



Our school has introduced a new leading student wellbeing program that teaches the **Five Keys** and **12 Positive Attitudes** to help your children develop the confidence, persistence, organisation, relationship and resilience skills needed to strengthen their wellbeing and success. They will also learn skills to help them overcome the **Blockers** – things such as anxiety, procrastination, anger, feeling down, not paying attention that stop them from achieving their best.

The program is called **You Can Do It! Education - Program Achieve** and was developed by **Professor Michael E. Bernard**, Melbourne Graduate School of Education, University of Melbourne. The program has been delivered in thousands of schools around Australia and over one million students have participated. The content provides research based best practices in promoting positive outcomes for students, parents and teachers.

The classroom curricula will teach our students the learning tools to boost success, improve relationships, reduce stress and maintain wellbeing. Research studies show that YCDI! Education leads to improvements in wellbeing, achievement and behaviour.

Visit <https://www.youcandoiteducation.com.au/parents/> and listen to what parents have to say about the program. Get access to over 30 articles if you sign up <https://www.youcandoiteducation.com.au/freebies/>

'EXPLAINER VIDEO' RESILIENCE FOR STUDENTS, PARENTS & TEACHERS

<https://www.youcandoiteducation.com.au/resilience-video/>

If you are interested in learning more about the program visit:
<https://www.youcandoiteducation.com.au/schools/>