



Hi Woodvillians and welcome to Wellbeing Wednesdays Term 4 Week 1!

Each Wednesday we will be posting some exciting Wellbeing news or content. This will give you a chance to discuss those themes with your child at home, while we cover them at school.

*This Term we are recording videos instead of writing posts about wellbeing content. This week's Wellbeing Wednesday video is on **The Zones of Regulation**. This week I have recorded a video to watch at home about the Blue Zone. Click the link here to see the video <https://youtu.be/ysvfXsrH7fg>.*

Also please see our Woodville Community Padlet where you can share your work, appreciation or lockdown ideas: padlet.com/griffinerrey/WoodvilleCommunity

For more information on supporting your child through this challenging time, please visit <https://kidshelpline.com.au/parents>

If there is a particular topic on wellbeing you would like some more information on, or some feedback or questions about a Wellbeing Wednesday post, please don't hesitate to send an email to woodville.ps@education.vic.gov.au

Kind Regards,

Griffin Errey

Mental Health and Wellbeing Coordinator
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Success for everyone, in everything, every day.