



WELLBEING NEWS

In this edition of SchoolTV - RESILIENCE

“Resilience is key to addressing mental health issues. We need to allow our kids to experience adversity. There is a tendency to shield our kids because parents have become a bit over-protective.”

Dr Michael Carr-Gregg



How can I help my child improve their resilience?



Resilience is one of those skills that all kids need and should have. It refers to their ability to cope and adapt in situations when confronted with challenges such as adversity, trauma, tragedy, or even stress. It is essential to their mental health and wellbeing as part of their journey to adulthood. It is a skill that can be learned from an early age through the support of an adult role model.

However, being resilient does not mean your child won't experience any difficulties, but it will better equip them to manage those situations. Over-protective parenting can be viewed as being unhelpful towards the building of resilience. Although this may be a natural instinct, potentially experiencing failure is all part of the process. Encouraging children to take healthy risks will help them trust their capacity to deal with uncomfortable situations and increase their capacity for courage.

In this edition of SchoolTV, parents will gain an understanding of how to support their child's brave behaviour to help them adapt and build resilience.

We hope you take time to reflect on the information offered in this edition of SchoolTV and we always welcome your feedback. If you have any concerns about your child, please contact the school counsellor for further information or seek medical or professional help.

Here is the link to the Resilience edition of SchoolTV

<https://spcamperdown.catholic.schooltv.me/newsletter/resilience>



WELLBEING NEWS

BE YOUR BEST BE RESPECTFUL BE SAFE

Peaceful Kids Program

'Peaceful Kids' is a Mindfulness and Positive Psychology based program to lessen anxiety and stress and increase resilience in children. The program gives children the skills, practice and support to utilise coping strategies that lessen the symptoms of anxiety and stress. The program also involves parental involvement and commitment to supporting the strategies at home.



AIMS & OUTCOMES	STRUCTURE
<ul style="list-style-type: none">• Minimise the symptoms of anxiety and stress• Build emotional resilience• Empower children to self-manage their anxiety• Use a range of effective coping strategies• Teaches children how to self-regulate• Develops emotional intelligence skills• Teaches children lifelong skills to manage stress and prevent stress build up	<ul style="list-style-type: none">• An 8 week program for children• Sessions are for approximately 1 hour each week. (40-50 minutes for Prep and Grade 1)• Sessions include learning a range of mindfulness strategies and meditations and positive psychology exercises.• Students are guided through meditations daily online via the Peaceful Kids website: peacefulkids.com.au

Information Session

Wednesday 25th June, 5pm
St Patrick's Library

More information:

Contact Jess Courtney
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More information on the Peaceful Kids program: peacefulkids.com.au