You Can Do It (YCDI) was developed by Professor Michael Bernard, an international education and mental health consultant from the University of Melbourne’s Educational Faculty. To date, it has been used by approximately 6000 schools across Australia, New Zealand, The United Kingdom and United States. It has been an integral component of the curriculum at St Joseph’s School, Clare, for over 10 years.

The program is introduced to students in the Reception Year, where it is referred to as Ready Set You Can Do It and continues through Years 1 to 6 as the You Can Do It Program. It is not explicitly taught in Year 7, but it certainly provides the foundation on which the extensive Year 7 Leadership Program is built.

YCDI flows through our school at several different levels. Firstly, it involves the teaching of specific lessons on the various core foundations or keys on which it is based. Secondly, it provides a structure for the various class, as well as whole school behaviour management programs that we use. Importantly, YCDI also ‘informs’ the language we use across the whole school to help students optimise not only their social and emotional learning, but academic learning as well.

The specific lesson component is covered in an Odd and Even Year Program Outline and is taught in Terms 1, 2 and 3 of each year.

This year, being an even year, the outline includes:

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<th>Term</th>
<th>Topics</th>
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| 1    | • Ready Set You Can Do It Introduction  
      | • Responsibilities/Rules/Rights/Rewards  
      | • The 5Rs  
      | • The Catastrophe Scale  
      | • The Feelings Thermometer  
      | • Success & Happiness – The 5 Foundations/Keys  
      | • The Blockers  
      | • Emotional Resilience |
| 2    | • Getting Along  
      | • Persistence |
| 3    | • Organisation  
      | • Confidence |

Different aspects of the 5 foundations or keys (Emotional, Resilience, Getting Along, Persistence, Organisation and Confidence) are covered in each of the 2 year cycles at a level appropriate for each class.

Over the coming newsletters we will ‘un-pack’ some of these units in order that you may become more familiar with them and hopefully, provide you with an opportunity to reinforce what is happening at school even more.

It is not what you do for your children, but what you have taught them to do for themselves, that will make them successful human beings.

Ann Landers