



The Wellbeing Whisper

Semester 1 2018

Welcome to our first Wellbeing Whisper for 2018.

It has been a very busy year once again, with Secret Harbour Primary School winning the Act Belong Commit School of the Year for 2017, confirming the amazing commitment all our staff have to the wellbeing of our students and the Secret Harbour community.

The Listening Program has commenced again for 2018 and the introduction of the Story Dogs Program to our school has proven to be a great success assisting many of our students with their reading skills and nurturing the love of reading.

This term we have had the Circle of Security Parenting Workshop. This is a free five week program for parents of children from birth to 18 years concentrating on the relationships which give children emotional support. It was fantastic to see so many parents/carers attend the workshops.

2018 has also seen Smiling Minds introduced into the school. This is a whole school program which Secret Harbour Primary School is a launch school for WA. Mindfulness helps children to be in the moment. To experience what is happening in the now not the past or the present. Smiling Minds helps our students both in the classroom and in the playground.

The Health and Wellbeing of our school community is a priority at Secret Harbour Primary School and we are forever endeavouring to introduce new evidence based programs that will assist us to enhance our school environment ensuring our students have a positive, caring and nurturing experience where they feel safe and have the confidence to know that they will be listened to.

Believe in yourself

You are capable of amazing things!

Secret Harbour Primary School Student Services 2018

Student Services:

Heidi O'Callaghan

School Psychologists:

Wednesdays—Maxine Litwin

Thursday—Jodi Harding

School Chaplain:

Christell Lotriet

The Listening Program:

Heidi O'Callaghan

Michele Owen

STREAMS:

Michele Owen

Wellbeing:

Merinda Smith

Michele Owen

Easy Pizza Snacks



Ingredients

English Muffins halved

Tomato paste

Blend of mozzarella and low fat cheddar cheese

Slice of low fat ham

1/4 cup crushed pineapple

Sliced spring onions

Method

Place a piece of aluminium foil or baking paper on a baking tray. Place the English muffin on top of tray.

Spread tomato sauce on the muffin and top with the remaining ingredients. Grill until cheese melts, 1—2 minutes.

Serve immediately and enjoy!

Bullying

How as parents and carers you can respond.

Children need to know that their feelings matter and that they are being heard. Bullying should be taken seriously and you should investigate the matter respectfully.

Listen calmly and get the whole story. Ask your child to explain to you what happened, listen calmly without interruption and when they have finished, ask them in more detail what, where, when, how, why and who.

Although you may have strong emotions about what your child is telling you about their experience it is important that you remain calm trying to avoid any further stress for your child.

Remember to tell them that you are glad they came and told you of their experience and ask them what they think should be done regarding the incident and together come up with a solution.

One solution would be to calmly practise some strategies your child could use if they were to experience a problem like this again and of course contact the school if the situation was during the school day.

Make sure that you keep the conversation going and check in with your child regarding his or her experience and how they are feeling now. Remembering that often issues such as these may take time to resolve.

Your ongoing support of your child is important.

Cyber Bullying

Cyberbullying is when an electronic device has been used to bully a person or a group of people.

The bully or bullies send intimidating or threatening messages to embarrass, harass or torment others.

Cyberbullying has different forms.

Harassment involves the bully sending malicious messages either to an individual or to a group. The hurtful messages can impact on a child's self-esteem, their confidence resulting in the child not wanting to attend school.

There is a form of cyberbullying known as Outing. This is where a person publicly shares, without permission, information, pictures, videos or texts throughout the internet.

Trolling is where a personal attack has been made on a child which puts them down. The aim of the troll is to make the child angry so that they will retaliate in the same manner. Trolls spend their time looking for arguments. They try and make themselves feel good by making others feel bad about themselves.

Some bullies create a fake identity to harass someone anonymously, by doing this they can impersonate someone else to send malicious messages to the child being bullied. Masquerading is also a way of people luring others into relationships.

Warning Signs Of Cyberbullying

Emotional: Child becomes withdrawn or shy, shows signs of depression, are anxious and may show signs of aggressive behaviour.

Academic: The child doesn't want to attend school, begins to get into trouble a lot, may skip school. The child's grades may start to drop and they may lose interest in school.

Behavioural: Eating and sleeping habits may change. Your child may suddenly stop using the computer, they may no longer wish to participate in previously enjoyed activities. They may change their friends and self harming may become a concern.

Ref: www.familyzone.com/au/cyber-bullying



Cold Press Juice vs Regular Juice

Regular juices are extracted from the ordinary juicing machines that we buy for our homes. The juice is separated from the fruit by fast spinning blades inside the machines. The juice then goes through a mesh filter and collected into a container.

Regular juice is excellent for immediate consumption. It is also a cheaper and faster method than cold-press juices. However due to the spinning and the heating up of the blades regular juice lose a lot of the essential nutrients. They also can not be stored for long periods of time. As they begin to rot and the taste changes.

Cold-press juices are made from machines that crush and press fruits and veggies to extract the juice. Cold-press juices are very effective in retaining nutrients and the juice lasts longer than regular juice. People use cold-press juice when they are wanting to cleanse. The greatest draw back with cold-press juice is that the process takes longer and is more expensive.





Secret Harbour Primary School is dedicated to improving the emotional wellbeing of our students within our school. We have a dedicated Wellbeing Committee who are continually researching ways in which we can endeavour to improve the mental health and emotional wellbeing of our school community.

Initiatives that SHPS have implemented into the school community such as The Listening Program, STREAMS, Story Dogs, lunch time activities, Peer mediators, RUOK Day, The Wellbeing Whisper and our family breakfasts are just a few of our achievements that were recognised by Act Belong Commit Awards. Congratulations Secret Harbour Primary School we were the winners for the Primary school entry for 2017. Congratulations to Merinda for all your hard work preparing and entering us into last year's awards. Good luck for 2018.

We won!

Tuna Wraps



Ingredients

- 1 x 185g Can Tuna, drained
- 1/4 Cup Whole-egg Mayonnaise
- 2 Flatbreads
- 1/2 Avocado, sliced
- 1 Lebanese cucumber, thinly sliced
- 4 Butter lettuce leaves

Method

Place the tuna and mayonnaise in a small bowl and mix well to combine. Place the tuna down centre of the wraps and top with the avocado, cucumber and lettuce. Roll to enclose. Cut in half to serve. Serves 2.

Caring for your child's smile 0-6

Your baby's mouth care can begin before they have their teeth appear. Their gums can be wiped with a clean, damp cloth after each feed.

Once they have a few teeth a soft toothbrush with no toothpaste can be used. Once a child has reached 18 months—5 years you can use a very small pea sized amount of low fluoride toothpaste. After 6 years of age a child can use normal strength toothpaste and should be taught to spit out the toothpaste not swallow it.

Every tooth should be brushed at least twice a day, in the morning and in the night. You should encourage your child to brush their own teeth, with parental supervision until they reach 8 years of age.

It is detrimental to your baby's teeth if you allow them to suck on a bottle for long periods of time. Prolonged use of a bottle with milk, juice or cordial will result in decay of your child's teeth.

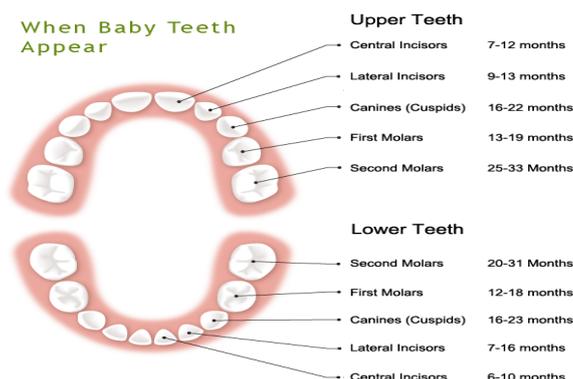
If your child needs a bottle to go to sleep with or for comfort, then only cooled, boiled water is recommended.

Introduce a feeder cup to your baby from the age of 6 months and assist your child to give up the bottle by 12 months of age.

You should provide a nutritious diet and avoid sweet, sticky snacks. Water, and milk in moderation, is the best thirst quencher.

Avoid dipping the dummy in sweet foods or liquids eg. Honey.

Remember to check your child's teeth regularly and ideally start dental visits around 12 months of age or sooner if you have any concerns.



Quick healthy breakfast ideas



- An apple and cheese cubes with a handful of nuts
- Hard boiled Egg wrap
- Fruit (grapes, strawberries, banana) in yogurt
- Avocado on Toast
- Whole-grain Blueberry Muffins
- Breakfast smoothie
- Homemade granola bars
- Toasted sandwich
- Banana
- Scrambled egg wrap
- Pancakes
- Egg muffins

