



FLOURISHING FAMILIES

Parent/family sessions that explore the key principles of Positive Education.

Term 3, 2020

What is Flourishing Families?

Flourishing Families is a series of 4 parent sessions, which allow families within our Maroondah community to explore the key principles of Positive Education, a pilot initiative adopted by all schools in Maroondah. Our staff and students across our schools continue to explore, practice and embed key concepts of Positive Education and we would like to share this common language of wellbeing. Throughout these sessions we aim to create an awareness of how Character Strengths, Growth Mindset, Positive Emotions and Positive Relationships can help us thrive and flourish individually and collectively.

We have a wonderful opportunity for you, as parents, to learn more about Positive Education and how you can continue to enhance your own wellbeing, as well as support the wellbeing of your children, at home, at school and within the wider community. These sessions will be hosted by Edwina Ricci, the Project Manager for the Maroondah Positive Education Network.

What will be covered in the 4 sessions?

Session 1 - What is Positive Education?

An introduction to Flourishing... 'feeling good and doing good'.

Session 2 - Exploring Strengths - Strength-based parenting

Understanding and spotting strengths in ourselves and others.

Session 3 - Emotional Management and Relationships

Understanding the importance of creating positive emotions and high quality connections for ourselves and others and the ability to identify, label and manage all emotions.

Session 4 - Mindsets for Flourishing

Exploring mindfulness and the mindsets we need to flourish including the Benefit Mindset. How we share our learning with others and impact our families and the wider community.

Session Dates:

- Thursday 30th July
- Thursday 13th August
- Thursday 27th August
- Thursday 10th September

Sessions will run via ZOOM and will run from 7:30 -9:00pm.

How do I register?

To register for Flourishing Families please click on the Eventbrite link below. Registering will book you into all 4 sessions.

<https://www.eventbrite.com/e/flourishing-families-maroondah-schools-tickets-114287099792>

Any Questions?

If you would like more information please contact your child's school:

Croydon Hills PS

Contact: Christian Holdsworth

Kalinda PS

Contact: Shaun McClare

Mullum PS

Contact: Marie Beale

Warranwood PS

Contact: Shane Harrop

Yarra Road PS

Contact: Kate Perkins

