



THE WELLBEING WHISPER

June 2017

3rd Edition

The third edition of The Wellbeing Whisper sees us well and truly settled into 2017.

Term 1 we had the Family Breakfast hosted by our fabulous P&C ladies, along with Grow Your Own Mind Day, Portfolio Night and Crazy Hair Day whilst in Term 2 we have had NAPLAN for Years 3 and 5 and of course, Semester 1 Reports. Phys Ed ladies have been run off their feet with Swimming Carnivals, Summer Carnival, Round Robin and Winter Carnival. It is great to see our children keeping active and healthy.

The Listening Program has commenced again this term as has STREAMS.

In this edition we take a glance at Mindfulness vs Meditation, we have some yummy winter warmer recipes and of course the scrumptious Stephanie Alexander Recipe of the term.

If there is any suggestions that you might like to add for articles please feel free to catch me around the school or you could leave a message with the lovely ladies in admin.

Health and Wellbeing Committee



Roast pumpkin and coconut soup

Ingredients

- 3kg pumpkin, cut into chunks
- 6 tbsp olive oil
- 3 tbsp garlic, chopped
- 6 medium/large leeks, finely sliced
- 3 red chillies, finely chopped once seeds removed
- 1 ½ litres vegetable stock
- 600 ml coconut milk
- 2 tsp sea salt
- Fresh coriander leaves

Method

1. Preheat the oven to 180°C.
2. Spread the pumpkin on a roasting pan and roast for 30 minutes or until tender and golden brown.
3. Add the olive oil to the pan and heat.
4. Add the garlic and leeks and sauté for 5 minutes or until the leeks are soft and transparent.
5. Add the roasted pumpkin, chilli and vegetable stock and simmer for 10 minutes.
6. Remove from the heat and blend until smooth.
7. If desired, add more vegetable stock to thin the soup.
8. Once blended, stir in the coconut milk.
9. Serve with fresh coriander.

Visit www.freshearth.co.za for more recipes.



Around and about our School

Grow Your Own Mind Day

On the 31st of March Secret Harbour Primary School hosted Grow Your Own Mind Day. The aim of the day was to motivate students to believe in themselves and foster the mindset that 'they can do it' – with positive thinking you can overcome life's obstacles. The activities included obstacle courses throughout the week, team building games and the Stephanie Alexander Kitchen Garden cooking with thyme. Thyme is the symbol for courage and bravery. Each student received a small pot with thyme seeds and a motivational book mark.

The day commenced with an amazing family breakfast run by all the wonderful volunteers from our school, community and the school's P&C. The P&C kindly donated the money raised from the breakfast to the STREAMS Program (Support through Resilience, Emotional Wellbeing and Mindfulness Strategies). STREAMS is a resiliency program run by the school to support students with their social and emotional wellbeing.

The highlight of Grow Your Own Mind Day was Brad Ness addressing our assembly. Brad Ness is a gold medal winning Paralympian and was Australia's Flag Bearer at the 2016 Rio Paralympic Games. Brad is a truly inspirational speaker and the students were captivated by his presentation; the staff and students all walked away with a positive mindset.



Parent Information

Thursday 10th August 5.30pm –6.30pm

Screen time: Think you know? West Australian Police www.thinkuknow.org.au/site/

TBA

Bouncing Back: Building resilience in children. CLANWA <http://www.clanwa.com.au/>

Strategies to help our children with anxiety.

Talk my situation through with a trusted adult

Find out more to decide whether my anxiety is realistic

Share my feelings with my friends to see if they feel the same

IF I FEEL ANXIOUS I CAN:

Think of ways to talk myself through this

Ask if anyone else has conquered this fear

Give it some time to see if it's resolved

Find ways to distract my mind from dwelling on it until I can do something about it

Let my parents know so they can support me

Stephanie Alexander Kitchen Garden Recipe

Potato & Thyme Pizza

Ingredients

- Extra virgin olive oil spray
- 2 tablespoons polenta (cornmeal)
- 55g (1/2 cup) coarsely grated reduced-fat mozzarella
- 2 (about 380g) coliban (washed) potatoes, unpeeled, thinly sliced
- 3 teaspoons fresh thyme leaves
- 1 garlic clove, thinly sliced

Mixed salad leaves, to serve

Pizza base

- 225g (1 1/2 cups) plain flour
- 1 teaspoon dried yeast
- 1/4 teaspoon salt
- Pinch of sugar
- 185ml (3/4 cup) warm water
- 2 teaspoons olive oil



Method

• Step 1

Preheat oven to 240°C. Spray a 36cm-diameter round pizza tray with olive oil spray to lightly grease. Sprinkle with polenta. Shake off any excess.

• Step 2

To make the pizza base, combine the flour, yeast, salt and sugar in a large bowl. Make a well in the centre and add the water and oil. Use a round-bladed knife in a cutting motion to mix until combined. Use your hands to bring the dough together in the bowl. Turn dough onto a well-floured surface and knead for 5 minutes or until almost smooth.

• Step 3

Roll out the dough on a lightly floured work surface into a 32cm-diameter disc, about 5mm thick. Lift the dough onto the tray and use your hands to gently ease the dough out to the edge of the tray.

• Step 4

Scatter the mozzarella over the pizza base and top with potato. Scatter the thyme and garlic over the potato. Spray with olive oil spray and season with salt and pepper.

Angry Birds Mini Pizzas

What You Need

- 1 ball pizza dough
- 1 cup white cheese
- Tomato paste

Topping/Faces

- Red tomatoes
- Orange tomatoes
- Pepperoni
- Olives sliced
- Onion sliced
- Carrot sliced



Assembly and enjoy!

www.superhealthykids.com

CURRENT DIETARY GUIDELINES



BALANCE CALORIES

- Enjoy food but eat less
- Avoid oversized portions

FOODS TO INCREASE

- Make half your plate fruits and vegetables
- Make at least half your grains whole grains
- Switch to low-fat or fat free milk



FOODS TO REDUCE

- Choose low sodium foods
- Cut back on foods high in fat and sugar
- Drink water instead of sugary drinks



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KIDS

healthy hygiene tips for your kids

- **Wash Hands:**
Frequently wash hands for 15-20 seconds with warm water and soap; use alcohol-based sanitizers if soap is not available
- **Shower after Sports:**
Shower after participating in athletic activity or after sharing sports or workout equipment
- **No Sharing:**
Never share personal hygiene items including towels, soap, brushes or clothing
- **Dry & Clean:**
Keep all cuts, scrapes, wounds or burns clean and dry
- **Keep it Covered:**
Use proper bandages on all wounds

Source: American Academy of Pediatrics

Mindfulness VS Meditation

What Is Mindfulness?

Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment.

Mindfulness also involves acceptance, meaning that we pay attention to our thoughts and feelings without judging them—without believing, for instance, that there’s a “right” or “wrong” way to think or feel in a given moment. When we practice mindfulness, our thoughts tune into what we’re sensing in the present moment rather than rehashing the past or imagining the future.

Why Practice Mindfulness?

Studies have shown that practicing mindfulness, even for just a few weeks, can bring a variety of physical, psychological, and social benefits. Here are some of these benefits, which extend across many different settings.

Mindfulness is good for our bodies: A seminal study found that, after just eight weeks of training, practicing mindfulness meditation boosts our immune system’s ability to fight off illness.

Mindfulness is good for our minds: Several studies have found that mindfulness increases positive emotions while reducing negative emotions and stress. Indeed, at least one study suggests it may be as good as antidepressants in fighting depression and preventing relapse.

Mindfulness changes our brains: Research has found that it increases density of grey matter in brain regions linked to learning, memory, emotion regulation, and empathy.

Mindfulness helps us focus: Studies suggest that mindfulness helps us tune out distractions and improves our memory and attention skills.

Mindfulness fosters compassion and altruism: Research suggests mindfulness training makes us more likely to help someone in need and increases activity in neural networks involved in understanding the suffering of others and regulating emotions. Evidence suggests it might boost self-compassion as well.

Mindfulness enhances relationships: Research suggests mindfulness training makes couples more satisfied with their relationship, makes each partner feel more optimistic and relaxed, and makes them feel more accepting of and closer to one another.

Mindfulness is good for parents and parents-to-be: Studies suggest it may reduce pregnancy-related anxiety, stress, and depression in expectant parents. Parents who practice mindfulness report being happier with their parenting skills and their relationship with their kids, and their kids were found to have better social skills.

Mindfulness helps schools: There’s scientific evidence that teaching mindfulness in the classroom reduces behaviour problems and aggression among students, and improves their happiness levels and ability to pay attention. Teachers trained in mindfulness also show lower blood pressure, less negative emotion and symptoms of depression, and greater compassion and empathy.

Mindfulness helps health care professionals cope with stress, connect with their patients, and improve their general quality of life. It also helps mental health professionals by reducing negative emotions and anxiety, and increasing their positive emotions and feelings of self-compassion.

Mindfulness helps prisons: Evidence suggests mindfulness reduces anger, hostility, and mood disturbances among prisoners by increasing their awareness of their thoughts and emotions, helping with their rehabilitation and reintegration.

Mindfulness helps veterans: Studies suggest it can reduce the symptoms of Post Traumatic Stress Disorder (PTSD) in the aftermath of war.

Mindfulness fights obesity: Practicing “mindful eating” encourages healthier eating habits, helps people lose weight, and helps them savour the food they do eat.

How to Cultivate Mindfulness?

Here are a few key components of practicing mindfulness:

- Pay close attention to your breathing, especially when you're feeling intense emotions.
- Notice—really notice—what you're sensing in a given moment, the sights, sounds, and smells that ordinarily slip by without reaching your conscious awareness.
- Recognize that your thoughts and emotions are fleeting and do not define you, an insight that can free you from negative thought patterns.
- Tune into your body's physical sensations, from the water hitting your skin in the shower to the way your body rests in your office chair.

The [raisin exercise](#), where you slowly use all of your senses, one after another, to observe a raisin in great detail, from the way it feels in your hand to the way its taste bursts on your tongue. This exercise is intended to help you focus on the present moment, and can be tried with different foods.

Reference: The Greater Good In Action <http://greatergood.berkeley.edu/topic/mindfulness/definition>

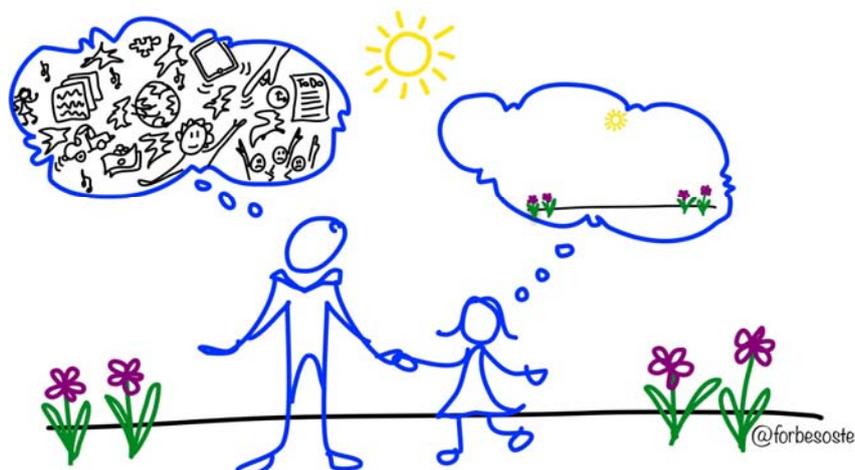
What is Meditation?

Meditation is a word that has come to be used loosely and inaccurately in the modern world. That is why there is so much confusion about how to practice it. Some people use the word *meditate* when they mean thinking or contemplating; others use it to refer to daydreaming or fantasizing. However, meditation (*dhyana*) is not any of these.

Meditation is a precise technique for resting the mind and attaining a state of consciousness that is totally different from the normal waking state. It is the means for fathoming all the levels of ourselves and finally experiencing the centre of consciousness within. Meditation is not a part of any religion; it is a science, which means that the process of meditation follows a particular order, has definite principles, and produces results that can be verified.

In meditation, the mind is clear, relaxed, and inwardly focused. When you meditate, you are fully awake and alert, but your mind is not focused on the external world or on the events taking place around you. Meditation requires an inner state that is still and one-pointed so that the mind becomes silent. When the mind is silent and no longer distracts you, meditation deepens.

Mind Full, or Mindful?



Cooking Tips for Busy Families

Convenience foods can be expensive and some don't offer the nutrition you would get from a home cooked meal. If you are struggling with a busy schedule and cooking at home, you may find the below tips helpful:

One meal three ways

Cook one main course recipe that can be used for different meals. For example, roast beef. It's dinner one night. Sliced thin, it becomes sandwich meat or can be added to a salad. And shredded, it becomes the base for a delicious soup. If the roast had a bone, it can be used to make a beef broth.

Looking After the Leftovers

Leftovers should be cooled down as quickly as possible. Pack them into several shallow containers rather than one large one, and make sure you don't stack the containers in the refrigerator (this can trap the heat). The more surface area that's exposed to the cold air, the faster your food will cool.

Use your freezer!

If you make a Bolognese, why not triple your recipe and freeze the rest in single-serving containers? Later that month, you'll have several ready-made meals. Or marinate chicken pieces in a sesame honey glaze, store them in freezer bags in serving sizes, and keep the bags frozen until you're ready to use them.

