

Knox Central Primary School Wellbeing Newsletter



Hello
from Mrs Rae

Looking After Each Other in the Yard

We want every child to feel safe and supported during recess and lunch. If your child has an issue in the yard, whether it's a friendship problem or something else, we encourage them to seek help from a yard duty teacher.

Our staff are actively supervising and recording any incidents, which are reviewed daily. This helps us respond quickly and support students when needed. If issues continue, please don't hesitate to speak with your child's classroom teacher.

We're also reinforcing the Stop Strategy, which helps students manage minor conflicts on their own:

1. Hold up a hand like a stop sign
2. Say firmly: "Stop, I don't like it."
3. If it stops, great!
4. If it continues, ask a teacher for help

It can be really helpful to practise this strategy at home through simple role play so your child feels confident using it in real situations.

Thank you for working in partnership with us to help your child build positive and respectful relationships.

RIGHTS, RESILIENCE AND RESPECTFUL RELATIONSHIPS

This term in Respectful Relationships, students are learning 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

Coping Toolbox

Create a Coping Toolbox as a family! This can be a box, jar or list where your child can keep ideas to help them manage big feelings.

Start with a chat:

What helps you feel better when you're upset or worried?

Write or draw each idea and pop it in the toolbox. Some examples:

- Take deep breaths
- Cuddle a toy or pet
- Go for a walk
- Listen to music
- Talk to someone
- Draw or colour

This simple activity helps children build confidence in using positive coping strategies when they need them.

URSTRONG FRIENDOLOGY

Over the past few weeks, students across the school have been exploring key concepts from our URSTRONG Friendology program:

- Foundation to Grade 3 students have been learning about their Inner Ninja. This is their calm, strong part of themselves that helps them manage big feelings. They have also been discovering their True Colours, recognising what makes them special and unique.
- Grade 4 students have also been learning about their Inner Ninja while learning helpful skills for making and keeping friends.
- Grade 5/6 students have also been learning about their Inner Ninja. They have also been learning about Friendship Facts with a focus on important truths about what healthy friendships look and feel like.

These lessons are all part of supporting our students to build strong social-emotional skills and positive relationships.



**URSTRONG for
parents**

HELPFUL RESOURCES FOR FAMILIES



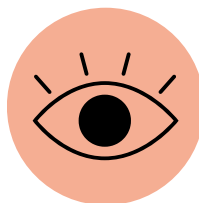
LISTEN

**Parental As
Anything
Back to school -
Helping your child
make friends**



READ

**Raising Children
Website
School-age friendships:
How to support them**



WATCH

**Maggie Dent
Navigating Child
Friendships: What to do
when your kid has been
rejected**

