Welcome to Secret Harbour Primary Schools very first issue of The Well Being Whisper.

In this issue and issues to follow we will endeavour to bring you some valuable information on areas such as anxiety in children, social and emotional learning, healthy tips, some yummy healthy lunch box ideas, healthy dinners and the most popular Stephanie Alexander recipe for the term.

We will share with you what's been happening around the school and events in the future. There will be contacts for helplines and contacts within the school for Student Services.

We would love to hear feedback on The Well Being Whisper and if there is any article you would like to see featured in the Whisper please contact the Well Being Committee.

We hope you enjoy the first issue!

Well Being Committee
Student Services

Student services
Heidi O'Callaghan

School Psychologist
Maxine Littwin

School Chaplain
Nicole

DSTA (Defence Schools Transition Aid)
Liz Mickle

The Listening Program
Heidi O'Callagan, Sarah Henderson, Michele Owen

Kids Matter Committee
Merinda Smith

Act Belong Commit
Merinda Smith

STREAMS
Michele Owen
Wendy Gardiner

HELPLINES

Anglicare
9263 2000

Kids Helpline
1800 55 1800

Crisis Care
+61 8 9223 1111

The Butterfly Foundation
www.butterflyfoundation.org.au

ReachOut
www.reachout.com.au
HEALTHY QUICK 20 MINUTE MEAL

VEGGIE PACKED TUNA AND RICE

Ingredients

- 1 cup basmati rice
- 400g sweet potato, peeled, cubed
- cooking oil spray
- 1 medium onion, chopped
- 2 bunches asparagus, trimmed, cut into 3cm pieces
- 250g cherry tomatoes
- 1/4 cup chopped flat-leaf parsley
- 2 teaspoons lemon zest
- 2 x 180g cans tuna in spring water, drained, flaked

Instructions

Instructions and steps:
Step 1 Cook rice according to packet instructions. Drain and set aside.

Step 2 Meanwhile, steam sweet potato for 8–10 minutes, until tender.

Step 3 Spray a large frying pan with oil and place over medium-high heat. Cook onion for 5 minutes, or until soft. Add asparagus and tomatoes and cook for 2–3 minutes, stirring, until tender.

Step 4 Add parsley, zest, cooked rice and tuna to pan and stir to combine. Serve immediately.

<table>
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What’s happening at Secret Harbour Primary?
GLOBAL CORPORATE CHALLENGE

This year Secret Harbour Primary School have 4 teams of 7 staff members competing in the 100 day Global Corporate Challenge to help improve our overall health. The aim of the challenge is to encourage employees, all over the world, to lead a healthy balanced lifestyle. Team members are encouraged to track their minimum 10,000 steps online daily and watch their team travel around the virtual world. GCC incorporates all areas of wellbeing, including physical health, nutrition, sleep and mindfulness. The aim is to achieve a healthy balance whilst having fun with your colleagues. Good luck to our 4 adventurous teams, Lisa’s Legends, Merinda’s Minions, Katherine’s Team and Jackie is in Rome on her Donkey. See you at the finishing line!

Are These Your Glasses?

Written by
Gavin McCormick

Are These Your Glasses is a wonderful book written by Gavin McCormick, a Sydney primary school teacher for 20 years. Gavin was bullied as a child at school and wanted to make a difference for other children. Gavin wrote ‘Are These Your Glasses?’ to try and eradicate social exclusion and to educate students on the lasting effects of bullying and exclusion. The book has a strong moral focus and great discussion starters with a lovely ending.

Sergio the penguin faces many hurdles whilst growing up and learns valuable lessons of kindness along the way with his father as his guide.

Sergio, our stuffed penguin, has been travelling from classroom to classroom around our school sharing his story.
Be active, have a sense of belonging, have a purpose in life all contribute to happiness and good mental health.

ACT – keep mentally, physically socially and spiritually healthy

BELONG – Be involved, join a group in your community or a sports club

COMMIT – help a neighbour, learn something new, and take on a challenge.
# Corn and Zucchini Fritters

Season: all  
Serves: 28  
Recipe source: Taste.com  
Fresh from the garden: Parsley

**These fritters are a great lunch box idea**

<table>
<thead>
<tr>
<th>Equipment:</th>
<th>Ingredients:</th>
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<tbody>
<tr>
<td>Large mixing bowl</td>
<td>2 carrot, grated</td>
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<tr>
<td>Small mixing bowl</td>
<td>1 zucchini, grated and drained</td>
</tr>
<tr>
<td>Juicer</td>
<td>1 tin corn kernels</td>
</tr>
<tr>
<td>Knives</td>
<td>1 tablespoon chopped fresh flat-leaf parsley leaves</td>
</tr>
<tr>
<td>Grater</td>
<td>1/2 cup grated reduced-fat cheddar cheese</td>
</tr>
<tr>
<td>Fork to beat eggs</td>
<td>200g bacon, chopped</td>
</tr>
<tr>
<td>Measuring cups</td>
<td>4 eggs, lightly beaten in a small bowl</td>
</tr>
<tr>
<td>Measuring spoons</td>
<td>1 cup plain flour</td>
</tr>
<tr>
<td>Electric frypan</td>
<td>3 teaspoons vegetable oil</td>
</tr>
<tr>
<td>Tray</td>
<td>For the lime yoghurt:</td>
</tr>
<tr>
<td>4 serving plates</td>
<td>zest and juice of a lime</td>
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<tr>
<td></td>
<td>1 small handful of mint leaves, finely chopped</td>
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<tr>
<td></td>
<td>300g yoghurt</td>
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<tr>
<td></td>
<td>2 tbsp olive oil</td>
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<tr>
<td></td>
<td>salt and pepper, to taste</td>
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</tbody>
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![Fritters Image]

What to do:

1. Grate and squeeze excess liquid out of zucchini, grate carrot.  
2. Combine carrot, zucchini, corn, parsley, cheese, bacon, eggs and flour in a bowl. Mix together until all combined.  
3. Heat 1 teaspoon oil in a frying pan over medium heat. Add 1/4 cup mixture. Using a spatula, flatten slightly. Repeat to make more fritters. Cook for 3 minutes each side or until golden and cooked through. Transfer to a plate lined with paper towel. Repeat with remaining oil and mixture to make remainder of fritters.  
4. Make the lime yoghurt by combining the lime juice and zest, mint, yoghurt and oil in the medium mixing bowl. Season to taste with salt and pepper. Keep in the fridge while you make the fritters.
Introducing KidsMatter Primary

KidsMatter Primary is the first national mental health promotion, prevention and early intervention initiative specifically developed for primary schools. It has been developed in collaboration with the Australian Government Department of Health and Ageing, beyondblue: the national depression initiative, the Australian Psychological Society and Principals Australia (formerly the Australian Principals Associations Professional Development Council) with support from Australian Rotary Health (formerly the Australian Rotary Health Research fund).

Through KidsMatter Primary, schools implement evidence-based strategies to ensure students remain ‘connected’ to school and families and are equipped with the necessary social and emotional skills to manage ongoing challenges and to relate well to others. It also provides parents, carers and school staff with the necessary knowledge and skills to meet the mental health needs of the children they care for, particularly those experiencing mental health difficulties.

In 2006-2008 KidsMatter Primary was piloted nationally in 101 schools across all States and Territories of Australia, all three education systems (Government, Catholic and Independent) and metropolitan, rural and remote communities.

A comprehensive evaluation was conducted by Flinders University, with findings showing that KidsMatter Primary has positive impact on schools, children, parents and carers. The full report is available at www.kidsmatter.edu.au/evaluation.

July 2010

Our kids matter.

KidsMatter helps our school nurture happy, balanced kids.

KidsMatter
Australian Primary Schools Mental Health Initiative
kidsmatterprimary.edu.au
What social and emotional learning is all about

School is not only about reading, writing and arithmetic. It’s also about making friends, learning how to work with others, and knowing how to be more responsible for yourself.

Knowing how to manage feelings and get on with others are important life skills for everyone. This kind of learning starts in early childhood with parents and carers as children’s most important first teachers.

Confident thinking

Self-esteem is an important part of confidence. Having good self-esteem means accepting and feeling positive about yourself. Confidence is not just feeling good but also knowing you are good at something.

Particular ways of thinking are very important for building confidence. Helpful ways of thinking include:

- believing that, if you try, you can succeed
- finding positive ways to cope with failure that encourage having another go
- enjoying learning for its own sake by competing with your own performance rather than that of others.

Dealing with disappointment

Everybody fails to achieve their goals sometimes. Parents and carers (and teaching staff) can help by:

- Responding sympathetically and with encouragement, e.g. “That was disappointing but at least you had a go.”
- Helping kids focus on what they can change to make things better, rather than thinking that the situation is unchangeable or that there is something wrong with them, e.g. “What can you try that might make that better next time?”
- Challenging ‘I can’t’ thinking by showing and saying, you believe in them and reminding them of what they have achieved.

Optimistic thinking

Recognises what has been achieved more than what is lacking. It looks at the glass half full rather than half empty. Parents and carers can help children focus on their own effort and on achieving personal goals as the best way to measure success.
Why social and emotional learning is important

Why social and emotional learning (SEL) is part of KidsMatter Primary

Social and emotional learning (SEL) is about learning how to manage feelings, manage friendships and solve problems. These are essential life skills that support wellbeing and positive mental health. Social and emotional skills promote children’s ability to cope with difficulties and help to prevent mental health problems. Children who have developed social and emotional skills find it easier to manage themselves, relate to others, resolve conflict, and feel positive about themselves and the world around them.

KidsMatter Primary emphasises teaching SEL as a way of promoting children’s mental health. SEL provides practical skills that children can learn and apply to everyday situations. Learning skills such as self-awareness, effective communication and conflict resolution can also help to prevent the development of mental health difficulties in children who might otherwise be vulnerable. In this way teaching children social and emotional skills helps to promote the resilience – the capacity to cope and stay healthy in spite of the negative things that happen through life.

Why SEL is important in schools

Australia’s national educational goals for the 21st century, as well as curriculum frameworks for each State and Territory, recognise the importance of children achieving positive outcomes that relate directly to the skills of SEL. In addition, there is broad agreement and research evidence that shows that learning SEL skills can improve academic learning and enhance students’ motivation to cooperate and achieve.

Because it emphasises teaching children the skills for positive relationships, SEL is a key strategy for schools in their efforts to reduce bullying and improve caring, respect and responsibility in school. When children are taught specific strategies for recognising and responding to emotions, thinking through challenging situations and communicating effectively, they are less likely to act out frustrations at school and elsewhere.

Reference: KidsMatter
Healthy Lunchbox Ideas
Honey Muesli Balls

INGREDIENTS

2 ½ Cups nut free toasted muesli
1 Cup pitted prunes
¼ Cup Honey
⅛ Teaspoon mixed spice

METHOD

1. Step 1

Process 2 cups muesli, prunes, honey, mixed spice and butter in a food processor until well combined.

2. Step 2

Place remaining muesli on a plate. Using 1 level tablespoon of prune mixture at a time, roll into a ball, then roll in remaining muesli to coat. Place on a baking tray lined with baking paper. Refrigerate for 30 minutes or until firm.

3. Step 3


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At Secret Harbour Primary School we are great advocates about the safety and wellbeing of our students. We are always seeking means to improve the way in which we support the children’s well-being.

In Term 1 Secret Harbour Primary School hosted a 2 day Bike and Road Safety Incursion across the whole school. Izzy from SDERA and Trevor Quick from Cycle Safe visited the school to educate our students on the Importance of Road and Bike Safety. The children had a great 2 days and came away much wiser about their safety.

As a result of this incursion the P&C have set up a raffle system at Kiss and Drive. Students who are acting responsibly whilst waiting for their parents/carers and walking safely to their cars are rewarded with a raffle ticket. Parents and caregivers are also rewarded with a ticket if they are clearly displaying the family name, driving around the block if their children have not yet arrived at Kiss and Drive and being safe ambassadors for our children. At assembly week 4 Atila Bucknell was fortunate enough to be this terms winner of a razor scooter, $20 canteen voucher and $50 to purchase a new helmet. Congratulations Atila well done! At the end of the year there will be a bike as the main prize for road safety.

In Term 2 Lisa Fletcher, Emma from the P&C and the Health Committee began the process of implementing CHAT (Changing Health Acting Together). Regardless of our school being proactive in educating our students in the areas of resilience, drug and road safety, CHAT is an effective; evidence based whole school approach which also engages parents in the support of our students.

Together, SDERA and the Health Committee are developing a program specifically designed for both Secret Harbour Primary Schools and the Education Department’s curriculum requirements. CHAT is a fantastic program that will be implemented in Term 1 of 2017 and will work effectively in conjunction with Kids Matter and Highway Hero.
4 Fun Breathing Exercises for Kids

1. Hot Air Balloon
Sitting in a comfortable cross-legged position, start by cupping your hands around your mouth. Take a deep breath in through your nose and slowly start to blow out through your mouth, moving your hands outwards in time with your exhale as if you are blowing up an enormous hot air balloon. Once your balloon is as big as it can be, breathe normally as you sway gently from side to side admiring your big beautiful hot air balloon as it soars through the sky. This long deep exhalation as you blow up your hot air balloon has a relaxing effect and the image is incredibly vivid for kids' imaginations.

2. Dragon Fire Breaths
Interlace your fingers underneath your chin. Inhale and lift your elbows up to frame your face. Exhale, lifting your head up and making a whispered ‘hah’ sound towards the sky, like a dragon breathing fire. At the same time, lower your elbows back down to meet at the bottom again by the end of the ‘hah’ exhale. This breathing technique builds strength and heat within, it is a good energiser. It helps us feel brave when we might be nervous or pepped up when we’re a bit tired.

3. Bumble Bee Breaths
Sitting comfortably with your legs crossed, breathe in through your nose, then with fingers in your ears hum out your exhalation. The lovely comforting resonance of this has a calming effect and done with eyes closed can make it even more peaceful.

4. Tumble Dryer
Sitting in cross-legged position, point your index fingers towards each other and position them so your left finger is pointing to the right and your right finger is pointing to the left overlapping a bit in front of your mouth and blow as you spin your fingers round each other, making a lovely long exhalation and a satisfying swishy sound. This works well after washing machine, which involves sitting in a cross-legged position, interlacing your fingers behind your head and twisting from your core side to side going “wisy wishy wishy washishy” as you twist each way.

Reference: www.cosmickids.com
**Highway Heroes**

At the beginning of Term 3 we were fortunate enough to have Claire Orange, Author of *Highway Heroes - Smart Life Skills 4 kids*, present to the staff members of our school.

Highway Heroes aims to develop children’s’ proactive skills (forming friendships, gaining inclusion, thought/mood management) and reactive skills (dealing with play refusals, friendship difficulties, teasing and bullying) by using tools, resources and activities with structured stand-alone modules and lesson plans on particular topics such as Resilience and Bullying.

*Highway Heroes - Smart Life Skills 4 Kids* is a comprehensive resource for the whole school, the classroom and for individual or group therapy. The program grows with children as their social, emotional and learning landscapes change. Highway Heroes also grows with the children’s experiences and expands on their knowledge and skill set whilst core concepts are rehearsed and consolidated.

In week 4 Claire kindly offered to come along to present a fantastic workshop for parents.

Parents are able to order toolkits to reinforce the school messages at

http://www.bestprograms4kids.com/4-parents/

Being the best me I can be.

Reference: www.kidsmatter.edu.au
BREAKFAST CLUB

Term 3 has seen the start of the Breakfast Club for the students of Years 5 and 6, and their siblings. Once the Breakfast Club is up and running smoothly it will extend to other years.

A big thank you to Mrs Toni Watt and Mrs Tracey Cassels for organizing this very valuable program for our school. Thank you also to the staff members who come in early to help with the organisation of the breakfasts each morning.

Sometimes due to unforeseen circumstances children have to arrive at school with having very little breakfast, especially older students in years 5 and 6, who quite often have the responsibility of getting themselves and their siblings to school. On very cold and wet days there is nothing nicer than something warm to eat and drink before the day commences. The best way to start the day is with quality brain food to get those minds working.

Thank you to the Food Bank in Mandurah and to the P&C for their generosity. Without their kind donations the breakfast club would not be able to run.