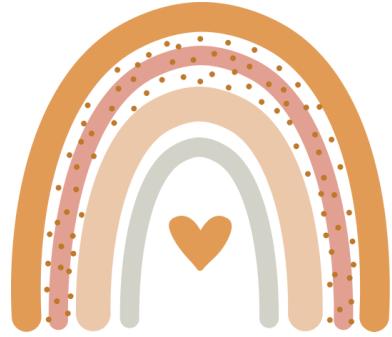


Knox Central Primary School Wellbeing Newsletter



Hello
from
Mrs Rae

At Knox Central Primary School, our School-Wide Positive Behaviour Support (SWPBS) framework helps us create a safe, positive and inclusive learning environment. Our three values—Respect, Responsibility and Resilience—guide how we learn, play and support one another each day.

This fortnight, we're focusing on Responsibility.

Responsibility means doing the right thing, being organised, owning our choices and contributing positively to our school community. It includes caring for our belongings, using equipment safely, being prepared for learning and following through on tasks.

Across classrooms and the yard, we are seeing students show responsibility by:

- Being prepared for learning
- Using learning time wisely
- Taking ownership of their actions
- Caring for their belongings and school property
- Supporting classmates and helping create a positive environment

By highlighting responsibility, we continue to encourage students to take pride in their learning and behaviour. These everyday responsible choices help make Knox Central a wonderful place to learn and grow!



RESPECTFUL RELATIONSHIPS

Over the past fortnight, students have continued learning how to recognise their emotions and use strategies to support their wellbeing. Across the school, they've explored ways to cope with stress, help others and use calming techniques to stay focused and positive.

Foundation and Grade 1: Students have been learning to identify situations that make them feel stressed and have been exploring different coping strategies they can use to manage these feelings.

Grade 2: Students have been playing a collaborative game that requires them to help other players and they have been using this experience to talk about the different ways friends can support one another.

Grade 4: Students have been practising a range of self-calming games and relaxation techniques and have been discussing how these strategies help their bodies relax and feel more at ease.

Grade 5/6: Students have been using inclusive and collaborative play to lift the mood and build a stronger sense of social support. They have also been identifying situations where people might need self-calming strategies and practising a range of techniques while reflecting on how these strategies influence their mood.

FRIENDOLOGY

Students have continued learning about friendships through the URSTRONG Friendology program. Our focus on understanding the Friend-o-Cycle more deeply has continued. This helpful tool reminds children that all friendships experience ups and downs and that it's completely normal to move through different stages as challenges arise.

Across the school, students have been encouraged to think about what healthy friendships look and feel like, how to manage tricky moments and how to repair small friendship fires with kindness and respect. By learning to talk-it-out, listen to others and work through problems calmly, students are discovering that even challenging moments can strengthen their relationships and help them grow as friends.

Try This at Home

"Friendship Replay"

1. Talk about a recent disagreement your child had with a friend.
2. Role-play the situation, taking turns as each person.
3. Practise responding calmly and kindly.
4. Discuss how the situation could end positively, just like in the Friend-o-Cycle.

It's a fun way to practise empathy, communication and forgiveness.



HELPFUL RESOURCES FOR FAMILIES



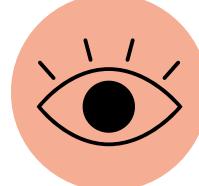
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