An *enduring understanding* is an idea that is continuously ‘unpacked’ and allows students to explore concepts and think critically about the world around them. Our enduring understanding this term is *‘I am unique and I belong to different communities’*. We encourage the children to bring a photo or an item that we could display as we unravel the complexities of ‘me’. Examples: Photos of family, pets, celebrations, cultural artefacts and costumes. We have not as yet received many of these so, please send them along to school as soon as possible.

**Drama Toolbox: SEal Program**

Today’s session ‘Overcoming Obstacles’ involved students finding out about his/her own strengths. Discuss today’s session with your child.

**Social & Emotional Learning – Yoga**

Using mindfulness and visualisation techniques assists children with managing moods and emotions that they experience from day to day. Here is an example of a simple calming technique that you can use with your child at home:

*Take 3 deep, cleansing breaths. Every time you inhale, imagine you are breathing in a calming smell that makes you feel safe. Breathe it in until you feel your whole body relax. Every time you exhale, imagine you are letting go of all your worries. Attach a balloon to the angry/frustrated/sad cloud and let it float away, drifting off into the sky, replaced by your happy world. Breathe out and smile.*

Ask: *How did your body feel when you were calm?*

**Assembly**

The Prep students will commence attending whole school Assembly next Tuesday at 9:00am. If you would like to attend, please say goodbye to your child near the dots and make your way to the MPC.

**Playground**

Whilst the students are at Recess and Lunch play, there is a Prep teacher supervising the area. The area is also coned off so that we can monitor the children more closely. Some students are choosing to play beyond the cones if they feel secure in doing so. Eventually, the cones will be removed. Remind your child to speak to the teacher on duty if he/she is experiencing problems. We also encourage our students to use their words when solving issues in the yard and are providing strategies during class meetings that students can use in social situations.

**Fish Tank**

Our fish tank needs a little TLC. If you are willing to give the tank a clean, please speak to your child’s teacher. We have some products that you can use.

**Communication**

As we cannot check emails regularly during the day it is important that you contact the office if you need to arrange for your child to be collected by another adult. Email us directly if you need to arrange a time to talk about your child. It is difficult to have a conversation with you at 9:00am when we are organising our students.

Prep Team
Connie, Angela, Steph, Nikita and Amanda