

SECONDARY PARENT NEWSLETTER ARTICLE

PERMAH+ Lessons: Middle – YOU BELONG
Senior – SENSE OF BELONGING

Wellbeing Element: Relationships + empathy

WHY: for students to understand that you are hard wired from your ancestors to want to feel connected and to belong to groups of people.

The single biggest influence in students and ourselves having a healthy state of wellbeing, is to experience frequent positive emotions through having strong feelings of social connectedness; feeling a sense of belonging. Strengths Weeks, provide students, parents and teachers with opportunities to share and care with each other combining their strengths. Key ingredients for respectful social connectedness are:

Connected by sharing and communicating equally and openly to experience positive emotions and oxytocin.

Protected by having optimism and hope that your relationship will protect you physically and emotionally.

Respected by thinking others value all of you, including your strengths, shortcomings and feelings, to experience serotonin.

Frequent little positive actions builds a sense of belonging within the school community and could include: welcoming gestures, smiles, hellos, pats on the back, friendly texts, saying thank you and sorry, asking how they are feeling, giving compliments, doing five minute mindfulness activities, using positive self-talk, doing selfless acts of kindness, sharing their strengths to help someone overcome a challenge, choosing a positive personal descriptor to live by each week, spotting different ways of thinking in themselves and others, monitoring their and others' emotions, using assertive language when they need to and recognising when they need to seek help.

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Living and Learning Growth Activities:

Middle

Respectful Relationships: In your relationships, you sometimes give of yourself to be kind to others, and sometimes you receive kindness from others. When have you done each of these?

Wellbeing Growth Tip: Boiled eggs are nutritious and great snacks to bring to school.

Senior

Respectful Me: What stresses one person may not worry another. To manage stressors, identify coping strategies that work for you to relieve anxious feelings. What are two stressors that you experience, and a coping strategy that you use to relieve them?

Academic Growth Tip: Organise non-communication times with friends, to enable effective study.

Character Strength: brainstorm how they can use *Social-Intelligence* to build their living and learning growth and wellbeing.

Parent Wellbeing: a key ingredient in feeling motivated to try new and more challenging things is a sense of competence, the feeling you have the skills to master something. Believing that you have what it takes, means that fear of failure is not going to stop you from leaving your comfort zone to risk failure. Failing well and then fixing your mistakes creates personal growth. How competent do you feel in your skills?

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