

PEER SUPPORT

This week students explore the idea that how they view themselves and their challenges can affect the outcomes of these situations. Students discuss helpful ways to view challenges. They consider keeping things in perspective, separating emotions and ascertaining facts to accurately identify the problem to be addressed.



Your child may, at times, feel overwhelmed by the expectations of secondary school. Encourage them to make a list or write a plan to help identify smaller tasks to make a large workload more manageable.

It is important they feel supported while being encouraged to independently prioritise their responsibilities.

