THE WAY

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FROM THE DEPUTY PRINCIPAL - HEAD OF JUNIOR SCHOOL

Boosting wellbeing

When I'm outside enjoying the natural world, it simply feels good for the soul. Dr Kristy Goodwin spoke at our latest Junior School Wellbeing Matters Session and she shared that 90 minutes of outdoor time is necessary for child (and adult!) wellbeing. The great outdoors is a natural fascination for children. It is an endless playground of critters, creativity and curiosity, with the added bonus of being an easy way to build up their wellbeing!

At College, there have been some wonderful experiences where outdoor learning has been happening. The P-2 Tabloid Carnivals were a great highlight this week and with stunning weather too! Every parent I spoke with enjoyed the outdoor Tabloid as they watched the children participate in the engaging and fun activity stations. It was a great chance to catch up with other families and make new connections within the community, while enjoying the fresh air and joyous sports carnival spirit.

So why not leave those four walls in the house or office and give yourself and the whole family a wellbeing boost?! All it takes is 90 minutes of outdoor time over the day. I've been setting this goal with my own family and I surprised myself with the effect it had on me as well as the children. I encourage you to share your favourite local outdoor places with one another and thank you to all the families who attended the P-2 Tabloid on the College Oval this week.

Mrs Sandy Wheeler
Deputy Principal & Head of Junior School

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