|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
|

|  |
| --- |
| /var/folders/_g/lrxytcbs665bz1d9y7xpllv00000gn/T/com.microsoft.Word/WebArchiveCopyPasteTempFiles/OkCTBFA |

 |
|

|  |  |
| --- | --- |
|

|  |
| --- |
| **NOVEMBER NEWSLETTER****Did you know meditation can reduce ageing?** |

 |

 |

|  |  |  |
| --- | --- | --- |
|

|  |  |
| --- | --- |
|

|  |
| --- |
| /var/folders/_g/lrxytcbs665bz1d9y7xpllv00000gn/T/com.microsoft.Word/WebArchiveCopyPasteTempFiles/AkCTBFA |

 |

 |
|

|  |  |
| --- | --- |
|

|  |
| --- |
| Biological age, unlike chronological age, is often measured in terms of telomere length (TL). Telomeres are proteins at the end of chromosomes that protect DNA from deteriorating. Telomeres shorten with ageing. Shorter TL has predicted ageing diseases including cardiovascular disease and diabetes. It has also being linked to stress, anxiety and depression. Longer TL is related to optimism and emotional intelligence.Recent research  conducted by  Fredrickson and colleagues (2019) 1. found that TL did not decrease significantly when participants completed just a 6 week loving kindness meditation course. That is, it slowed biological ageing.Consider adopting a Loving Kindness Meditation yourself. Dr Fredrikson - a leading world expert in positive emotions, suggests these evidence based guided meditations: <http://www.positivityresonance.com/meditations.html>1. Nguyen, K.D.L.,  Lin, J., Algoe, S.B., Brantley, M.M., Kim, S.L., Brantley, J., Salzberg, S. & Fredrickson, B.L. (2019). Loving-kindness meditation slows biological aging in novices: Evidence from a 12-week randomized controlled trial. [Psychoneuroendocrinology,](https://u14000484.ct.sendgrid.net/wf/click?upn=fdTcgBcCAA4DTMa2qUc6CsWVhVRWRiPfT0nEEBZ9OZ7VObyBYGmyuIh38zzjDM2jdCJlg1G8ZGTKloPU48mpKiWV-2BfLJKJ3h0ayVPAhuuHqvefOVdSaJumNwtuy149X5sgrXmtMUTh9-2FnkF-2FhpO-2BhPHCRZs8CKv3FoT0rYXnT5bU-2F1M3swMewZAFdueYuml2A0WpCq-2BakqH-2FjF91MrvGCV9iLVpYA5wCLw0EIqbrUjf4bRalv5Tn1qevwIT2iBHrombYOfDdQO-2B2nLQKzPX654D2RnueG5e2RwH6OLI0Qdk3krofBdDaML7BOQ2uaANUDLkMo8alMcVxP6bmzdp7GzjApa4mnOGHxbAzP06DNdxHXlayefdxZXzSNwI-2FBnG9ZBOcZ3Lx6dUNLj2KvYgyAtoJRfl-2FNM7eml58FwepsAUycn2jLUA3Evu7Ta-2F6rTfs_o3i8x9nxF8jgCr6Q7zLyFAwdfocIfb4VshhFkuubiAumRSH1wKJmOyEUwXv1WiyWDpnw-2B2a4FKxKtkLQEFlvhglo2qysqCSSqeCV1-2BRRGggNOyfrmwlHb1VMB83ZLEDXqlxzNGYHrugFKm2JnrjA5YcxYk2Wp8NDMxN8x3kelxbcDFiGsUSGohNSWLwLN2Ulam4S9sjx-2FX59qFkV5oLTWFWVKdKDajTHygMCvqV-2B0IoJ0wTUSneYOIuPtMqoemh9yZSYArN5smJYu1oOTkYjyFLMM1AHaHHKPxOE6dEEOUfKNy-2BDQ4X6EThY2XLJuI-2BdLgPBXyCTd11GQp6ku78Ux8RYu2Wcc6swktuotl-2FddB8T0sLTzX5GjEJjApqVH77SYXw8AzlVkShHXjNj6HZZYUn06PSITLWGtC41AeENxNiWvqurvy5rPe5qC-2BdcNLj748xN-2Fq5HaCOPtvfxYTeMHNRQyr9VvtGLFkNdcRPvPgZwWBObFra9-2Fyiif-2FotBC-2BGX70GYvfTcZny7Z4QNvbks7frQqBgJjjVecY9gbXylBVGy-2FKG-2F5j6vUYYSfb3c1Fzp-2Fx-2FtZR8-2Ff4viMPRYJsMqw-3D-3D" \t "_blank)Vol. 108 (10) pp.20-27 |

 |

 |

|  |  |  |
| --- | --- | --- |
|

|  |  |
| --- | --- |
|

|  |
| --- |
| /var/folders/_g/lrxytcbs665bz1d9y7xpllv00000gn/T/com.microsoft.Word/WebArchiveCopyPasteTempFiles/OECTBFA |

 |

 |
|

|  |  |
| --- | --- |
|

|  |
| --- |
| /var/folders/_g/lrxytcbs665bz1d9y7xpllv00000gn/T/com.microsoft.Word/WebArchiveCopyPasteTempFiles/AUCTBFA |

 |

 |

|  |  |  |
| --- | --- | --- |
|

|  |  |
| --- | --- |
|

|  |
| --- |
| /var/folders/_g/lrxytcbs665bz1d9y7xpllv00000gn/T/com.microsoft.Word/WebArchiveCopyPasteTempFiles/OECTBFA |

 |

 |
|

|  |  |
| --- | --- |
|

|  |
| --- |
| Top 10 Positive Emotions and how to have more LOVE!Dr Fredrickson in her book Positivity(2009) states that there are 10 most commonly experienced positive emotions: love, joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, and awe.  She suggests that we should be on the look out for positive emotions and appreciate them when they arise. We should also ask ourselves “When was the last time I felt this feeling?  Where was I?  What was I doing?” She encourages us to wonder “What else gives me this feeling?” and start paying attention to the answer to this question. Dr Fredrickson states that love is the most commonly experienced positive emotion and is a combination of the other emotions. It is a complex emotion and is especially beneficial for our health and growth. Find out how you can renew[love](https://u14000484.ct.sendgrid.net/wf/click?upn=fdTcgBcCAA4DTMa2qUc6CsWVhVRWRiPfT0nEEBZ9OZ7VObyBYGmyuIh38zzjDM2jnf-2FR8sIfk-2BmEioiobDeKuqFoL206bpbwtuHC9vygcxcMipNKeXs4lGdr4VQY2-2FTh8766gaAG6YlTs462wLn-2FOkqSB1cKT7NPabiLNI1-2BXAP3G0Vot7t0sjE61Ts-2BY65v3zpDPDKH3WFk8o09ZmLJEog1LO8xOtVwMESDWQfcAKwBPqF7sn8LOd0aHSnmTf4hOFol8oJd6-2Fojm4YOHflHvQOg0lX55a2yst-2FyfoAmOeqDAQyVhS1-2BQO6kpZjj0qjgUGh8zDYKRQIounxWLuG6n7dKNOz5LOV3wlsdeip8XgzogtHgS1y-2FHDgOboVWznbQvrITfBnA6gfO-2F8nhsGB8rJevRwPmyonBONgztBZCTVyGIEZAI5x44hWh8S7g1hmgKFI-2FVK-2BcpYqm3iuvIwbtIA-3D-3D_o3i8x9nxF8jgCr6Q7zLyFAwdfocIfb4VshhFkuubiAumRSH1wKJmOyEUwXv1WiyWDpnw-2B2a4FKxKtkLQEFlvhglo2qysqCSSqeCV1-2BRRGggNOyfrmwlHb1VMB83ZLEDXqlxzNGYHrugFKm2JnrjA5YcxYk2Wp8NDMxN8x3kelxbcDFiGsUSGohNSWLwLN2Ulam4S9sjx-2FX59qFkV5oLTWFWVKdKDajTHygMCvqV-2B0IoJ0wTUSneYOIuPtMqoemh9yZSYArN5smJYu1oOTkYjyFLMM1AHaHHKPxOE6dEEOUfKNy-2BDQ4X6EThY2XLJuI-2BdLgPBXyCTd11GQp6ku78Ux8RYu2Wcc6swktuotl-2FddB8T0sLTzX5GjEJjApqVH77SYXw8AzlVkShHXjNj6HZZYUn06PSITLWGtC41AeENxNjeknLY1YxaMFJ7ZfPFC4KovUw3iwx4fLwu8sJ5ztdGOECl8zhs-2BnSBZDebu3VW-2FbEbqPU-2FyukEocUKzTxyyTt-2BYVNWME8f6Drv0LYW-2B0L6LNL-2Fv-2BT-2BKOTpv1gW8gS2o6Cm2POAWxx7BQS5Be7hKet5wMzbg7jjshp4kCHJ0RH3Sg-3D-3D) or expereince more love with your [child](https://u14000484.ct.sendgrid.net/wf/click?upn=fdTcgBcCAA4DTMa2qUc6CsWVhVRWRiPfT0nEEBZ9OZ7VObyBYGmyuIh38zzjDM2jnq7Xi-2BSFE40NcCSUGXUf1qNAh-2BFR1-2BrxqE-2BDlI6-2BagcJfgksbGenKe4OsSRgz64tBXzU-2Fq4Opyx5qw5s4dKwO3Ee6RhXEnWeRhYqFFd8NWsqp3x3tEvPcp4lsMpD4BruwpxayFJT4AW6Nea0wA2xIglA89k-2BL4FNIb5qj5Bd7vpEdD4aWlpfq5n5cKkotmirzW1PQ96usgtzo1YS7czitu71FHx-2F2gTjhyzlpGESsD-2BFCsgKUs3orEV-2FyslRjdUuDYz3zhvO29HnMFlnfrVEMMKh9JvxHfFpFfQNTF2LeiuwQChuh7XPkq2womyWUxGarhPueqp1OynONTrxGXk4D9v3zYmLyUkVuiqoeGu-2FtY8QpP9Yg3vlP6KPk-2F-2BSpNaFeYWgmYjft1xAg2WvC6qemA-3D-3D_o3i8x9nxF8jgCr6Q7zLyFAwdfocIfb4VshhFkuubiAumRSH1wKJmOyEUwXv1WiyWDpnw-2B2a4FKxKtkLQEFlvhglo2qysqCSSqeCV1-2BRRGggNOyfrmwlHb1VMB83ZLEDXqlxzNGYHrugFKm2JnrjA5YcxYk2Wp8NDMxN8x3kelxbcDFiGsUSGohNSWLwLN2Ulam4S9sjx-2FX59qFkV5oLTWFWVKdKDajTHygMCvqV-2B0IoJ0wTUSneYOIuPtMqoemh9yZSYArN5smJYu1oOTkYjyFLMM1AHaHHKPxOE6dEEOUfKNy-2BDQ4X6EThY2XLJuI-2BdLgPBXyCTd11GQp6ku78Ux8RYu2Wcc6swktuotl-2FddB8T0sLTzX5GjEJjApqVH77SYXw8AzlVkShHXjNj6HZZYUn06PSITLWGtC41AeENxNgf-2FC0pfMBm6bHN1MaznhXbIlcwRxG3n5ZqZvwBw1ynPePUSaG-2Bp9q67YR-2BNpKRbwru-2BuDuMSoHpGSXh2IlvPNK-2F1xiIoes-2B1VJRi5F3ctI9I4Ubqg79RKDnPLD7JnvsoPaxFElxELQkSCCKXITUd-2BIDHmHYlbEzit9Mnww22AYEA-3D-3D)[.](https://u14000484.ct.sendgrid.net/wf/click?upn=fdTcgBcCAA4DTMa2qUc6CsWVhVRWRiPfT0nEEBZ9OZ7VObyBYGmyuIh38zzjDM2jdLNB6UfjkuztmW7jVjblvXPGV4SyomEC8al44Pp-2FFa1uMWj6w8IwyV7vDg4mPzkoitfHH0EtNo9qFQ7cMIaDWZMrdUXwJLn-2F69WNHJ-2FFUg5DKnqTv4sdbIYTRIg5Um2Ayh6in4R7wca2viJCUAct-2Bel5rTu32jgppgtLk6tCisoLbqbuJfrghFRvzKgEc39RWuLGLoLttRDQxWbK2VVCwnv04iKY4X2esfMq18opcB1ByAxtUGeLH2dI0EKvr0bVdim3G47m-2Bk-2FSCArskTHwmPmvxWt4LSOCOogKrm-2BRDymjd5Faihsdxc3pb9jy7w-2F-2FB7ALm-2F3gCQTQ9JeixaHHO6duH3gNV0bM8nCiY4DYlp8GQYUl60nRqLbt-2BJdDZlyGGRQJ-2BUlWQmkwS-2BKsRc0kiNX897HSjcjSeXPDMFc6ZrBS-2BALwWki8H60KAntCQa5fl9I4xPPTRmqj09GE-2FXrtaw-3D-3D_o3i8x9nxF8jgCr6Q7zLyFAwdfocIfb4VshhFkuubiAumRSH1wKJmOyEUwXv1WiyWDpnw-2B2a4FKxKtkLQEFlvhglo2qysqCSSqeCV1-2BRRGggNOyfrmwlHb1VMB83ZLEDXqlxzNGYHrugFKm2JnrjA5YcxYk2Wp8NDMxN8x3kelxbcDFiGsUSGohNSWLwLN2Ulam4S9sjx-2FX59qFkV5oLTWFWVKdKDajTHygMCvqV-2B0IoJ0wTUSneYOIuPtMqoemh9yZSYArN5smJYu1oOTkYjyFLMM1AHaHHKPxOE6dEEOUfKNy-2BDQ4X6EThY2XLJuI-2BdLgPBXyCTd11GQp6ku78Ux8RYu2Wcc6swktuotl-2FddB8T0sLTzX5GjEJjApqVH77SYXw8AzlVkShHXjNj6HZZYUn06PSITLWGtC41AeENxNixNbRT3aBdEoaqtrImwje9-2F46f4NEZupW4UmnSebAaOFYPWMtEUSq8knfyb5hBUeJGkceIYm5bez8h-2FjzD-2BtKzoe4jCza1WkmOGdZgH22DZxlKgxTE2n3brwz-2FHmpkUOyCMVSNvXYIi0IVtqOzTyzxohgR9pJiRCNpoLKl-2BoVJyA-3D-3D)Consider how you could expereince more positive emotions at home or school or how you could facilitate this in your students. One evidence based strategy is to write about [3 things](https://u14000484.ct.sendgrid.net/wf/click?upn=fdTcgBcCAA4DTMa2qUc6CsWVhVRWRiPfT0nEEBZ9OZ7VObyBYGmyuIh38zzjDM2jdiNDw-2Fd6rYSt94VB5OSc5euTGUkcMp4hQiH1idKx2gT-2BmGO1vcEuylboqDgi2akErja2rh7AH5UPQbqLANVbFQ3THBKNgDzRv3D6QnLAHKEr7-2BoNJ5sKNFcjwA8-2BKVQE-2FRS3JiI9u18HuYGExInGTtowfYLQ-2B6pkpvu2Q7F-2FCnfmo-2FOp4ICHroOJWbwbw24RHHnk7-2BuVDQ-2BMAYUvWaTXN6NzwdYfx1lobgQvaYjc351GENPpAS0AV-2BndIv-2FiSZ0zH3C-2B4GG-2F58jqtDuC-2FfjFfFtGqtv9Ww6srcBvCLC-2F-2Fgdvc9mvsV0LRJJEF0r8YBNe3rtlAl4s1caFsa-2BnCfcLqVh7fT6CJaabYT80uSA-2FqDM-3D_o3i8x9nxF8jgCr6Q7zLyFAwdfocIfb4VshhFkuubiAumRSH1wKJmOyEUwXv1WiyWDpnw-2B2a4FKxKtkLQEFlvhglo2qysqCSSqeCV1-2BRRGggNOyfrmwlHb1VMB83ZLEDXqlxzNGYHrugFKm2JnrjA5YcxYk2Wp8NDMxN8x3kelxbcDFiGsUSGohNSWLwLN2Ulam4S9sjx-2FX59qFkV5oLTWFWVKdKDajTHygMCvqV-2B0IoJ0wTUSneYOIuPtMqoemh9yZSYArN5smJYu1oOTkYjyFLMM1AHaHHKPxOE6dEEOUfKNy-2BDQ4X6EThY2XLJuI-2BdLgPBXyCTd11GQp6ku78Ux8RYu2Wcc6swktuotl-2FddB8T0sLTzX5GjEJjApqVH77SYXw8AzlVkShHXjNj6HZZYUn06PSITLWGtC41AeENxNjEZ7EzqUY3uGN-2BF1FzeZEjIUzwAbAPL8mgK-2B5-2BiG2CsOtCtXfDaMIP5hHWDNGGcLdSfd5rsqp2ehblyIyMELeuQ8r1NPTi8u-2F9sGCXSynQfThzj72YffhCYAVEyM8GZVH-2FN1hpNW-2BV8xexN04lxZ7ZRikvwFZzQj8U0gRm6HJgyw-3D-3D)that have gone well each day and why. Research has found that this enhances wellbeing for up to 6 months 1. 1.Seligman, M. E., Steen, T. A., Park, N., & Peterson, C. (2005). [Positive psychology progress: Empirical validation of interventions](https://u14000484.ct.sendgrid.net/wf/click?upn=fdTcgBcCAA4DTMa2qUc6CsWVhVRWRiPfT0nEEBZ9OZ7VObyBYGmyuIh38zzjDM2jxxNCdMzCUaDLkvf-2BgwYP3j3tAxWf-2BzEB8AtlC-2B3n5G7uKfzWnFCI0BrmyHEdD9r5XpkDKnxcGZN-2F2Kl9KPy-2FvNNi5ovG6Ddl5KOhmQUWW4j-2FyEQrW3keX8vWz7D8OnfDtwdDgcFwWPZtV93IHWtFET7okOcI5Pai9mHXq765yNelK2iOiDOY20OBhT7-2F35Q4BZ01ZJCSokO4iCYP0G3zXJYxnLpli-2FcpXdhyHZVCDHK3pFWpouq3WQCrNdocUjWjWZ65J0-2BvoBPohY-2FrDA9P02nGDwww87kvSMgOdu0f5ScMFK3A4OaW1vt9No-2BFQ20Hohdqiwy1u0nJcqnPA9f4Fu4vW1GKq0-2BAqdBu4qXi-2FvjYlTxoZEBEP8vliQX6YuoTfoMozi-2BstRJNS-2F-2BC5pz-2F3Q-3D-3D_o3i8x9nxF8jgCr6Q7zLyFAwdfocIfb4VshhFkuubiAumRSH1wKJmOyEUwXv1WiyWDpnw-2B2a4FKxKtkLQEFlvhglo2qysqCSSqeCV1-2BRRGggNOyfrmwlHb1VMB83ZLEDXqlxzNGYHrugFKm2JnrjA5YcxYk2Wp8NDMxN8x3kelxbcDFiGsUSGohNSWLwLN2Ulam4S9sjx-2FX59qFkV5oLTWFWVKdKDajTHygMCvqV-2B0IoJ0wTUSneYOIuPtMqoemh9yZSYArN5smJYu1oOTkYjyFLMM1AHaHHKPxOE6dEEOUfKNy-2BDQ4X6EThY2XLJuI-2BdLgPBXyCTd11GQp6ku78Ux8RYu2Wcc6swktuotl-2FddB8T0sLTzX5GjEJjApqVH77SYXw8AzlVkShHXjNj6HZZYUn06PSITLWGtC41AeENxNjEZ7EzqUY3uGN-2BF1FzeZEjehQ-2FSoK2RPxz5GSaIg51tnQ1hA5Dm6RSqb550egUwhizLtO50Cig0iyBYYbRJ0Y8fXs6clUjsU2zoQ0HsmIVit4iYZ1SZbwuigBjmT1bNiPV3pitF4bmpGf4Jl32c06SM32XgGyNafxcK56qTSDBZA-3D-3D)[.](https://u14000484.ct.sendgrid.net/wf/click?upn=fdTcgBcCAA4DTMa2qUc6CsWVhVRWRiPfT0nEEBZ9OZ7VObyBYGmyuIh38zzjDM2jOZnJyMnwSgCPwgowv5xzW7bUqJfsbpGPidvvTLoniSkoR9N23iN1FLFr6mwbwzqHiVZh3qewp34i7UmTE24qoNfJcPozcRGhJ1J9f8baHyYTCZY82Jp7eZ6gnpkUERDZl3nAWNBdLHeWzze1gI195i1g2EZo07C3Uzcf5ZR1URjP1TaxN5Gk02kR-2FtjYPDyATFE4GDtw9HPAo498ha2-2FQK-2FyY1ZkZKMrBxC3SA29mdRXGLPyajEa-2FsoTtVFFae4oN51kcxVSMPILc8rOEHWCqwKcveLKtv-2B4BajkbR2bmKjdkybZQ-2B1JzJI4IN3ld25aGvl-2B4xNR-2FJ0clsLkGircdK-2B7x2zD-2FOT0ziMo9ckpRKFhZjC7HAN2Y8kmBkjeQIGeWy4-2Fk9TPchscCOcziY-2BpzytWYKjlUotssWxGvnTpE-2BQ-2FJ1UWIkUFfoi86TrnHKE5IN9qt6FqpQzpzGBUqL-2F3vw-3D-3D_o3i8x9nxF8jgCr6Q7zLyFAwdfocIfb4VshhFkuubiAumRSH1wKJmOyEUwXv1WiyWDpnw-2B2a4FKxKtkLQEFlvhglo2qysqCSSqeCV1-2BRRGggNOyfrmwlHb1VMB83ZLEDXqlxzNGYHrugFKm2JnrjA5YcxYk2Wp8NDMxN8x3kelxbcDFiGsUSGohNSWLwLN2Ulam4S9sjx-2FX59qFkV5oLTWFWVKdKDajTHygMCvqV-2B0IoJ0wTUSneYOIuPtMqoemh9yZSYArN5smJYu1oOTkYjyFLMM1AHaHHKPxOE6dEEOUfKNy-2BDQ4X6EThY2XLJuI-2BdLgPBXyCTd11GQp6ku78Ux8RYu2Wcc6swktuotl-2FddB8T0sLTzX5GjEJjApqVH77SYXw8AzlVkShHXjNj6HZZYUn06PSITLWGtC41AeENxNjEZ7EzqUY3uGN-2BF1FzeZEjXd4h-2FYKBWmbJ1ngg0mSwSIY1IpclFcwPzjjqmIbkMD6fvUJJLMur8nlYIF9DGbc0sBszxfsnu-2FkahV3-2BzO06tsHm7iJhK25xr3qNdeHPw-2BJRTslKlWQlC9-2BZa4pBaSsZRmQdPB6GLakEmdacbL32BA-3D-3D)American Psychologist, 60(5), 410. |

 |

 |

|  |  |  |
| --- | --- | --- |
|

|  |  |
| --- | --- |
|

|  |
| --- |
| /var/folders/_g/lrxytcbs665bz1d9y7xpllv00000gn/T/com.microsoft.Word/WebArchiveCopyPasteTempFiles/OUCTBFA |

 |

 |
|

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|

|  |
| --- |
| SPECIAL OFFERBook [Strong Minds](https://u14000484.ct.sendgrid.net/wf/click?upn=fdTcgBcCAA4DTMa2qUc6CsWVhVRWRiPfT0nEEBZ9OZ7VObyBYGmyuIh38zzjDM2jHrVaiMl-2BqkRfEmz8N220VmBUwdwKL7XXdE8whxDco2GQNlBf0rJdmO5qvJ9w1Ah8UeLxVU46Fisd6O8dnzvlfCwgk10OTD0kOCSlwZucBXYwV3aQkS3g9Pn00bLEFBU0JmuDfu7kmyHdK-2FztSZbab8uZDTSzxG2OpCt6cGkCeVzm9X-2FjjDZtQPOADv1TsEA7qHhggt48bNo8xSM2MVKkwDogKhz8KK0FbXeHYyeFZnC-2F5PIgyqHqjwoUBAxVjBRypEf9VdLh-2Fkgwan-2F83MFoT7Z4fa2sH1BygsQF4eW1AcKqxuYqVFu4rCUD7HtLwcvH_o3i8x9nxF8jgCr6Q7zLyFAwdfocIfb4VshhFkuubiAumRSH1wKJmOyEUwXv1WiyWDpnw-2B2a4FKxKtkLQEFlvhglo2qysqCSSqeCV1-2BRRGggNOyfrmwlHb1VMB83ZLEDXqlxzNGYHrugFKm2JnrjA5YcxYk2Wp8NDMxN8x3kelxbcDFiGsUSGohNSWLwLN2Ulam4S9sjx-2FX59qFkV5oLTWFWVKdKDajTHygMCvqV-2B0IoJ0wTUSneYOIuPtMqoemh9yZSYArN5smJYu1oOTkYjyFLMM1AHaHHKPxOE6dEEOUfKNy-2BDQ4X6EThY2XLJuI-2BdLgPBXyCTd11GQp6ku78Ux8RYu2Wcc6swktuotl-2FddB8T0sLTzX5GjEJjApqVH77SYXw8AzlVkShHXjNj6HZZYUn06PSITLWGtC41AeENxNjEZ7EzqUY3uGN-2BF1FzeZEjkd1Ao3CUK9-2FNuxYtIeBwiMNYE4AgD0Z6cYnZmGQLxixnKYs7b3N53l4UU5pOg8MNbri3x4z9okzwDO1zF9O0rR3uFfibTUgr67xpSvx1ko-2FMaPtOK-2BArrr0oSYQMGl-2BPUYDO1pBtU4DDsx5IABTDqg-3D-3D)this term and receive 2019 prices for 2020.In addition your school is eligible for complimentary Calm Corner Cards.Remember Strong Minds is an evidence based whole school approach to wellbeing based on character strengths - the foundation of the new PDHPE syllabus |
|   |
|

|  |
| --- |
| [**Get in touch**](https://u14000484.ct.sendgrid.net/wf/click?upn=fdTcgBcCAA4DTMa2qUc6CsWVhVRWRiPfT0nEEBZ9OZ7VObyBYGmyuIh38zzjDM2jx7r22lor2DtrcxpLCVh2FQa4UpB8vauZtkjsDnDiYSjVLuBckfgrDlapSyMYKGQMhYMXzyJ7DMHT-2B2ifqVCppnzrvJorxpi6dnXL2-2F5uUWNt9o-2BctmOwgwtu0nVxBl7HcoeSI0Ygd4NyO0GmZWksJFEr5CWZxP8OyPxM43PlZ4DIuNLlEfa8DY5fjd1O-2FYcGeFEoNODkNbQzQ527t5hFnmqGzxoBP-2BhlGv729jtRrCJMz7J-2FseTIKjRTLhg31n537O1OuDwwpQhx0pgP5fqQPGOM6L9Xw-2BVvEYP5xJJwHik9mWg-2FcoOfw7dtHPo6FdhhOIJBNkr2jZCz-2BrSySux9Ig-3D-3D_o3i8x9nxF8jgCr6Q7zLyFAwdfocIfb4VshhFkuubiAumRSH1wKJmOyEUwXv1WiyWDpnw-2B2a4FKxKtkLQEFlvhglo2qysqCSSqeCV1-2BRRGggNOyfrmwlHb1VMB83ZLEDXqlxzNGYHrugFKm2JnrjA5YcxYk2Wp8NDMxN8x3kelxbcDFiGsUSGohNSWLwLN2Ulam4S9sjx-2FX59qFkV5oLTWFWVKdKDajTHygMCvqV-2B0IoJ0wTUSneYOIuPtMqoemh9yZSYArN5smJYu1oOTkYjyFLMM1AHaHHKPxOE6dEEOUfKNy-2BDQ4X6EThY2XLJuI-2BdLgPBXyCTd11GQp6ku78Ux8RYu2Wcc6swktuotl-2FddB8T0sLTzX5GjEJjApqVH77SYXw8AzlVkShHXjNj6HZZYUn06PSITLWGtC41AeENxNjEZ7EzqUY3uGN-2BF1FzeZEjcYCtjTq4G4NDqPSLQiSK6xeO8TP2Fy4YQN7a7ffcIS64FH9CAoAKLRkpW1Q-2BONjCSWK5KI6asgN40yg9BL-2BdoBHNdKL9SVdKFp2J-2BKBkMSsJU-2BnBOQ-2Fp3ZlMLweXpP9XsTt0j3ReMcT6ytb1zp9XLg-3D-3D) |

 |

 |

|  |  |
| --- | --- |
|

|  |
| --- |
| /var/folders/_g/lrxytcbs665bz1d9y7xpllv00000gn/T/com.microsoft.Word/WebArchiveCopyPasteTempFiles/O0CTBFA |

 |

 |

|  |  |  |
| --- | --- | --- |
|

|  |  |
| --- | --- |
|

|  |
| --- |
| /var/folders/_g/lrxytcbs665bz1d9y7xpllv00000gn/T/com.microsoft.Word/WebArchiveCopyPasteTempFiles/OECTBFA |

 |

 |
|

|  |  |
| --- | --- |
|

|  |
| --- |
|  Warmest wishes,Nicole and the team at Growing Strong Minds  [nicole@growingstrongminds.com](https://u14000484.ct.sendgrid.net/wf/click?upn=fdTcgBcCAA4DTMa2qUc6CsWVhVRWRiPfT0nEEBZ9OZ7VObyBYGmyuIh38zzjDM2jy5YX9i3JvRyw0OGYk2S1jfvPRWfXAuck-2BL33gTYeS-2FhB626b86jLUD4WFOwPf62ujhkLuhESko-2FmxlAhlFO2jgAgS4FXH-2BuKK-2FbSOr0jNyvX11gUd1S9FhjywBMFdwZT4-2FP6AYKaGA1SH54xyfJaYiaFELSrLhODwZ71g5eSQ438UA5-2B5sH0TUnRdZF22KsQb60gkkkUaDUsL1uRxy9jct2OpgrAMRdTiVkjgg-2Bbj5MJzYM8jKg233-2BAv3XchgvH5LUNNE4m4-2BdZthZVYWTkFTpTloSxm-2FwYiIIwUc1Ng80eOJzguce223QWv46F2dNQs-2BE0XOZyRIqB8xqH0Gk9x7qVgKYYnb9gzBNhE0lGbFdEm4m7Xu-2FLkuhr2HOrH5517-2Fc0RQOhRCprV26S-2FOJ1js0dJl0G2zED7Q7OvnCk8Dx4QFanQTdzQoTX0KX-2FX2ugDOEPHz4WCurrR9CH25VfgvRPGj6PZVWF2l1LgsphiNz2i28A5eAwTrERK2PxsHaIZk2gtPmVJenI1sbgTtA-2FBJBtZEQWRhhhnC-2FDE2MX2IQ-3D_o3i8x9nxF8jgCr6Q7zLyFAwdfocIfb4VshhFkuubiAumRSH1wKJmOyEUwXv1WiyWDpnw-2B2a4FKxKtkLQEFlvhglo2qysqCSSqeCV1-2BRRGggNOyfrmwlHb1VMB83ZLEDXqlxzNGYHrugFKm2JnrjA5YcxYk2Wp8NDMxN8x3kelxbcDFiGsUSGohNSWLwLN2Ulam4S9sjx-2FX59qFkV5oLTWFWVKdKDajTHygMCvqV-2B0IoJ0wTUSneYOIuPtMqoemh9yZSYArN5smJYu1oOTkYjyFLMM1AHaHHKPxOE6dEEOUfKNy-2BDQ4X6EThY2XLJuI-2BdLgPBXyCTd11GQp6ku78Ux8RYu2Wcc6swktuotl-2FddB8T0sLTzX5GjEJjApqVH77SYXw8AzlVkShHXjNj6HZZYUn06PSITLWGtC41AeENxNjEZ7EzqUY3uGN-2BF1FzeZEjbEOB-2ByBL1-2FgTlCOG0ar-2BChsjeVjuPWYSwI2-2FKCda18F4YTUYi8-2B8EPllQo3cQCOC-2FgDnFcdBsF7uWjDvH2Ynos-2F-2FHWeF8HhTib73zeCG65r6d645ibYe6BSeeMxpKlT7lbsIMjNadTZ5KaHOHDFvhw-3D-3D)Ph: 0402 709 543 |

 |

 |

 |