

# SHINE

Term 4 has many exciting events including Camp, Transition and Graduation. For some students, this is a time of excitement, but also worry. We will use our SHINE sessions to prepare students for these events and for ways to develop problem solving, positive mindset and relationship building. The social and emotional wellbeing of our students is a top priority at CSPA

*Respect*

During Term 4, the Years 5 and 6 students will focus on re-establishing classroom and school expectations having spent so much time away from the classroom this year. Students will engage in a range of different Circle Time activities, forming strong connections within the classroom. In conjunction with our respectful relationships program we will cover topics such as Gender Identity, Personal Identity and Positive Relationships. There is a special SHINE DAY in November which will focus on our School value of Kindness.

*Kindness*

Towards the end of the term, the students will explore how to positively cope with challenging situations and change. Students will explore what challenges them and what makes them feel anxious. They will discuss warning signs, identifying their various feelings along with a variety of strategies that they can use to help them manage their emotions. This will be particularly helpful as we prepare for transition.

*Responsibility*