

4th May 2023

Resilience Project

Dear Parents/Caregivers,

This year, we are excited to bring The Resilience Project (TRP) into our school community in order to support the wellbeing of our students. The Resilience Project is committed to teaching positive mental health strategies to prevent mental ill-health and build young people's capacity to deal with adversity.

We will be implementing their evidence-based Teaching and Learning Program throughout our classrooms, staffroom and school community.

Teachers and students will engage in weekly lessons and activities around the key principles of Gratitude, Empathy, Mindfulness (GEM) and Emotional Literacy to build resilience.



More information to come shortly but to learn more about The Resilience Project and get involved from home, you can start exploring the ideas, activities and resources which bring Gratitude, Empathy and Mindfulness (GEM) to life on [TRP@HOME](#)

Kind Regards,

Tim Lewis

