

Wellbeing - The Resilience Project (Part 1)

Dear parents & carers,

Throughout 2023, we will be working closely with The Resilience Project to support the wellbeing of our school community.

[The Resilience Project](#) delivers emotionally engaging programs and provides evidence-based, practical strategies to build resilience.

Our Partnership Program consists of online presentations and weekly lessons for students, professional development for staff, and Parent & Carer Hub (inc. digital presentations) for our parent and carer community.

Over the coming weeks, we'll be sharing the Parent & Carer Hub with you. The videos are 5-10 minutes long and will walk through the key pillars of resilience: **Gratitude, Empathy & Mindfulness**. You'll hear stories and be introduced to activities to show how these strategies can support our kids' learning and development, and also support you as parents and carers.

This program is an important part of our school's effort to look after the mental health of our community.

View the first presentation of the series here:

Part 1: Meet Hugh and learn about The Resilience Project

- <https://theresilienceproject.com.au/2023-parent-carer-hub-inspire-hugh/>

In this presentation, Hugh shares a personal experience about his sister's battles with Mental Illness.

Note: This video contains a story about an Eating Disorder that may be triggering. Please consider this before watching. For mental health resources and support information, visit [The Resilience Project's Support Page](#).

We will be in touch fortnightly to share the remainder of the program, including research and wellbeing activities to integrate into day to day life.

Kind regards,
Jarod Bacon
Principal