

WELLBEING newsletter

March 2025

Hello Parents and Caregivers of GSPS.

Seeding Growth

As the term gets under way and the reality of the consistency of school kicks in you may hear your child saying, 'it's too hard', 'I can't get it right', 'I don't like that subject'.

A suggestion to support your child during these moments is to use the analogy of planting a learning seed. Every day in every subject they water their seed with repeated and new information. Slowly and slowly each day the seed (knowledge and understanding) grows. It takes time and effort. Every seed grows at their own pace.

We come to school to be 'a learner, not a knower'.

Executive Functioning

What is executive functioning?

Executive function refers to mental processes (executive functioning skills) that help you set and carry out goals. You use these skills to solve problems, make plans and manage emotions. Research suggests strong executive functioning skills make a difference in your mental and physical health and quality of life.

How does this look at school?

Working Memory:

You rely on working memory to make sense of information that you receive or events that happen over time.

The teacher is giving a lesson that is based on a previous lesson's information and your brain is putting the two parts together.



Cognitive Flexibility:

You use cognitive flexibility when you multitask. It is your ability to adapt to new situations and environments.

The teacher says, 'get a pencil, a rubber, your book and come and go into the classroom next door for the second part of the lesson.'

Inhibitory Control:

This skill focuses on how well you control your thoughts, emotions and focus. By using inhibitory control, you're able to manage your reactions to situations.

You are feeling very excited about an event in the day, but you know you have to listen and wait first.

At GSPS we teach this Executive Functioning Skills through our EQ program and classroom daily activities. They include organisation skills, setting short term and long-term goals, routines and schedules, timetabling, visual representations, mindfulness, time management, reminders ... the list goes on!

The benefits of walking

Walking can quickly boost your mood by increasing the release of [serotonin and dopamine](#), neurotransmitters associated with happiness and pleasure.



Studies have shown that just 30 minutes of walking a day can significantly reduce feelings of sadness or irritability, offering an accessible way to enhance emotional well-being.

At school we 'go for a walk and talk', either with a friend or an adult. We have found that for our students, it is a great way to have anecdotal conversations, share stories and listen when needed.



Guthrie Street Primary School

Please contact the office if you have any queries. You can also follow us on Facebook and Instagram @guthriestreetps

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