



HARVEST HOME  
PRIMARY SCHOOL

# Mindfulness Newsletter

## TERM 3

Welcome to our Term 3 Mindfulness newsletter for 2023! We've been diving into and unpacking our new topic this term: Bullying.



Did you know that there are four types of bullying?

- Physical
- Verbal
- Social
- Cyber

Click the headings below, to find out more information about what is happening in Mindfulness this term!

**Prep**

**Year 1 + 2**

**Year 3 + 4**

**Year 5**

**Celebrations**

**Reminders**

## Year 6 Mindfulness Leaders for 2023!



Abi



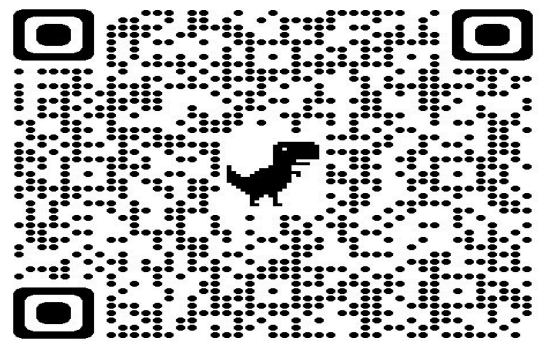
Isabella



Natalie

## WE WANT TO HEAR FROM YOU!

Scan the QR code or click the QR code below to fill out the Google Form created by your Mindfulness Leaders and have your say about Mindfulness Club!



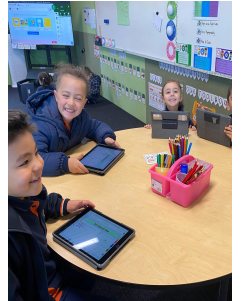
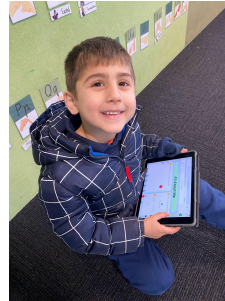
We are proud to acknowledge the Wurundjeri people as the traditional custodians of this land.



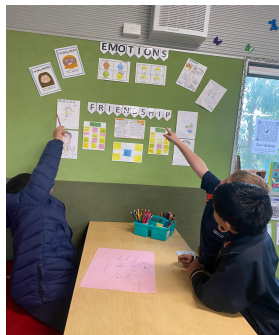
# PREP



Our Prep program focuses on developing students awareness of their own strengths in friendships and identifying and describing emotional responses others may experience in different friendship situations. They have begun the term with exploring friendship skills and how they relate to our school values of being Best, Safe and Respectful. Students will continue to deepen their understanding of this through role play, stories and sorts. Later this term, they will be exploring what bullying is and identifying strategies to help them if this occurs.



# YEAR 1+2



Our Year 1 and 2 students have been exploring what bullying means and have been developing an understanding of the different types of bullying that exist: verbal, physical, cyber and social. They have demonstrated this through creating a poster showing different examples of bullying and by connecting their learning to various stories and scenarios. Later in the term, students will be building on this knowledge to identify the impact of bullying and strategies they can use to stop it.



# YEAR 3+4



Our Year 3 and 4 program focuses on identifying and analysing the 4 different types of bullying: verbal, social, cyber and physical and the impact this has on people. Students have explored different problem scenarios through text and videos and identified whether the action was bullying and if so the type. Later in the term, students will begin to look at describing and applying strategies to stop or prevent bullying from occurring. As well as, analysing the impact of being an upstander vs bystander, has on the situation.



# YEAR 5



At the beginning of the term, our Year 5 learners developed their knowledge on the different types of bullying: verbal, social, cyber and physical. Students analysed various scenarios, through media, to identify the type of bullying that was evident and the impact it had on the person being bullied and the bully. Students will now be exploring the influence their actions have on others health and wellbeing and how they can promote and implement strategies to prevent bullying from occurring.



# CELEBRATIONS

## KAIZEN WINNERS - Term 3



# REMINDERS

## Mindfulness Club

Every Friday during our 2nd Break

Location: Mindfulness Classroom

Staff: Louisa & our Mindfulness Leaders

Even Weeks: 4-6

Odd Weeks: P-3



## DEVICES

If you're in Year 2 - Year 5,  
remember to bring your device to  
Mindfulness each week!

