Senior School Resilience Program

Dear Parents

I am currently running a 5 session program on Resilience in the Senior School. The concept of the program is that in order to be resilient students need to have good levels of some or most of the following skills:

- Assertiveness
- Empathy
- Confidence
- Self-Esteem
- Healthy Relationships
- Healthy Bodies
- Sense of Belonging
- Self-Regulation
- Ask for Help
- Positive Self-Talk

We call these Personal ‘Super’ Powers. The students will identify the key skills they need to develop and then create a Superhero persona and matching costume to represent those skills to be developed.

Students will need to collect clothing items from home that they can use to develop an interesting costume. Costumes do not need to be amazing or professional (not shop bought!) etc... There will be no ‘best dressed’ competitions or anything like that. We do not require parents to go to heaps of trouble and spend lots of money. The costumes will be put together in an Art class with Jeenah during Week 7 and 8. I recommend that the students just use an old t-shirt, old leggings and or old shorts that we can use duct tape on which can be taken off easily and will not wreck the clothes. Here is my representation of my super hero Reggie the Superhero of Self-Regulation. The designing and creation will start Wednesday 11th March, so if they can bring in their t-shirts/tracksuit/shorts on that day we can keep them at school to work on. The completed costume will be needed on the last day of term, when students will change into costumes after recess at 11.30am for a Superhero Celebration.

Please do not hesitate to contact me with any questions sartori.mia.m@edumail.vic.gov.au

Thank you for your understanding and support.

Best regards

Mia