



Semester 2 2018



# The Wellbeing Whisper

Where has 2018 gone?

It only seems like yesterday that it was the beginning of the school year and now we are nearing the end of the year.

Once again 2018 has been a jam packed year and now it is time to wish our Year 6's all the best for their future, we hope for a safe and happy road ahead for you all. Don't forget to come back and say hi!

Writing the Wellbeing Whisper allows me to reflect on what a wonderful school year we have experienced once again.

All the students are currently preparing for the fun they will have at the Colour Run on Wednesday. I watched the Kindy Kids have an amazing afternoon last week, I am sure there were some very tired little ones that afternoon.

Congratulations to Mr Back for winning the Bali trip, for two adults and two children, in the raffle at the assembly last week. It was wonderful see you win Mr Back and such a thrill to see so many children, staff and parents so happy for your family.

Thank you once again to our P&C for all your hard work through the year. You are amazing and we do realise how lucky we are to have you.

Thank you to Mrs Anson for all of your hard work and preparation for the One Big Voice— a great success again this year.

We had a win with our Interschool Athletics Carnival. Congratulations to all those who participated and thank you to Mrs VK and Mrs Bransby for all your efforts.

Last week the whole school were involved in the First Aid Snake Bite In-cursion. This was full of extremely important information for life style in Australia.

Wishing you and your families a wonderful Christmas and a very happy New Year from all the staff of Secret Harbour Primary School.

We look forward to seeing you all

In 2019.

"What day is it?" asked Pooh

"It's today," squeaked Piglet

"My favourite day," said Pooh

-A.A. Milne



## Vac Swim Programs December 2018 January 2019 Holidays

VacSwim offers affordable swimming lessons across the State giving children the opportunity to learn to swim in a safe and enjoyable environment.

**Dates for VacSwim 2018/2019 are shown in the tables below.**

**Online enrolments are now closed. Late enrolments may be available in your area.**

Your children can join in the fun of learning to swim for just:

- \$7.00 per child for a five day short program
- \$13.00 per child for all other programs.

It's even cheaper if you have three or more children:

- \$18.00 a family for a five day short program
- \$35.00 a family for all other programs.

The family enrolment discount only applies to three or more immediate family members or a blended family living permanently at the same address (proof may be requested).

Separate entry fees may be required at pool centres for participants and accompanying family members.





2018 has launched a new National Initiative BE You. Be You is a national framework for promoting mental health and wellbeing. Beyond Blue and Headspace along with Early Childhood Australia have partnered together to support our children, from early childhood to 18.

Be You offers educators and learning communities evidence-based online professional learning as well as tools and resources empowering educators to develop mental health skills and knowledge, while providing a whole-learning community approach to mental health growing Australia's most-mentally healthy generation.

Secret Harbour will now be a Be You School as well as an Act Belong Commit School. We will continue to ensure that our students feel safe and inclusive continuing the path of building strong positive relationships and confident learners.

Home environment, families and the school community all play significant roles in the ongoing development of our children and young people. At Secret Harbour primary School, whilst understanding the diversity of our community, we endeavour to work effectively with our families to foster the mental health and wellbeing of our children.



# Christmas Treats For The Kids To Make

## HO HO HO HOTDOG CHRISTMAS STOCKINGS



### INGREDIENTS

- One Hotdog—Makes 2
- Cream Chees
- Parsley
- Red Capsicum
- Skewer

## FROSTY THE EGG SNOWMAN



### INGREDIENTS

- 2 Hard boiled eggs for each snowman
- Carrots, parsley and peppercorns for hat, noses, eyes and arms
- Uncooked spaghetti to join the eggs together
- Remember to cut the bottom of the egg so that your snowman will stand

## TAKE TIME OUT FROM ALL THE STRESS OF THE CITY AND TRY A FAMILY CAMPING TRIP THESE HOLIDAYS



### Camping for the holidays

Holiday parks today range from two to five star: they have spas, gyms, kids clubs, water parks, playgrounds, cafes and bars. They truly are equipped for everyone's tastes and needs. But camping need not be all about the facilities a holiday park can offer. Strip away all the frills and you can go camping anywhere, whether it be 10km from home or 1000km from home, on a local beach or in a national park. It's an environment where you are forced to come together as one family unit. Spending time together in close quarters, speaking to one another and (if the parents have planned it well) no mobile phone reception means quality down time for everyone. Enjoying new shared experiences and really taking the time to listen to your kids creates unbreakable bonds. These little moments increase levels of self worth and, in turn, help your kids gain confidence.



## A Time to laugh

Going camping, whether with just family or a group of friends, is the most brilliant way to reconnect with one another. No-one phoning you, no-one dropping by to visit and distracting you from what's really important. When you're camping it's a new environment full of excitement and intrigue as you discover your new found freedom together. Camping provides a great place to laugh, from the pranks you play on each other to the first time someone visits a long drop, fun adventures await everyday.

## Back to basics

Talk to your kids and tell them about the games you used to play when you were younger. Play hopscotch with a stick and stones, skim some pebbles for an hour and just watch as your child absorbs all your hints and tips. Get children to learn about the environment in a physical way, by touching, feeling, smelling and seeing it all for themselves. It's amazing how many hours children can play in nothing more than a mud puddle, just good old fashioned dirt and water. Ref: kidspot



## How our Brains Work

What is so important about the Brain?

Our Brain can serve as a map for showing us how we learn and why we behave the way we do.

Neuroscience provides a wealth of information that can help us and our children become better thinkers and healthier people.

Why Introduce Children to Brain Research?

Children are fascinated by facts about their brains. Sharing scientific information about how the brain processes information and is wired to react under stress is a great way to introduce a challenge to your children: How can we learn to react differently, helping our brain make wise choices about our words and actions?

As children become more familiar with three key parts of the brain involved in thinking and learning, they'll begin to understand how their feelings arise—and that they have the ability to change what they do in response. This understanding lays the groundwork for them to monitor and regulate their behaviour by calming themselves in the face of anxiety, focusing their attention, and taking control.

What Can You Expect to Observe?

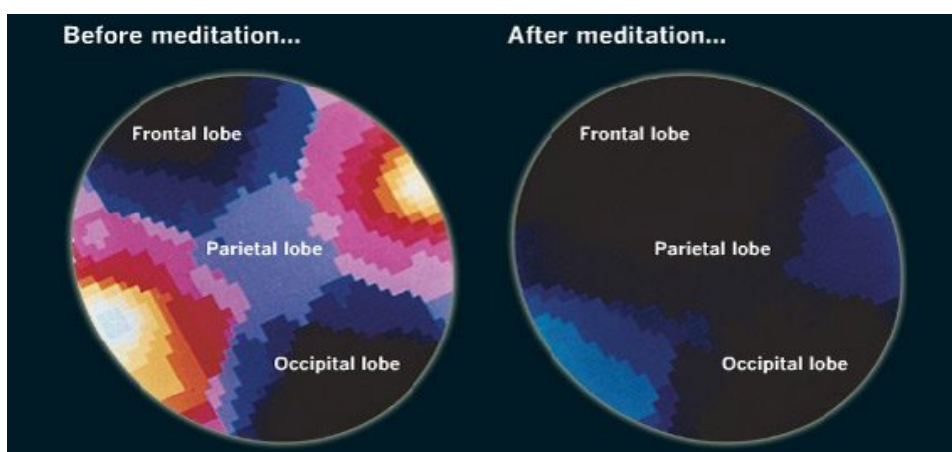
“Modelling their brain with their two fists not only gives children a sense of the size of the brain, but the activity also makes them more curious. They begin thinking about their brain and asking all sorts of questions. Using nicknames for parts of the brain allows us to talk about them in a meaningful way.

Mental Health in our Children and Mindfulness

Research shows that children are happier and able to build good, positive relationships when they have good mental health. They become confident learners and are more resilient when dealing with conflict.

Mindfulness is a state of being fully awake to life. It is living in the moment and being totally aware of the present moment. Mindfulness teaches us to be in the here and the now rather than worrying about what happened yesterday or what might happen in the future.

We learn to accept what we can not change, take ownership of our problems allowing us to be in the present.



## MINDFULNESS ACTIVITIES FOR FAMILIES

### MINDFUL WALK

Take your shoes off and go for a walk along the beach or on the grass. Walking barefoot grounds us to the earth. Whilst walking listen to sounds that are in the distance, perhaps the birds or children laughing. Listen to the sounds that are close by, the waves crashing. Pay attention to the smells around you and how the sand feels between your toes. Notice the sun on your face.

When you have completed your mindful walk you can sit quietly on the beach breathing in the fresh air and taking time to note how your body feels.

### MINDFUL EATING

Encourage your children to slow their eating down and to really enjoy each mouthful. Paying attention to how the food feels and tastes, even how it smells. Remove all technology whilst eating and preferably eat together as a family. Often eating together as a family is not realistic but if you can set aside a few meals together the experience will be much more enjoyable than the grab and run meal our busy lives have the time for.

For parents savour the aroma and the taste of that first sip of your coffee in the morning. If possible (I am aware that this is a big ask), take 5 minutes for yourself and walk in the garden and feel the sun on your face making the experience of that first coffee really satisfying.

### EMOTION AWARENESS

Feelings charts can help children to track their emotions. You can hang a chart with different emotions on the fridge and each of the family members can track their emotions over the day. Discuss with your children the different emotions that you have all had over the week, and why.

When discussing these emotions discuss with your child how their body felt when they were experiencing these emotions. Did they notice physical cues? Were your teeth clenched? Did you break out in a sweat? Did you feel a smile on your face? How did your tummy feel?

### MINDFULNESS ACRONYM

#### S.T.O.P.

**S:** Stop. Ask your children to drop whatever they are doing.

**T:** Take three deep breaths. Talk your children through taking three deep breaths— long inhale and exhale.

**O:** Observe. Ask your children to observe their surroundings. Ask them to take note to what sounds are in the distance, what they can hear near by, see or smell. Do these sounds or smells trigger an emotion?

**P:** Proceed. Everyone can carry on with what they were previously doing.

Make a fun game of it. Get the kids to make a **S.T.O.P.** sign and put it up around the house. When anyone comes across the sign they **S.T.O.P.** You could change the sign around the house regularly to keep everyone on their toes.

Ref: The Chopra Centre

# Healthy Foods

## Medium Word Search Puzzle

B C J B K M J H C C T W M C S S W S Q T  
L D R M O A R H Y O A B D A N E A U N R  
U S F A S X E H M T Q L G R O L T Y T U  
E D E Z N E M A E E C W X R M P E X W G  
B S C A S B T R T D E H H O E P R P O O  
E Z I E W O E J F O A S K T L A M S J Y  
R W R I E V M R B F E K S S K V E I T L  
R K N S R P B A R G O C Q D D B L B T A  
I Y W I L K N A N I K L Y X N I O G Z E  
E V O W X A J A V M E L B B J O N J S M  
S C R F N C R A Z P B S T Z E U M O B T  
T D B A S O W H O L E G R A I N S L F A  
R E S D K U Y W M C O L L E T Z Z N A O  
S P I N A C H H Z F G C X T C G N Z Q K  
X K R M M R Z K I K G E M T N G Q B T K  
Z T J I Y W I Y E K G I M C F N F J F D  
W B M Q U M A U Z G T N L U L L A I J I  
R Q V J Q S X I S O E F L H V S X D P V  
M U U Z D B P Z G P Q S W E H S A C E Y  
W B L Q L S R V O N G I T H C I A Q V H

ALMONDS  
BANANAS  
BROWNRICE  
CASHEWS  
CRANBERRIES  
LEMONS  
ORANGES  
TOMATOES  
WATERMELON  
YOGURT

APPLES  
BLUEBERRIES  
CARROTS  
CHEESE  
EGGS  
OATMEAL  
SPINACH  
WATER  
WHOLEGRAINS

Wishing you and  
your family a won-  
derful, safe holiday  
and we will  
see you all in 2019

