



HARVEST HOME
PRIMARY SCHOOL

Mindfulness Newsletter

TERM 2

Welcome to our Term 2 Mindfulness newsletter for 2023! We've been learning so much about building and maintaining positive relationships and solving problems.



GET TO KNOW LOUISA

What makes a good friend?
Someone who is there for you, makes you laugh, helps you be brave and makes you smile.

What is your favourite thing to do with your friends?
I love playing board games with my friends and going on adventures to explore new places.

Year 6 Mindfulness Leaders for 2023!



Abi



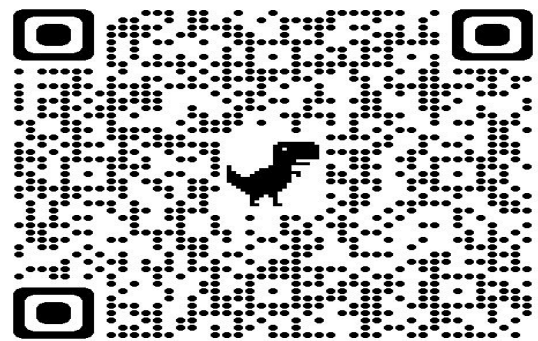
Isabella



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

Year 1 + 2

Year 3 + 4

Year 5

Celebrations

Reminders

PREP



Our Prep learners have been working on building their understanding and identifying what makes a good friend. Students have been working on how they can be a good friend by identifying 'friendly' and 'unfriendly' behaviours. They have been exploring this through stories, drawings and modelling this through play and team building activities. Later this term, they will be exploring emotional responses based on their actions and practising skills that will help them to continue to be good friends.



YEAR 1+2



Our Year 1 and 2 program focuses on developing students awareness of their own and others strengths in friendships and identifying qualities of a healthy relationship. They have begun the term with exploring what makes and doesn't make a 'good' friend and how they can interact positively with others. They have demonstrated this by sorting statements that make a 'good' friend, role playing scenarios and collaborating in groups. Students will continue to use this knowledge later in the term to identify strategies they can use in solving friendship problems and how they can maintain a healthy relationship.

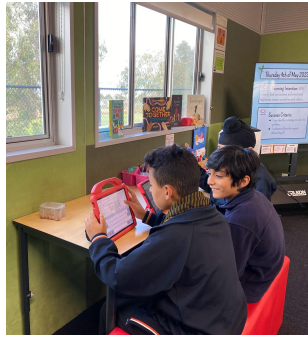
YEAR 3+4



At the beginning of the term, our Year 3 and 4 learners developed their knowledge on different positive traits in a friend and problems that can occur within friendships. As well as, how they can interact positively with others and work cooperatively. They then explored various problem solving strategies through role play scenarios and expanded their understanding on how our reactions can impact others. Students will now be exploring how they can promote health and wellbeing at HHPS.



YEAR 5



Our Year 5 program focuses on identifying positive and negative traits in friendships and how outside problems can cause us to flip our lids. Students explored different problem scenarios that can occur outside and identified various strategies to solve the problem. Students have begun looking at how our actions and emotional responses can impact ourselves and others. As well as, choosing the best strategy to solve the problem by looking at the positive and negative outcomes for each.

CELEBRATIONS

KAIZEN WINNERS - T1 and T2



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 3 - Year 5,
remember to bring your device to
Mindfulness each week!

