

You Can Do It! Social Emotional Education



In addition to the NSW Education Standards Authority approved six Key Learning Areas, at Kingswood Public School we also strive to develop a comprehensive social and emotional learning curriculum to support our students. This year we have begun to engage in the - **You Can**

Do It! Social emotional Learning program. The You Can Do It program meets outcomes for our students across the Personal Development health Key learning Area.

Early Stage 1 outcomes	Stage 1 outcomes	Stage 2 outcomes	Stage 3 outcomes
A student:	A student:	A student:	A student:
PDe-1 identifies who they are and how people grow and change	PD1-1 describes the qualities and characteristics that make them similar and different to others	PD2-1 explores strategies to manage physical, social and emotional change	PD3-1 identifies and applies strengths and strategies to manage life changes and transitions
PDe-2 identifies people and demonstrates protective strategies that help keep themselves healthy, resilient and safe	PD1-2 recognises and describes strategies people can use to feel comfortable, resilient and safe in situations	PD2-2 explains and uses strategies to develop resilience and to make them feel comfortable and safe	PD3-2 investigates information, community resources and strategies to demonstrate resilience and seek help for themselves and others
PDe-3 communicates ways to be caring, inclusive and respectful of others	PD1-3 recognises and describes the qualities that enhance inclusive and respectful relationships	PD2-3 explains how empathy, inclusion and respect can positively influence relationships	PD3-3 evaluates the impact of empathy, inclusion and respect on themselves and others

The You Can Do It! Education Program (YCDI!) for children is a whole school approach to social and emotional learning. It was developed in Australia at the University of Melbourne by psychologist Professor Michael Bernard. It has been used extensively in the US, the UK and across Australia. The program teaches students a number of different skills that they need to know in order to be happy and successful in school and experience positive relationships for now and into the future.

Each term there is a focus area and each week a core skill that students will develop to support this focus area. The Term One focus is about the skills of work confidence, persistence, goal setting, time management and teamwork. The program plays an important role at Kingswood Public School and will form one of the weekly awards in our recognition assembly each week. This award will replace the positive learning awards from previous years. You can learn more about this program on the following website <http://www.youcandoit.com.au/>

You Can Do It! Education (YCDI) aims to support our learning community (students, parents, teachers) in a collective effort to optimise the social, emotional, and academic outcomes of all young people.

YCDI focuses on developing the social and emotional capabilities that all young people need to acquire in order to be successful. At KPS, we believe that students should experience success not only in their learning, but in positive relationships, developing a sense of wellbeing, and being able to make a positive contribution to others and the community (good citizenship).

The YCDI! Education is based on 5 key principles

Our core purpose is the development of young people's social and emotional capabilities, including:




1. Confidence (academic, social)
2. Persistence
3. Organisation
4. Getting Along, and
5. Resilience.

Central to the development of these 5 Key Foundations is instilling in young people 12 Habits of the Mind, including:

1. Accepting Myself
2. Taking Risks
3. Being Independent
4. I Can Do It
5. Giving Effort
6. Working Tough
7. Setting Goals
8. Planning My Time
9. Being Tolerant of Others
10. Thinking First
11. Playing by the Rules, and
12. Social Responsibility.



Each newsletter we will advertise the upcoming focus for each stage.

<p>Week 4</p> 	<p>ES1 / S1 - Keys to doing your best: personal Strengths</p> <p>S2 - Be Confident. Accept Yourself</p> <p>S3 - Daily Confidence to Achieve your Personal Best</p>
<p>Week 5</p> 	<p>ES1 / S1 - Confidence Counts</p> <p>S2 - Steps to Being Confident</p> <p>S3 - I Accept Myself No Matter What</p>
<p>Week 6</p> 	<p>ES1 / S1 - Growth Mindset</p> <p>S2 - Persisting when it's Hard Yakka</p> <p>S3 - Down with Perfectionism</p>

Mrs Hall and Mrs Husarek

On behalf of the Wellbeing Strategic Improvement Plan team