

Knox Central Primary School Wellbeing Newsletter



Hello
from Mrs Rae

Welcome back to Term 3! I hope you all had a restful and enjoyable break, filled with moments to recharge and connect as a family. It has been lovely to see the students return with smiling faces, ready to learn and engage with their classmates again. We're looking forward to another great term of growth, learning and connection.

This term in our Respectful Relationships program, we will be focusing on the topic of Positive Coping. Students will explore helpful strategies to manage challenges, identify their personal strengths and build resilience in everyday situations. In addition, we will begin our new social and emotional learning unit through Friendology, a program designed to empower students with the skills to build healthy friendships, resolve conflicts respectfully and develop a strong sense of self. Please see the attached brochure for more information about what the program involves and how you can support your child at home. We're excited for what this term will bring and look forward to working with you to support your child's wellbeing and development.

RIGHTS, RESILIENCE AND RESPECTFUL RELATIONSHIPS

This term in Respectful Relationships, students will learn about Positive Coping. They'll explore how to cope with challenges, reflect on their own strategies and build a toolkit of ways to manage tricky situations. This helps develop resilience, emotional awareness and confidence in handling everyday ups and downs.

AT HOME ACTIVITY

'Around the table - Family Conversation'

One evening this week, try talking as a family about how each person copes when they're feeling stressed, upset or overwhelmed. Ask questions like: "What helps you feel better when you've had a tough day?" or "What's something you do that doesn't really help?" This can be a lovely way to share ideas, learn from one another and talk about which coping strategies are helpful and which ones might not work so well. It's all about opening up the conversation and supporting each other to build healthy habits when life gets tricky.

URSTRONG FRIENDOLOGY

This term, students will begin learning about friendships through the URSTRONG Friendology program. Friendology is a fun and engaging curriculum that helps children build strong, healthy friendships by teaching them skills like managing conflict, setting boundaries and recognising the difference between healthy and unhealthy friendships. It gives students a common language to talk about friendship challenges and empowers them to be kind, respectful and confident friends. Through stories, role plays and practical strategies, Friendology supports students in developing positive social skills they can use both at school and in everyday life.

Parents can sign up to be part of the URSTRONG Family, it's free and enables access to resources to support conversations with your child at home. Follow the link or QR code below to sign up.



**URSTRONG for
parents**

HELPFUL RESOURCES FOR FAMILIES



LISTEN

**Pop Culture
Parenting.**

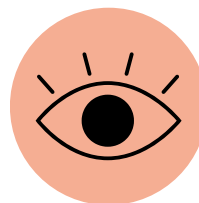
**The Notebook and
conflict resolution**



READ

**Raising Children
Website**

**Conflict management
with pre-teens and
teenagers**



WATCH

**Pop Culture
Parenting**

**Effective conflict
resolution for kids**

