

An Independent Public School

## Morawa District High School

# NEWSLETTER

Issue 3, June 2016

### EVENTS COMING UP

WA Day Holiday  
Mon 6 June

Starlight Dress as  
a Super Hero Day  
Tue 7 June

Public Speaking Final  
Thu 16 June

Band Steak Night  
Fri 17 June

Interhouse Cross  
Country Fun Run  
23 June

Primary Winter  
Carnival  
Fri 17 June

Canberra, Snowy,  
Melbourne Trip  
Sun 26 Jun-Sat 2 Jul

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Morawa District High School



Tonia Carslake



## From the Principal

### PRINCIPAL'S REPORT

We have had a very busy start to the term with the ANZAC Assembly, NAPLAN, Kindy Mother's Day Morning Tea, Eagles Cup Netball and Football Carnivals, Pink Day, School Ball, Secondary Parent Afternoon Teas, Senior First Aid and the Band State Championships, just to name a few things we have been busy with, on top of our academic commitments.

### 100 YEAR CEMEMORATION OF THE FIRST ANZAC SERVICE

On the 29 April we held an ANZAC assembly together with the WACOAM, to recognise those who have served and are currently serving in war and peace keeping missions. Miss Sophie Smith, the Year 4/5 Teacher, gave a very inspiring address about her experience walking the Kokoda Track as a Year 11 student following in the steps of her grandfather many years before during WW11. Thank you to those community members who attended this service.

### 'WALKING IN THE CLOUDS' SCHOOL BALL

The annual school ball for the WACOAM and MDHS was held on the 14 May. It was a huge success and fun was had by all. The hall was

completely transformed into beautiful space, filled with clouds, fairy lights, lanterns and floral arrangements. It was great to see the students in all their finery and dancing so splendidly. Their presentation and behaviour was outstanding and they were a credit to the school and college. Thank you to all staff who helped out on the evening with supervision and clean up. It was a pleasure to be a part of it. A huge thank you and congratulations to Ms Lee Jones and Ms Hollamby for their excellent organisation and coordination of this event and to all staff for their assistance in preparing for this and assisting on the evening.

### ASSESSMENTS THIS TERM

This is a big "assessment" term, with NAPLAN being held during Week 4, for the students in Years 3, 5, 7 and 9; the Year 11 and 12 first semester exams in Week 6; and the Year 7- 10 first semester exams in Week 7. A calm and positive attitude and a well-organized study routine, along with sensible eating, exercise and sleeping, should be a part of all the students approach to tests and exams. Staff provided students with an energizing breakfast before the NAPLAN tests to ensure everyone was ready for the day. We wish them all success in demonstrating all they know in each subject.

*Endeavour & Achieve*

These tests provide parents and school with an understanding of how individual students are performing at the time of the tests. We also use this information to forward plan our teaching and learning programs.

#### **NAPLAN**

The organisation that goes with this level of testing is enormous and I would like to thank all staff for their care and diligence in organising these assessments and to Revd. Ric and those who assisted her with the NAPLAN breakfasts.

It is a difficult task to link NAPLAN results with Online Literacy and Numeracy Assessments (OLNA) in Year 10, but we need to raise the importance of doing well in NAPLAN throughout school and especially in Year 9 when students need a Band 8 or better across Numeracy, Reading and Writing to meet the literacy/ numeracy criteria for WACE (Western Australian Certificate of Education).

Why is NAPLAN important? The achievement of a WACE currently signals significant achievement in many areas of education; however, tertiary institutions, employers and the community have requested more explicit assurances about the standards of literacy and numeracy achieved by students at the end of Year 12. For each student completing Year 12, the OLNA assessment confirms that a minimum standard of literacy and numeracy has been demonstrated for WACE achievement.

Do all students have to complete the OLNA? Students who achieved Band 8 or above in the Year 9 NAPLAN Numeracy, Reading or Writing tests will not be required to sit the corresponding components of the OLNA. All other students are required to demonstrate the standard through the OLNA to achieve a WACE.

What happens if students do not meet the required standard before the end of Year 12? Students who do not meet the required standard are not eligible for a WACE. However, opportunities will be provided for people who have finished Year 12 and left school to be able to sit the OLNA as many times as necessary to demonstrate that they have reached the required standard. If all of the other requirements of the WACE are met, the certificate will be awarded.

What is the required standard? OLNA assesses the skills that are essential for individuals to participate effectively in our society. These skills are described in Level 3 of the Australian Core Skills Framework (ACSF). From: School Curriculum and Standards Authority K to 10 Circulars 2014. Even though it is difficult to consider what may happen in Year 12, it makes sound sense to give the NAPLAN assessments the best possible effort to show the required

competency in Reading, Writing and Numeracy.

#### **CONGRATULATIONS TO THE MORAWA DHS BAND**

The Morawa DHS Band has recently been on a camp to Perth for the State Band Championships. They performed extremely well on Saturday 28 May, winning the Junior Brass Grade and receiving fantastic positive feedback from the adjudicator. Special thanks must be given to Mrs Helen Walter for her fabulous work with the band students in instrumental classes and band rehearsals in preparation for the championships and organising and attending the camp; and to the staff who gave up their time to accompany the students to Perth for the contest; Ms Tulloch, Mr Duncanson.

#### **ADIDAS FUN RUN/CROSS COUNTRY 23 JUNE**

The annual Cross Country event, combined with the Adidas fun run, will be held on Thursday 23 June, starting at the school oval. Secondary events will start at 11am followed by presentations and the primary events will start at 1.10pm followed by presentations. Parents are welcome to come and spectate during this event. More information has been sent home.

#### **NAIDOC WEEK / FAMILY BREAKFAST 27 JULY**

We will be celebrating NAIDOC Week during week 10 this term 27 June - 1 July. The national NAIDOC week theme is 'Songlines: The living narrative of our nation'. The NAIDOC week celebrations at MDHS will include a Breakfast for all students and parents and community held on Tuesday morning 28 June in the admin quadrangle; an art exhibition, traditional damper cooking and more.

#### **TEACH LEARN GROW [TLG]**

We will welcome TEACH LEARN GROW into our school for the last week of Term 2. We are very excited to have this fabulous team of 22 University students, tutors and coordinators working in the school to tutor up to 65 of our students intensively in mathematics. TLG provides tutoring and mentoring services free of charge to rural Western Australian. They focus on consolidating students' knowledge and inspiring their interest in education. The tutors provide one-on-one tutoring and mentoring in mathematics over the course of the week, with the aim of allowing the students to master specific outcomes provided by teachers. Thank you to the coordinators Bree and Madison and the TLG team. TLG will be back at MDHS in November to tutor our students again. This is such a highlight of the calendar and one the students eagerly await.

#### **EAGLES CUP CARNIVAL**

Students from Years 7-9 attended the Eagles Cup Carnival at Carnamah on Friday 27 May. A wonderful day was had by all with great sportsmanship and a win in the netball. I would like to thank Miss O'Halloran and Mr Zwaan for organising the day. **The Primary Winter Carnival will be held on the 17 June in Carnamah.**

#### **YEAR 10 WORK EXPERIENCE**

Year 10 students will be working across the Midwest at various work experience placements during week 10 of this term. This is a great opportunity for students to get a taste of working life and the different retail, business and industries available. Thank you to Mr Manuel for his organisation of these placements and to the local businesses who have supported our students with work placement places this year and in the past.

#### **GIFTED AND TALENTED**

The Primary Extension and Challenge (PEAC) has begun for students across our district. Mrs Tammy Solomon is again co-ordinating this Talented and Gifted Program with a project based around Antarctica. Students involved in this extension and enrichment program are exceptionally able students in Years 5, 6 and 7. MDHS has 2 students involved. Thank you Mrs Solomon for your commitment to this valuable program.

#### **CANBERRA/SNOWIES/MELBOURNE TOUR**

We have another fabulous tour booked for secondary students in week 10 of this term. Students will be visiting the various iconic civic, political and historical institutions in Canberra such as Old Parliament House, Parliament House and the Australian War Memorial; They will have 2 days at a ski resort in the Snowy Mountains and 2 days in Melbourne which will involve a tour of some of the highlights one of Australia's most cultural cities, as well as going to the Princess Theatre to see "Matilda". Thank you to Ms Lee Jones, Mr Alistair Duncanson and Miss Bev King for their work in preparing this tour and accompanying the students. We look forward to the photos. Thank you to all the parents and community who have supported the Canberra Tour Fundraising. So far we have raised over \$2000. The next fundraiser is being held on Friday 3 June, where students are holding a cake stall at recess for the school community. This will be followed by a netball fundraiser on the 12 June and another cake stall and car wash to follow. We welcome any donations and look forward to your support.

#### **PRACTICUM TEACHER**

We welcomed Miss Isabella Batka, an Education student at Curtin University, to our school last week to do her long term prac with mentor teacher, Mrs Solomon in the Secondary Science and HASS areas. Isabella has fitted straight into our school and we wish her well.

#### **SEMESTER 1 REPORTS**

Semester 1 student reports will be issued at the end of this term. With this in mind it is imperative that all students focus and commit to their learning. This will ensure that they have a successful and rewarding term. Thank you to parents for your ongoing positive support and encouragement of students towards their

academic and social endeavours. Please contact the school if you have any queries with your child's report or progress.

#### **BOYS REWARD TRIP**

Rev Ric is busy arranging a trip to Geraldton for high school boys to be held next month. The trip will include archery, surfing (in wetsuits of course!) and a lunch visit to Macca's. Students will need to be on their best behaviour and meet school uniform requirements if they want to be considered for the trip.

#### **SECONDARY ENGLISH PARENT AFTERNOONS**

Thank you to those parents who took the opportunity to come in and meet with Miss Egbers and other secondary staff during the last few weeks for the "English Afternoon Teas". This was a great opportunity to connect with your child's education and follow up on any queries. Thank you Miss Egbers for organising this.

#### **ATTENDANCE**

It is a legal requirement for students to attend school (Pre-primary – Year 12). The "Student Attendance and Educational Outcomes: Every Day Counts" report was prepared by the Department of Education by the Telethon Institute for Child Health Research, UWA in May 2013. It tables some interesting points.

Key Findings:

1) It is critical that good attendance patterns are established in the early years – data suggests that if they are not established then a child's high school attendance will be far worse.

2) On average, academic achievement on NAPLAN tests declined as absence rates increased.

3) Students with a higher level of unauthorised absences perform consistently lower than those with authorised absences.

4) Educators cannot improve attendance alone. This can be achieved by only allowing students to be absent for valid illnesses. Absence for birthdays, holidays in term time, appointments that could be done out of hours, for a day of rest after a busy weekend are not valid reasons for non-attendance at school.

It is vital that children attend school every day for the sake of their future successes, academically and emotionally, as well as in regards to employment choices.

It is very important that parents help children to develop a good attendance record from the very beginning by ensuring that they attend kindergarten or school whenever possible.



Some students' attendance continues to be of concern. Congratulations to all those students who made their attendance targets in Term 1. Thank you to everyone who encourages their children to come to school regularly. It is essential that you notify the school if your child is absent for any reason or if you need assistance in getting your child to come to school.

### PUBLIC SPEAKING COMPETITION

The final Public Speaking competition is being held on Thursday 16 June at 10.30am in the Performing Arts Room for students from Years 1-9. This is a powerful learning experience for children to be involved in. Confidence in public speaking is a valuable tool for all. Students need lots of opportunities to prepare and present their speeches as well as to listen to and watch others speak. Please find below some tips to share with your children as they prepare their speeches:

- Students need to choose topics that are of interest to them and which they have developed an opinion on.
- The speech needs to be researched and written by the student.
- Your child needs to have the opportunity to present and practise their speeches to the family before the Public Speaking Competition.
- Encourage and show them how to use palm cards.
- Remind them that good speakers make eye contact with the audience.
- Being prepared is the key to successful public speaking.
- Help them develop a good pace and correct volume for the room.

Some staff are also joining the Public Speaking Competition to encourage others to take part in these events.

### WINTER UNIFORM

With the colder weather coming upon us, it is important for students to be prepared with winter uniform. New jumpers and cardigans have arrived. Please contact the front office to place your order or if you would like assistance in purchasing it.

### FLU SEASON

As we move into the winter the flu bugs have started to arrive. Both staff and students have been affected to date and it is a timely reminder to all to make sure that your personal hygiene is effective.

Simple strategies such as:

- Washing your hands after using the bathroom or before eating

- Cover noses and mouths with a tissue if sneezing or coughing

- Used tissues go in the bin - don't leave it where someone else has to pick it up.

- Stay home when ill to prevent further spread.

The School does not have a facility to cater for sick students for extended periods of time. If your child is not well, please do not send them to school as this allows sickness to spread. If you are contacted by the school because your child has become unwell throughout the course of the day, it would be appreciated if you could collect your child promptly. Thank you for your assistance with this matter.

### STEM AND DIGITAL TECHNOLOGIES

Mrs Solomon and I were very pleased to participate in an exciting Science, Technology, Engineering and Mathematics (STEM) professional learning program for primary and district high schools. The program had a particular focus on the area of coding in the new Digital Technologies syllabus of the Western Australian Curriculum. All schools selected to participate in the program were provided with a kit of innovative, classroom ready technologies to engage students in hands on, practical activities that will stimulate their interest in STEM learning and build their digital literacy. The kit included programmable interactive robots, electronic engineering resources for creating real world projects, and touch tablet devices preloaded with numerous coding apps. We look forward to the implementation of these programs in Term 3.

### P & C CROP

We are very excited to announce that the P & C have secured and planted 60 hectares of wheat on Coughlan's farm for the 2016 cropping program. This is such a wonderful opportunity and undertaking. It provides significant funds for the school and enhances the opportunities for all our students. Thank you to the following people who have made kind donations and assisted in the P & C Cropping Program this year. It is wonderful to have such a supportive community. Let the rain continue!

**Kevin and Val Coughlan** – donating their farm land, 60 hectare land free of charge

**Mark and Sara Coaker** – securing the lease and donating the seed, chemical and fertiliser

**David and Jane Coaker** – donating the fertiliser

**Jock and Corina Wilson** – donating the spraying

**McIntosh and Son** – providing the machinery and seeding the crop

**Darren & Jayme Yewers** - donating fuel

**Jack Moore** - for use of fuel trailer

**Laurie North & Troy Twomey** - donating seed

**Alex & Kirsten Haeusler and Payne and Sons** - donating chemical

Just a reminder that it is a long weekend this weekend, 6 June. Enjoy time with your family and safe travels. With every best wish.

### Mrs Tonia Carslake

### WA State Band Championships

Our brass band students attended the State Band Championships over the weekend, performed well and won their division of Junior Brass Band, which was fantastic!

In between rehearsals the students had a wonderful time - attending the musical stage show 'Ghost', a trip to Scitech, ten-pin bowling, movies and shopping!



"Ghost"



Madison & Danielle camouflaged at Scitech



With some rehearsals thrown in...

## Primary Home Reading

Just a reminder to parents to make sure children are returning their Reading folders daily. There seems to be a number of students who are not returning their folders and teachers cannot monitor home reading without these. Please encourage your children to read every day to support their Literacy development.

Thank you.



## IEPs (Individual Education Plans)

Teachers have reviewed and updated students' IEPs for Term 2 and parents are encouraged to contact teachers to go over these plans. The plans review how students performed in Term 1, whether objectives have been achieved or not, the areas that are still of some concern and new objectives set for Term 2.

If you are unable to meet with teachers but would like a copy of the updated plan, please contact your teacher/s or myself and a copy will be sent to you.

W. Glassford-Hill

Literacy/Learning Support Coordinator



*:- Helping to get to know our  
IPS Board better:-*

## Dianne Ballantyne

I have lived in the Morawa District for the last 6 years operating a Rural Contracting Business with my husband. During that time all 4 of our Children have attended Morawa District High School with our eldest son being Head Boy in 2015.

I have a passion for sport and education. I believe all children should be given the opportunity to reach their full potential and should be encouraged to excel in their endeavors.

By continuing to improve the standards and opportunities offered at our School, I hope to see every child benefit, in return keeping as many families in the Morawa District as possible to ensure a positive future for our community.



*Super Hero Day*  
Dress as your favourite  
Super Hero on Tues 7 June  
for a gold coin donation.  
Money raised goes towards  
Starlight Children's Foundation  
which helps improve hospital  
experiences for children and  
chronically ill teenagers.

## Learning to Save Lives

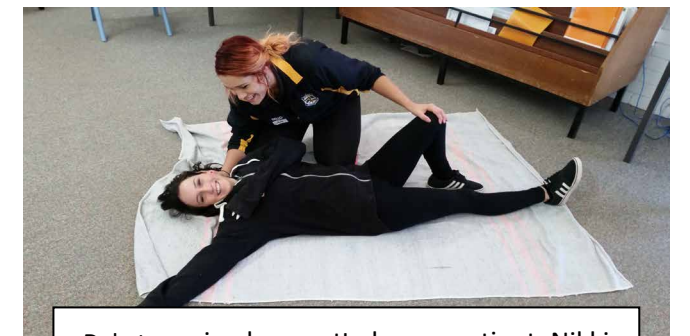
A group of Year 10 and Upper School students were given the opportunity to complete their Provide First Aid Certificates when St. John Ambulance organiser Mrs Merle Isbister arrived at the school complete with ambulance, booklets, blankets, resuscitation dolls and first aid equipment, over two days recently. While some of the students found two full days exhausting they were all pleased to have completed a certificate which may one day help them save a life. The school has commended Mrs Isbister for giving the students the opportunity to take part in a course which is so important to community's well being.

### Candid Student Comments

- The best part of the course was learning how to perform resuscitation.
- The course was so good it did not need improving.
- The best part of this course was learning how to save peoples lives.
- I am now more confident that if something was to happen, I could really help.
- I know I can save someone's life now and be confident about it.



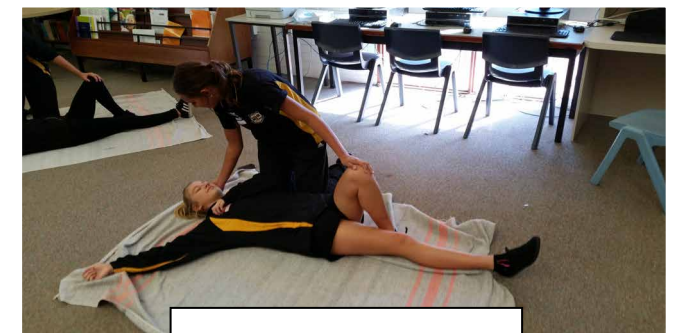
Checking airways



Dakota saving her pretty happy patient, Nikki



Kelsey putting Shaun-Michael in the recovery position



Jerri-Lee & Elli





## Mothers' Day Morning Tea



Performing their item



The mums were very impressed with their portraits!

## NAPLAN Breakfast



In Week 3 NAPLAN was held. Breakfast was provided each morning to give our students the best start to the day!

## PBS News

### Respect, Responsibility and Achievement

Across the whole school each week students and staff will be focussing on a positive behaviour focus from one of our Behaviour expectations.

So far this term....

**WEEK 1** - USING GOOD MANNERS, SPEAKING AND ACTING COURTEOUSLY

**WEEK 2** - BE PUNCTUAL AND PREPARED

**WEEK 3** - USING RESPECTFUL LANGUAGE

**WEEK 4** - STRIVING TO DO YOUR BEST

**WEEK 5** - BEING AN ACTIVE PARTICIPANT

Still to come....

**WEEK 6** - STAY FOCUSED ON YOUR LEARNING



It is important to have a common language amongst the school community to ensure our message of behaviour expectations is clear. We encourage parents to support these behaviours, as behaviours taught in school reflect socially accepted actions in the community.



## Year 6 Raffle to Fundraise for Camp

Miss Chivers, Atayah & Thomas selling tickets outside IGA.

The raffle raised \$316.65.

Congratulations to the winner - Ric Payne, and well done to the Year 6's for your effort in fundraising!



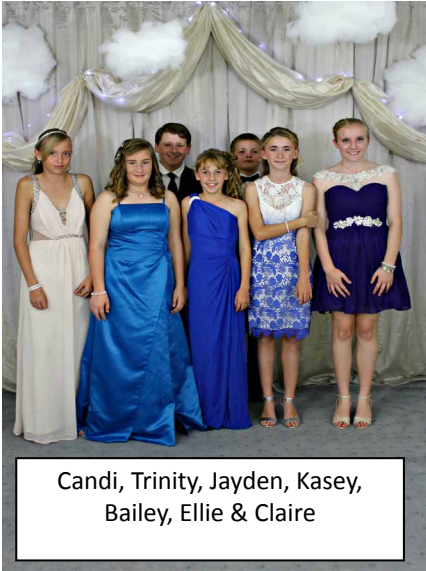


# Morawa DHS & WACOAM

# “Walking in the Clouds” School Ball



Teagan, Ella, Lauren, Charlee, Emily, Delta & Erica



Candi, Trinity, Jayden, Kasey,  
Bailey, Ellie & Claire



Sarah, Shyanne & Courtnee



Jess & Mitch



The Vanderschuits



Mackenzie, Anthony & Casey



Tanisha, Chloe, Kayla & Amber



Danielle, Dylan, Madison, Olivia,  
Seth & Darcie



Rachel & Dakota



Dylan, Paskel, Elli & Seth



Matthieu, James & Matthew



Matthieu & Ashlee



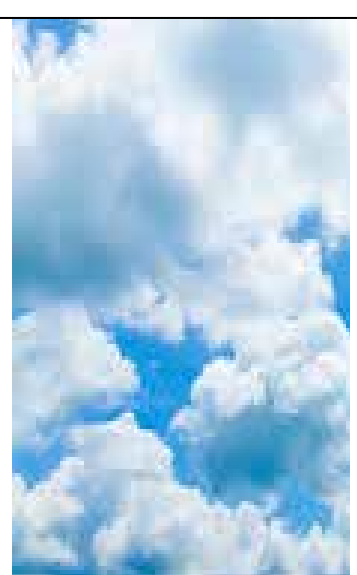
Jess, Kyralee & Corrine



Sets of sisters:  
Jerri-Lee & Hayley and Danielle & Destiny



Belles & Beaus:  
MDHS - Nikki-Lee Humble & Anthony Whitehurst  
WACOAM - Katie Johnston & Tom Stammers





## Nature Play

Morawa District High School is planning to design and construct a nature play space incorporating the Pre –Primary and the adventure playground.

Nature play spaces are play areas that use natural, locally sourced and recycled materials such as logs, rocks, stumps, sandpits, tyres, wood and plants.

While the school has some resources, we will be looking at community support through working bees and other funding options such as community grants, community donations and fundraising.

If you have any of the following items you would like to donate, they would be most appreciated:

- Paving
- Pine Posts
- Old Paint
- Wood chips
- Mulch
- Wooden planks/decking
- Old Tyres
- Tree stumps and logs
- Rocks and Boulders
- Thick rope/chain
- Concrete culverts
- Craypots
- Old metal or wooden wheels
- Sand
- PVC pipe



# THE BREAKFAST CLUB



Tuesdays & Wednesdays

8.00am - 8.30am

Home Economics Room

Toasties, milo & juice

Primary & Secondary students welcome

## CHAPAIN'S CHAT CORNER.....Rev'd Ric Payne YouthCare School Chaplain

Sitting upon my office desk is a perpetual calendar. Each day of the week and year is accompanied by an inspirational quote from wise and creative others.

Yesterday's quote says, "Each of us has ....all the time there is. Those years, weeks, hours, and the sands in the glass running swiftly away. To let them drift through our fingers is tragic waste. To use them to the hilt, making them count for something, is the beginning of wisdom." [Eleanor Roosevelt, 1884 -1962]

Many of our students strive to use all that is available to them to achieve to the best of their ability, to improve their skills and knowledge base, to learn, to practice, to socially interact in a positive manner, to contribute in their creative way to the school community and environment ....to discover and develop their person, growing into the person they have been created to be.

This week I made my weekly visit to the PP5 class to talk about a particular emotion or feeling, and we discussed that tricky one of grief. In considering grief, we talked about birth, death... and life in between. We are all born; we will all die; but we have all the time –the sands in the glass – to make the absolute most of our lifetime.

One of the most exciting things about growing up is realizing just how much there is for us in life. 'I want it all and I want it now' just about sums it up. The joy of life and of what is beautiful and of what makes us feel good is all there for us – and we get to choose it! There is in all of us a desire to be filled with all of these things and to keep on being filled by them.

All students at Morawa DHS are encouraged to listen, to learn, to discover, to make appropriate choices, etc, all with a 'big picture' in the frame ahead of them – life – built around their goals, hopes and dreams. . As we go through life, each day presents us with challenges that will shape us according to the way we manage them. Having goals will help us handle those challenging times, enabling us to make appropriate and good choices that will inevitably create our human person....and give us a good dose of wisdom! Setting goals keeps us focused and motivated, and increases our chances of getting what we want. Goals can be set for all sorts of areas of our life, from our career, lifestyle, friendships, attitudes, interests, and health.

As a student your immediate goal might be to ensure you complete all assignments or set work through to the end of this term; or it may be to ask for assistance each time you are unsure of your schoolwork; or it might be to always behave and speak respectfully when at school; or you may have a goal to give greater focus on building and growing friendships with your classmates.

Parents, your children need your presence more than your presents. The pace of modern life makes it very difficult for parents to maintain a positive presence with their children. Working mothers average just 50 minutes a day with their kids, and working fathers, just 12! Today, through no fault of their own, most parents simply can't spend much time with their kids – but every parent can spend a moment. The quality and consistency of those everyday moments really does add up to a major difference for your child. Our society can be a stressful place for your kids, but it doesn't have to be. Despite all the negative influences and messages, a parent is still the greatest influence of all. A positive message from you still counts the most. So spend time with your child – and show him/her that you care about them and you love them unconditionally. That could be your goal!

Need some assistance with dreaming your dreams or setting your goals? ... there are many wise and experienced persons in your life and around the school and community, such as teachers, School Chaplain, parents, grandparents, community leaders etc. Talk to them! Life is a gift with many opportunities; life-changing decisions can be made now, before the sands have passed through too quickly!

Benjamin Mays [1894 – 1984] says, "It isn't a calamity to die with dreams unfulfilled, but it is a calamity not to dream....It is not a disgrace not to reach for the stars, but it is a disgrace to have no stars to reach!"

Reverend Ric Payne





## Building parent-school partnerships

WORDS Michael Grose

# How to move your child from worrier to warrior

As a parent of a worrier, and also a natural born worrier myself, I'm a collector of ideas and strategies to better manage anxieties and worries. Fortunately, as a child my young worrier didn't allow her anxieties to prevent her from participating in sporting, learning, social or leisure activities inside or outside school.

She did, however, spend a lot of time worrying about how little everyday things would pan out, almost to the point of being sick at times. She was a micro-manager who always made sure she had every angle covered in an unfamiliar or new situation. For instance, if she was to be picked up from a friend's birthday party she'd always have a back-up plan in case a parent wouldn't arrive in time to take her home! 'Being prepared for every contingency' was one of her main strategies to help alleviate her worries.

Many children worry about seemingly little things that they have no control over. Whether it's worrying about the house catching on fire; monsters or spiders lurking under their beds; or even worrying that their parents will go to work in the

morning and won't return home can seem irrational to all-knowing adults but make perfect sense to them.

If you are a Type A worrier yourself then you probably fully comprehend your child's anxieties and worries. You know that being told not to overthink things or to stop worrying just won't cut it. If you are the 'It'll be right. Don't overthink it' type then you may be scratching your head wondering what all the fuss is about. There's no doubt that worriers need careful, sensitive handling by families and teachers alike. Your concern and understanding is one thing but they also need some practical tools and ideas to help them cope now and build strength so they can minimise the impact of worries in the future.

Here's a collection of great ideas that may help you transition a young worrier to being a social and learning warrior, or at least get the worry bug under control.

From writers such as Jeanene Ecob author of *Everyday Jitters*, Mary Sheedy Kurcinka author of *Raising Your Spirited Child*, Tamar Chanksy author of *Freeing*

*Your Child from Anxiety*, and Washington Post columnist Suzanne Nelson I learned these ideas:

### Give the worry a name

Somehow giving a worry a name makes it feel less scary and more manageable. My favourite picture storybook for toddlers *There's a Hippopotamus on our Roof* by Hazel Edwards personifies fear of the dark as a friendly hippo. Much more friendly and easier to boss around if you're a child.

### Put your worries in a jar

Wouldn't it be great to put all your worries into a safe and throw away the key? As an adult you may do this when you take time out to watch your favourite TV show; or lose yourself browsing for hours online. Children need something a little more practical. They can write their worries on some paper and lock them away in a jar by the side of the bed at the end of the day. It's good to know that their worries can't get out because they are locked up tight.

more on page 2 >>



## Building parent-school partnerships

## ... How to move your child from worrier to warrior ...

### Limit talking time

Kids have a need to verbalise their worries but talking needs to be contained to prevent their worries from dominating their lives. Set aside ten minutes a day to talk about their worries and then put worry time aside until tomorrow.

### Normalise rather than lionise their anxiety

Anxious kids are very sensitive to their parents' concerns and worries. One way we build their concerns is by continually reassuring them that things will be fine. One reassurance should be sufficient most of the time followed by 'I've already talked to you about that.' Continually going over old ground can allow worries to linger longer than necessary.

### Worry about the things worth worrying about

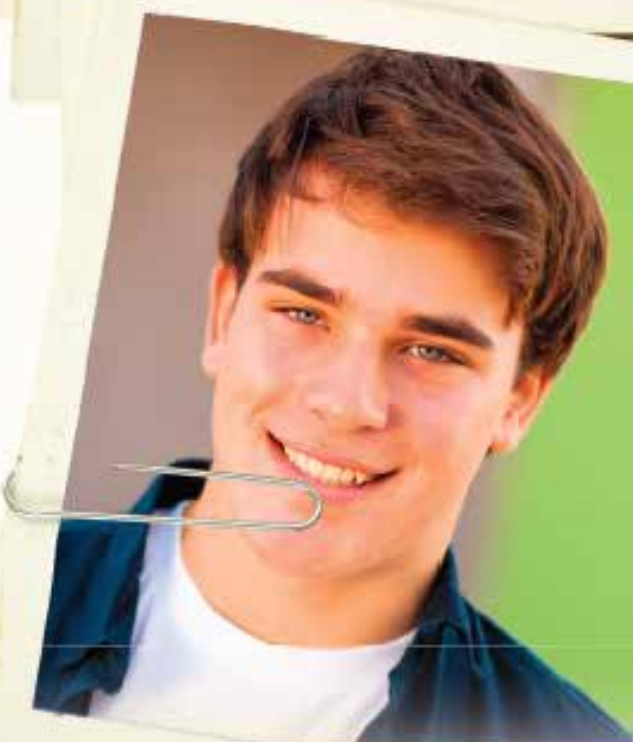
Worrying is energy sapping and can take up too much of anyone's time. As your child gets older it helps him or her to distinguish between what's worth worrying about and what's not. Helping them prioritise their worries makes them feel like they are in control.

### Give them the tools to relax

My wife relaxes in front of the TV, which is sufficient for her to take her mind off her worries. My daughter and I need a bigger set of tools including mindfulness and exercise to help us neutralise our worries. I know when my daughter is physically tired she's less likely to get herself worried or worked up.

It's not that worriers can't function well. They generally over-function as they come to grips with their anxieties. Not only can worrywart children be hard for parents to live with, but also they can become difficult partners and friends as adults. This makes childhood the perfect time for parents, not so much to nip worries in the bud but to give natural born worriers some tools and strategies to make life more tolerable now and, importantly, in the future.

Michael Grose



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at [parentingideas.com.au](http://parentingideas.com.au). You'll be so glad you did.



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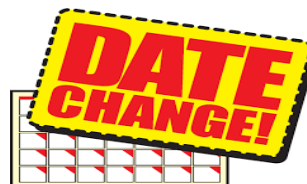
# CANBERRA, MELBOURNE, SNOWY MOUNTAINS TOUR 2016

The numbers have been finalised for the trip -  
how exciting!

Just a reminder to parents of students going  
that you can make payments each week or  
fortnight to help with your budgeting.

We can take payments by cash, EFTPOS,  
cheque or even credit card over the phone if  
that's easier.

Only 4 weeks to go!



## Change of Date: Public Speaking Competition

The Final will now be held in Week  
8 on Thursday 16 June at 10.30am.

We hope this date still suits those  
intending to come and hear the  
top 3 speeches from Yrs 1- 9 and the  
Staff speeches.

We look forward to your  
attendance.



WEEK	MON	TUE	WED	THU	FRI	SAT/SUN
<b>6</b>	May 30	31	Jun 1	2	3	4/5
	Exams for Upper School					
<b>7</b>	6 WA DAY HOLIDAY	7 Yr 7-10 Exams Super Hero Day	8	9	10	11/12
<b>8</b>	13	14	15	16 Public Speaking Comp	17 Band Steak Night	18/19 Primary Winter Carnival
<b>9</b>	20	21	22	23	24	25/26