

Relationship based Education (RbE) – Trust

“To be trusted is a greater compliment than being loved.” George MacDonald

Dear Families,

As you know, John Hendry OAM has been working with us this year with *Relationship based Education (RbE)*. He talks about the five key elements of a relationship: trust, forgiveness, integrity, hope, and compassion. John’s work has the full endorsement of Parents Victoria. On the Parents Victoria website, there is some great information about John’s work with us here at OGPS. [Click here to find out more.](#)

Trust is the belief that a person will not put their interest ahead of yours. Trust involves giving to another person. You put faith in someone else and give them the gift of trust in the belief that they will respect and protect you. Trust gives confidence.

John Hendry OAM

For me, trust is such an important part of a relationship with another. When there is a breakdown in trust, there is a breakdown in the relationship. Trust builds relationships. Here are a few fun ideas you might like to do at home to help foster the skill of trust.

- Set up an obstacle course and blindfold someone and guide them through the course.
- Play ‘Two Truths and a Lie’. Someone says three things about themselves. Two are true and one is a lie. Everyone else must guess which one is the lie.
- Should you always tell the truth? Is there a time when you should not tell the truth? Discuss.
- Make a list of all the people you can trust. Share your list with others in your family.
- As a family, make a simple definition of *trust* that everyone understands.

“Trust is the glue of life. It's the most essential ingredient in effective communication. It's the foundational principle that holds all relationships.” Stephen Covey.

John Hendry will be running a free parent session in person at our school next term. Please put the date into your calendar...

Tuesday 9th August at 7.30pm.

More details and booking details to come early next term.

Discuss the importance of trust in relationships with your family this week.

BREAKING NEWS...

The Andrews Labor Government is today making the biggest single investment in student mental health in Australian history – delivering the support young Victorians need to grow up happy and healthy, and catching mental health concerns earlier so children aren't slipping through the cracks of the system.

The Labor Government will invest \$200 million to expand the successful Mental Health in Primary Schools program to every single government and low-fee non-government primary school in Victoria – 1800 school campuses.

Scaling up across the state from 2023, by 2026 every school will employ a Mental Health and Wellbeing Leader to implement a whole-school approach to wellbeing.

Andy McNeilly

Mental Health and Wellbeing Coordinator

