

# AUGUST NEWSLETTER

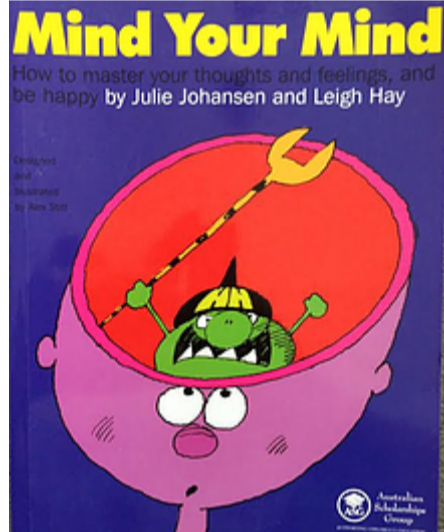
## Positive Behaviours for Learning



### HOW CAN STRONG MINDS SUPPORT POSITIVE BEHAVIOURS FOR LEARNING (PBL)?

Like PBL, Strong Minds is an evidence-based whole school approach to wellbeing. It provides a positive shared language for staff, students and families to articulate the expectations of PBL. Strong Minds assists in **defining expected behaviour** (kindness, fairness, prudence, gratitude, self-regulation, perseverance). These behaviours/strengths are observable, positively stated, understandable and applicable. Then **expected behaviours are explicitly taught** in the strength lessons provided. The **expected behaviours are encouraged** with the use of strength vocabulary, award cards and staff modeling. This provides staff with positive/specific language to use in praise. **Effective classroom practices** are enhanced by priming the environment for wellbeing with strength posters. Opportunities to **acknowledge appropriate behavior** are enriched with the breadth of 24 strengths. Finally, **positive relationships** are nurtured by spotting strengths in each other – staff and students. This facilitates an inclusive harmonious environment, as all members of the school are valued for their own unique strengths.

Alternatively, if you are not a PBL school, what are your school values? Are these embodied by the 24 strengths below? For example, **respect** - kindness, humility, gratitude, open-mindedness, social intelligence; **resilience** - perseverance, hope, self-regulation, social intelligence; **responsibility** - leadership, prudence, teamwork.



### Book Recommendation

A must read for all primary school students and their parents. Excellent strategies for managing the strength Self-Regulation. "Mind Your Mind - how to master your thoughts and feelings and be happy."

[See More >>](#)

### MARTIN SELIGMAN

What a fantastic night with the Godfather of Positive Psychology and Positive Education. A few of the take home messages:

1. Teaching children to argue against their catastrophic thoughts may prevent depression (see book above).
2. Optimism is a major protective factor against cardiovascular disease. It can be learnt at any age, the right time to start is at school.
3. Our brain is wired to think about the future. Misthinking about the future contributes to depression. Focus on the present by practicing mindfulness.
4. The key to being a good parent is not correcting your children's errors but helping them discover what they are good at and embracing this. What are their strengths?
5. Teaching wellbeing increases academic performance.



### WHY IS TERM 4 THE BEST TIME TO COMMENCE STRONG MINDS?

Term 4 is when staff are most fatigued and in need of wellbeing. Strong Minds provides all staff with recommendations to build resilience and collegial relationships.

Once a term of staff wellbeing has been implemented schools are ready to start the student component. Therefore the student wellbeing unit of work can commence in 2018.

Teachers start the year with tools to enhance their own wellbeing, and create an inclusive resilient environment for their class.

**BOOK NOW!**  
or request an **INVOICE** or **SKYPE session**

[Learn More >>](#)

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Warmest wishes,  
Nicole and the team at  
Growing Strong Minds