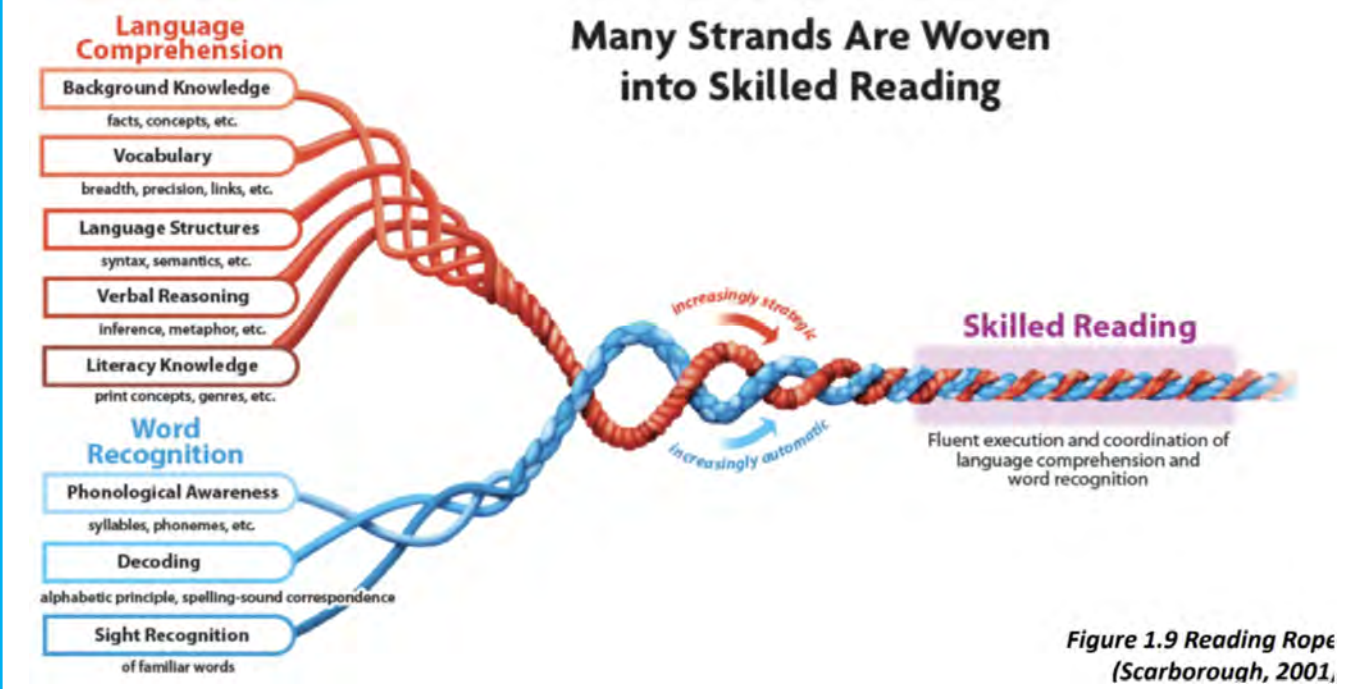




## Important Dates and School events

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 8	Tag Rugby				
Week 9	Sports Day	SAPSASA State Carnival	9:00am Governing Council		
Week 10		Junior Primary Incursion			



*Figure 1.9 Reading Rope (Scarborough, 2001)*

## Pooraka Primary School - Premier's be active Challenge

The Premier's be active Challenge is a physical activity program introduced by the Premier in 2007 to:

- Encourage students to be more active more often
- Improve the health and wellbeing of South Australian students.

The Challenge requires students to do at least 60 minutes of physical activity on at least 5 days of the week for at least 4 weeks between the beginning of the school year and late September. After 4 weeks of daily physical activity, students will be rewarded with a medal.

You still have time to get you forms in! **29 Sep 2023** Challenge concludes. There are spare form available at the front office.



# SUPPORTING WELL-BEING with



Martin Seligman presents the 'PERMA' model which steps through five elements essential to human wellbeing and flourishing:  
positive emotions, engagement, relationships, meaning and achievement.

At Pooraka Primary we embrace and teach the PERMA+ wellbeing and resilience model so that every child can flourish and achieve to their highest potential.

POSITIVE EMOTIONS	ENGAGEMENT	RELATIONSHIPS	MEANING	ACCOMPLISHMENT
<p><b>Kindness &amp; Gratitude</b></p> <p>Children do not have to be trained to be kind. <b>Kindness</b> can be observed in action in children from a very early age. As children grow, it is important that the child be encouraged to maintain the 'gift' of kindness.</p> <p>Research has shown that brief, small, regular acts of kindness lead to the highest levels of <b>positive emotions</b> and well-being.</p>	<p><b>Mindfulness</b></p> <p><b>Mindfulness</b> can help us stay focused in the moment, be open to experiences and stay engaged. Children need to be explicitly taught how to calm their minds and bodies, particularly during times of 'flurry'.</p> <p>Students can develop their <b>engagement</b> skills in order to fully participate in learning and develop as socially and emotionally strong individuals.</p>	<p><b>Trusting &amp; respectful relationships</b></p> <p>Students develop <b>positive relationships</b> and the skills to work with everyone in their classroom (and school). Students celebrate and embrace difference and are inclusive, friendly and kind.</p> <p>Students develop the skills to understand their own emotional states &amp; when / how to use strategies to manage themselves.</p>	<p><b>Focus on our Strengths</b></p> <p>Individuals with a <b>Growth Mindset</b> are open to new perspectives and believe that challenges are an opportunity for personal growth.</p> <p>When we face a challenge or failure, it is important to reflect on the opportunities to find meaning. <b>Meaning Making</b> can help us shed light on difficult situations and find ways to grow and benefit from challenges and adversity.</p>	<p><b>Values Based Goals</b></p> <p>Having a sense of <b>accomplishment</b> means that we have worked towards and reached our goals, achieved mastery over an endeavour, and had the self-motivation to complete what we set out to do.</p> <p>Accomplishment contributes to our wellbeing when we are able to look back on our lives with a sense of achievement and say 'I did it, and I did it well'.</p>