

Knox Central Primary School Wellbeing Newsletter



Hello
from Mrs Rae

Supporting Student Wellbeing in the Yard

Hello lovely KCPS families,

I hope you're staying warm during these chilly days! We wanted to share a quick update on how we're continuing to support student wellbeing in the yard. Staff on yard duty are now wearing hi-vis vests so students can easily find a trusted adult if they need help. Teachers are also carrying folders to record any incidents that may occur, using our restorative conversation approach to make sure all students involved feel heard and understood.

We encourage you to talk with your child about the importance of speaking to a yard duty teacher if something happens during playtime. By recording these incidents, we can track patterns, resolve friendship issues early and make sure no student slips through the cracks. Notes from the yard are shared with staff daily so they can check in and provide follow-up care if needed. Teachers will also be looking out for and celebrating students who are showing our school values with ticks and positive feedback. Together, we're building a safe, respectful and caring playground for all.

RIGHTS, RESILIENCE AND RESPECTFUL RELATIONSHIPS

This term in Respectful Relationships, students are exploring 'Personal and Cultural Strengths.' They are learning to identify their own strengths, recognise positive qualities in family and cultural role models, and reflect on how these strengths guide respectful behaviour and help navigate life's challenges.

AT HOME ACTIVITY

"Strengths Charades."

This activity encourages us to think about what strengths look like in action, reflect on our own and celebrate each other's abilities—all while having a laugh together.

1. Write different personal strengths (like kindness, bravery, creativity) on pieces of paper.
2. Take turns drawing a strength and acting it out while others guess.
3. After each round, briefly discuss a time the strength was used in real life.

PERSONAL AND CULTURAL STRENGTHS IN THE CLASSROOM

Foundation: Students explored what feeling afraid or nervous feels like in their bodies. They also discussed what being brave can look like in everyday situations.

Grade 1: Students learnt from Aboriginal perspectives about how families care for each other and for Country. They also explored how families can be different and support one another.

Grade 2/3: Students discussed what respect looks and sounds like in different situations. They explored how treating others respectfully helps build a positive classroom environment.

Grade 4: Grade 4 students identified their personal strengths and begun creating presentations to share with the class.

Grade 5/6: Students continued to work on their projects and learn about human rights. They shared their vision for a respectful school and presented their projects to the class.

HELPFUL RESOURCES FOR FAMILIES



LISTEN

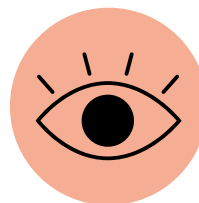
Podcast:
**Pop Culture
Parenting**

The Matrix and big feelings



READ

Co-regulation at
different ages and
stages



WATCH

Co-regulation:
What It Is and Why It
Matters

