**Lyn’s Lines**

**CURRICULUM DAY - THURSDAY 30TH JULY**

Student well-being and engagement are a major focus for all schools. We want our students to feel safe at school as well as realising that we need to build resilience in our students to deal with the many situations that they will encounter in the future. We have been fortunate to have secured a booking, through a cancellation, to a school that has developed a positive student well-being program with pleasing results. This is a great opportunity to gain some professional development in this area. Thanks to Brad Clark, who some of you will remember from his time at Bittern Primary School, who has given his time to share the journey his school has made in developing a positive school culture.

Resolving conflict between siblings, between you and your children, or you and your partner requires skill, subtlety and self-control.

It means that you need to have a range of responses at your fingertips rather than just rely on one or two strategies.

Here are 5 **emotionally-intelligent** responses that you can call on to de-escalate family and sibling conflict:

1. **Stay calm**

   When emotions are charged in a group, the leader will be the person who stays calm. Families are no different. Emotions can be charged. This is the time for parents to stay calm. Use a low, ‘Green’ tone of voice when you talk with kids. Your calmness is essential to de-escalate anger.

2. **Use open-ended questions**

   Ask open-ended questions to encourage others to share their feelings about a situation. Say, “How can I help?” instead of “You seem angry”. Children and young people are calmer when they are teaching or explaining rather than being patronised.

3. **Hear the feeling rather than see the behaviour**

   Empathise with children’s feelings without accepting their behaviour. There is nothing better than being understood so when they are upset try statements like “You have every right to be angry about that.” Avoid addressing the behaviour at this point. Choose a time when everyone is calm and ready to listen to talk about better ways of behaving.

4. **Use selective listening**

   In the heat of the moment children and young people, like parents, will often say things they don’t mean. It’s easy to respond to the heated “I hate you” or other insults while ignoring the original problem. When a child yells “You never listen…” Try clarifying by saying, “It seems that the last time we spoke wasn’t great for you.” Show interest, take the wind from the sails by agreeing, and don’t try to respond to everything someone says in anger.

5. **Focus on facts, not emotions**

   Many people (adults and children) don’t respond well when they are second-guessed. “Why are you so angry?” invites the response “NO, I’m NOT!” Instead say, “What happened that caused you to be upset?” Be sure to compliment children when they resolve relationship problems calmly and control their own emotions, demonstrating the impact that their positive behaviour has on you. Conversely, compliments such as - “Thanks guys for resolving this problem quickly and calmly. I appreciate it” - remind kids about the emotional impact that their negative behaviour also has.
ENROLMENTS for 2016 ARE NOW OPEN

PLEASE FEEL FREE TO COME AND FIND OUT MORE OF WHAT BITTERN PRIMARY SCHOOL CAN OFFER YOUR CHILD. EVERYONE IS WELCOME!
IF YOU WOULD LIKE A PERSONALISED TOUR PLEASE CALL THE SCHOOL ON 59839590

AUSTSWIM TEACHERS
Austswim teachers are in high demand. Develop essential knowledge, skill and understanding to teach vital swimming and water safety education.
Course information –
Venue: Pelican Park Recreation Centre, 2 Marine Parade, Hastings.
Date and Time: Saturday 1st and Sunday 2nd August from 8.30am 5.15pm
Cost: $388.00
For more information please contact:
Austswim Victoria Business Centre
Ph 1300 885 666
Email: vic@austswim.com.au

2015 FEES
Please be advised that all Essential Items and school contribution payments are now OVERDUE, these fees were due by end of term one. If you are unsure of the amount owing, please contact the school office. Reminders have been sent home, payment as soon as possible would be appreciated.

DON’T FORGET HOT DOGS THIS FRIDAY
HOT DOGS!!
Hot dogs will be available this Friday, at a cost of $2.50. If you would like your child/ren to purchase a hot dog, please complete the order form and return it to school this Friday, together with the correct money.
PLEASE NOTE – THE CANTEEN IS NOT OPEN ON HOT DOG DAY

CLASSICAL GUITAR COMPETITION
All ages
Melbourne University –
September 19th and 20th
Entries close August 31st
Further details:
www.melbourneguitarfoundation.com
Contact – Michael McManus 0413903746

HOT DOG ORDER FORM
I would like to order _____ hot dogs @$2.50
NAME: _______________ GRADE: __
Please find enclosed $______________

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NAME: _______________ GRADE: __
Please find enclosed $______________
Benefits of eating fruits and vegetables

The Dietary Guidelines for Australians advises that the key to eating well is to enjoy a variety of nutritious foods from each of the five food groups.

Most Australians eat only about half the recommended amount of fruit and vegetables. You need to eat two serves of fruit and five serves of vegetables every day (one serve is roughly a handful of fruit or veg).

Fruits and vegetables have many benefits:
- Reduce your risk of getting some cancers
- Maintain a healthy weight
- Keep you regular
- Reduce your risk of cardiovascular conditions
- Lower your blood pressure
- Boost your immune system

Try the following to get more fruit and veg into your diet:
- Eat fruit as a healthy snack
- Add pieces of cut up fruit to your cereal
- Blend different fruits along with a little bit of water and yoghurt to make a fruit smoothie
- Use carrots, celery, capsicum or cucumber with dips instead of crackers
- Add canned lentils to a curry or even a spaghetti sauce
- Have a warm vegetable soup in winter
- Have a refreshing garden salad in summer

For more great ideas on how to get enough fruit and veg, visit www.gofor2and5.com.au.

HEADLICE

We have had several cases of head lice throughout the school recently. Could you please check your children’s hair routinely. We will be conducting a full school check shortly.

SWIMMING PROGRAM

The swimming program is going ahead and will commence next Monday 3rd August. If you haven’t already done so, please send your payment to school as soon as possible. Please be advised that if you applied for the CSEF payment, you may elect to choose this method of payment to cover the remainder/cost of your child’s swimming lessons. Please make a note on your payment slip to indicate your choice.
A MUST FOR ALL PARENTS

Red Hill Consolidated School
Presents

Dr. Michael Carr-Gregg

Building Resilience and Tackling Anxiety in Young People.

Anxiety in children is a normal part of childhood development, but it's estimated that 8 – 22% of children experience anxiety more intensely and more often than other children, stopping them from getting the most out of life. In this presentation, one of Australia’s leading child and adolescent psychologists will discuss what constitutes normal anxiety and what does not, how to identify the common anxiety disorders and what parents and carers might do to build happy and resilient young people.

Monday 10th August at 7pm.
Venue: Red Hill Consolidated School, School Hall.
Tickets $15.
Book your seat on 59892321 or visit the school office.