



ASCOT VALE PRIMARY SCHOOL  
No. 2608

## Education Week 2017 – Healthy Mind, Healthy Body

Monday 8<sup>th</sup> May 2017

Dear Parents and Caregivers,

This year's Education Week will be celebrated from 21<sup>st</sup> to 27<sup>th</sup> May with the theme of Healthy Mind, Healthy Body. The overall goal of Education Week is to positively profile the strengths and achievements of Victoria's government education sector. The Healthy Mind, Healthy Body theme aligns to the Education State target of Happy, Healthy and Resilient Kids, which recognises that the healthy development of our students helps to drive the future prosperity of Victoria.

At Ascot Vale PS, on Monday 22<sup>nd</sup> May 2017, all students will be attending an anti-bullying production titled 'The Power of One', that will be held here at school. The Power of One is a series of skits presented by actors who use boxes, colours and masks to vividly portray what bullying is, what can be done about it, and how every child has the power of one, the power to report and deal with bullying when they see it. The Power of One ([http://www.sorenbennick.com/power\\_of\\_one.html](http://www.sorenbennick.com/power_of_one.html)) :

- Explains the roles in bullying: Bully, Target, and Bystander
- Shows examples of different types of bullying: Physical, Verbal, Exclusion and Cyber bullying
- Alerts children that Targets need help and intervention
- Encourages students not to be bystanders
- Highlights the need for individual action to make our community a safer, better place
- Refers children to parents, adults, and teachers for further assistance and instruction

There will be two performances on the day, one for years prep – two students, and the other for years three to six students. Each performance will be specifically tailored for the age groups. Following the performance, all students will be involved in developing a pledge (our commitment) that will be placed on a school poster. **There is no cost for this incursion.** The production will be funded by the proceeds from last year's Walkathon, which was organised by the student representative council (S.R.C.).

As part of Education Week, we will also be introducing the Smiling Mind App (Mindfulness Meditation – Try a session online at <https://smilingmind.com.au/>) via PE classes whilst continuing to examine the Core Values of our new Bounce Back wellbeing and resilience class-based program. Bounce Back offers practical strategies to help children and young people function well at school and in life.

Kind regards

Michael Downing on behalf of the Student Engagement and Wellbeing (S.E.W.) Team and S.R.C.

Assistant Principal