

## SECONDARY PARENT NEWSLETTER ARTICLE

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**PERMAH+ Lessons: Middle – YOUR MIND AND HEART COMPASS**  
**Senior – ETHICAL LIVING**

**Wellbeing Element: Meaning + purpose**

**WHY:** for students to understand that to live a good life, called ethical living, is to do what their minds and hearts tell them is the right thing for them to do.

To quote Howard Gardner from his book *Five Minds*, “*I have nothing against excellence, but at the end of the day, the world doesn’t need more of the brightest and the best, but more of those of good character.*” Yet, for over a decade, teachers and school leaders have been forced into the relentless pursuit of standardised testing, at the expense of building students’ social-emotional resilience, wellbeing, ethical mindsets and the capacity to nurture respectful relationships. This has seen a huge escalation in student mental health. When we get our students and teachers right, the data looks after itself.

Teaching students about what living ethically looks like, sounds like and feels like, will strengthen their characters. These include acting in ways which they know will benefit their and others’ wellbeing because they matter, and making choices based on what their minds and hearts tell them is the right thing for them to do. Also, not doing something for personal, material or prestige gain at the expense of others, being grateful for good things that happen and using their top strengths in their every thought, word and action to do good to feel good.

Acknowledgement: Kabat Zinn & Sinek

### **Living and Learning Growth Activities:**

#### **Middle**

*Mindfulness Puzzle:* enjoying the challenge of thinking out the puzzle.

*Wellbeing Growth Tip:* Be kind to your mind and your body by listening to them.

#### **Senior**

*Mindfulness Puzzle:* enjoying the challenge of thinking out the puzzle.

*Academic Growth Tip:* Activate your whole brain by moving both sides of your body; eg juggling.

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

*Parent Wellbeing:* a key ability to develop in yourself, which will enable you to be resilient to respond well to challenges, is being able to solve your social problems. This is particularly so in the fast paced 21st century, where social media activities are causing unacceptable pressures on your children, which you in turn have to support them with. The strength social-intelligence is effective to use to assist you. How well do you respond to challenges?

Acknowledgement: Rievich & Shatte