 100m

Eva C – 100m

Isabella Y – 100m

The State Championship will take place on October 25 & 26 at the Sydney Athletic Centre. We wish them all the best and will be cheering them on from here at TJPS.



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PSSA State Rugby Union

Congratulations to Odin B, who was selected to play in the Hunter team at the PSSA State Rugby Union Championships.

Recently I attended the NSWPSSA Rugby Union Championships in Camden, playing for the Hunter team. We won the first game against the Riverina team and unfortunately lost our second game against McKillop. Our third game against CIS was a really close game! Our last game was against Sydney Southwest which was a hard game. We were down by a lot in the beginning, but we made a comeback and won.

On the last day of the competition, the State team was announced. There are two teams, the first one is the blue team and the second is the white team, I was selected for the white team. I was excited to



learn new skills and meet new people. Being selected for this team means I get to go on a weekend training camp at Kings and the Waratahs home ground where I will play multiple games. I am really excited to represent The Junction and the Hunter at NSW State level.

Odin B

Zone Public Speaking

During Week 6, eight of our amazing TJPS students represented our school at the Zone Public Speaking finals. Our students delivered their speeches at nearby schools in front of the zone adjudicators and a large audience.

Congratulations to our zone representatives Chloe B, Dylan C, Lucia D, Autumn J, Heidi H, Bonnie N and Francesca R . They should be very proud of themselves!

Special mention goes to:

Early Stage 1 - Highly Commended - Chloe B

Stage 2 - Runner Up - Autumn J

Stage 3 - Highly Commended - Bonnie N



Regional Spelling Bee

Congratulations to Oliver L who placed 2nd in the Stage 2 Regional Spelling Bee Finals competition!



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PSSA Touch Football

Congratulations to our PSSA Boys Touch Football Team for finishing top 4 in the Hunter!

On August 25, our boys participated in the round 6 match against a very competitive Old Bar Public School.

The boys did a brilliant job, working really hard on their defensive structure. In attack, the boys let the Steeden sing, and played some fantastic eyes up attacking football.

Unfortunately, at the final whistle, our boys went down 6 tries to 2.

They should be really proud of their willingness to support each other, as well as the sportsmanship they showed throughout the competition.



Well done boys!

A big shout out to our amazing community who came down to Townson Oval to support our courageous team :)

Mr Sparksman and Mr Low

K – 2 Sports Day

Last week, K-2 had a fun filled sports morning. Despite the initial forecast of rain, the sun came out and there were lots of smiles and wonderful sportsmanship displayed by our youngest sporting superstars! Students participated in a range of novelty games which included sack races, running races, ball games, rob the nest, egg and spoon race, orange race and parachute activities. To finish off the day, students had a sausage sizzle lunch to fill their grumbling tummies. Thank you to our wonderful GA Darren, for assisting with the BBQ. It really is a team effort to make the day run so successfully - thank you to all the families who came to cheer the students on. The children love having you involved in their activities, and it makes our day even more exciting. A big thank you to Mrs Griffiths for her collaboration in organising the day and the ES1 and S1 staff who assisted with set up, before an early staff meeting.

Mrs Jones

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COMMUNITY MESSAGE BOARD

P & C Update

It's been another big couple of weeks of school and P&C activities and a busy time for planning, prepping and promoting upcoming events.

Thank you to all who attended the recent Interrelate Tricky Talks Program. We will be looking into holding more family focused information sessions throughout the year and into next year. If you attended the recent seminar and would like to provide some feedback, or for those who have thoughts about content for upcoming events, we want to hear from you! Big thanks to Matt Liles and Rob Low for attending, it's always great for the kids to see some familiar faces at these events.

On Friday 1 September we invited all the TJPS Dads, Grandfathers, Uncles, Father figures and special people in our lives to join us for 'Donuts with Dad' - our 2023 Father's Day celebration. It was a wonderful event enjoyed by many members of our school community. Thank you to all the volunteers and mini helpers for ensuring the day was a big success! Shout out to local businesses Doughheads and Fat Crema for the delicious donuts and coffees, and for their continued support of our school.

Throughout Term 3, all TJPS students will participate in the Premier's Sporting Challenge, as well as continuing their work with the Resilience Project. In celebration of all their hard work we will conclude the term with the 'Kindness Colour Run' on Thursday 21 September. We have received some AMAZING prize donations for this event so far.. Xbox, Fitbits, Micro scooter, Bluetooth speaker, sporting equipment, a Rip Curl pack, vouchers for local adventure parks, cafes and restaurants, and MORE! For your child's chance to win one of these prizes please keep filling in those sponsorship forms. Prizes will go to the top sponsor earners, and all students returning a sponsorship form will also go into the draw to WIN!!! This is an event for the whole family, parent participation is highly encouraged! We are calling on lots of volunteers to make the day a success so if you have been wanting to get involved in a school event, this is the one! Colour Run merchandise available NOW on Flexischools! (*while stocks last)

Please see the information sheet for all the details about the big day.

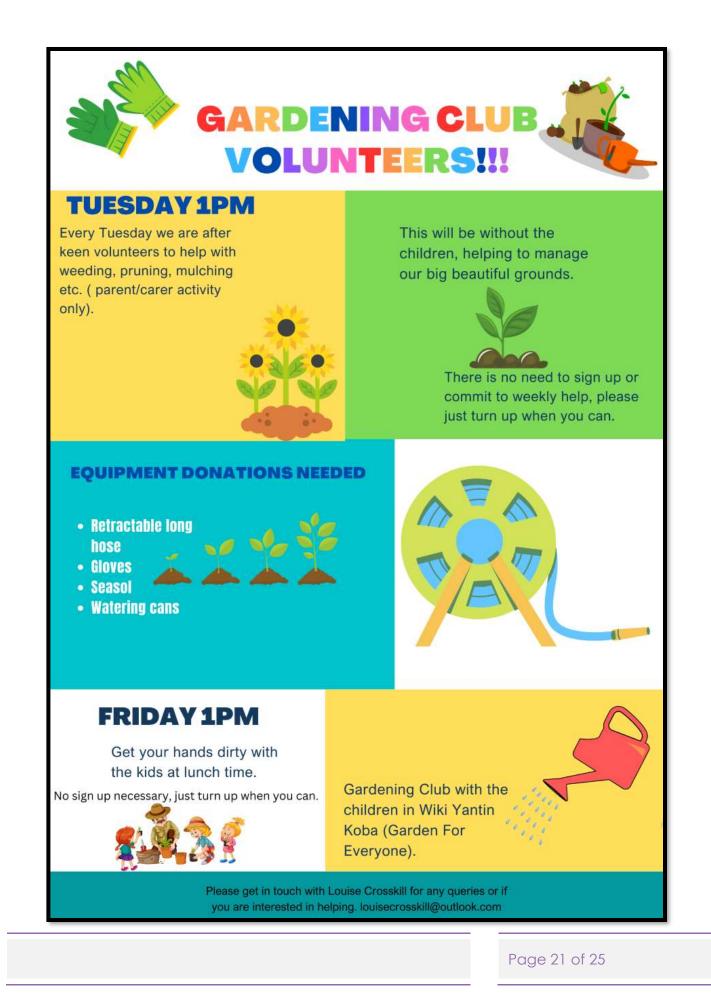
If you have any questions regarding the Kindness Colour Run or any upcoming events, please reach out to us at president@junctionpandc.org

TJPS P&C Team

A request by P & C to remind people about the safety of electric scooters around the school.

https://www.transport.nsw.gov.au/roadsafety/road-users/e-scooters

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Prease read bOOK ME description for detailed information + Excursion days - packs smilled + TASK is egg 6 nut new + Attempton day provided + All Holday Program subject to change + Each day please bring: recess, lunch and weller boths, hal, reincost, socks, covered shoes and jumper - will lubelled

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HUNGRY for SUMMER? The surf 'BACON'ING' you in? Then get EGG'CITED.. NEWY NIPPERS SEASON IS BACK for 2023/24!

SUNDAY 24 SEPT NEWCASTLE SURF LIFE SAVING CLUB

Join us for our season opener 'FLAGS UP BREKKIE' and find out all about what Newy Nippers has in store for the upcoming season! Whether the kids are interested in joining or just curious about nippers, come meet the team and ask questions at this fantastic family friendly event! - 8BQ from 930am -

SUNDAY MORNINGS TASTE BETTER AT NEWY BEACHI

Jidd

CRISPY BACON + FRIED EGG WITH BBQ

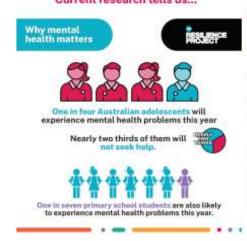
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Welcome to The Resilience Project

PARENTS & CARERS

This year, we are excited to bring The Resilience Project (TRP) into our school community!

WHY? Current research tells us...



Source: National Survey of Mental Health and Wellbeing, Australian Institute of Health and Welfare, Australia's Youth: Mental Illness

EVIDENCE-BASED

The Resilience Project's School Partnership Program has been independently evaluated by both The <u>University of Adelaide</u> and <u>The</u> <u>University of Melbourne</u>. Click the links or

scan the QR code to find out more about the impact the program has on emotional wellbeing and behavioral changes.



ABOUT THE PROGRAM

The Resilience Project is committed to teaching positive mental health strategies to prevent mental ill-health and build young people's capacity to deal with adversity.

We will be implementing their evidence-based **Teaching** and Learning Program throughout our classrooms, staffroom and school community.

Teachers and students will engage in weekly lessons and activities around the key principles of **Gratitude**, **Empathy**, **Mindfulness** (**GEM**) and **Emotional Literacy** to build resilience.

WHAT CAN BE DONE AT HOME?



To learn more about The Resilience Project and get involved from home, you can start exploring the ideas, activities and resources which bring **Gratitude**, **Empathy** and **Mindfulness** (GEM) to life on **TRP@HOME**.

The Imperfects podcast, led by Hugh van Cuylenburg, Ryan Shelton and Josh van Cuylenburg, is all about how perfectly imperfect we all are. Hugh, Josh and Ryan chat to a variety of interesting people who



bravely share their struggles and imperfections, and we all learn some valuable take-aways we can apply to our own imperfect lives.

(03) 9113 9302 theresilienceproject.com.au



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ENROL NOW for Term 4 2023!

The FUN way to learn another language for kids 5-12 yrs (from Kindy to Year 6)

at The Junction Public School







Tuesdays from 1.10pm to 1.45pm

*Free

*Siblings

***Creative Kids**



trial*



voucher*

Contact Audrey audrey.nys@lcfclubs.com.au or call 04 77 123 353 www.lcfclubs.com.au



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