



HARVEST HOME
PRIMARY SCHOOL

Mindfulness Newsletter

TERM 4

Welcome to our last Mindfulness newsletter for 2024! We've been diving into and unpacking our new topic this term: Personal Strengths!



Which of these personal strengths do you show?

- Brave
- Kind
- Optimistic
- Loyal

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

Are you in Year 5 and want to be a Mindfulness Leader next year?

Click the photo below for more information!



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



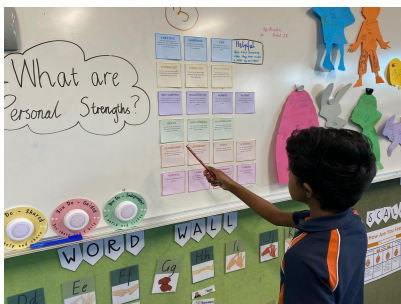
PREP



Our Prep students have been exploring what personal strength means and have been developing an understanding of the different types of strengths. For example, brave, determined, kind, athletic and creative. They have demonstrated this through using a strengths checklist to reflect on what strengths they currently have and by connecting this through games and challenges to develop certain strengths. Later in the term, students will be building on this knowledge to identify their own personal strengths that they have developed and have shown throughout this term.



YEAR 1+2

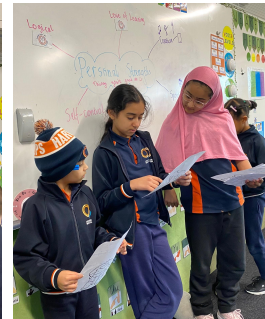
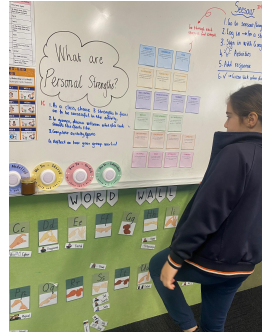


Our Year 1 and 2 program focuses on unpacking what personal strength means and developing students awareness of their own and others strengths. They have begun the term with exploring the different types of strengths in games and challenges and reflecting on how their group used certain strengths. Students will continue to deepen their understanding of this through checklists, role play and sorts. Later this term, they will be using their knowledge throughout the term to identify their own personal strengths.

YEAR 3+4



At the beginning of the term, our Year 3 and 4 learners developed their knowledge on personal strengths and identified that these are skills and actions that we are good at. Students analysed scenarios, through media, to identify the personal strength a character showed. Students will now be exploring their own personal strengths and how this impacts their friendships. Later in the term, students will be identifying which personal strengths are shown in a HHPS upstander, which will later be shared with the whole school.



YEAR 5



Our Year 5 program focuses on identifying and analysing their identity. This looks at the different components which makes them, them. As well as how people and places influence our identities. Students have explored their own personal strengths and how this impacts their friendships and actions. Later in the term, students will look at different topics such as role models, beliefs and values. Their understanding will be developed through media, scenarios and role play.



CELEBRATIONS

KAIZEN WINNERS - Term 4



REMINDERS

Mindfulness Club

Every Friday during our 2nd Break

Location: Mindfulness Classroom

Staff: Louisa & our Mindfulness Leaders



DEVICES

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

