



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

## **Wellbeing Wednesday #12**

*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 Respect.**

Respect means you care enough to think about how you impact others. You might hear about having respect or showing respect. At the heart of respect is caring. In simple words, respect is caring how words and actions may impact others. Respect can be broken into two sections, having respect and showing respect. Having respect is about believing you or someone else deserves to be treated right, and that they in turn treat others right. You can show respect by changing your actions to be sure you don't have a negative impact on those around you.

### **Having Respect:**

Having respect means you feel positively toward a person because of how they affect others. For example, you may have respect for

- a person that treats other people kindly
- someone who worked hard to achieve something
- someone who overcame a challenge

You can have respect for others, and you can have respect for yourself. Self-respect means you feel good about who you are, the types of choices you make, and the impact you have on others.

### **Showing Respect:**

Being respectful means you act in a way that shows care for how your actions may impact others. We can show respect for people, places, and things. For example:

- Using kind or polite words even when you're upset
- Using manners like sharing, waiting your turn, saying please and thank you
- Accepting difference or at least disagreeing with kind words
- Being careful not to damage places or things
- Using a quiet voice or calm behaviour in public places
- Sharing resources, only taking what you really need

### **At Woodville:**

At Woodville we have and show respect in many different ways. We have respect for ourselves and believe we can make good choices, work hard, grow and achieve great things. We look after ourselves and learn more about ways we can be physically and emotionally healthy. We also show respect for others. We treat each other the way we want to be treated, we listen to our teachers and peers and we look after those who need help. Respect is an integral part of the Woodville way. Without respect, school, and for

that matter the world, would be a pretty miserable place. No one would care if they were hurting other people or themselves. We encourage you to have a conversation with your family about respect and what it means to you.

Have a great week!

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