

APRIL NEWSLETTER



PESA Conference 2017

Welcome to our April Newsletter! Above is a photo of the [Growing Strong Minds](#) exhibit at the PESA Conference last month! What an inspiring event. So many like minded people passionate about advancing Positive Education. It is really exciting to be part of this movement, with Australia as the world pioneer. Thanks to everyone who stopped by to visit our stand. There was a lot of interest in the Character Strength Cards, Posters and Gratitude Journals. We would love any [feedback/photos](#) on how you are using these in your school.

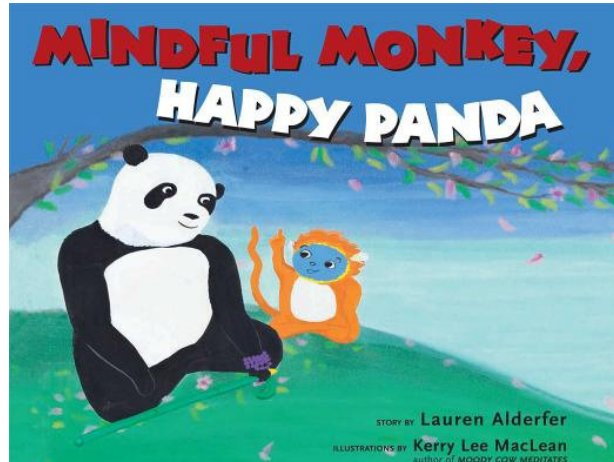
For those of you that weren't there, [PESA \(Positive Education Schools Association\)](#) is a great organisation to join if you are interested in wellbeing in schools, based on the latest scientific evidence.

Positive Education Audit

Did you get a chance to read through the Positive Education audit? As Michelle McQuaid spoke about at the PESA Conference, an Appreciative Inquiry approach is the recommended first step in assessing what is already working well in your school and where improvements can be made.



[Free Positive Education Audit](#)



Book Recommendation

Mindful Monkey Happy Panda. A must read for children of all ages. Reminding us all of the benefits of living a mindful life.

[Learn More >>](#)

Smiling Mind

Are you familiar with Smiling Mind? They offer free mindfulness meditations via their mindfulness app, for both adults and children from 7 years of age. A great option for busy teachers. Click on the app after lunch and your class can complete a 5-10 minute mindfulness meditation whilst you deal with playground issues! You'll find that your students are calmer, more able to focus on their learning, and have a lifelong stress management skill. Share the app with the school community so students can practice mindfulness at home.

[Learn More >>](#)



20% OFF STRONG MINDS

Do you have a whole school approach to wellbeing? Would you like 32 character strength lessons with all the PDHPE and English Outcomes? Do all your staff know their signature strengths and how they can improve their wellbeing? All this and more is provided with our Wellbeing Package - Strong Minds. Due to popular demand we have extended our Strong Minds sale until 30/6/17. Hurry to book in 20% off, as full price will apply after this date.

Contact us at:

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Warmest wishes,
Nicole and the team at
Growing Strong Minds

[Learn More >>](#)