

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 5 parent sessions, which allow families within our Bayswater 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, both 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 5 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

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

Session 4 - Relationships

Exploring the importance of developing high quality connections and relationships.

Session 5 - Mindsets for flourishing

Exploring mindfulness and the mindsets we need to flourish.



Session Dates:

- Thursday 23rd July
- Thursday 6th August
- Thursday 20th August
- Thursday 3rd September
- Thursday 17th 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.

<https://www.eventbrite.com/e/flourishing-families-tickets-110967621142>

Any Questions?

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

Bayswater Secondary School

Contact: Shaska Martin

Bayswater North PS

Contact: Catherine Jones

Bayswater South PS

Contact: Desiree Blach

Bayswater PS

Contact: Kelly Roberts

Bayswater West PS

Contact: Cameron Smith