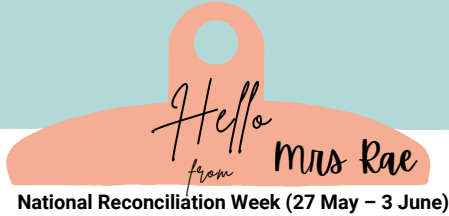


Knox Central Primary School Wellbeing Newsletter



National Reconciliation Week (27 May – 3 June)

National Reconciliation Week is a time for all Australians to learn about our shared histories, cultures and achievements, and to reflect on how we can build respectful relationships within our community.

The week marks two important milestones in Australia's history – the successful 1967 Referendum and the High Court Mabo decision. These were both significant steps towards recognising the rights of Aboriginal and Torres Strait Islander peoples.

At Knox Central Primary School, we acknowledge this week through age-appropriate classroom learning that encourages curiosity, understanding and respect. We recognise that families may engage with this week in different ways, and value the opportunity it provides for reflection and learning.

The 2026 theme, 'All In', invites each of us to consider small, meaningful ways we can contribute to a more inclusive and respectful society.

On the following page you will find some ideas and activities you can complete at home if you would like to explore this more as a family.

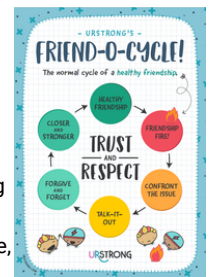
To learn more, please visit:
<https://www.reconciliation.org.au/>

FRIENDOLOGY

URSTRONG for parents

As part of our Friendology approach, we use the concept of the "Friend-O-Cycle" to help children understand and navigate everyday friendship challenges it helps students understand the natural ups and downs of friendship. It explains that friendships don't stay the same all the time, they move through different stages, including forming, conflict and repair. This helps children recognise that disagreements, misunderstandings and feelings of disconnection are a normal part of friendship, rather than a sign that a friendship is "broken" or over.

In practice, the Friend-o-Cycle is used to support students to respond more calmly and confidently when friendship challenges arise. It helps them understand that after a Friendship Fire (a problem or hurt feelings), there are strategies they can use to repair the relationship, such as using respectful language, listening to each other, and problem-solving together. By learning about the cycle, students are better equipped to navigate friendships with resilience, empathy and a stronger sense of connection.



RESPECTFUL RELATIONSHIPS

Throughout Term 2 students will be working through topics two and three of the Rights, Resilience and Respectful Relationships curriculum. They will be focusing on the topics Personal and Cultural Strengths, and Positive Coping

Foundation: students are learning to recognise emotions in stories and the strengths characters show. They are also exploring what feelings like nervousness feel like and what bravery can look like in everyday life.

Grade 1/2: students are exploring similarities and differences through games, while learning about fair play, turn-taking, and the emotions that can come with winning, losing or being excluded.

Grade 3/4: students have been focusing on the impact of our actions on others, including what can hurt or upset someone. They are practising how to make sincere apologies and exploring different ways to solve problems respectfully, while considering the consequences of their choices.

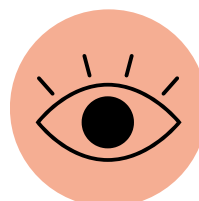
Grade 5/6: students have been discussing the impact of hurtful and discriminatory language and how to respond in supportive ways. They are building understanding of how to help others in these situations. Students are also developing thoughtful apologies that show responsibility, empathy, and a commitment to change.

HELPFUL RESOURCES FOR FAMILIES



READ

Reconciliation Australia
National Reconciliation
Week



WATCH

ABC BTN
Reconciliation Week
2025





RECONCILIATION WEEK ACTIVITIES

If you would like to do some activities at home, here are some simple, meaningful National Reconciliation Week activities. They're designed to be accessible, age-appropriate and easy to fit into everyday routines:

Read and Reflect Together

- Borrow or revisit a children's book by Aboriginal or Torres Strait Islander authors
- Pause to talk about the story, characters and messages
- Ask simple questions like: What did you notice? How did it make you feel?

Create and Share Art

- Colour in Reconciliation Week posters or create your own artwork
- Use symbols, colours or patterns inspired by learning about First Nations cultures
- Talk about what your artwork represents

Learn About Country

- Find out whose Country you live on (e.g. using AIATSIS Map online)
- Practise saying a simple Acknowledgement of Country as a family
- Talk about why it's important to recognise Traditional Owners

Watch and Talk

- Watch a short video together (such as BTN or child-friendly clips) about Reconciliation Week
- Discuss what reconciliation means in simple terms: fairness, respect and understanding

Walk and Notice

- Go for a walk and talk about the land around you
- Notice plants, animals, and natural features
- Reflect on how Aboriginal and Torres Strait Islander peoples have cared for the land for thousands of years

Have Simple Conversations

- Talk about kindness, fairness, and including others
- Discuss how we can show respect to everyone in our community
- Connect this to everyday actions children can take

Make a Family Commitment

- As a family, come up with one small action you can take to show respect and inclusion (e.g. learning more, speaking kindly, standing up for others)
- Write or draw it and display it at home

- URSTRONG'S -

FRIEND-O-CYCLE!

The normal cycle of a healthy friendship.



URSTRONG

URSTRONG.COM