Dear Parents,

Last week we launched The Resilience Project at Glen Iris Primary School. This is a new program that will be running throughout the year. It aims to teach children positive mental health strategies with a particular focus on gratitude, empathy, mindfulness and emotional literacy. The student sessions have been a huge hit and we hope that your children have already shared some of their highlights with you!

We are now very pleased to announce that Hugh van Cuylenburg, the founding director of The Resilience Project, will be presenting a Parent Information Night at GIPS on Monday the 9th of May at 7pm during which he will explain the aims and methodology of his program. This is an extremely exciting opportunity and we encourage all families to be part of what will no doubt be an entertaining, informative and inspiring evening.

Hugh has been working in education for over 12 years. Starting out as a primary school teacher, he then moved into a position with Cricket Victoria as a development facilitator working with disengaged adolescents. The highlight of his teaching career, however, was the year he spent in the far north of India volunteering and living at an underprivileged school in the Himalayas. It was here that he discovered resilience in its purest form.

Inspired by this experience (and subsequent trips to Bangladesh and Sri Lanka) Hugh returned to Melbourne and commenced working on his own programs for schools. The Resilience Project was born. Off the back of his post graduate studies into mental resilience, Hugh’s presentations emphasise the value of gratitude, empathy and mindfulness. Of note, Hugh has developed and facilitated programs for over 220 schools Australia wide. In 2015, the National Rugby League asked Hugh to design and implement a program for every single club in the competition to ensure the entire NRL community were emotionally engaged on the challenges of mental health. Hugh has also worked closely with Collingwood, Gold Coast Suns, Geelong, Essendon and Hawthorn in the AFL. He has also served as CEO of Step Back Think.

Attached to this notice you will find your invitation to attend Hugh van Cuylenburg’s Parent Information Session at GIPS. Please return the attendance slip indicating how many adults from your family will be attending. We regard this initiative as an extremely valuable one and encourage all parents to support The Resilience Project by attending the information evening on Monday the 9th of May. We look forward to seeing you then!

Yours Sincerely,

Mary-Anne Jansen

Student Wellbeing Coordinator