Dear Parents,

Welcome back to a new, exciting school year at St Augustine’s. I would also like to extend an extra warm welcome to all the new parents joining our school community. At St Augustine’s it is our goal to ensure that all students are immersed in the best possible learning environment where they feel happy, safe, supported and valued by the whole school community.

This year in Wellbeing we will be continuing to focus on building positive relationships with ALL families as well as implementing programs into our school curriculum to develop **Social and Emotional learning** in our students. Each class will be focusing on a number of social skills each term incorporating, discussing and modelling these during class sessions.

We will also start working on the CASEA ‘Thumbs Up’ program this Term in preparation for further Social and Emotional learning that will take place in Term Two in which the whole school will be involved. All students will participate in weekly sessions and a new parent and student group will commence. Stay tuned for upcoming information......

Once again, over the year I will be providing newsletter articles which will include parenting tips and ideas to help you raise happy, confident and resilient children. I’ll also include lots of other resources that you may find helpful.

If there are any areas you are interested in or would like some information on, please feel free to contact me or come in for a chat. We can work together to bring out the best in your child.

So let's begin the year with an **inspirational poster** that you can print out and place on the fridge as a reminder about the wonders and joy of being a parent. **Happy reading,**

Ms Jodie,

Student Wellbeing Coordinator
If I had my child to raise all over again,
I'd build self-esteem first, and the house later.
I'd finger-paint more, and point the finger less.
I would do less correcting and more connecting.
I'd take my eyes off my watch, and watch with my eyes.
I'd take more hikes and fly more kites.
I'd stop playing serious, and seriously play.
I would run through more fields and gaze at more stars.
I'd do more hugging and less tugging.

Diane Loomans, from “If I Had My Child To Raise Over Again”