


OVER THE  
COMING WEEKS  
YOU MAY BE HEARING  
A LOT ABOUT  
HEARTSMART....  
BUT WHAT IS IT?

HeartSmart is a creative new approach that many primary schools use to build character, emotional health and resilience in children. It equips them with foundational principles and skills that will improve their mental health, relationships and academic achievement.


As a school we recognise the value of educating the heart alongside educating the mind and HeartSmart is a great tool to do just that.

## The HeartSmart High Five


There are some fun phrases that are part of the program and I'm sure you'll start hearing them in your home as well. They're called the HeartSmart High Five and here's a brief overview:




**Don't Forget to Let Love in!**  
Learning how important, valued and loved we are.




**Too Much Selfie isn't Healthy!**  
Exploring the importance of others and how to love them well.



**Don't Rub it In, Rub it Out!**  
Understanding how to process negative emotion and choose forgiveness to restore relationships.



**Fake is a Mistake!**  
Unpacking how to bravely communicate truth and be proud of who we are.



**'No Way Through,' isn't True!**  
Knowing there is a way through every situation, no matter how impossible it may seem.



You may also hear about **BORIS** the Robot. He's made from bits and bobs of recycled rubbish and plays an important role in HeartSmart. We follow his story of learning not to listen to the Scrapman's voice (who says that he belongs on the scrapheap). There's a book that we read and reference (depending on year group) and if you wanted you could get a copy for your home.

To find out more, please visit: [www.BORIStheRobot.com](http://www.BORIStheRobot.com)

From time to time we may invite you to do a few creative activities with your children. Science shows that the best way to get information from your head to your heart is to use your hands! So we have created some fun and handy HeartSmart challenges for you to complete at home with your children. We call this HeartSmart Creative and you'll receive a link to several films that explain the principle and how to do the activities... you never know you might even learn something!



We hope your child enjoys their HeartSmart journey and invite you to come on it with us too.

If you want to learn more about the HeartSmart approach you can follow us on #HeartSmartSchool