



St Andrew's Parish

CORPUS CHRISTI PRIMARY SCHOOL

29 RUSSELL STREET, WERRIBEE VIC. 3030

Telephone: (03) 9741 8440 Facsimile: (03) 9741 8038

www.ccwerribee.catholic.edu.au



NEWSLETTER 7 Wednesday 30th June 2018 WEEK 7, TERM 2

Available on our School App, Website, CC Parent Portal. Paper copies available in the Office

Dear Parents / Carers,

NUMERACY FAMILY NIGHT

Thank you to all our families who were able to attend our Numeracy Family Night last night. The turnout was fantastic!

Thank you to Mr Peter Donoghue, our Numeracy Leader and to all the staff for their facilitation of the many workshops that families attended.

The evening provided a great opportunity to hear about how mathematics is taught in schools today and how the promotion of using varied strategies is a strong focus in the teaching in numeracy.

Thank you to families who provided feedback and suggested areas for future workshops for parents in the areas of eLearning, Student Wellbeing, Home Learning and Literacy.

Please feel free to email to me any further suggestions or thoughts about what you feel may be useful as a focus when designing future workshops or parent forums.

Once again thank you for your attendance and participation in a very successful educational evening!

STAFF NEWS

I wish to inform our community that Mrs Glenda Flynn will be on Long Service leave from 6th June until the end of the term. We wish Mrs Flynn an enjoyable and safe time during her absence. Mrs Ada Parrella will also be on Leave from 25th June until 17th August. We wish her safe and enjoyable travels. We are currently organising replacements for both for Mrs Flynn in the Foundation room and for Mrs Parrella's Italian program.

ROME STUDY PROGRAM

I am pleased to inform our community that I have been successful in being offered a three week Study Program in Rome that begins during the last week of Term 2 this year. The three-week Formation Program is the product of a very strong partnership between Catholic Education Melbourne and the Australian Catholic University.

The Program titled "Educating Head, Heart and Hands" will focus on deepening knowledge and understanding of the important role of Catholic Education and of Catholic school principals in the mission of the church. Participants will take part in a variety of experiences including lectures from influential Catholic scholars, visits to significant religious and historic sites and meet with key Catholic Education personnel in the Vatican. A key objective of the program is to explore the implications for work back in Australia as a school leader and as a leader in our system of schools.

I feel very privileged to have been offered this opportunity and look forward to sharing my learnings, experiences and insights with the Staff and the wider Corpus Christi community upon my return.

With kind regards,

Linda

CHILD SAFE STANDARDS AND VOLUNTEERING AT SCHOOL

Please remember to make sure you have a current Working with Children's Check card and that you have read and signed the Corpus Christi School Volunteer Code of Conduct Statement. I encourage all parents to do this, so that whenever you would like to participate in an excursion or any aspect of school life you can. As a school community we are compliant with government legislation requiring all schools to implement the Child Safety Standards. Please help us in our endeavour to keep our children as safe as possible. The Working With Children's Check card and the Volunteer Code of Conduct are important ways that support us in ensuring our children's safety at all times.

FEAST OF CORPUS CHRISTI MASS

Thank you to everyone who was able to join us for this most prayerful and significant Mass on Thursday 24th May to celebrate the Feast of Corpus Christi. The Senior Unit Staff and students prepared a beautiful and very meaningful and reverent mass for our school. The children need to be congratulated on their beautiful reading, the way they responded during the mass and for their lovely singing of hymns. Many additional activities were planned for the day during which children worked in House Groups. These groups were led brilliantly by our School Leaders and by many Grade 5 children who organised the activities. Our Senior students need to be acknowledged as they were wonderful mentors and great role models for the younger children in the activity groups. Well done to all our children!

SAFETY AND SUPERVISION - IMPORTANT INFORMATION

In order to keep your child and every child safe in our school we ask that you support us in adhering to the following expectations.

At Corpus Christi staff are on duty in the playground from 8:15am to 8:45am each morning Monday – Friday. No child is to be at school prior to this time. If care is required before 8:15am please contact representatives at our Out of School Hours Care (OSHC) Program on 8742 6593 to organise Before School Care.

At 8:15am children need to wait at the entrance doors to the office until a supervising staff member begins duty. At this time children from Grades 3-6, only, are allowed on the Senior playground. Children in Grades P-2 are able to use the Junior playground.

For safety reasons no child is allowed on the SENIOR PLAYGROUND after school without the DIRECT supervision of parents.

Toddles and pre-schoolers may use the JUNIOR PLAYGROUND only with DIRECT supervision of parents at all times.

Thankyou for your co-operation.

CORPUS KIDS PLAYGROU

Our Corpus Kids Playgroup session runs every Wednesday morning from 9:00am to 10:30am in the room adjacent to the library. Sherry, our Pastoral Associate supports the delivery of this program. All parents/ carers/grandparents are invited to attend with pre-schoolers between 0-5 years of age.

STUDENT ABSENCE FROM SCHOOL * Parents please note update to timeframe

A reminder for all Parents/ Carers to ensure that the school is notified of any absence

from school by 9:30am . This can be done via email at : ccschool-

office@ccwerribee.catholic.edu.au OR

Contacting the School Office by Telephone on : 9741 8440

More information relating to school procedure and student attendance reporting requirements can be found under Wellbeing and Community Partnerships in this edition of our Newsletter.

PLEASE DON'T PARK IN OUR NEIGHBOURS YARDS, DRIVEWAYS OR NATURE STRIPS.

As a matter of courtesy and respect we remind all parents and carers to not park in private driveways or on the nature strips of our school neighbours.



Education in Faith

St. Teresa of Avila's prayer

St. Teresa wrote a beautiful prayer reminding us of our mission as Jesus' disciples. We are his hands and feet here on earth. Take some time to say this prayer with your family.

Teresa of Avila (1515-1582)

Christ Has No Body

Christ has no body but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
Compassion on this world,
Yours are the feet with which he walks to do good,
Yours are the hands, with which he blesses all the world.
Yours are the hands, yours are the feet,
Yours are the eyes, you are his body.
Christ has no body now but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
compassion on this world.
Christ has no body now on earth but yours.



SACRAMENT PROGRAM DATES FOR 2018

First Eucharist - Sunday 19th August at 1:00pm and 3:00pm

Upcoming Events:

17th June- Community Mass held at St. Mary of the Cross Chapel 10am

21st June- Foundation and Buddies Mass at 9:00am in MFR

Miss Richelle Mendoza, Religious Education Leader

CC Feast Day!



Wellbeing & Community Partnerships

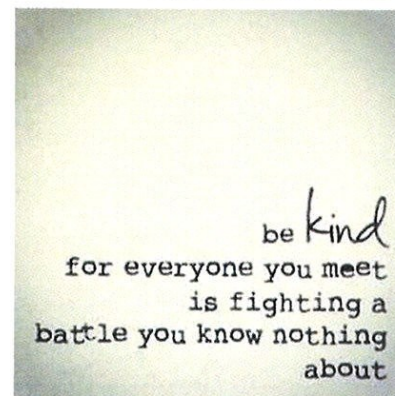


Safe, inclusive and respectful school environments

The Catholic Education Commission of Victoria Ltd (CECV) is committed to ensuring the ongoing safety of children and young people and supporting Catholic schools to build safe, inclusive and respectful school environments.

Recently, parents of senior students received a letter from Mrs Roynic outlining some concerns we have noticed in regards to children's language, behaviour and the way the students have been treating each other inside and outside of school.

Behaviours that occur within the school are 'followed up', investigated and resolved according to our school protocol and policies. As partners in the education of your children we are seeking parent support to remind your children at home about their responsibilities with regard to using social media and to provide guidance to encourage kindness and respect toward others always.



How to help your child:

If you feel your child is being mean to others, has been picked on by others, is feeling down or not themselves, it is important to:

- Empathise with your child; let them know you understand what they are going through
- Ask your child what did they do next? Encourage children to seek adult support
- Remind your child that some information is best not shared or spread with peers, but is important to share with a trusted adult who can help
- Thank your child for sharing with you; it is important for your child to feel safe and to keep communication lines open.

If you have concerns about your child or another student at school, please have a conversation with the home-group teacher. If your child is 'not feeling themselves,' you can:

- Negotiate boundaries for 'online time': have a conversation about the need to switch off and why that's important to you.
- Check App ratings and reviews – many apps have a 13+ age recommendation largely because children are not mentally equipped to deal with appropriate use, privacy laws, consequences and how to manage problems arising from these Apps.
- Make time for other activities eg watch a movie together, go for a walk together, play a board game. Children feel safe when they are connected to a parent. This provides great opportunities for connection and for children to share what is going on in their world.
- If you have concerns for your child's mental health and wellbeing, please seek professional support from your GP/ family doctor.

Extra support for Students and Parents

The CECV have provided the following links to useful websites and phone numbers for students and parents needing advice or extra support:

- Office of the eSafety Commissioner: www.esafety.gov.au
- Bully Stoppers: www.education.vic.gov.au/about/programs/bullystoppers/Pages/default.aspx
- eheadspace: ph 1800 650 890 www.eheadspace.org.au
- Kids Helpline: ph 1800 551 800 www.kidshelpline.com.au
- beyondblue: ph 1300 224 636 www.beyondblue.org.au

Mrs Elissa Ardizzon, Wellbeing & Community Engagement Leader

ICT News

Online Gaming

Too much gaming can affect a child's school or social life. It is important for Parents and children to be aware that if you chat with other gamers, you must protect your privacy and keep personal information private.

Know the basics...

If you are worried about the time your child spends gaming, you can:

- limit their game play time
- encourage children to make time offline for their friends, favourite sports and other activities they enjoy.

Students need to protect themselves...

If another player is behaving badly or making your child uncomfortable, block them from their players list.

- Report poor behaviour to the game site operator
- **Keep personal details private**
- Respect others in the game
- **Be aware of game classifications and age restrictions**

Mrs Anne Walton, ICT Leader

News from Art Room!

These are the details for some Art Competitions you may be interested in:

The Royal Melbourne Show Art, Craft and Cookery Competition has a Junior section which is open to 5 - 19 year olds. Details for entry can be found at <https://www.rasv.com.au/media/2206/2018-schedule.pdf>

The Moomba Float Designer Competition is also open. You can design your float online and the winner's float will be made and used in the 2019 Moomba Parade. To enter go to <http://moombafloatdesigner.com.au/>

Have fun creating and designing!!

Mrs Maria Chetcuti, Arts Specialist Teacher

Learning & Teaching News

Helping Your Child's Learning



You are your child's most important teacher!

As your child's first, and most important, teacher there is a lot you can do at home that will support your child's learning through everyday experiences.

- Your child's learning isn't restricted to school.
- There are a number of things you can do at home to help your child learn.
- Don't hesitate to discuss with your child's teacher any concerns that you have about your child's learning and how it can be supported.

Here are some tips on things you can try at home:

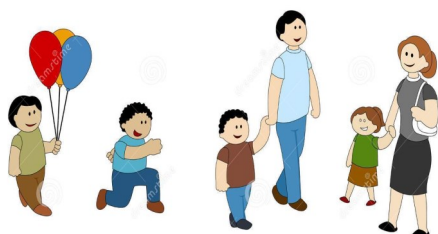
- Have problems they can help solve, like a jigsaw puzzle. These are great ways to tap into their natural problem solving abilities.
- Help them find answers or solutions to problems themselves. Show your child how to look things up in a book or on the computer, and find the answers themselves.
- When talking to your child, ask reflective questions like 'how' 'why' or 'what if' as this helps them to think deeply about their responses.
- Repeat things. Most of us can't do something perfectly the first time we try them. We get better with practice, and understand what we're doing the more we do it. Children are exactly the same.
- Remember, your child needs some downtime just like you do. Giving them time to just be themselves is important.

Reinforce desirable behaviour :

As parents we have seen and heard times when we hear ourselves in our children , copying our words and behaviours. Parents need to teach and model through their own behaviour, how to talk politely with shop assistants and people they meet and family members, and is a positive way to keep the context real for them. Also, encouraging positive behaviour when playing with friends or asking for something supports the process enormously. Children don't learn these behaviours automatically, yet they are an essential part of being a well-rounded adult. Starting early and reinforcing this behaviour in and out of the classroom will yield positive benefits in the future.

Praise strengths, but also effort : Mindset

Giving praise can be tricky. Both parents and teachers naturally want to encourage children and instil a positive sense of achievement, but this often takes the form of quite generic compliments, such as 'well done', or 'good work'. While praise in itself is heartening, it can be much effective when targeting specifics such as commenting on the actual thing a child did well, such as sharing, following instructions, helping a friend, giving a correct answer, or singing well. This shows that a teacher or a parent appreciates that particular aspect, and in doing so reinforces it desirable and provides an example to others. Another aspect of praise, which is often overlooked, is effort. Praising the effort they have made shows that we support them through the full process, and notice their small triumphs. It's important to note that adults don't do things equally well either, but the effort is still appreciated and that we all learn by making mistakes and not giving up.



Mrs Peta Cesarec, **Learning and Teaching Leader**

Numeracy News

Well done to all the children that had a go at answering the Timezone Numeracy Challenge question. The lucky winners for the first week were: Christian L (Prep Meilak), Paige (Middle Gleeson), Mia P (Junior Padula) and Leo (Middle Gleeson).

The next question for the students to solve is:

Foundation-2 question:

Work out the answer to $3 + 8 + 7 + 4$.

What are 2 different ways you can do this? Which is easier?

Grade 3-6 question:

Work out the answer to $3 + 5 + 35 + 37$ in your head.

What are 2 different ways you can do this? Which is easier?

The children will have 2 weeks to complete and hand in the problem. The cut off time for the next challenge will be **3:15pm on Wednesday, 13th June** with the winners being announced at the whole school assembly on **Friday, 15th June**.

Encourage your child to work out the problem independently (family members may assist if needed). Each child is to show their working out on a piece of paper with their name and grade clearly labelled at the top of the page. Once completed, students are to place their paper into the white Timezone Numeracy Challenge box located near the office. Remind your child to place the paper into the correct box of their year level (F-2 or 3-6). I will collect the boxes after the cut off time and sort through the responses. To be eligible for the final draw, students must show their working out and must use efficient strategies to solve the problem.

Please note that the strategies used will count more than just the answer itself. If a paper is handed in with just the answer and no working out then that paper will be ineligible to go into the final draw. On the Friday afternoon at the whole school assembly, I will draw out a Foundation -2 student's name and a Grade 3-6 student's name from each box. These students will receive a Timezone certificate and voucher to be used at the Timezone store at Werribee Plaza.



YR 3 - 6 AUSTRALIAN MATHEMATICS COMPETITION

Just a reminder that the Year 3-6 Australian Mathematics Competition will be held on **Thursday 9th August** at school. Please fill out the permission note and return it to your child's classroom teacher by Friday 22nd June along with \$6.50 if you would like your child to participate in this competition.

Have a great week!

Mr Peter Donoghue, Numeracy Leader

Learning Community News



FOUNDATION UNIT

In Foundation, we have been learning about communities and what they look like. We have been discussing what makes Corpus Christi Primary School a community, for example our uniform and emblem. As a class we decorated people paper chains to show that we all belong to the Corpus Christi Community. We then celebrated Corpus Christi's feast day on Thursday the 24th of May. We participated in a range of different activities with students in all year levels. The students had a great day with their house teams.

In Mathematics, we are representing numbers in three different ways. We have learnt that we can show all numbers as a numeral, amount and a word. At home discuss the ways you can represent a number with your child and focus on the correct formation of these numbers.

Please continue to read with your children each night and get them to identify the sight words in their take home books.

Thank you to all our classroom helpers for another great few weeks of learning.



Stay up to date with the happenings in Foundation on the Remind App @funcc2018

Yours in partnership, The Foundation Team



MIDDLE UNIT

During the following weeks, Middle students will explore and research famous world explorers. Students will develop an understanding of:

- > Who our first explorers were
- > Where in the world they explored and locate this on a map
- > Why explorers travelled to the places they did
- > What impact explorers had on the places they visited
- > How the people already living in these countries were impacted by exploration

Students will research using computers, books and share ideas in small groups as they immerse themselves into the lives and impact our early explorers had.

In Literacy, students will develop a knowledge of figurative language and explore how this can be used in different forms of poetry. Students will learn about onomatopoeia, rhyme, rhythm, repetition and alliteration as well as other language features of poetry. We can't wait to see and hear the wonderful poems our talented Middles come up with!



The Middle Community will again be utilising the Remind app. to inform our Middle Community parents about student learning, reminders, exciting activities and goings on in the Middles. The password to access the Middle Community is: **middles18**

We look forward to a new term of wonderful learning,

Yours in partnership, Ms Kim Gleeson, Middle Unit Leader

Learning Community News

JUNIOR UNIT

It has been busy few weeks. It is good to see the Junior students still thriving with their learning. It was great to see the Junior students enjoying their Camp on Campus Program. It was a big success.

In Literacy, students are finalising their Explanation Text and will begin learning poetry and writing different types of poems.

In Numeracy, the students have been collecting and graphing data. Next week we will begin our next unit on Shape, looking at 2D shapes their properties. We will also begin subtraction. Encourage your child to count back from different starting points and find the difference between two numbers.

The students have enjoyed doing STEM activities for Inquiry, using a variety of materials to build different structures. In the next few weeks, students will begin to plan and prepare their final model.


We are looking forward to our upcoming excursion to the Arts Center to watch the kids Opera show of Hansel and Gretel. This will be on June 7th so please return your notes if you have not.



Please download the Remind App for more updates and information. Remind App: @ccjun18

Yours in Partnership, Mrs Michelle Surmiak, Junior Unit Leader

SENIOR UNIT



1st Event	Probability	2nd Event	Probability	3rd Event	Probability
rolling a five	$\frac{1}{6}$	rolling another five	$\frac{1}{6}$		
drawing a club	$\frac{13}{52}$	drawing another club	$\frac{12}{51}$		
drawing a red marble	$\frac{5}{20}$	drawing a blue marble	$\frac{4}{19}$	drawing a white marble	$\frac{11}{18}$

with How to Calculate Probability

Students in the Senior TEAL Community have worked on exploring the outcome of chance experiments and how we can represent probability using fractions, decimals and percentages.

During Wellbeing sessions, students are exploring the physical and emotional reactions of stress on the body and mind. Students will be working on a variety of strategies that assist them to manage stress and ensure they can focus on learning. Students have developed a personal 'focus plan' and ways to avoid and manage their own stress.

During Inquiry sessions, students have conducted a range of experiments that explore how the phenomenon of light works in our world. Students will use this knowledge to write an explanation text to explain how light works e.g. How colours change!



Senior TEAL Community Remind Code is @seniorscc



Regards, Leanne Spence, Senior Unit Leader

MACKILLOP COLLEGE Year 7, 2020 Enrolments

Enrolments for Applications close on Friday 17 August 2018.

*For further information regarding the College please visit
the College website: www.mackillop.vic.edu.au*

MACKILLOP

Year 7 2020 Information Evening

Tuesday 5 June 2018
at 7.30pm

Moreno Performing
Arts Centre

8734 5200
Russell St Werribee
www.mackillop.vic.edu.au



celebrating all life • challenging all people • dreaming the new day



2018 SCHOOL CALENDAR & IMPORTANT DATES

Thursday 31st May	SCHOOL CLOSURE DAY—Staff Conference
Friday 1st June	SCHOOL CLOSURE DAY—Staff Conference
Monday 4th June	Corpus Christi Girls Footy Carnival 2018 at Saltwater Reserve Point Cook School Board Meeting at 6:15pm in the Staffroom
Thursday 7th June	Junior Unit Excursion - Arts Centre Victorian Opera's "Hansel and Gretel"
Friday 8th June	Whole School Assembly in MFR 2:05pm (date changed from June 1st)
Tuesday 12th June	Parent Teacher Learning Conversations 3:30pm to 7:45pm (<i>pls book on parent portal</i>)
Thursday 14th June	Parent Teacher Learning Conversations 2:00pm to 6:00pm (<i>pls book on parent portal</i>)
Friday 15th June	Foundation Community Walk - Full Winter Uniform (with a warm jacket if cold) Whole School Assembly in MFR 2:05pm
Sunday 17th June	Corpus Christi Community Mass 10:00am - <i>St Mary of the Cross Chapel</i>
Tuesday 19th June	P & F Meeting 7:00pm in Staffroom - All Welcome to attend
Thursday 21st June	Foundation / Buddies Mass 9:00am
Friday 22nd June	SCHOOL DISCO Foundation & Juniors 5:00pm to 6:15pm, Middle / Seniors 6:45pm to 8:15pm
Thursday 28th June	Whole School Assembly 2:05pm in MFR - Final assembly before end of term 2
Friday 29th June	<u>Last Day of Term Children dismissed at 1:00pm for Term 2 Holidays</u>
Monday 16th July	First Day of Term 3, Students return to school from holidays
Thursday 19th July	Middle Unit Mass Celebration 9:00am
Friday 20th July	CC Athletics Carnival Yr 3 to 6 at VU Athletics Track (Back up Date: 27th July)
Tuesday 24th July	Junior Prayer Night 6:30pm in MFR
Friday 27th July	Whole School Assembly 2:05pm in MFR
Tuesday 31st July	School Board Meeting at 6:15pm
Thursday 9th August	Australian Mathematics Competition
Friday 10th August	St Mary of the Cross MacKillop Reflection & Whole School Assembly 2:05pm
Saturday 11th August	P & F Fundraising Event - Winter Cocktails 7pm to Midnight
Thursday 16th August	Junior Unit Mass Celebration 9:00am

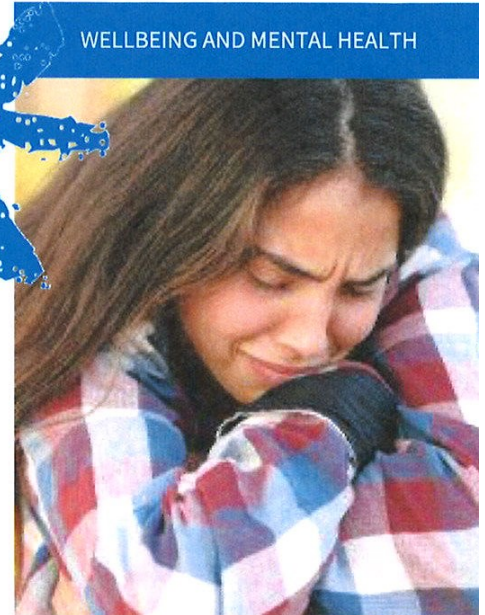
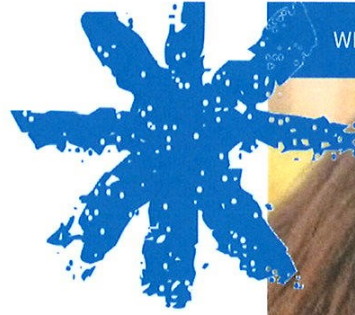
WEEKEND MAINTENANCE PROGRAM

Our Weekend Maintenance Program continues. Thank you to the many families who attended with such short notice. Please keep a look out for the Roster and in the lead up to your rostered weekend your **Green Reminder Notice**. Families will receive an SMS reminder, usually the Friday before a rostered Sunday.

SECOND HAND UNIFORM

Any donations of Second Hand Uniform Winter items, particularly boys' grey pants and girls' tunics, would be greatly appreciated. Our 2nd hand uniform shop operates from 8:30am to 9:00am every Thursday and Friday morning and is kindly run and organised by Mrs Susie Panhorst. If Parents / Carers can not attend during these allocated times please contact the School Office and a 2nd Hand Uniform Request Form can be completed and provided to Susie. If your requested items are available the Office will contact you by SMS.

insights



5 ways to validation: showing distressed kids you get it

by Dr Jodi Richardson

Every day, we send messages to our kids that shape their thoughts, feelings and behaviours. Equally, our kids are sending us messages about their thoughts and feelings through their behaviour, particularly when they're feeling distressed.

When kids feel distressed their behaviour can vary enormously. Some might lash out while others cry. There can be displays of frustration, fear, sadness, anger or disappointment, to name a few.

There are times as parents when we do and say all the 'right' things in response to such situations, but there are also times when we don't. It makes it especially hard to respond in helpful ways when we think our kids are completely overreacting or are feeling differently to what we'd expect to (or what we'd feel) under the circumstances. Feeling this way can prompt us to say unhelpful things like "Don't be silly", "You're overreacting", "It's not as bad as you think it is" or "It will all be forgotten tomorrow".

Our responses can also be influenced by how distressed we feel in the situation. It's hard to hear our kids crying and upset, no matter how old they are. So we might find ourselves saying things like "stop crying", "settle down", "take some deep breaths" or "it's not that bad", all in an attempt to calm our child down, stop the crying and feel better ourselves.

By understanding that all behaviour is a form of communication, we can begin to respond in ways that show our kids that their message has been received, that we get it, and that we genuinely understand and care about how they're feeling – whether we agree with their reactions and feelings (or the extent of them) or not. This is called 'validation', and it's the first step to helping our kids wind back their emotional response. Done properly, validation also helps them to connect their feelings with the situation that provoked their reaction in the first place. "You're frustrated that you have to re-sit the chemistry test" or "You're disappointed that you didn't get invited to the party", for example. Validation also shows them that you care and you understand.

Here's how to go about validation:

Use 'ahh' and 'oh' statements and keep it brief

"Ahh, you're feeling jealous that you weren't picked for the team and she was", "ahh, you're having the idea that you can't do it", "oh, you're feeling nervous about the exam."

When it comes to validation, keep it brief. When our kids are distressed, it's harder for them to listen and concentrate so keep validation clear and to the point. The intention for now is for our kids to know that their

message (via their behaviour) has been received; there'll be time for more of a discussion about the situation later.

Build a more nuanced emotional vocabulary

Validation is the perfect opportunity to help your child broaden their language when it comes to their emotions. It's never too early, or too late, to start. Try replacing 'upset' with 'disappointed', or 'angry' with 'frustrated'. The [Mood Meter mood tracking app](#) is a great tool that offers a wide choice of emotions associated with positive and negative feelings of high and low energy. In it you'll find 100 emotions including apathetic, at ease, proud, timid, alienated, furious, alone, inspired, ecstatic and more.

Show some emotion

Another important component of validation is showing some emotion yourself. It can feel intuitive to try to remain calm when your kids are distressed but this actually sends the message that you don't get it. They actually need to see an emotional response from you. Use your facial expressions and your body language to match your validation statements.

Remind them that thoughts are not facts

Recognise also that thoughts and ideas can feel like facts when kids and teens are distressed. It's hard for them to differentiate between the two. You can help by saying things like: "Oh, you're having the idea right now that it will be too hard", "it looks like you're having the idea that you'll never find it", "ahh, you're having the thought that you won't be included."

Sit with them

One of the most helpful things you can do is to sit with your child or teen while they are suffering psychologically. Once you've shown them validation you need to simply be there for them. Sit with them and comfort them by holding their hand, putting an arm around their shoulder or giving them a big hug. In doing this you're strengthening their ability to tolerate their discomfort.



Try not to let your distress hurry them or shut down how they're feeling.

Reassure them that you understand, that you're there for them, that they can tolerate their discomfort and that it will pass. By doing this, you're building within them strength, tolerance and emotional intelligence which will all contribute to their lifelong resilience and mental health.

Of course, if at any time you're concerned about your child or young person's mental health, make time to see your family GP for reassurance and answers to your questions.

Parenting Anxious Kids is our new online course, created to help the parents of children with anxiety. You can find out more by [visiting our website](#).



Dr Jodi Richardson

Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at drjodirichardson.com.au and say hello on facebook.com/DrJodiRichardson. Enquiries to jodi@drjodirichardson.com.au

Jetstar

Little Athletics Australia

LAPS
Little Athletics Program for Schools



littleathletics.com.au

BE YOUR BEST

Seniors participated in the Little Athletics Program for Schools

Who can do Little Athletics? Little Athletics venues are able to cater for children from 5 to 15 years of age, with many Centres able to cater for athletes with a disability. No matter what your skills or ability Little Athletics is all about family, fun & fitness[®] and making sure you can be your best[®].

How will I learn?

Many Centres have coaches to help you improve and learn about athletics so you can get the most out of your involvement with Little Athletics. Learning is fun and in no time you will see your personal best (PB's) performances improve.



What events can I do?

Depending on your age group Little Athletics offers: Sprints, Middle and Long Distances, Hurdles, Relays, Walks, Shot Put, Discus, Javelin, High Jump, Long Jump, Triple Jump and Cross Country.

How friendly is it?

You will find no shortage of friends or friendships at Little Athletics! Little Athletics has provided a friendly environment for over 50 years with millions of Aussies enjoying their experience. If you are uncertain or a little shy, bring your best friend and do Little Athletics together.

What are the benefits?

If you are fit it makes you feel good about yourself and you have the energy to do anything. Young people who take an interest in sport are more likely to stay fit for life.

What does my mum, dad or family have to do?

Apart from making sure you get safely to and from Little Athletics, your mum and/or dad or your family make great helpers and officials and coaches of the future. Organising, raking, recording, directing and measuring are all jobs families and helpers are asked to do.

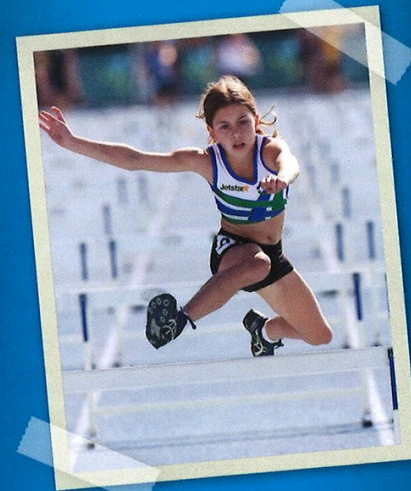
How do I join?

Simply visit our website to register online or contact your nearest Centre for details. You can join at any time!

Run, jump, throw, have fun and be healthy.

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CORPUS CHRISTI PRESENTS

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THE ITALIAN SOCIAL CLUB | SATURDAY, 11 AUGUST 7PM-MIDNIGHT

\$50 ENTRY PP | DRESS SEMI-FORMAL | DJ | ADULTS ONLY EVENT

INCLUDES FINGER FOOD, DOOR PRIZE, DRINKS AT BAR PRICES