

Hello Everyone,

R U OK DAY

This Thursday we recognised 'R U OK? Day'.



At primary school, we focus on how important it is to stay connected with our friends and to make asking "R U OK?" part of everyday life.

While we don't expect children to fix someone's problems, we do encourage them to:



-Ask their friend "Are you okay?"

-Listen to what their friend is saying

-Show they care

-Tell a teacher or trusted adult if they are worried about their friend

Our bell song this week 'Together it's OK', shares a positive message about how we all experience ups and downs in life - and power of asking your friends "Are you okay?"



School TV



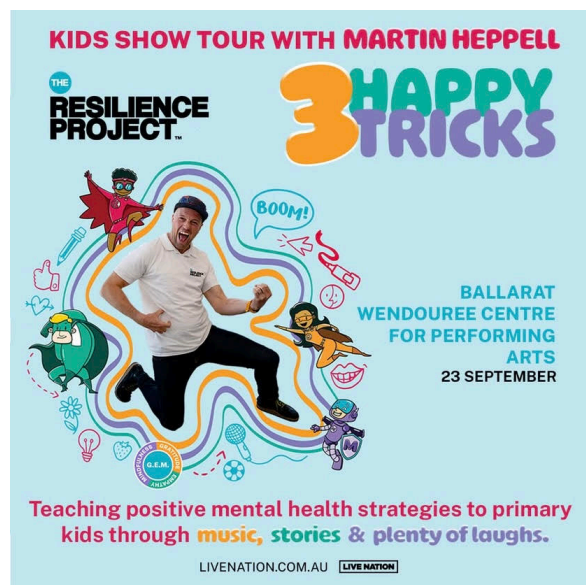
A reminder that our school partners with School TV - a trusted youth wellbeing resource offered through schools, dedicated to supporting parents and caregivers in raising happy, healthy and resilient young people.

It brings together credible information and practical advice into one easy-to-access platform—eliminating the need to search through outdated or unreliable sources.

School TV has created a special report for R U OK DAY - providing guidance on how to talk to your child about mental health and engage in meaningful discussions.

The special report, along with a library of other topics can be accessed through the link below.

https://samaryborough.catholic.schooltv.me/wellbeing_news/special-report-r-u-ok-day



3 Happy Tricks

Packed with catchy tunes, memorable stories and so much energy, 3 Happy Tricks is all about helping primary-aged kids (and their grown ups!) learn simple and practical strategies to support their mental wellbeing...and have a bit fun while doing so!

The tour travels around Victoria in the Term 3 school holidays to Warrnambool, Ballarat, Geelong, Melbourne, Frankston, Moorabbin, Nunawading and Traralgon.

More information and tickets at:

<https://theresilienceproject.com.au/3-happy-tricks-kids-show/>



Download the app for tips to raise confident, resilient children.



Raising Healthy Minds App

The Raising Healthy Minds app is a free, personalised, pocket resource to help parents and carers raise confident, resilient children.

Co-designed with parents and experts and funded by the Australian Government, Raising Healthy Minds aims to support children's social and emotional wellbeing with evidence-based information.

You'll find information on topics like dealing with worries and making friends, as well as ideas for day-to-day life, like creating family routines, looking after yourself as a parent, and building strong relationships.

The app offers a mix of quick-read articles, videos and animations aimed at parents and carers of children aged 0-12 years. You can tailor information to the age of your child and opt-in to receive helpful tips.

Raising Healthy Minds provides simple-to-use information at your fingertips with clear actions you can start today.

Download from Google Play or the App Store or go to raisingchildren.net.au/rhm to learn more and raise a healthy mind.

Kind Regards,

Anna Gardiner