



# 2019 Adelaide Football Club Crows in Schools Program

## POSITIVE REFLECTION

Dear Principal / PE Coordinator,

Growing with Gratitude (GWG) is back in 2019 with a **brand-new program, Positive Reflection!** Help your students become positively engaged by coordinating the GWG Positive Reflection Program at your school. The Adelaide Football Club (AFC) in conjunction with the Department for Education, have successfully launched and coordinated the Growing with Gratitude program since 2015, visiting 402 South Australian Schools. In 2018, The Adelaide Football Club was proud and excited to announce that the partnership would continue through the Positive Reflection Program and we are seeking your school's interest in being part of the program in 2019.

The Positive Reflection program has been developed using current research undertaken by Growing with Gratitude & the University of South Australia (Prof Debbie Price & Prof Deborah Green). The program is also connected with the Australian Curriculum (ACARA) & Department for Education's Wellbeing for Learning and Life framework for building resilience and wellbeing in children and young people. The Positive Reflection program is based on positive education and follows Dr. Martin Seligman's 'PERMA' guidelines.

Positive Education is a widely regarded concept within Department for Education, as it promotes the development of the Personal and Social capabilities outlined in the Australian Curriculum. The GWG Positive Reflection program coordinated by the Adelaide Football Clubs' Community Development Team can provide your students with a great introductory session to the concepts of positive education. If your school has already started using positive education teaching methods or has received the original Growing with Gratitude program, Positive Reflection can help to support and emphasize many of the messages involved with positive education.

The program will consist of an assembly style presentation conducted by the AFC Community Development staff for all students from Reception to Year 7. The presentation will focus on the Positive Reflection '5 Positive Places' and will be accompanied by videos that feature Crows players. The presentation will also include Crows giveaways and a surprise visit from our club mascot Claude the Crow.

Following the presentation, Reception and Year 1 students will be invited to participate in a football based skills session. This key age group has been shown to benefit the most from the activities. A maximum of 2 sessions of 30 minutes duration (60 minutes in total) will be conducted and can cater for 3 classes at a time (6 classes in total).

Each school will receive a Growing with Gratitude flyer containing information about how to receive further resources, activities and lesson plans to help continue the program in the classroom after the day's activities. All students will also be given an AFC Positive Reflection student activity book and Crows poster.

As a follow up to the program, Growing with Gratitude creator Ashley Manuel will present your school with the opportunity for his attendance at a school staff meeting to further discuss the program and offer your school the chance to be involved in the online Growing with Gratitude whole school approach. For more information visit [growingwithgratitude.com](http://growingwithgratitude.com)

As a club we value the important role that we are able to play in schools and the community. We look forward to working with you and your students.

Kind Regards,

**Andrew Fagan**  
Adelaide Football Club CEO



Government of South Australia  
Department for Education

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