



Glen Iris Primary School

Gratitude Resilience Honesty Respect Empathy

170 Glen Iris Rd, Glen Iris Victoria 3146

Telephone: 9885 3624 Fax: 98854465

THE RESILIENCE PROJECT

Dear Parents,

It'S back !

We are happy to announce that as part of our Well Being Program at Glen Iris Primary School, we will be continuing to use the positive mental health strategies set out in *The Resilience Project*. Last year students participated in a whole school introductory program. Staff and parents were also given the opportunity to be involved in the project. It has been a great success in all grade levels.

Each student will again participate in a series of lessons with their classroom teacher. They will focus on a variety of themes including Empathy & Gratitude. To gain the most benefit from the program students will be required to purchase a journal in which they will record and practice strategies discussed during their classroom sessions. This journal will be taken home at the end of the school year. It will be a great tool to use and reflect upon with your child.

The cost of the journal is \$15:00 (per child).

Every child will require a journal. The cost of the journal has been included in the excursion levy for all grades.

We are looking forward to working with all of our students and families and embracing the values and strategies of *The Resilience Project*.

If you would like further information about *The Resilience Project* you can go to <http://theresilienceproject.com.au> or contact the school on 9885 3624.

Please complete the form below and return it to school no later than Wednesday 22nd February, 2017.

To: GLEN IRIS PRIMARY SCHOOL

RESILIENCE PROJECT JOURNAL

I wish to purchase a journal for my child _____ Gr: _____

I have paid the excursion levy: please deduct the \$15:00 payment

I have enclosed \$15:00 payment for the Resilience Journal.

Signed _____ Parent/Guardian Date: _____