

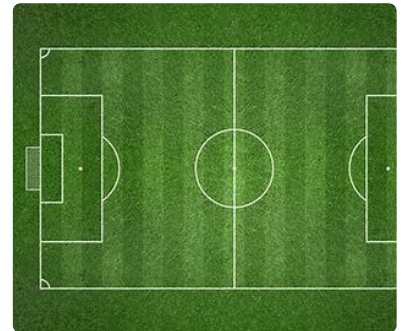
WELLBEING ***newsletter***

May 2025

Hello Parents and Caregivers of GSPS.

A Competitive Nature

Competition is a natural part of life. Whether on the playground, in the classroom, or later in the workplace, children will encounter challenges that test their abilities and drive. A healthy competitive spirit can motivate children to try their best, build resilience, and develop goal-setting skills. But when not balanced with empathy, respect, and fair play, competition can lead to stress, exclusion, or even conflict.



In the yard at GSPS during 'games' is where the life lesson of 'fair' is learnt.

Fair play isn't just about following rules; it's about integrity, honesty, and doing what's right even when no one is watching. This rings true to our school EQ Pillars. Teaching children to play by the rules helps them understand the importance of structure and justice—not just in games, but in life. Rules give everyone a fair shot and help create a sense of safety and predictability. When kids play fairly, they also learn how to lose graciously and win with humility—key traits for emotional maturity.

So, how can we help children harness the benefits of competition while ensuring it supports—not hinders—their wellbeing?

Try this: After a game, ask your child how they felt when everyone played fairly. Reflect on what made the game enjoyable or frustrating. This encourages self-awareness and empathy.

Encouraging them to see a different field (school oval V's sports oval) doesn't mean a different set of rules. Having respect and playing fair is for everyone, everywhere.

How we language 'fair play' to our children is the way in which they will play and interact with others now and in their future.

Building Resilience: Why Doing Hard Things Helps Kids Grow

In a world that often emphasizes comfort and convenience, it's easy to want to shield children from challenge or discomfort. But it's precisely those moments of struggle—when things are tough, unfamiliar, or not their first choice—that children develop one of life's most powerful tools: **resilience**.



Resilience is the ability to bounce back from setbacks, face difficulties with confidence, and keep going when things get hard. It's not something children are born with—it's something they learn, often through experience.

The simple act of saying goodbye at the classroom door can be a big moment for both child and parent. While it may be tempting to linger or stay involved in their early challenges, giving children the space to settle, solve small problems, and ask for help on their own builds confidence and independence. Classroom teachers and other staff at GSPS aim for the balance of nurture and building the resilience.

Benefit: Children begin to trust themselves. They learn, "I can do hard things—even when I feel nervous."

School camps or overnight excursions can be tough for kids (and parents too!). Being away from home, navigating new routines, and building new friendships all stretch their comfort zones—but that's the point. These shared experiences teach adaptability, teamwork, and courage.

Benefit: Children come home not just with stories, but with a new sense of pride in what they've achieved—on their own.

Not every child is naturally drawn to competitive or physical activities. But participation isn't about being the fastest or strongest—it's about showing up, trying your best, and being part of something bigger than yourself. When children take part in events they might not choose on their own, they learn persistence, inclusion, and the value of community.

Benefit: They discover the power of effort, even when something feels hard or uncomfortable—and that effort alone is worth celebrating.

Keeping Active

We have some excellent walking and bike tracks in and around the Shepparton area.

Bike riding together is a great way to stay active and have a chat about how kids are feeling, improve mood and build young people immune systems.

You can find out more information at [Physical Health and Wellbeing - Greater Shepparton City Council](#)





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