




Dear Families,







This week our middle primary students will begin a ten week wellbeing program designed to support experiences with friendship conflict, self-image and body image concerns.

It is a social and emotional wellbeing program that addresses;

-  managing feelings
-  undoing unhelpful thinking patterns
-  understanding their strengths and talents

Each week this program will be taught by myself and the classroom teachers. For more information you can look at the curriculum details here [Girlwise](#) and [Wiseguys](#)

Our primary year's students have begun the SHINE growth and development program which is taught by the classroom teacher and supported by me each week. Some of the topics include;

-  Communication
-  Relationships
-  Puberty
-  Reproductive system
-  Gender stereotypes
-  Safe behaviours

You can find more information on the SHINE SA website here [Growth and Development](#) or you can speak to your child's classroom teacher.

We also begin our video conferencing sessions with the Kids Help Line this week for our year 3-7 students. The year 3-6 students will be involved in a session that supports help seeking behaviours and makes them aware of the purpose of the Kids Help Line. The year 7 students will participate in a transition to high school session where they can discuss any worries they may have.

Kind regards,

Mel Lucas ~ Student Wellbeing Coordinator