



SACRED HEART PRIMARY SCHOOL

Newsletter

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Newsletter No 10 Term 3

16th September 2021

Gratitude Prayer

Lord,

Let me wake up every morning and be
thankful for the wonderful life you have
given me.

Help me to see the good in things.

Help me to be happy with who I am.

Guide me in the way that I get to show
the world my gifts.

I thank you for my health, love, abilities,
friends and family.

Today I am grateful for

Amen

Dear Sacred Heart families and friends,

One of the important skills taught through The Resilience Project is the importance of gratitude. While teaching children to participate in the practice of gratitude can prove to be a bit of a task; the return on investment in their emotional wellbeing is unlimited and long term. Gratitude is a gift to be given to kids,

enabling them with the ability to evoke positive emotions in their own lives especially during these challenging times.

Family practice of gratitude not only teaches children a lifelong ability to evoke positive emotions, it also builds deeper bonds within the family unit. Character counts, and teaching kids that it does, starts with gratitude. Below are some of the activities including the Gratitude Tree and jars that the students have been doing to develop their gratitude.



We as a school community continue to be grateful for the support that parents and carers have provided for our school community in continuing to guide the academic and social and emotional development of the children in these challenging times. We hope that the holidays provide a time for families to connect and relax after a challenging term. We know as a school community we will bounce back together.

On Monday we will send out information on Operoo about the implications for schools from the Premier's announcement on Sunday.

Have a great break and remember to practise the skill of gratitude.

Yours sincerely,

Jim & Gina



FUNDAMENTALS FOR FOUNDATION

SACRED HEART PRIMARY SCHOOL

FUNDAMENTALS FOR FOUNDATION

A structured program that assists preparation for preschoolers in their transition into formal schooling.



SESSION 1 MONDAY 30 AUGUST 9.30AM ONLINE
SESSION 2 MONDAY 6 SEPTEMBER 9.30AM ONLINE
SESSION 3 MONDAY 13 SEPTEMBER 9.30AM ONLINE
SESSION 4 MONDAY 4 OCTOBER 9.30AM ONLINE
SESSION 5 MONDAY 11 OCTOBER ONSITE 9.15AM - 10.00AM
SESSION 6 MONDAY 18 OCTOBER ONSITE 9.15 - 10.00AM

WHAT WE DO

This is the perfect time to begin preparing your child for school. Sessions facilitated by a qualified, registered and accredited teacher are FREE, with all materials provided. A variety of lessons and activities that focus on a child's academic development, learning readiness, social wellness and more is provided.

HANDS ON LEARNING

Sessions will provide hands on learning experiences covering:

- pre-literacy skills
- pre-numeracy skills
- name recognition/writing
- fine motor skills including pencil grip
- gross motor skills
- social skills
- language skills



Wellbeing

APPRECIATION - A PARENTING SKILL FOR THE AGES

By Michale Grose

Do you have a child who craves attention? Does their attention-seeking at times deflate and overwhelm you? If so, you are not alone. Attention-seeking is perhaps the most common misbehaviour in families. "Look at me, Mum" and its many variations become like a nervous tic driving parents to distraction. It's good to give kids your undivided attention but there are limits to how much attention you can give. Unfortunately, attention-seeking becomes a pattern of behaviour that's hard to break.

My first parenting mentor Prof. Maurice Balson, author of *Becoming Better Children*, believed that children who constantly seek attention are generally discouraged. "I am not good enough" is their belief. The antidote to discouragement, according to Balson, was to increase the amount of encouragement that a child or young person received. Encouragement, literally meaning 'to give heart or courage' focuses on the processes of improvement, effort, enjoyment and contribution.

The latter, contribution, is the most potent of these processes. Kids will usually belong to their families in two ways. They are either contributing members, or are known for their poor behaviour. For kids known for poor behaviour, their usual way of operating shows a mindset of "If I'm not appreciated, at least they'll know I'm around".

Attention or appreciation? There's no contest. Appreciation is the genuine deal when it comes to helping kids feel good about themselves.

[Why appreciation works](#)

Appreciation is highly motivating. Even adolescents will generally respond to a parent's appreciative comments, although their faces won't always show it.

Appreciation has an old-brain connection. The job of our old brain or survival brain, is to keep us safe. Our safety can only be guaranteed if we are a part of a group, so parent appreciation helps kids feel secure, preventing them from resorting to negative attention-seeking behaviour to feel part of the group.

[Appreciation is approval on steroids](#)

Approval says I like what you do. Appreciation means much more. It shows how behaviour impacts on another person on an emotional level, which has a stronger impact.

Showing appreciation is a wonderful way to shape a child's behaviour in positive ways. "Thanks so much for cleaning your toys away without asking. It makes my life so much easier." This type of comment will usually generate a dopamine (feel-good chemical) response from a child, which means they are likely to repeat the behaviour to replicate the feeling.

[How appreciation works](#)

There are four rules to be mindful of, when you show appreciation:

[It must have meaning](#)

Appreciation must be real and related to a specific behaviour for it to be effective.

[It should let child know the emotional impact of their behaviour](#)

Either with words ("It makes me feel happy") or through non-verbals (a smile, a hug or high-five) your child should see that their behaviour has had a positive impact on you.

[It should be genuine](#)

You can't fake sincerity with a child or young person as they are generally adept mood detectives.

[It's best if it has small differences](#)

Showing appreciation is not a one-size fits all behaviour. Appreciation should be shown in a way that matches the situation and suits your child. Consider writing a note to show appreciation for something special. Boys often prefer private encouragement rather than public acknowledgement so consider when and where you shower them with encouragement.

[Positive side effects](#)

There are plenty of positive side effects to showing appreciation for a behaviour. An appreciative parent comment helps create a healthy, happy family atmosphere. Appreciation can change the mood of the giver and receiver and it's a behaviour that if adopted by children can be experienced by the next generation. That makes parent appreciation a behaviour for the ages.

Mental Health Support Lines

Where to get help

- headspace (ages 12-25) - **call 1800 650 890**
- Kids Helpline (ages 5-25) - **call 1800 551 800**
- Lifeline (24/7 crisis support) - **call 13 11 14**
- Beyond Blue (mental health support service) - **call 1300 224 636**
- Butterfly National Helpline (eating disorders) - **call 1800 334 673**
- 1800RESPECT (People impacted by sexual assault, domestic violence, and abuse) - **call 1800 737 732**
- Suicide Call Back Service (all ages) - **call 1300 659 467**
- Mensline (24/7 counselling service for men) - **call 1300 789 978**
- QLife (LGBTI peer support and referral) - **call 1800 184 527**

anxiety in your child
JUSTIN COULSON, PHD



ANXIETY is an emotion characterised by feelings of tension, worried thoughts and physical changes like increased blood pressure.

AMERICAN PSYCHOLOGICAL SOCIETY

where is this coming from?

- .01 avoidance reinforces anxiety
- .02 blackhawk down
- .03 the safety culture
- .04 anti social media
- .05 push for perfectionism



To deal effectively with **anxiety in our children**, we have to deal effectively with **anxiety in ourselves** about our children

ANXIETY IS
normal &
healthy



what do we do about it?

- .01 get ultra-social
- .04 get curious
- .02 use your body
- .05 help others
- .03 create margin



10 WAYS ANXIETY SHOWS UP

1. School Refusal
2. Anger
3. What if?
4. Tears... and "I don't know..."
5. Can't walk/ Sore limbs
6. Can't sleep
7. Jittery/Bouncy
8. Sore tummy
9. Feeling "sick"
10. Clingy

OVERWHELM Webinar

If you're a parent, you can't help but know the strains of raising children. And studies confirm it beyond all doubt: having children is a sure-fire way for parents to end up stressed out, spent out, and worn out. The extra pressures of living in a modern world that are becoming increasingly expensive, increasingly pressured, and increasingly paranoid (thanks to the media and being overtaken by COVID-19) only amplify the challenge so many of us face every day. Lockdown pressures have only exacerbated the overwhelm.

Luckily, wellness blogs and Insta-influencers have come to the rescue! With messages about #selfcare, they proclaim that all we need to do is slow down, breathe, "be mindful", have a bubble bath, and make special time for the things that "light you up" so you can "live your best life". They say we should exercise more, drink

more water, and get more sleep – and everything will turn out for the best.

Sadly, that's not the reality for most of us.

In "**Overwhelm: Self-Care Strategies For When Everything Is Too Much**", Dr Justin Coulson delves into the latest research to explore what self-care can really look like for busy parents who just want a chance to go to the bathroom in peace. This 60-minute webinar will show you:

- Why our **best efforts at self-care continually fail**
- **Simple habit hacks** that help every parent build better self-care practices
- **Evidence-based strategies** parents can use even when the kids are around, and
- The one piece of self-care advice that will **change your family for the better...** immediately

I hope you will join us on **Monday 20 September, 8pm AEST.**

LIVE WEBINAR + RECORDING

OVERWHELM

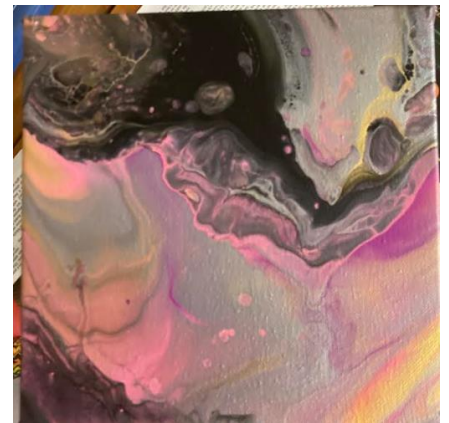
SELF-CARE STRATEGIES FOR WHEN EVERYTHING IS TOO MUCH

MONDAY 20 SEPTEMBER, 8pm AEST

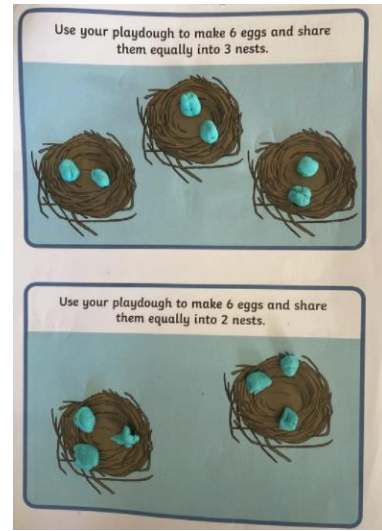
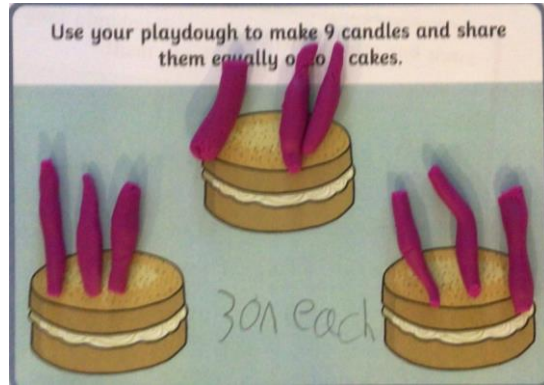
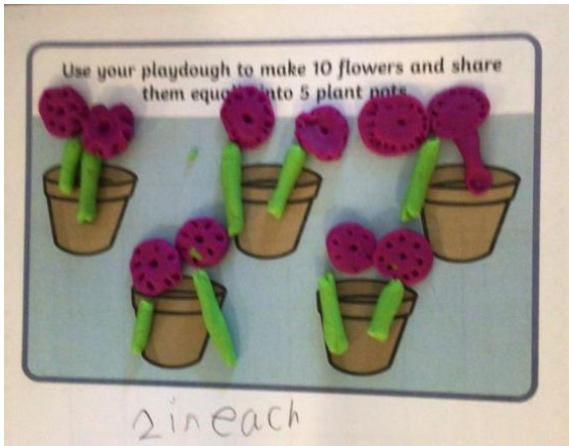
[Register Now](#)

STAFF WELLBEING

Staff, guided by Rachel Murphy, enjoyed some acrylic paint pouring during this week's staff meeting. Here are some of the masterpieces:



This week @ Sacred Heart



Year 1/2 have been practising DIVISION using Playdoh this week



P E this week has been all about Footy

Charlotte's Art Gallery



Students have been making paper planes in STEM this week.



SACRED HEART PRIMARY SCHOOL *Community News*

Here is your chance to have a voice.

HELP US UNDERSTAND THE REAL IMPACT and **SHARE THE REAL STORIES** FROM COVID-19 lockdowns in Banyule and Nillumbik

Why are we doing this?

To support decisions and to make **real change** we need **real figures and real stories** to put the picture together. DVCS is working on a comprehensive report that will tell the real picture of community supports to those experiencing personal or financial crisis in our local area. We need your help.

To share your full story click on this link https://www.surveymonkey.com/r/COVID19Hardship_Impact_Study

To take a quick survey click on the following link https://www.surveymonkey.com/r/QuickSurvey_Hardship_Crisis_Impact_Study

All responses are anonymous and confidential.

Kerri Wellington

Client Programs and Volunteer Coordinator

Diamond Valley Community Support Inc.

Shop 378a Level 3

Greensborough Plaza, Greensborough, Vic. 3088

☎ (03) 9435 8282

✉ volunteers@dvsupport.org.au


🌐 www.dvsupport.org.au

f in



Strengthening our Community

Since 1972



Webinar for Parents

of 2 - 12 year olds

A webinar for parents to learn simple strategies to reduce anxiety and build resilience in your child

ENROL NOW!

NO SCAREDY CATS

This interactive webinar offers parents of 2-12 year-olds reliable and easy-to-implement strategies to help parents identify and challenge anxious behaviours and build resilience in their child.


Presented by Michael Hawton, MAPS. Held over 3 interactive webinar sessions

Thursdays 4th, 11th, 18th November 2021

From 6.30 - 8.45 PM AEST

Over 3 sessions you will learn to:

- Identify and combat your child's anxious behaviours.
- Learn simple strategies to reduce anxiety.
- Build resilience in your child for greater social and academic success.
- Improve your parenting confidence and family bonds.



Tickets on Sale
~~\$99~~ per person
\$59

"Good for learning practical aspects of parenting regarding building resilient kids - All with a neat scientific background to assist in understanding." **RHEA, PARENT**

"Very practical, user-friendly evidence based information to support parents, so they can better support their children." **TRACEY, SCHOOL PRINCIPAL**

Join over 110,000 parents who have already participated in our courses

Recommended by child & family specialists

<https://www.parentshop.com.au/no-scaredy-cats-for-parents/>



Expert Eco Chats

Expert home sustainability advice – FREE

Ask about energy efficient products, solar, draught proofing, going electric, water efficiency, sustainable building and much more.

Saturday 18 September

2pm – 4pm

Eltham Community and Reception Centre

801 Main Rd, Eltham

(or online)

Book now:

www.cleanenergynillumbik.org.au/eec

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