

Wellbeing Space: Wellbeing Updates

Dear parents and carers,










I hope you are having a great week and your children are managing to stay motivated as we near the school holidays.

During the second half of lunchtimes we have a range of indoor options for children to choose from that include art, sport, library and the wellbeing space. This offers children a quiet option to play prior to re-entering the classroom and an opportunity to make new and/or stronger connections with their peers in a quieter environment.

Podcast recommendation for this week: The Aware Parenting Podcast. It has a lot of great topics that you can look through to find an area of need. This week's topic is 'Playing before bed', which is a suggested approach to assist your child in getting to sleep more peacefully.

[The Aware Parenting Podcast on Apple](#)

Recess and Lunchtime Activities

	Recess	Lunch	
Monday		Wellbeing room 1.55pm-2.15 	Sport 1.55pm-2.15pm 
Tuesday		Wellbeing room 1.55pm-2.15 	Art 1.55pm-2.15pm 
Wednesday	VSSS rehearsal recess 	Sport 1.55pm-2.15pm 	
Thursday	VSSS rehearsal recess 	Wellbeing room 1.55pm-2.15 	
Friday		Library 1.55pm-2.15pm 	

Next week the years 3-6 children will be completing a wellbeing survey that will help guide the wellbeing team and teaching staff towards a better understanding of how we can continue to support the children's wellbeing and connectedness at school. If you would like your child to opt out of this survey please contact the office and let us know.

A reminder for parents/carers of the year 2 and 4 children to complete the paper survey handed out last week. Many thanks for all of your help with these surveys. If you need any assistance with completing the survey, please reach out. I am here Monday, Tuesday and Wednesday next week.

Thank you so much for reading and congratulations on getting through term 1.

Rosie