



THE WELLBEING WHISPER

December 2017

4th Edition



Welcome to the final Wellbeing Whisper for 2017.

Term 4 has certainly been packed with lots of exciting things happening around the school.

Breakfast club is still going strong. Thank you so much to those lovely ladies who give up their mornings to ensure our kids have had a good breakfast preparing them for a sound start to the day.

Welcome Christell Lotriet our new chaplain to Secret Harbour Primary School. It is great to have her join the SHPS team. We are fortunate to have Christell with us every Friday, so if the kids see her in the playground at recess or lunch I am sure she would love it if they stopped and had a chat.

The highly valued Listening Program finished for the year at the end of Term 3 and will commence again in Term 2 of 2018

And of course the Year 6 camp was a wonderful success again this year and their graduation is looming up very quickly. We wish all our year 6's good luck for next year, their first year at high school. You are a great bunch of kids and we will miss seeing your smiling faces around the school.

Wow haven't we at SHPS gone out with a bang! Another very successful Colour Run. Thank you so much to all our wonderful P&C families for all the hard work that they put into making these days so successful. And of course let's not forget the wonderful family breakfast and the Christmas Raffle.

We wish everyone a very happy Christmas and a safe holiday.

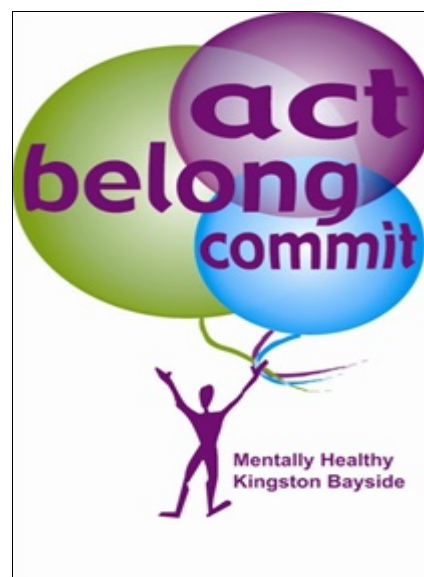
See you all in 2018

The Well Being Committee



Congratulations to Merinda Smith our Wellbeing Coordinator for her entry into the Act Belong Commit School of the year competition. The competition acknowledges the commitment our school makes to the wellbeing of its community, and.....

We Won!



Twelve Days of Healthy Activities for Families

1. Play Christmas Charades
2. Christmas Carols in your suburb
3. Host Christmas Olympics—create your own family Olympics sports
4. Picnic dinner under the Christmas tree
5. Sign up for a fun run
6. Declutter—Get the kids to help by donating some of their old toys to kids in need
7. Scavenger hunt—hide those scrumptious ginger bread cookies around the house
8. Cook a meal together and delivery it to an elderly neighbour
9. Watch a Christmas movie together as a family
10. Family picnic at the beach to watch the sunset
11. Create your own family Christmas cards, maybe a photo including the much loved pup of course
12. Christmas light evening – be extra healthy by walking around the neighbour hood



Fun places to visit on the holidays

- ◆ Big Wave Surf School
Secret Harbour
Surfingschool.com.au



- ◆ Bounce Inc
1371 Albany Hwy
Cannington
1300 000 540

- ◆ UWA Kids Holiday Program
University of WA
Focus on participation and having fun
Introducing kids to new sports in a fun non competitive
Environment

- ◆ Outback Splash
Water attractions, mini golf, BBQs, animals, mazes
1635 Neaves Rd
Bullsbrook

- ◆ AQWA
Aquarium of Western Australia
91 Southside Drive
Hillarys



- ◆ Whiteman Park
Miniature railways, Zoos, Farms & Wildlife and Picnic Spots
Lord Street
Whiteman

buggybuddys.com.au



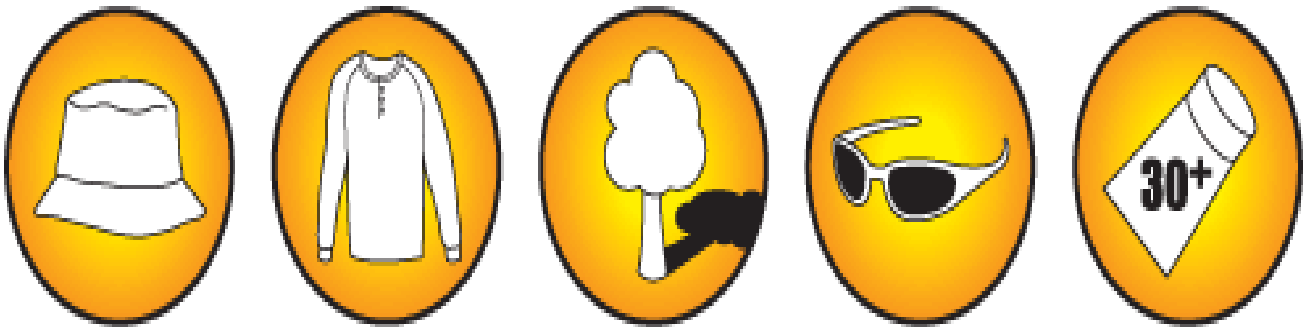
Fun ways to prepare healthy meals for kids.

So easy the kids will enjoy helping you in the kitchen.



Five S's of sun safety

1. Slip on a T-shirt
2. Slop on some SPF 30+ broad spectrum UVA sunscreen
3. Slap on a broad brimmed hat
4. Slide on quality sunglasses
5. Seek shade from the sun wherever possible



REMEMBER TO BE A GOOD SUN SAFE ROLL MODEL

Smiling Minds

Smiling Mind's mission is to provide accessible, life-long tools based in mindfulness meditation who are a 100% not-for profit organisation.

Smiling Minds exists to help build individual mental health and wellbeing through positive, pre-emptive tools based on mindfulness. Co developed with psychologists and health professionals Smiling Mind is accessible to everyone irrespective of geographic location or socioeconomics status.

Smiling minds is a program that Secret Harbour Primary School are hoping to introduce in 2018 to support and develop mentally healthy minds into our school community.



Mindfulness balances our mind and our emotions.



Ingredients

This recipe will make two Beaker BLT Wraps.

- 1 large flour tortilla shell
- 1 large whole wheat tortilla shell
- 8 strips of bacon, cooked
- 1/2 cup diced tomatoes
- 1/2 cup cream cheese (4 ounces)
- 1/2 cup shredded lettuce
- 1 mozzarella cheese stick
- 2 orange cherry tomatoes
- 4-5 black olives
- 1/2 cup julienne carrots
- Black edible food coloring marker

Mix cream cheese and tomatoes together and spread over tortilla shell.

Lay bacon, lettuce and carrots over the cream cheese spread, roll up tortilla and decorate accordingly.

Christmas Royal Puddings



Ingredients

- 2x 200g Arnott's Royals Biscuits, dark chocolate
- 200g white chocolate melts
- 1 x 180g Nestle Smarties
- 1 x resealable bag

Method

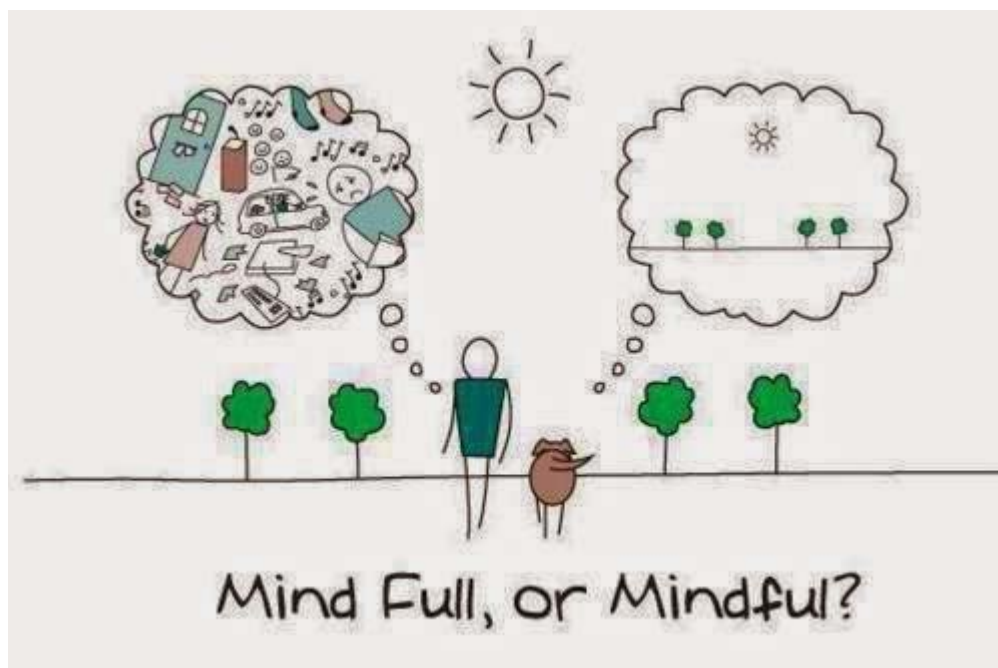
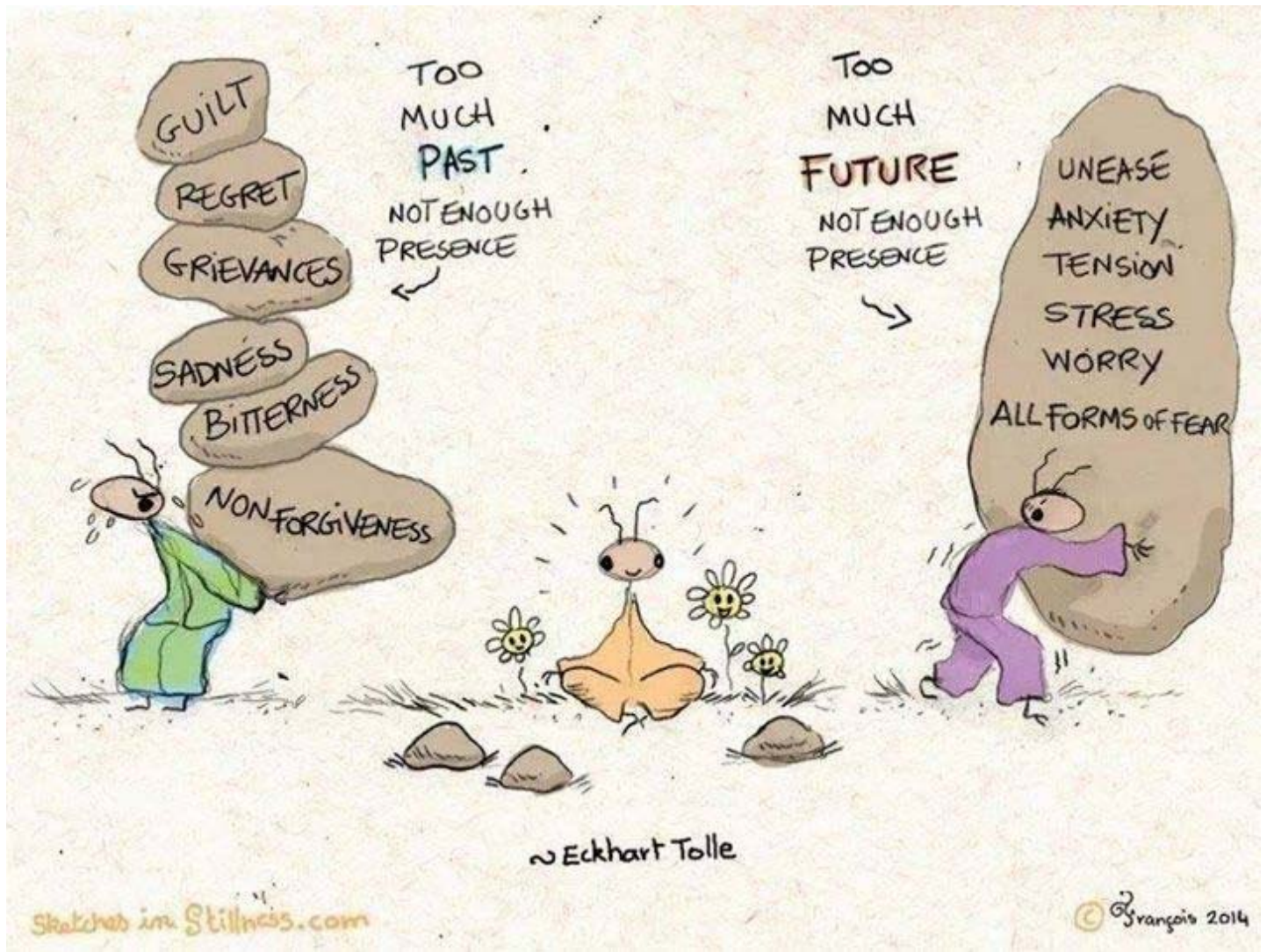
1. Step 1 . Gather all ingredients.
2. Lay out Royals on a serving platter.
3. Melt white chocolate and place in a resealable bag. Snip off the corner of the bag.
4. Pipe chocolate onto the Royals, allowing a little to run down the side. Top with one red Smartie on each Royal. Scatter mint leaves around plate.

Enjoy!

Mindfulness for Parents during the Holiday Season

- 1. Limit the commitments.** Cut back on the number of parties and events you rsvp “yes” to this year. Leave room for unstructured time in your family’s schedule. Unstructured, unscheduled time is where spontaneous family fun can emerge. Less on-the-go time means more time to relax into the holidays.
- 2. Honour the bedtime routine:** Often children stray from their regular sleep routines when on holidays. While unstructured, unscheduled time is important, honouring a bedtime routine is important as well. Children (and adults) need their sleep all the time but especially during the holidays with all the stimuli and activity.
- 3. Step away from the cookies:** Too much sugar and white flour, sprinkles and food colouring seems to correlate with cranky children and irritable adults. A sweet holiday treat after a healthy well balanced meal is a wonderful thing. However, a bowlful of candies and tins full of cookies up for grabs at all times may contribute to blood sugar spikes followed by crashes and moodiness to boot.
- 4. Don’t go Griswold:** The reference is to that very funny movie *Christmas Vacation* starring Chevy Chase where he covers his house in lights in pursuit of “the best Christmas ever” and is also met with a very stressful holiday. It is best for parents and children to keep it simple. Decorations need not be the brightest and most expensive. Gifts need not be voluminous and bank-breaking. Consider that it is the quality of time a family has together rather than how big and bright the holiday looks from the outside.
- 5. Eat at the table:** Make a commitment to regularly eat your meals together as a family at the table. Let mealtime be a time of coming together whether with your family or just by yourself.
- 6. Observe simple rituals:** If you don’t already have family rituals, the holidays are a good time to begin. Read a famous holiday story, sing songs, make a holiday pie together, or simply watch a special movie reserved just for the holidays. Children gain a sense of belonging and comfort in having certain rituals that they can look forward to each year.
- 7. Re-evaluate the to-do list:** Do you really have to do all those things that others may expect of you on your list? It’s just a question to consider. Try this: Substitute the word “could” instead of “should” every time you find yourself saying or thinking “I should...” Consider that it’s all a choice. You don’t have to send out 1000 holiday cards or spend 6 hours at the office holiday party. Take another look at that list and see if you can find ways to simplify, cut back on the number of items and reclaim your time for yourself and your family.

May your holidays be mindful and peaceful!



Open the window of your mind. Allow the fresh air, new lights and new truths to enter.