



31 January 2019

MY LEARNING JOURNAL PROGRAM

Dear Parents/Caregivers,

This year at Surveyors Creek Public School, we will be introducing the social and emotional learning program 'My Learning Journal' for all students in Years 1-6. This research-based program aims to support the development of children's social and emotional skills and promote academic engagement, wellbeing and resilience. These 1-hour lessons will be taught on a weekly basis by Mrs Stajin or Mrs Way, in conjunction with the classroom teacher.

Throughout the program, students will be offered exercises that focus on:

- self-management
- self-awareness
- social awareness
- relationship skills
- responsible decision making

If you have any questions about the program, please contact Mrs Stajin or Mrs Way on 47379571 or speak with your child's teacher. It was stated last year that the Learning Journal would be an anticipated cost for 2019. As a school it has been decided that the school will wear the cost for the journal this year. This note is just to inform you of what the Learning Program entails.

Yours sincerely,

Mrs Sarah Stajin
RFF Teacher

Mrs Kathy Browne
Principal