



Chelsea Heights Primary School *Together we learn*

7th June 2018

Dear Parents/Guardians,

As part of our school program, all Level 3 students have been supplied with a Resilience Project Diary. This is to support improved gratitude, empathy and mindfulness. The diaries include emotional resilience activities, character strength lessons, monthly goal setting, mindfulness tasks and daily wellbeing reflections. These will be used daily and is seen as an important resource for the children. Families will be invoiced \$13.00 for the diary. The Level 3 teachers urge you to support this.

About the Resilience Project:

The Resilience Project delivers emotionally engaging programs to schools, sporting clubs and businesses, providing evidence-based, practical strategies to build resilience and happiness. The Resilience Project has delivered programs to over 500 schools around the country and worked with many elite sporting teams including the Australian cricket, netball and soccer teams, NRL and AFL clubs through presentations, wellbeing journals, school curriculum, teacher diaries and their app, The Resilience Project seeks to help all Australians become mentally healthy.

For further information please see link below:

<http://www.productdynamics.com.au/the-resilience-project-planner.html>

Kind regards,

Brendan Tudball, Tanya Whiteside and Fiona Porter
Level 3 Team

Your family centred school

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