



**WHAT'S HAPPENING AT
SILVERDALE SCHOOL IN 2021**



THE

RESILIENCE PROJECT

Partnership Program (NZ)



What is the Resilience Project?

- * An established programme in Australia that builds resilience and mental wellbeing through Gratitude, Empathy, Mindfulness and Emotional Literacy
- * Silverdale is one of 15 schools using TRP in New Zealand with a digital subscription.
- * Complete programme with lesson plans, student journals, parent/community hub

GratITUDE
Empathy
Mindfulness &
Emotional
Literacy

Why the Need?

- * Mental health conditions amongst Kiwi youth have doubled in the past decade, and could get worse in the wake of the coronavirus pandemic. (Koi Tū: The Centre for Informed Futures at The University of Auckland)
- * New Zealand is in the top 10 of the most medicated countries in the world for anxiety.
- * Suicide rates in New Zealand are among the highest in the world
- * Recent research puts New Zealanders in the top 6 for the loneliest people in the world




How can I get involved?

- * Visit the Parent and Carer Hub (follow the link on our website)
- * 5 digital presentations, located on the Parent and Career Hub
- * Practice GEM at home, consider purchasing the app or a journal
- * Keep an eye out for any follow up activities from school.
- * Keep up to date by visiting the Resilience Project tab on our school website under 'Our Learning'


PARENT AND CARER HUB

Welcome! You've found your way to this Hub because your child's school is implementing The Resilience Project's wellbeing curriculum.


Watch the below videos to hear stories about resilience, and be introduced to how **Gratitude**, **Empathy** and **Mindfulness** can support your kids learning and development, and also support you.




1. INTRO




2. GRATITUDE




3. EMPATHY



4. MINDFULNESS



5. SUMMARY



PODCAST

Introducing Martin...



The Resilience Project at Silverdale School

- * Linked to our school values
- * Weekly lessons
- * Follow up activities in Student Journals
- * Focus on student, staff and community well being

