



Newsletter Attachments

Issue: 3

Date: 12 February 2016

- **Strong Roots – Tall Trees:** A 5 week program for children's wellbeing
- **Are you on the Right Track:** A 3 hour workshop
- **Live Life Well at School** – NSW Health regarding children's lunches and activity
- **2016 Canteen Menu**
- **2016 Canteen Roster**
- **KidsMatter** – Making Sense of Children's Emotions and How to Help
- **Celebrating Forgiveness in Family Life** – from the Parish Support Unit

STRONG ROOTS – TALL TREES

A 5 week program using **creativity** and **meditation** to develop and integrate 5 core foundational qualities that support children's **wellbeing**.



Each week in a fun, creative, safe, **small** group setting we will explore a different foundational quality of wellbeing:

- **Respect – week 1**
- **Trust – week 2**
- **Playfulness and Joy – week 3**
- **Courage and Resilience – week 4**
- **Kindness and Compassion – week 5**

Using the tools of **meditation** and **art making** each child will explore and discover their relationship to these qualities within themselves and practise ways to integrate these qualities within their everyday lives.

WHEN: 5 weekly sessions beginning Thurs March 3 until Thurs March 31.

TIME: 3pm to 4.30pm.

WHO: Children in years 1-3

WHERE: St Kieran's, Manly Vale. The Lighthouse room.

COST: \$200 includes all art materials.

This program will be guided by 1 or 2 facilitators depending on group size. To maintain the integrity of a small group space numbers are limited. **Louise Kissane** is a Personal Development and Meditation teacher at St Marys Manly and **Clio Doughty** is a Transpersonal Art Therapist who also runs Creativity for Self Expression lunchtime groups at St Mary's. Together they have created this fun and creative Wellbeing and Social/Emotional learning program for children.

To book or for further information please email Louise on lkissane@optusnet.com.au or
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Are you on the Right Track?

Event Description

- * Are you on the right track for 2016?
- * Do you know where you are heading ?
- * Why are you going there?
- * What is your destination?
- * Are you in the driver's seat or sitting up the back?
- * Are your family / team onboard with you?

If you answered 'no' or 'don't know' to any of these questions then this 3 hour workshop is for you!

Let Anne McKeown, Master Coach and NLP Practitioner, take you on a journey of your life. Using her T.R.A.M.S Model, find out what drives you to succeed and what holds u back from achieving what you desire. Understand the benefits of rapport and how to form positive relationships, especially with yourself. Uncover your values , beliefs and strengths. Learn techniques to break bad habits and enjoy resolutions with real results.

Live Life Well @ School

A joint initiative between NSW Health and the NSW Department of Education and Communities.

Try to include the 5 food groups in the lunch box

It's really important your kids eat the right amount of fruit and veg and good from all 5 food groups.

Bread and cereals: Try wholemeal bread, wraps and pita.

Fruit : It's high in fibre, vitamins and minerals. Serve the fruit in fun ways, try fruit kebabs or cut in to small pieces.

Vegies: Pack a vegie slice or carrot and celery sticks with hummus or salsa.



Reduced fat dairy: A slice of cheese, low or no sugar yoghurts and custard are great lunchbox items.

Lean protein: Include a variety of sandwich fillings, cooked chicken, tuna, egg or roast meat. Legumes like red kidney beans and chickpeas are a good source of protein and a great source of fibre to.



Health
Northern Sydney
Local Health District

Live Life Well @ School

A joint initiative between NSW Health and the NSW Department of Education and Communities.

Be healthy – be active



Children and adults need physical activity every day. Activity helps build better bones, muscles, joints and helps maintain a healthy weight. Physical activity can also reduce the risk of heart disease, type 2 diabetes and some cancers. Get active anyway you can - walking, riding, sports, swimming and playing active games.



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2016 Canteen Menu

Hot Food/Sushi

- \$3.50 Chook'd breast meat patty chicken burger with lettuce and mayo
- \$3.20 Chook'd crumbed chicken breast nuggets (8 pieces)
- \$1.80 Chook'd crumbed chicken breast nuggets (3 pieces)
- \$2.50 Mrs Macs 120g "Good Eating" pie
- \$2.50 Mrs Macs 120g "Good Eating" sausage roll
- \$3.00 Sushi rolls (Teryaki chicken/Avocado/Tuna/Tuna and Avocado/Salmon)
- \$3.00 Mini Sushi boxes (Avocado/Tuna/Cucumber)
- \$4.50 Homemade Fried Rice
- \$4.00 Homemade Spaghetti Bolognese
- \$3.00 Homemade "Taco Thursdays", wrap, beef mince, lettuce, tomato, carrot, and cheese
- \$3.00 Homemade Pizza, Baker's Delight base with either ham, cheese, or pineapple (available Fridays only)
- \$1.20 Homemade Garlic bread, Baker's Delight roll with garlic butter
- \$1.20 Baker's Delight bacon and cheese roll (available Friday's only)



Sandwiches/Wraps

- \$2.50 BBQ shredded chicken (add salad for a \$1)
- \$2.50 Ham (add salad for a \$1)
- \$2.50 Tuna (add salad for a \$1)
- \$2.50 Salad
- \$2.00 Cheese (add salad for a \$1)
- \$2.00 Vegemite
- \$2.00 Honey

Toasted

- \$3.20 Ham, cheese, and tomato
- \$3.00 Ham and cheese
- \$2.20 Cheese

Salads

- \$4.50 BBQ shredded chicken
- \$4.50 Ham
- \$4.50 Tuna
- \$3.50 Salad
- \$2.50 Mini Salad

Fruit

- \$1.00 Slinky apple
- \$0.10 BYO Slinky apple

Snacks

- \$0.30 Homemade choc chip muffins (contains eggs)
- \$0.70 Fruitwise fruit straps – 100% fruit
- \$0.80 Ovalteenies
- \$1.00 Piranha Vegie chips (honey soy)
- \$1.00 Red Rock chips (plain)
- \$1.00 Koala Popcorn (lightly salted)
- \$2.00 Yoplait vanilla yoghurt pots

Drinks

- \$2.00 Flavoured Milk (Chocolate/Strawberry)
- \$1.80 Full Cream Milk 300mls
- \$1.50 Nudie Juice (Apple/Tropical)
- \$1.00 Spring Water 350mls

Frozen

- \$0.50 Seasonal frozen fruit (Grapes/Pineapple/Watermelon)
- \$0.50 Quelch sticks – 99% fruit juice
- \$0.70 TNTs (Lemonade Fizz)
- \$1.00 Homemade frozen mixed berry yoghurt
- \$1.00 Bulla Ice cream bucket – 98% fat free
- \$1.50 Paddle pop (Chocolate/Rainbow)
- \$1.80 Yoghurt Tropical Paddle pop

Sauces

- \$0.30 Tomato
- \$0.30 Balsamic vinegar and olive oil
- \$0.30 Italian



2016 St Kieran's Canteen Roster

WEEK 1	Feb 3	Carly Starkey		Feb 4	Sarah Molinia		Feb 5	Sascha Chahwan-Harris	
	Apr 27	Katrina Beaman		Apr 26	Liz Snell		Apr 22	Rosie Nikolic	
	Jul 20			Jul 21			Jul 22	Sania Saady	
	Oct 12			Oct 13			Oct 14		
WEEK 2	Feb 10	Rachelle Woodland		Feb 11	Alyson Perry		Feb 12	Sandra Wilson	
	May 4	Steph La Greca		May 5	Kathy Siu		May 6	Gabi Selwyn	
	Jul 27			Jul 28	Josie Ruddock		Jul 29	Priya Vincent	
	Oct 19			Oct 20			Oct 21		
WEEK 3	Feb 17	Lessa Bellamy		Feb 18	Joanne Hoey (M)		Feb 19	Natasha Gennusa	
	May 11	Shannon Morrell		May 12	Jane Smith		May 13	Peita Daly	
	Aug 3			Aug 4	Kristie Hardy (A)		Aug 5	Ama Kelly	
	Oct 26			Oct 27			Oct 28	Jo Hull (NG)	May 13,
WEEK 4	Feb 24	Jo Quarrell		Feb 25	Charmaine Skea		Feb 26	Dana Reddy	
	May 18	Jo Furlanilla		May 19	Gabi Selwyn		May 20	Alana Janik	
	Aug 10			Aug 11			Aug 12	Clare Foale (A)	
	Nov 2			Nov 3			Nov 4	Christina Cole	
WEEK 5	Mar 2	Sania Saady (M)		Mar 3	Jenni Schofield		Mar 4	Nicole Covich	
	May 25	Amanda Raleigh		May 26	Amanda Reeves		May 27	Juliette Cronin	
	Aug 17	Allison Browne (A)		Aug 18	Len Sim		Aug 19	Di Gennusa	
	Nov 9			Nov 10			Nov 11	Cris Uwin (JC)	Mar 4,
WEEK 6	Mar 9	Cath Hamer (M)		Mar 10	Gayle Connor		Mar 11	Susan Nicols	
	Jun 1	Kyle McClafferty (M)		Jun 2	Jennifer Lee		Jun 3	Deb Barton	
	Aug 24	Melissa Noble (A)		Aug 25			Aug 26	Joanna Miller	
	Nov 16	Jane Rich (A)		Nov 17	Volunteer required	Mar 10,	Nov 18		
WEEK 7	Mar 16	Nicole Wall		Mar 17	Jennifer Wynne		Mar 18	Ajana Janik	
	Jun 8	Shannon Morrell		Jun 9	Shahn Schwarz		Jun 10	Christina Cole	
	Aug 31			Sept 1			Sept 2	Nicole McGovern	
	Nov 23			Nov 24			Nov 25	Jo Hull (CC)	Sept 2,
WEEK 8	Mar 23	Lucia Haines		Mar 24	Jaclyn Schoene		Mar 25 -	Rosie Nikolic (M)	
	Jun 15	Julie Russo		Jun 16	Sondra Hamill		Good Friday	All Malone (M)	
	Sept 7			Sept 8			Jun 17	Niamh Collins	
	Nov 30			Dec 1			Sept 9	Marina Penberthy (A)	
WEEK 9	Mar 30	Sania Saady (M)		Mar 31	Wayne Lewis		Apr 1	Riary Tanner	
	Jun 22	Nelly McGrath		Jun 23	Jo Allen		Jun 24	Nicole Covich	
	Sept 14	Amanda Raleigh (A)		Sept 15	Carly Starky/Jane Smith		Sept 16	Jo Hull	
	Dec 7	Steph Keogh (A)		Dec 8			Dec 9		
WEEK 10	Apr 6 Jun 29	Sam Bell		Apr 7 Jun 30	Mel Carey		Apr 8	Kath McCahey	
	Sept 21	Kerrie Abba		Sept 22	Jennifer Lee		Jul 1	Diana Russo-James	
	Dec 14			Dec 15	Volunteer required	Apr 7,	Sept 23	Dr's friend	???

FULL DAY: 8.50AM - 1.45pm
MORNING: 8.50AM - 11.15AM
AFTERNOON: 11.15AM - 1.45PM

RECESS: 11.00am - 11.15am
LUNCH: 1.00pm - 1.50pm

Making sense of children's emotions

Ten year old Tom, his friend Louis and Tom's six year old brother, Josh, were trying out Tom's new skateboard. Louis already knew a bit about skateboards, and he offered to show Tom and Josh how to do turns.

It was harder than it looked. Tom slipped off and tumbled over. The others laughed.

"Show me again," Tom said to Louis. After watching Louis carefully and trying again, Tom was starting to get it. "I just need to keep practising," he thought.

Then it was Josh's turn.

"I can help you if you like," said Louis.

Josh wanted to do it by himself, but he couldn't get the hang of it. When he tried to turn, the skateboard kept going straight and Josh landed on his bottom.

The boys laughed, but Josh didn't think it was funny. He got really angry at them. Then he ran inside to tell his mother how mean the two older boys were.



Understanding emotions

Children's emotional reactions may be more complex than they appear. In the story Josh blames his hurt and angry feelings on the other boys. But was their behaviour the main problem for Josh? Or was it really that he was frustrated and disappointed over not being able to handle the skateboard as well as he would have liked?

Learning to manage feelings and emotions is a very important part of children's development. Emotions affect children's ability to learn and relate to others, as well as their overall wellbeing.

Learning to think through emotional reactions helps children find better ways of managing them.

Emotions and self-concept

Children's emotions are not just a response to things that happen. They are influenced by what children think, especially by what they think about themselves and their abilities. Children often need support from parents and carers to manage their feelings effectively, particularly when they are young.

Everyone has feelings. It takes time to learn how to manage them effectively.

Showing that you understand and accept children's feelings is very important for supporting their emotional development. When children feel understood it is easier for them to learn to think through their feelings and work out effective ways to handle them.

In the story, when Tom fell off the skateboard he told himself he could do it if he kept practising. This helpful thinking allowed him to put aside feelings of frustration and embarrassment, and keep trying.

How parents and carers can help

Parents and carers can support children's emotional development by tuning into feelings, helping children understand feelings, and encouraging them to work out ways to manage feelings effectively. The following suggestions may be helpful.

- Tune into children's feelings and try to understand things from their point of view. This allows you to help them identify their feelings and the ways that feelings work.
- Show that you accept and respect children's feelings. Accepting feelings is necessary before working out a way to manage them.
- Remember that it's not always easy for children to know what is bothering them, and they may not always want to talk about it.
- Show children how you manage your own feelings effectively. If you act calmly it will help to reassure children they can manage even difficult feelings.
- Acknowledge children's efforts to manage feelings. This helps them see their progress and motivates them to use the helpful strategies they are developing in other situations.

Everyone has feelings.
It takes time to learn
how to manage them
effectively.

Something to try:

- Observe your child and take note of the situations that seem to trigger a particular emotional response.
- Think about how your child might be feeling given his/her age and stage of development.
- Talk and listen to your child about how he/she is feeling. Acknowledge both your child's feelings and his/her efforts to cope.
- Talk about helpful ways of managing feelings and encourage your child to try out different options.

Further information about children's emotional development, including how parents and carers can help children learn to manage feelings, are available in the accompanying resource sheets and on our website: www.kidsmatter.edu.au/resources/information-resources

This resource is part of the KidsMatter Primary initiative. We welcome your feedback at www.kidsmatter.edu.au



Australian Government
Department of Health and Ageing



Celebrating Forgiveness in Family Life

Choosing to forgive and reconcile presents challenges and opportunities for families at all stages of life because families find themselves in so many situations where forgiveness and reconciliation are required. We can assist our children in this time of preparation in the following ways:

- Establishing a habit of forgiveness between parent and child. Say the words "I am sorry for .", "I forgive you" , "I accept your apology," as often as necessary.
- The word reconcile comes from the Latin, meaning 'seeing eye to eye'. Express forgiveness or sorrow by looking straight at the other person, touching their shoulder or hand, or hugging. Body language speaks as loudly as or louder than words.
- Encourage but don't force children to apologize. A forced apology, given in resentment, is not sincere. Give children a little time and space to think about the consequences of the hurt they caused, and allow them to choose their own words and actions of forgiveness.
- Rather than jumping in with a solution, give children the opportunity to heal relationships on their own terms, e.g. "Your brother was really hurt by what you said. What do you think you can do to make things right again?" If time lapses and you don't see any action, you might come back with a reminder: "What have you decided to do to make things right with your brother?" Affirm their steps to forgiveness.
- Establish family and individual rituals of forgiveness in the home. Choose a space at home where you can go to reconcile differences. Places your family finds forgiveness- dinner table, kitchen, bed room, walking ... any place. Also choose suitable times for reconciliation (bedtimes, trip in car, etc). Make forgiving one another a part of you family's everyday life.
- Help your child examine his/her conscience on a daily basis. Follow it up by talking about ways to change bad habits.
- When a serious hurt has been forgiven between family members find a way to celebrate together: go out for a treat, do a puzzle together, or read a special story. Time together heals hearts when words aren't enough.
- Children need to watch adults forgiving each other and resolving conflicts. It helps if parents can share examples of forgiveness such as: "I was very angry with for what she said, but I have forgiven her."
- Practice the adage, "Never let the sun set on your anger." Make it a practice to deal with any problems, annoyances, the 'cold shoulder treatment' before you go to bed at night. Talk things out, give each other a hug, smile or offer words of acceptance even if you didn't completely solve the problem. Agree to put aside and revisit it in the morning. Children may need some parental help and modeling with this.