



COOMERA
ANGLICAN
COLLEGE

17 July 2017

Dear Parents/Guardians

Welcome to a new and exciting College term as we continue to 'Flourish' at Coomera Anglican College. This term our Preparatory students will participate in the Kimochis social-emotional learning programme. This highly regarded programme teaches children positive habits to lead happy and successful lives. The programme uses Kimochis, soft character toys with 'feelings' inside. Kimochi means "feelings" in Japanese and the curriculum is based on research that tells us that a strong social-emotional learning foundation is essential to academic and life success.

The lessons in the Kimochis curriculum teach real life skills, such as communication, self-management, decision making, problem solving, resilience and responsibility. These are the skills that help us all become successful in life and in education. When children learn to communicate their feelings effectively, they build confidence, self-esteem and strong relationships.

The feelings we will learn about this term are: Happy, Sad and Brave. During our weekly sessions we will discuss what makes us feel each of these feelings and how all of us feel these emotions at one time or another. We will learn how to recognise in our bodies what happens when we feel each of these emotions and how to respond effectively to them.

As the term unfolds, we encourage you to ask your children about what they learned in their Kimochis lessons when they come home from College and encourage them to practice the skills discussed in 'real life' scenarios. Talk to them about their feelings and plan family time to practise communication skills and expressing emotions appropriately.

If you have any questions about the programme, feel free to contact either of us via phone or email. We look forward to implementing this programme during the term.

Yours sincerely

Ben Campbell
COORDINATOR OF STUDENTS P-6

Kerry Lowe
PRIMARY STUDENT COUNSELLOR