

SP WELLNESS #1

GUARDIAN PROGRAMME

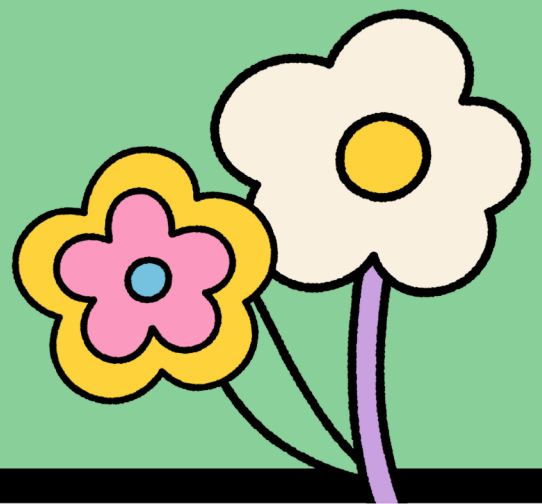
The guardian programme for Grade 4 and 6 Rosies was designed to help our Grade 4s settle into the changes of Senior Primary and have a go-to big sister when they are unsure of how things work or just need a hug. The Grade 6s also learn valuable leadership skills to prepare them for the Grade 7 leadership programme.



We have found this programme to be hugely beneficial and most of our little Grade 4s thrive under the support of their 'big sisters' at school. However, now that we enter Term 3 and the girls have settled well and no longer need the same level of support, we are revising the programme so that it brings maximum benefit to our Rosies.

The Grade 4s and 6s have been asked for their feedback on the guardian programme and with this and teacher feedback, we will be changing the guardian programme to make it more structured and only twice a month. Once a month the girls will have Connect in their guardian groups and once a month, the groups will have break together.

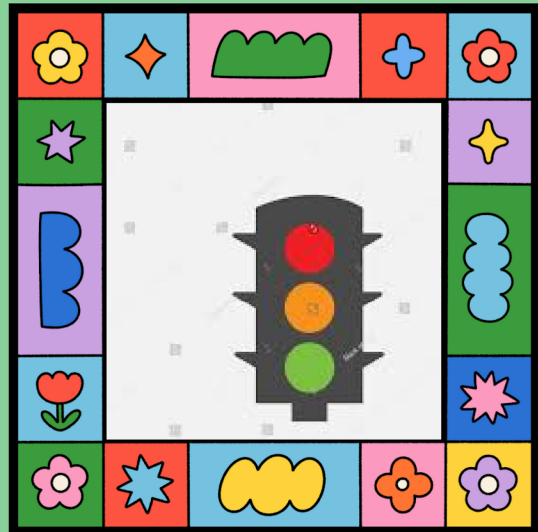
They will be given questions to answer or tasks to complete to make this time more structured and to allow our older girls to provide support and guidance to their guardian Grade 4s.



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JULY 2023

Welcome to our first SP Wellness Newsletter, reflecting from the eyes of our Rosies and Team of teachers. We have been unpacking the talk from Dr. Del Fabbro across each grade. We have shared some of the focus areas we will be addressing in the coming weeks.



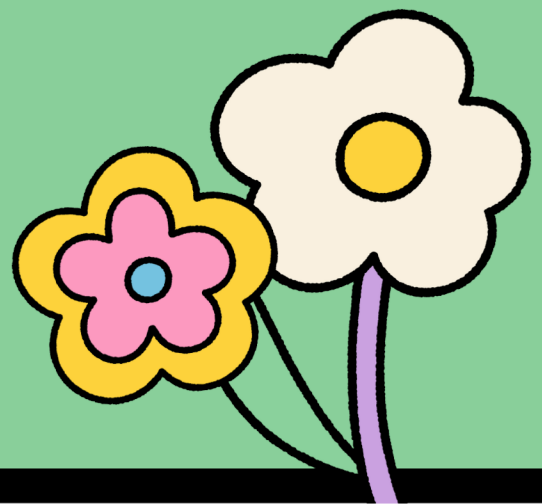
On Tuesday I learned

1. That you can set boundaries to stop the person from bullying you.
2. That you can get an adult to help you if you are being bullied or see bullying.

On Tuesday we learned about

- digital bullying
- verbal bullying and when you raise your hand to someone
- that someone can make a boundary to help them

We are going to try and make it a positive focus on building good relationships



SP WELLNESS

JULY 2023

I learnt that I need to take action when my feelings are being hurt or I see someone else that is sad. Bullying is not ok and you need to get someone older to help sort it out. I also learnt that I must not bully other people it's rude and unkind and I will hurt other people's feelings.

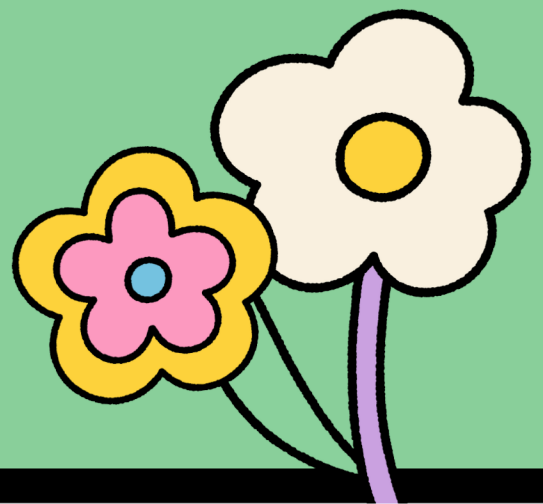


As the Grade 6's we found the talk beneficial and educational. The differences between conflict and bullying were clearly stated and we now understand. The importance of setting boundaries and how to clearly explain so that people respect your boundaries with understanding.

Boundaries are a way of telling someone where you're comfortable and not comfortable. That means that you are not allowed to touch or hurt anyone.

You must respect their decision.

In connect, we have been talking about healthy and unhealthy boundaries. We were given some statements and had to determine which ones are healthy and which ones unhealthy.



SP WELLNESS

JULY 2023

Coming Up:

on encouraging Rosies to show kindness to each other in their group interactions both in class and in their friendship groups. Disagreements and conflict are going to be part of their lives as they all grow together and learn to navigate relationships. e are going to try and make it a positive focus on building good relationships



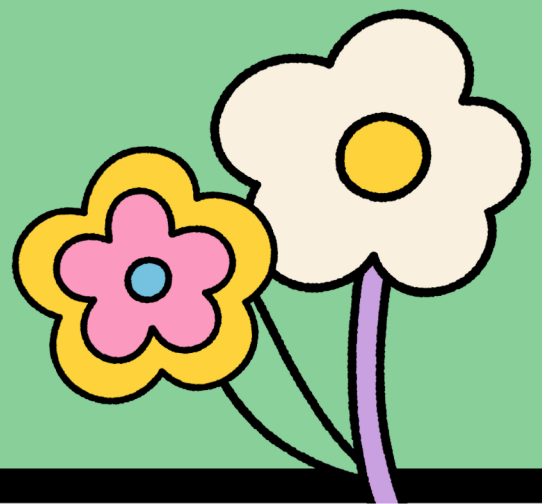
Talking to adults that you trust to seek for advice. Do not judge people without getting to know them. Try to understand that we are different and we come from different backgrounds. The fact that boundaries can be set at any time as long as you give appropriate reasons.

Coming Up:

To better understand the difference between bullying and nastiness, we will be working on the Rosie Robot and how to think before we speak to others to ensure that we are speaking in a way that is kind.

Coming Up:

The definition of bullying by focusing on the types of bullying and checking the red flags.



SP WELLNESS

BEING A GOOD FRIEND

Use words to make your friends feel good. Good friends say nice things to each other and make each other feel good.

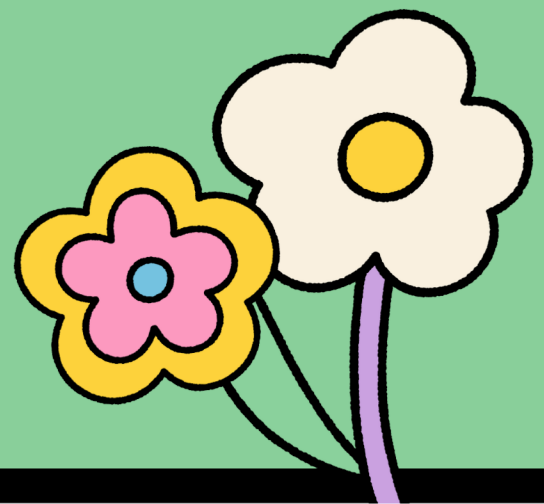
- Love the differences. Our friends will not have all the same interests or hobbies as we do. However, if our friends have different interests, we can still encourage and support each other. Being different is a gift!



Be a good listener. We must make sure that we listen to our friends rather than interrupt them. That might mean turning off our devices every now and then. Support them. When our friends feel down or troubled, the best thing that we can do is try to help them feel better. Laughter can be the best medicine.

Be a trustworthy friend. Good friends are not judgmental, and they keep private information to themselves - no matter how tempting it may be to share it!

Be respectful. Perhaps we have said something that has upset our friends or maybe they have done something that has upset us. Close friends can talk about difficulties, forgive and still be great friends.



SP WELLNESS

TIPS FROM THE ROSIES

Never put people down. Criticising our friends can cause upset and lower their self-esteem, which can lead to a lack of confidence.



Don't talk behind their back. This can cause distrust in our friendships and may make people feel like they can't confide in us any more.

Don't compare successes. We all have our skills; it's important to be proud of our friends when they're successful, rather than being resentful and jealous.

Don't make it all about you. Good friends must make the time to listen to each other.

