

# Community Information and Wellbeing

Burwood East Primary is an inclusive and proactive school that wants to ensure parents are part of their child's learning journey. There is information on extra-curricular activities, community events and assistance in understanding the importance of your child's wellbeing. These pamphlets are located on a carousel in the main foyer and also in the hallway of the Foundation building.

If your child has voiced concern or you feel there is an issue please speak with their classroom teacher, PLC leader (Daniel Darmody F-2, Sue Varey 3-6), Andrew Den Elzen or Darren McDonald. In most cases, when concerns are voiced early and the school is able to discuss these with the students a resolution occurs.

## The Leader in Me and School Values

As you are aware, Burwood East Primary School have been focussing on five core values over the past 4 years to support our approach to welfare and behavioural standards throughout the school. The students have used the values of Respect, Responsibility, Resilience, Honesty and Confidence to relate to the real world and allow them to grow into kind and considerate people.

Our Wellbeing program called, 'The Leader in Me', relates to these core values. It teaches 21<sup>st</sup> century leadership and life skills to students and creates a culture of student empowerment based on the idea that every child can be a leader.

Teachers become united by working on the same page, which then filters through to the students and the school community. Over the next 2 years, the students will continue to learn about the '7 Habits of Happy Kids' and how to practise them at school and at home. We will focus on one habit each term over the next two years, relating this habit with our Inquiry Investigations unit.

This term, the students have already started to become familiar with habit two, 'Begin with the end in mind'.

You can help them become more familiar at home and practise some activities together. The more you involve yourself with your children, the better. The more you model the habits, the more they will learn, so put your heart into the activities and have fun together!

Working through these activities with your children will help reinforce desired behaviours and create a common language, which will make them a natural part of your family life.

Listed below are some activities that you can practise together.

1. Habit 2 provides a good base for activities around goal setting. As a family (or with an individual child), choose an area that needs improvement. The area of improvement, or the broad goal, becomes your end in mind. Then think of specific steps that will lead to achieving this goal. For example, if the goal is to improve as a reader, specific steps may include reading a certain amount of time every day or working several times a week to improve oral fluency.

2. Ask your child if there is something special he or she would like to buy, then help your child plan how much money he or she will need to save and how long it will take. Discuss ideas for earning extra money like doing additional chores and helping around the house.

3. Create a "wants" and "needs" collage with your child. Cut out pictures of various items (toys, lollies, vegetables, cleaning supplies, appliances, books, etc.) from a magazine and then ask your child to paste them under the correct column of "wants" or "needs."

Discuss why he or she chose to put the items in the respective columns.

*Daniel Darmody*

*Student Engagement and Wellbeing Coordinator*