Welcome to the beginning of the 2013 school year at St Joseph’s School Hectorville. There is a buzz of excitement as students begin in a new class and meet up with old friends and make new ones.

In Week 1 we begin with a focus on building relationships and developing social and emotional skills. Being able to get along with others, manage feelings and solve problems really helps students learn better and feel better.

All students will be spending the week participating in a wide variety of activities which build relationships and provide the foundation upon which successful learning occurs. There will be opportunities for students to get to know each other, staff, year level groups, buddy classes and also spend time together as a whole school. Classroom teachers will be sending home further information specific to your family.

Research has found that teaching children social and emotional skills at school as well as at home makes a positive difference to their wellbeing. The kinds of social and emotional skills that are important for children to develop have been identified by researchers as:

**Self-awareness**
- understanding feelings, self-confidence

**Social awareness**
- respecting and understanding others, and appreciating differences between people

**Self-management**
- managing emotions, being able to set goals and stick to them

**Responsible decision making**
- choosing wisely and thoughtfully

**Relationship skills**
- cooperating, communicating, making friends and resolving conflict.

For further resources of interest visit [www.kidsmatter.edu.au/resources/information-resources](http://www.kidsmatter.edu.au/resources/information-resources).