

The **Attitude Books Project** offers primary schools heavily subsidised access to the *A for Attitude* resilience book for all grade 3 students.

The book supports all wellbeing programs, so it can be used in class and taken home to access as required. Ideally it would be shared with other family members to expand its value and to create a bridge between school and home.

As you'd appreciate, some parents don't have the words, time, experience (and sometimes the access) to help children deal with common issues that confront them on a daily basis. Parents who have this resource available can actively reinforce the important values taught in your school.

We know that children without good coping skills become troubled teens later on. Prevention and early intervention are behind our campaign to have this book given to every year 3 child in Australia every year. Currently there is a strong focus on reducing bullying – particularly amongst teens in the online environment. We believe that getting in much earlier; giving kids a tool with strategies to build self-esteem and resilience, will help them to stand strong, which will lessen their risk of being bullied, or having it affect them.

Boosting feelings of value and self worth in all children can also help to placate those who would bully others.

Social Workers and Assistant Principals report that *A for Attitude* is often their resource of choice when they counsel children. The simple language and visuals work well for people of any age and education level. Children with their own copy will have a constant reminder of what positive affirmative thoughts and behaviour can achieve – to assist them to 'know and do better'.

Benefits of the Project:

A for Attitude book helps children (in their own words):

- "It makes me feel like I can do something right ... that I can do stuff!"
- "I learned about me, what to do when I'm feeling down and want to express it."
- "How to deal with my anger and emotions in a better way."
- "It's good to be reminded that you are in charge of your own feelings."
- "It tells you don't have to be a follower. And to make your own choices."
- "I received my copy of *A for Attitude* in 1998 when I was 10 years old, so this book has been a part of my life now for 16 years. It has been so important to me and I am so glad I am now a teacher and I can share it with my students. – Ms Rebecca Neagle, Yr 3/4 teacher, St Joseph's Primary School, Brunswick West, Vic. 2014

Benefits for teachers:

- complimentary teachers workbook
- fits with curriculum
- useful for teachable moments
- bolsters all other wellbeing programs

"Such a great initiative, students mention it often, have used it as a strategy when dealing with issues" – T.Coumbe, Assistant Principal, Rye P.S. 2014

Supports parents:

- to help their children deal with common issues that confront them on a daily basis,
- as a focal point for their regular family get-togethers, and
- supports messages they want to relate to children with visual learning styles.

"As a parent, I can sit with my child; hug them, tell them they're loved and support them in many ways... but this book gives visual prompts and support in ways that I just can't"

– Marita O'Sullivan, Deputy Principal, Our Lady of Fatima P.S, Rosebud 2016

If your Grade 3 students are in composite classrooms, we suggest purchasing a copy for each child to allow the book to be used in classroom discussions to assist all students.

A registration form <https://attitudebooks.org/books-project/schools> offers options for various models of sponsorship, including:

- Local Business, Community Group Funding and/or Crowd Funding, plus
- School Funding – where you choose to adopt this as part of your well-being program each year.

School funded campaign:

Seeking sponsorship can be time consuming and may not be ongoing each year, so schools now have the option to:

- self-fund this project from your well-being budget,
- add it to your Grade 3 booklist, or
- have a dedicated Can Do School fund-raiser.

At \$10* per book — less than half price — it is a very valuable and affordable option for most schools. *plus postage – charged at cost.

***** Sample copies of *A for Attitude* can be purchased at <https://attitudebooks.org/shop> for \$14.95**

Local Sponsor funding:

Service clubs eg. Rotary, Lions, Soroptomists, Jaycees etc. may be keen to fully fund your campaign. This gives them the opportunity to promote their organisation to families via a branded donation sticker placed inside each students' book. Your P&C group may also choose to fund this via a Crowd Funding campaign – we can provide your group with graphics and guidance to support this style of fundraising.

Once you've registered, we will be in touch to arrange delivery of books. Please contact us with any questions or comments or for any assistance in registering.

Author presentations:

A for Attitude Author Julie Davey is offering special price author talks @ just \$100 during her tour of Victoria, ACT and NSW in May–June and Perth WA in October. Schools on the first tour route; Wangaratta – Canberra – Illawarra – Eden – Melbourne, who are interested in having an author talk in conjunction with book presentations, can visit www.attitudebooks.org/author_talks for tour details or contact our office on 03 5982 0086 or email admin@attitudebooks.org for more information.

If every school joined in, by 2022, 57% of primary students will have their own book, within ten years all Australian students from Yr3 – Y12 would get an 'A' for Attitude!