



THE WAY



FROM THE DIRECTOR OF JUNIOR SCHOOL OPERATIONS & WELFARE

Wellbeing Wednesday

This week in the Junior School we launched Wellbeing Wednesday. The concept in bringing this idea to our students was for several reasons. The one reason that stands out is that we have had to adjust to focussing on excessive amounts of screen time, which does take its toll both physically and mentally. We want our students to have some time within the busyness of online learning, to take a break from the screen, that they potentially sit in front of 6 to 8 hours a day.

It has been fantastic to hear from families, who have been encouraged to see their children excited to be involved in the Wellbeing Wednesday activities. I'm guessing the parents who sit with their children day in and day out are also a little thankful for this initiative.

Parents, you're all doing a great job!

I recently listened to a podcast by Maggie Dent, "Parental as Anything"

Maggie articulates that there are some days, no matter how well planned we are, it just doesn't go to plan. They are the 20 per cent moments in parenting that are absolutely normal. We need to forgive ourselves for those and not think we are failing as parents. Maggie also shared about how important it is for our kids to feel safe at home in a time when our world is so uncertain.

COVID has taught us that some things are out of our control. We can't change them.

So, a big shout out to our parent community. You are all amazing! Hang in there! You can do it!

I also want to say thank you to our staff who are committed to doing their best for their students. You are amazing! Hang in there! You can do it!

Mrs Kylie Singles

Director of Operations & Wellbeing – Junior School
