

## **Relationships and Resilience with John Hendry OAM – Parent Session**

Tuesday 9<sup>th</sup> August @ 7.30pm – Ocean Grove Primary School

“Relationships are the number one predictor of a long and happy life.” Donna Cross.

As you know, we have been extremely fortunate to be working with John Hendry OAM implementing Relationship based Education (RbE) at our school. Parents Victoria fully endorse the work John is doing around RbE and more information can be found [here](#).

We have arranged for John to run a parent session to find out your role in RbE and what you can do to help your kids boost their resilience through positive and connected relationships.

In this session, we will talk about what is needed for our children to develop a resilient mindset, and how they can approach challenges through a positive belief system. We will also discuss dealing with failure as a learning experience, and how resilience is based on the relationship students have with themselves. We all know that our children want to do their best, and this is made possible through a resilient mindset.

Other helpful discussion topics to build resilience include diet, sleep, exercise, self-regard, social-regard, and culture.

“Everyone needs resilience. It's a virtue essential to growth and essential to happiness.” Eric Greitens