

# WELLBEING newsletter

February 2025

*Hello Parents and Caregivers of GSPS.*

## 2025 -THRIVE

Welcome Back to 2025THRIVE

We would like to say welcome back to our ongoing GSPS families and welcome to our new families starting in 2025 at GSPS.



We are very proud of our embedded Emotional Intelligence culture at GSPS.

EQ was introduced to GSPS back in 2010 and has been the driver for all of our wellbeing and personal growth programs. We believe wholeheartedly in the power of understanding your own and others' emotions.

Our Five Pillars:

**Self-Control:** Understand, identify and regulate your emotions.

**Self-Motivation:** To strive for your best - You Vs You.

**Building Relationships:** To connect with others and have a sense of belonging.

**Empathy:** Seek to understand and show compassion.

**Self-Awareness:** To know oneself and what drives us.

Our expectations and aspirations for our staff, students and families are high! Using the five pillars in our daily tasks makes for a rich and engaging life. At GSPS we believe the race is long and it is only with yourself!

## Routines and Rigor

There are many studies, books and programs (The Resilience Project, Atomic Habits) that encourage habit building through a consistent approach, day after day.

A school setting is a natural habit building environment. Each day the same tasks are undertaken to achieve a greater goal.



Small direct tasks have BIG indirect consequences.

For instance, the first 15 mins of reading in the morning between 8.45am - 9am is actually setting the scene for the rhythm of the classroom for the WHOLE day.

When your child comes into the classroom they are greeted and the teacher 'reads' their body language and can distinguish how they are feeling, if they need a bit of extra reassurance, some time and space or a pick me up.

**Dropping Off in the Morning:** The ecosystem of the school community works when everyone plays their part - we are all in this together!!

Some students struggle with separating from a parent in the morning, if this is the case for your child the greatest advice, we can give you is to make it a quick goodbye. In time once your child is settled into the morning drop off you can switch it up and stay and read or see the great learning tasks your child has been doing.

Use a stored statement such as, 'We will meet at the end of the day to tell each other about all the wonderful things that have happened in our day'.

*Repeat the statement over and over if you have to- consistency is the key.*

Allow the teacher/ ES to support your child, the shorter the interaction the better the outcome for everyone. We have space for students to connect with Wellbeing in the mornings also and transition into the classroom.

Teachers will encourage you as the parent to leave the room - not because you're not welcome but because they have 20 plus young people to set the rhythm with- it is a symphony, and they are the conductor. If we are concerned, we will call you.

A great analogy to use is that of the accordion - we are together at the beginning of the day and go apart during the day and we come back together at the end of the day.

### **Back into Routine:**

Over the next 4 weeks the kids will be tired!! It takes time to build up school stamina again. Sleep and a good healthy diet will help as well as some down time after school. School can be exhausting from a cognitive, emotional and physical perspective. Kids will be getting to know their new teacher, classmates and navigating the school yard.

Being on time to school in the mornings is important for your child to feel they are part of the collective group. The yard is supervised from 8.35am onwards, this is a great time for students to connect with other students who are not in their class also.

## **Connection**

As we travel through our lives we have similar experiences - one of the most significant is school.



You would have attended school, your children will, the teachers and ES Staff did, the office staff, the canteen manager, the crossing attendant, speech therapist... the list goes on!

We are all connected by this experience and for some of us it was a joyous time and for others it was difficult and arduous!

As we head into a new year, we will have days that are easy and days that are hard - all of us. At these times try to remember the quote 'People are doing the best that they can with what they have'. We always aim to leave people better than we found them, that includes the parents, students and staff.



## 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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### Guthrie Street

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