GIRL TALK is an exciting new year long program for our Year 3 girls that focuses on three interconnected facets of learning integral to the development of a sense of belonging and well-being: Positive Health, Positive Emotions, and Positive Relationships.

Through a balance of explicit teaching and learning and implicit strategies embedded across the Year 3 curriculum, students will develop the understandings, dispositions and habits that will ensure they flourish during Year 3 and beyond.

As a school that is well-established in the International Baccalaureate Primary Years Programme, we will be referencing the Learner Profile Attributes and Attitudes throughout GIRL TALK. Over the course of the year students will develop the necessary vocabulary to discuss the Attributes and Attitudes and will be expected to display evidence of their understanding in their daily lives.

Kindness and empathy are embedded in our values as an Anglican school. During our GIRL TALK program students will learn the importance of caring for themselves, their friends and their community and take action to assist others locally, nationally and globally.

We strongly believe that GIRL TALK will lay the foundations for success in the primary years of schooling and prepare the girls well for our highly acclaimed Girls with Grit program in Year 5.

Positive Relationships

It is no surprise that friendship issues are the #1 cause of stress and anxiety among children. To improve student achievement and wellbeing, children must first learn to understand, navigate and respond accordingly to the social world around them. Giving our girls the social-emotional foundation to be better friends and develop healthier friendships is at the heart of helping them flourish. In creating a positive, harmonious learning environment, relationships are everything. (Dana Kerford, founder of URSTRONG)

Developing and sustaining Positive Relationships is at the core of the GIRL TALK program. We believe that by providing our students with the skills and dispositions to communicate, collaborate and build strong and effective relationships we will foster increased engagement in all aspects of school life and a greater sense of happiness and well-being generally.

“Friendship multiplies joy and divides grief.”

SWEDISH PROVERB
Positive Health

Positive Health explores the three cornerstones of physical health - nutrition, exercise and sleep, and also looks closely at the links between health and learning. Students will develop an understanding of the need to be balanced in all areas of life and take responsibility for ensuring that, wherever possible, they make choices that lead to their well-being. The mind-body connection will be explored, with regular practices that promote mindfulness, optimism and resilience.

Over 30% of primary school students and 70% teenagers are sleep deprived. This is having significant consequences on many areas of their lives including behaviour, motivation, academic performance and importantly their mental health and resilience.

LISA MALTMAN

“Eating habits are learned behaviors; they’re not intuitive.”

ANN COOPER AND LISA M. HOLMES

“Regular exercise is... known to reduce the risk of emotional problems such as anxiety and depression. Habits are established early in life and evidence suggests that physically active children are more likely to mature into physically active adults.”

(VICTORIA STATE GOVERNMENT, HEALTH CHANNEL).

Positive Emotions

The fostering of emotions such as joy, hope, inspiration and happiness are essential to our sense of well-being and are being increasingly linked to academic success as students engage positively with their learning and environment. During GIRL TALK the girls will access a range of immersive and experiential learning activities to build their capacity to recognise, understand and prolong positive emotions. Concomitantly they will be taught to acknowledge and appropriately express negative emotions as these emotions are normal and part of a balanced life.

“A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.”

WINSTON CHURCHILL

References


