

WELLBEING **newsletter**

December 2024

Hello Parents and Caregivers of GSPS.

Reflection

As the school year comes to an end a great task to do with your child is to look back and highlight the areas of schooling they have enjoyed and had success in.



There are many small 'wins' throughout the year and measuring their success can be varied and diverse. For example, if this year your child was able to get up on time (without too many reminders) majority of the year that's a great win. If they persevered through the moments that they didn't really want to go to school, if they had their first sleepover, went up a blitz master level, spoke at assembly, maintained healthy friendships, packed their own lunch... all these moments build up over time to create a sense of accomplishment and a belief of capability and confidence.

Look back through your photos on your phone or the school Facebook page or write a list. Congratulate your child and congratulate yourself - they can't do it without you!

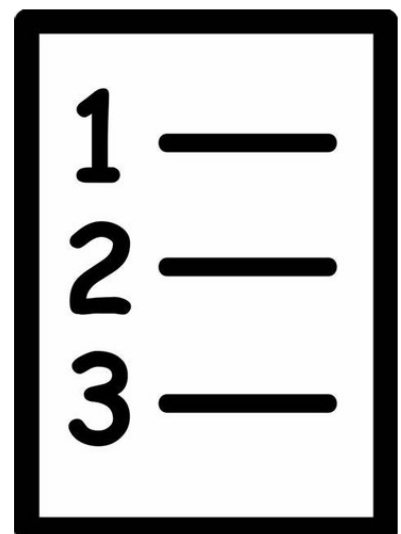
21 Days for a new habit

When the new year comes around it is a great opportunity to set some new habits. At school we give students lots of small jobs that builds independence and competence.

Set your child three tasks per day to complete over the holidays, make them the same three tasks for 21 Days! No rewards, no outs, no negotiation.

21 Days is the sweet spot to form a new and continual habit!

They don't have to be big jobs, small helpful jobs that make your life easier and sets a good routine for your child.



Watch 'Make your Bed' Speech [Navy Seal Admiral Shares Reasons to Make Bed Everyday](#)

Orange Door - Community Stakeholders



The Orange Door in Shepparton is a family support service that provides advice, referrals and conversation about the wellbeing of your child.

They offer support in person, over the phone or via email. Sometimes, they may ask if you can come into The Orange Door so they can better assess your needs and support you and your family in-person. You do not need a referral.

The Orange Door is a free service and operates during business hours (9am to 5pm) from Monday to Friday (closed public holidays).

[Statewide after-hours support](#) is available. In an emergency, call Triple 000.



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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