



*Together We Are Safe, Together We Are Respectful, Together We Achieve*

## **Wellbeing Wednesday #13**

*Each Wednesday we will be posting some exciting Wellbeing content for our community. This may include information about how you can support your children's and families' wellbeing, a snapshot on mental health issues currently prevalent in the community, or information about a local service in the area that might benefit you or your child.*

**Over the next four weeks the Wellbeing Wednesday Newsletter will focus on our four school values: Respect, Responsibility, Resilience and Inclusion. We respect ourselves, our school and each another, and understand that our attitudes and behaviours have an impact on the people around us. We are responsible for our own actions and behaviours. We acknowledge challenges and work together to learn, and bounce back from them. We model and demonstrate kindness, and take every opportunity to include all and help others that may be in need.**

### **This week's topic is Responsibility.**

We have a few different ways that we talk about responsibility. There's being responsible, taking responsibility, acting responsibly, and having responsibilities. In simple words, responsibility is about doing the things we are supposed to do, and accepting the positive or negative outcomes of our actions.

### **Being Responsible**

A responsibility might be a task you are expected to do. For example at school you are expected have a go at the work your teacher has set, you are expected to use your manners with class mates and teachers, and you are expected to put your hand up if you have a question. A responsibility at home might include daily or weekly jobs like dish washing, cleaning your room, feeding your pets or brushing your teeth.

### **Acting Responsibly**

Responsibility is also a way we are expected to act. At Woodville you are expected to be respectful to your teachers and peers, to keep your hands and feet to yourself, to try your best and have fun. At home you might be expected to be kind to your siblings, help where you can and not throw food or jump on the dinner table!

### **Consequences**

A consequence is the result or outcome of our actions or behaviour. Consequences can be positive (good) or negative (not good). For example, if you are supposed to do your chores by Sunday at 5:00 and you get them done, the consequence of your actions is that you get paid and your parents are happy with you. In another example, if you leave your bike behind your dad's car and he doesn't see it and runs over it, the consequence of your action is that your bike is ruined (and dad won't be very happy).

School is the same. If you act responsibly in class and complete your best work, you might get a gold slip. Alternatively, if you choose to not complete your work, you might have to complete it during your play time, or for homework.

Responsibility is a very important value. Without it, no one would act nicely to each other, no one would clean up their mess, and no one would be safe. Our responsibilities help the world move forward and for us to achieve our best. Every year your teacher will start off your first days in the classroom with our expectations and responsibilities. You might like to have a discussion with your family at home about what their responsibilities are.

Have a great week!

Griffin Errey  
**Mental Health and Wellbeing Coordinator**

Jodi Binion  
**Assistant Principal**