

WELLBEING **newsletter**

April 2025

Hello Parents and Caregivers of GSPS.

Neurodiversity - Autism Awareness Day

During our Personal and Social Curriculum lessons this week, we explored the topic of autism. We discussed what autism is, focusing on how individuals experience the world, learn and interact with others. We talked about the strengths and unique experiences that autistic children often have, such as exceptional attention to detail, strong memory skills, extensive knowledge on certain topics and creative problem-solving abilities.

AUTISM

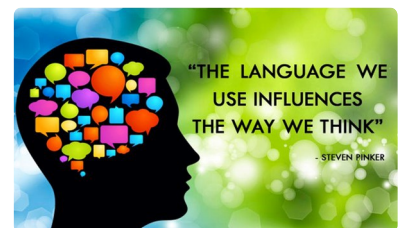
In our classes we turned and talked about ways to support autistic children in different environments. In the classroom, we can help by providing clear instructions, using visual aids, and offering a structured routine to help them feel more comfortable. Sometimes it also means less instructions, a quiet space and extra breaks.

In the yard, we talked about creating inclusive play opportunities, including others in games or giving others space to have quiet time in the library.

We pride ourselves at GSPS on our capacity to be inclusive, show support and understanding of everyone.

Words Have IMPACT

The words we choose can have a big impact on how children feel, think, and behave. Positive, encouraging language related to themselves and about others helps build confidence, promotes understanding, and creates a supportive environment for learning and growth.



Kids don't always have the cognitive maturity to understand adult issues. How WE speak about other people massively predicts how our kids will perceive other people, the environment and their

relationships.

School Holiday Programs - The happiness hormones

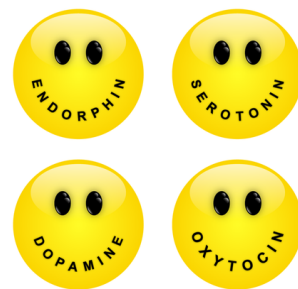
There are many great activities and events happening over the school holidays / Easter break. The best way to increase the happiness hormones. **Dopamine, serotonin, oxytocin, and endorphins**—are essential for your well-being.

You can increase the levels of these hormones through exercise, connecting with others, learning a new skill, having a laugh and being out in the environment.

[Home for the Holidays | Shepparton & Goulburn Valley](#)

[Activities in the Park - Activities in the Park](#)

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Guthrie Street Primary School

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