

Dear Parents and Carers,

Overport Primary School is proud to announce that we are offering all of our current and future families the opportunity to attend a seminar presented by The Resilience Project.

Overport Primary have been in partnership with The Resilience Project for the past three years. This project plays a vital role in ensuring our students are being explicitly taught how to be mentally healthy by exploring the importance of gratitude, empathy and mindfulness.

“The Resilience Project delivers emotionally engaging programs to schools, sports clubs and businesses and provide them with evidence based, practical strategies to build resilience and happiness. The Resilience Project has delivered programs to over 500 schools around the country and worked with many elite sporting teams including Australian cricket, netball and soccer, NRL and AFL clubs. Through presentations, wellbeing journals, schools curriculum, teacher diaries and their App, The Resilience Project seeks to help all Australians become mentally healthy.

Programs offered by The Resilience Project are based on the following strategies:

Gratitude - Appreciating what you have, not begrudging what you don't.

Empathy - Thinking of the needs of others/kindness.

Mindfulness - Being present in the moment, not becoming distracted by unhelpful or negative thoughts.

During this presentation, Martin Heppell will share his experiences and combine them with practical strategies that can be implemented every day to improve our overall wellbeing.”

The Resilience Project is inviting you to a scheduled Zoom meeting.

Topic: Overport PS presents, 'Discovering Resilience' with Martin Heppell

Time: Nov 5, 2020 07:30 PM AEST

Join Zoom Meeting

<https://us02web.zoom.us/j/87900281703?pwd=aHdJWWpuNDRyamR6L2UvRFIwSTBrZz09>

Meeting ID: 879 0028 1703

Passcode: TRP2020

Please call the school if you have any further questions.

Kind Regards,

Jill Wathen