

Wellbeing Focus in Term 2

This Term, our wellbeing focus is *Relationships!* Each year level participates in Wellbeing lessons every week. Sometimes these are with their home teachers or sometimes workshops. When we learn about relationships, we learn about our own strengths and needs and our impact on others. Primary school friendships are generally bumpy rides as children learn to navigate friendships. Through social emotional learning, students learn:

- to show kindness, compassion and empathy towards others
- how to identify healthy and unhealthy friendships
- that we are all different but all have feelings
- that we can resolve issues calmly and fairly
- to carefully manage online activity and only say what you would say face-to-face
- be true to yourself and you will find your tribe!

Through different experiences and ups and downs, students are able to grow and understand how friendships work and what they value in a friend. Families should never underestimate the value of modelling healthy relationships and having conversations with children about friendships!

Community: FREE Parenting Courses

Children and Parenting Support Services (CaPSS) will be running free courses for parents of primary school aged children. Both courses give parents tools and strategies to nurture relationships and to manage challenging behaviour. Free sessions in Hoppers Crossing and Laverton. Please see the back of this newsletter for program flyers and registration information!

Parenting Ideas online webinar: **Teach girls to build each other up!**

Join Collett Smart in this webinar that explores;

- how to help girls create positive peer relationships
- provide practical advice and ideas to navigate tricky situations including toxic friendships
- Emotional Intelligence and girls
- What girls need from parents and carers when things go wrong in friendships and relationships
- When parents need to hold back and when to step in
- Strategies for developing both assertiveness and kindness in our girls

When: Wednesday 29 May 2019 at 8:00 PM. If you are unable to make the scheduled time you can simply register and access the recording later.

How you can register

1. Go to: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-teach-girls-to-build-each-other-up>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code **FRIENDSHIPS** and click 'Apply Coupon'. Your discount of \$37 will be applied to the order.
5. Click 'Proceed to checkout'
6. Fill in your account details. Click 'Place Order'

This voucher code is valid until 29 June 2019, so we encourage you to redeem it right away to secure your free webinar.



Upcoming Webinar
Teach girls to build each other up



Helping children make and keep friends

by Michael Grose

Enjoying healthy relationships has a tremendous impact on your child's wellbeing and their overall success at school. Many children who experience behavioural problems at school have difficulty interacting with their peers.

Coach your child in positive social skills

Children who develop healthy friendships generally have a definite set of social skills that help make them easy to like, easy to relate to and easy to play with. If your child is struggling to make friends consider coaching them using this three-pronged approach:

Be open: Some children close themselves off to forming new friendships, preferring to stick to one or two friends. Encourage your child to be open to forming friendships with a wide variety of children in and outside school and in doing so encircling themselves with many friendship groups

Be inclusive: Encourage your child to include a wide number of children in their games and activities rather than restricting the possibility of joining in to certain children. Healthy friendship groups are open and inclusive of others, while unhealthy relationships, such as cliques are restrictive, one-sided and full of gossip and criticism

Be aware: Encourage social awareness in your child. For instance, a socially-aware child would be discrete when giving out birthday party invitations at school, being protective and sensitive to the feeling of those not invited. This level of social awareness doesn't necessarily come naturally to all children, but it can be reinforced by parents and teachers

Encourage friendships with both genders

The primary school age is an ideal time for children to form friendships with both genders. This is particularly valid if your child has siblings of their own gender, or don't have siblings. It's through these early relationships that we gain the confidence to mix with different genders in later life. Forming friends helps to break down the mystique that can form, when a child has little contact with the 'other' gender.

Understand the impact of gender on friendships

Research shows that boys' friendships groups are more inclusive and less changeable than friendships enjoyed by girls, particularly those in the eight to twelve year age group. Be prepared to support your daughter through the hurt of friendship breakdowns and remind her that new friendships are just around the corner. Help her reflect on her own place in a friendship breakdown, and be open to restoring a relationship once emotions are in check.

Remember, friends of a feather flock together

If you think that your child doesn't have as many friends as a sibling or other children their own age, don't be too alarmed. On average, children usually have only two or three significant friendships at any one time. It's the quality rather than the quantity of friendships that counts. If you are concerned that your child lacks friends at school encourage him to take up a variety of extra-curricular activities. It's easier to strike up a friendship with someone when you have something in common.

Above all else encourage your child to be friendly by talking to others, showing an interest in what other children do, offering help when needed and being willing to enter a new game or social situation. Consider teaching your child, if necessary, alternatives to fighting and arguing when there is disagreement and conflict within groups.

[As your school has a membership with Parenting Ideas, you can attend the upcoming webinar -Teach girls to build each other up- at no cost!](#)

About the webinar

Join Parenting educator Collett Smart in this special webinar that will show you how to help girls create positive peer relationships and provide practical advice and ideas to help them navigate tricky situations including toxic friendships, cliques and bullying.

When

Wednesday 29 May 2019 at 8:00 PM AEST.

Price

This webinar is \$37 per person to attend, and is free of charge to families at schools that have a Parenting Ideas membership. Use the voucher code below to register.

How parents can redeem the voucher

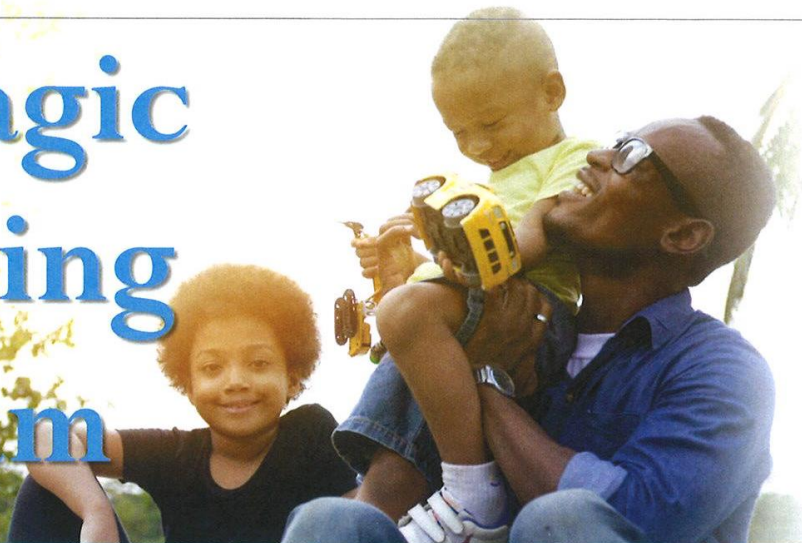
1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-teach-girls-to-build-each-other-up>
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7. Click 'Place Order'



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 12 books for parents including *Spoonfed Generation* and the best-selling *Why First Borns Rule the World and Last Borns Want to Change It*. His latest release *Anxious Kids*, was co-authored with Dr Jodi Richardson.

123 Magic Parenting Program



Learn:

- ✓ How to discipline without arguing, yelling or smacking
- ✓ How to sort behaviour
- ✓ How to handle challenging and testing behaviours
- ✓ Choosing your strategy, the three choices
- ✓ Using emotion coaching to encourage good behaviour
- ✓ 7 tactics for encouraging good behaviour

When:

6.30pm – 8.30pm

Wednesdays

3rd, 17th, & 24th

June 2019

Where:

Craft and Caffeine Café

16a Herbert Ave, Hoppers Crossing

**Certificate
Provided**

FREE
Registration
Essential

To RSVP contact Jocelyn:

email: jocelyn.gemoh@aus.salvationarmy.org

Phone or text: 0475 985 194

Like us on Facebook @capssmeltonwyndham



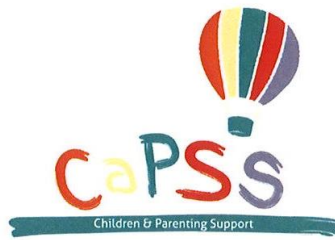
Salvation Army Social Housing and Support Network

SASHS



CaPSS

Children & Parenting Support



The Bringing Up Great Kids program supports respectful, caring and nurturing relationships between parents/carers and their children.

This program assists parents to:

- **Become more reflective and mindful parents/carers**
- **Learn more about the origins of their own parenting style and how it can be more effective**
- **Identify the important messages they want to convey to their children and how to achieve this**
- **Learn more about brain development in children and its influence on their thoughts, feelings and behaviour**
- **Overcome some of the obstacles getting in the way of them being the kind of parent they would like to be**
- **Discover ways to take care of themselves and to find support when they need it**

When:
Wednesdays
10:00am - 12:00pm

May:
29th

June:
5th, 12th, 19th, 26th

July:
3rd

Where:
Laverton Community Hub
95-105 Railway Ave, Laverton

Cost: Free
Places are limited
Registration essential



Salvation Army Social Housing and Support Network

SASHS

Funded by the Australian Government
Department of Social Services.
Visit www.dss.gov.au for more information.

To register:

Head to our website: www.capss.org.au

Email us via: capss@aus.salvationarmy.org

Call or text us on: 0447 780 519