



St Andrew's Parish

CORPUS CHRISTI PRIMARY SCHOOL

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



NEWSLETTER 13 - Wednesday 6th November 2019 WEEK 5, TERM 4

Visit our website at www.ccwerribee.catholic.edu.au and Download the School App (bottom of home page)

REPORTING STUDENT ABSENCES call 9741 8440, Option 1 - BY 9AM ON DAY OF ABSENCE

Dear Parents/Carers,

STAFF NEWS

I wish to inform our School Community that Mrs Kristin Pennisi will be leaving us in late November to take up a position closer to home in Geelong. It will be sad to see Kristin leave our school after nearly 11 years of dedicated and amazing service to all in our community. We do however wish her all the best in her new appointment and know that she will be a true asset for them. Our loss is definitely their gain! Kristin's last day will be Friday 22nd November.

As is the case in most schools at this time of year, we are in the process of finalising our Staffing for next year. Once all appointments and positions have been completed I will inform our School Community as soon as practicable.

ARTS SHOW

Thank you to all families who were able to visit our Arts Show and Community Showcase last Thursday. The turn-out was great and the children were proud to show off their artistic and creative talents through many of the great pieces they produced. I wish to acknowledge all our children and their great efforts, our wonderful staff for all they do to guide our children and enable our children's talents to flourish.

Special thanks goes to the organising committee, Mrs Checuti, Mrs Ardizzon, Mrs Portelli, Mrs Glenda Flynn, Mrs Parrella, Mrs Adamko, Mrs Surmiak, Mr Buslon, Miss Anna and Miss Spence, as they did a marvellous job in supporting us all in ensuring all aspects of the evening went smoothly and efficiently. I wish to also thank and acknowledge all our staff who supported in so many ways in preparation for the Arts Show during the evening.

FOUNDATION TRANSITION PROGRAM

The second Transition session for our new 2020 Foundation children will be held next week on Thursday 14th November at 9:30am and 12:00noon. We look forward to having our new Foundation children for 2020 here for their 2nd session.

AGM - SCHOOL BOARD

Our School Board Annual General Meeting is on Tuesday 12th November at 6:30pm in the Staffroom. All parents and carers are invited to attend the AGM and hear about some of our work and achievements in 2019 and our goals for 2020.

SCHOOL UNIFORM Please note that the changeover period for uniform finished on Friday 1st November. Children are expected to be in summer uniform from now on.

SPECIAL CORPUS CHRISTI COMMUNITY MASS

at St Andrew's Church on Saturday 23rd November at 6:00pm.

All children, (especially those who have celebrated sacraments this year) and their families are invited to attend a special Corpus Christi Community Mass on 23rd November at 6:00pm.

We look forward to seeing many of our Families at this Mass!!

FAMILY CONVERSATIONS 2020

At Corpus Christi we believe that strong family-school partnerships improve student motivation and learning. Research demonstrates that effective schools have high levels of parental and community involvement and that this involvement is strongly related to improved student learning, attendance and behaviour.

Family school partnerships are integral to our Corpus Christi school community. Every child matters. We know parents are the first and most important educators of their child. As teachers we know that it is vital that we work together with parents, carers and families to enable high student wellbeing and academic achievement.

In our continued endeavour to work in partnership with all families, to begin our 2020 school year, we will once again be holding **Family Conversations**. This will provide a designated time for families to meet with their home-group teacher, to get to know one another and begin building a partnership – one that will continue throughout the school year.

The Family Conversation will not only provide an opportunity to get to know one another, but also provides an opportunity to discuss hopes and questions for the school year ahead.

Family Conversations will be held on **Wednesday 29th January and Thursday 30th January 2020. Children in Grades 1 – 6 will begin school on Friday 31st January 2020.** Foundation families will receive a detailed list of dates related to the start of their school life at their Transition Session, on Thursday 14th November.

We feel Family Conversations are vital to set up positive relationships between staff, students and families from the very beginning of the year and we thank you for your support. We ask that your child and at least one parent/ carer attend the meeting, however all family members are welcome.

A preference note has been sent home to all families and we ask that these are returned by **Wednesday 13th November**. As explained within the letter going home, a 20 minute appointment time will be allocated for each child attending Corpus Christi. You will be notified of appointment times before the end of the year.

CAR PARKING IN LOCAL STREETS

It has been great to note the reduced traffic congestion around our school at drop-off and pick-up times as a result of many of our families parking in neighbouring streets near and around our school during these times at the end of the day.

I would ask, however, that all parents/carers are mindful of our residents in homes near the places chosen to park and wait for children. A few concerns have been expressed by local residents related to parking outside their properties.

Please ensure nature strips are not driven on, that fences are not sat on without the permission of owners, that driveways are not blocked, that children do not enter any properties and that litter is not dropped in the vicinity of these homes.

I thank you for supporting this request in the interest of amicable and respectful relationships with all our neighbours.

Thank you for your support.

Kind regards, Linda

2020 SCHOOL & CURRICULUM FEES

All outstanding accounts are to be finalised by **Thursday 22nd November 2019**.

Fees for 2020 have been set as outlined below.

If you wish to discuss your account please contact Mrs Jenni Warren, School Secretary.

Curriculum Fees (per child) <u>due Monday 2nd March 2020</u>	\$320.00
Excursion / Incursion Levy (per child) <u>due Monday 2nd March 2020</u> Sacrament, Camps, Sports & Graduation costs <u>are not included</u> in this fee	\$80.00
Family Fees (per family) <u>to be finalised by Friday 20th November 2020</u>	\$1,600.00



Education in Faith



ALL SAINTS/ALL SOULS REFLECTION This Friday 1st November we will be having an All Saints / All Souls reflection before assembly led by Foundation. We warmly invite you to join the reflection at 2:05pm in the MFR. Please return the prayers of intention by Friday 1st November either via note box or the box in the school office for any loved ones you would like us to pray for.

REMEMBRANCE DAY Our school will stop briefly on Friday 11th November to remember those who have died in all areas of world conflict. We will play the Last Post and stop for a minute to pray and remember those who have passed.

ADVENT REFLECTION will be on Friday 6th December at 8:50am to begin the season of Advent - a time of waiting and preparation for the birth of Jesus.

ADVENT...the first Sunday of Advent is the 1st December. Our school will focus on this season by exploring units of work where students will reflect on ways they experience God in their own lives and recognise signs of God's presence in their world during this Advent season.

CHILDREN WHO HAVE CELEBRATED SACRAMENTS are invited to St. Andrew's Church (Greaves Street) 6pm mass on 23rd November. All FAMILIES are invited to attend, please note that some students may participate in the mass.

COMMUNITY MASS 17th NOVEMBER 10AM all families are invited to attend the monthly community mass at St. Mary of the Cross Chapel. A special invitation to our Foundation students and families to attend as a way to celebrate their first year in Catholic education.

FOUNDATION UNIT MASS THURSDAY 21st NOVEMBER all families are warmly invited to the Foundation Unit Mass 9am in the MFR.

CATHOLIC MISSION SOCKTOBER

In the month of October, we raised awareness for Catholic Mission's Socktober 'Sock it to Poverty' campaign. Socktober is an initiative of Catholic Mission. The 'sock it to something' concept is an Australian expression that means to strike out at. We want to invite you to help us strike out at social issues, such as poverty, child labour, child trafficking, homelessness and lack of education.

Students wore odd socks on Fridays in the month of October for a gold coin donation. Thank you for your support to Catholic Mission.

END OF YEAR LITURGY will be on Tuesday 17th December at 8:50am in the MFR. This will be our final liturgy together to celebrate the blessings of 2019. You are warmly invited.

Miss Richelle Mendoza, Religious Education Leader

REPORTING STUDENT ABSENCES - What to do if you child is going to be away from school

Should your child become unwell and unable to attend school Parents are required to telephoning the school by 9:00am on the day of absenteeism. The phone lines are now set up to accommodate this. To report an absent student by phone you will be requested to Press 1 and leave a message with your child's full name, home group and reason for absence.

If your child is going to be absent from school for external appointments, family holidays or arriving late, Parents are asked to notify the school and where possible in advance (the day prior). Parents can reports these absences by emailing: ccschooloffice@ccwerribee.catholic.edu.au

Learning & Teaching News

TRANSITIONING TO A NEW SCHOOL YEAR

It is that time of the year where we are ending one year but thinking ahead to the new year already. Many preparations for a new school year are completed during term 4 of the year before, such as grouping students into 2020 classes.

At Corpus Christi , during Term 4 we create different ways for students to transition more easily into a new class and unit. We also have our new Foundation students come in over a few weeks to spend time in the classroom and creating an awareness of all the different spaces in the school and their uses.

Transitioning from a well known place to an unknown place with new teachers and staff can sometimes cause anxiety in some students, so a gradual transitioning program is what we set in place to try to allay some of these fears.

As a parent you can help this by:

- Talking about the excitement of a new year and a new teacher
- Encouraging students to talk about their anxious moments about a new class, teacher or school
- Talk about how they will cope with unexpected moments during transition
- Always encourage a positive mindset by discussing the “known” aspects of the school they already understand
- Be positive yourself during conversations about transition with your child as they pick up your anxieties which will escalate theirs

Please understand that we at Corpus Christi have the best interests at heart for each student in this school . During Term Four all staff work through a process to ensure everyone including staff and students transition as smoothly as possible to the new school year.

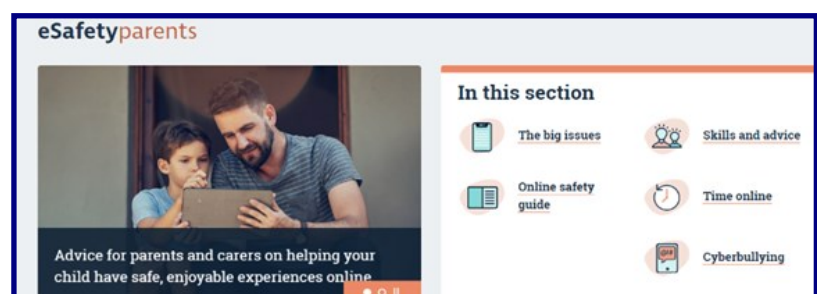
If you have any questions , please ask your child’s classroom teacher or myself.

Peta Cesarec , Learning and Teaching Leader

ICT NEWS

Parents / Carers, if you need any advice about your family using technology, I can highly recommend the eSafety Commissioner Website.

<https://www.esafety.gov.au/parents>



Learning & Teaching News

NUMERACY NEWS

I'd like to start this news by saying hello to all the parents, students and members of the community. My name is Mark Warren, and I am delighted to be taking up the post of Numeracy Leader at Corpus Christi. It is a pleasure to be working as part of this new learning community.

Joining Corpus Christi this term, I've seen some amazing examples of numeracy happening all over the school:

- Our senior community have been working on multiplication, chance and data, practicing their multiplication facts, and applying them to real world problems.
- Our middle community will be looking at 3D shapes, how their structure is found all around us, and all the different ways we can explore and learn about them.
- Our juniors have been taking a good look at money, how it works and real world finances. They will be exploring the use of coins and notes. They have also been exploring fractions, looking at halves and quarters with the book Lilli's Breakfast.
- Yellow and White Foundation have had a busy few weeks looking at time, number lines and recognising patterns. They have explored what they do at different times of the day, and how a 12 hour block happens during the day, then repeats at night.

All in all, it's shaping up to be an exciting term for mathematics.

Ways I might help my child's mathematics at home:

1. Learn Maths Through Playing Games.
2. Use Your Child's Interests to Help with Maths.
3. See Maths in Everyday Life.
4. See More than One Solution to a Maths Problem.

Have a great term.

Mr Mark Warren, Numeracy Leader



LIBRARY CORNER - BOOK PARADE!!

The Book Parade will be held on Friday 8th November. The theme this year is "Super Heroes".

Children and staff can come dressed as one of their favourite heroes or a favourite book character.



At the start of the day each grade parades around the basketball court dressed in their costume. Please note that it is not expected that you must make or hire a costume, you would be surprised what you have in your wardrobes that you can use as well as your imagination. During the day Adam Wallace will be talking to the children about writing a book and also how to draw the characters for their creation. Families are also invited to dress up for the occasion. Look forward to seeing you there.

Your in Books, **Mrs Judie Baird**

Learning Community News

MIDDLE UNIT NEWS....

This term in Religious Education, the Middle Unit is exploring the topic of "The Church lives the word of the Lord." Our focus is on the parable of the Lost Sheep and we're looking at what Jesus was trying to teach us with this parable. The students also unpacked what a parable is and where they are located in the bible.

In Inquiry this term, we will be looking at how scientific discoveries and inventions have changed our lives over time. How natural and man made materials have properties that impact their use. We will also focus on materials and how they have been tested and improved overtime to suit their use and that materials go through different processes over time.

On Monday the 21st & Tuesday the 22nd of October, the Middle Unit went on Camp to Log Cabin Camps in Creswick. The students enjoyed two jam packed days filled with exciting activities and experiences that will live with them for a long time. Many friendships and relationships were cemented and additional friendships were forged.

Kind regards,

The Middle Team- *Helen Drezga, Ben Richards, Megan Urlichs, Stephanie Mobilio, Eugene Volkwyn, Jenai Harrington, Lyn Tramontana and Karen Pacifici.*



FOUNDATION UNIT NEWS....

Term 4 is well underway and what an exciting term we have coming up. So far in Foundation we have been on two Community walks. Our first walk focussed on how Werribee has changed over time. On our walk we saw where the old theatre used to be in Stations Place, which has now been turned into a cash converters.

Our second walk was to the Werribee River and Bungies Hole. We found out that people used to swim there a long time ago.

In Maths, we have been learning about sharing. When we are sharing we need to make sure we are making equal groups so it is fair. We have also started exploring coding. Words like forward, backward, diagonal, move, left and right can be used to give an instruction. We played a game called Maze Runner. The caller had to give the maze runner instructions to get to the end of the race.

In Religion, we have started to prepare for our Foundation Nativity Play. We are learning the songs and actions so we can tell the Nativity story through song. Stay tuned for more information regarding dates and times.

In Wellbeing, we have been talking about how we can be bucket fillers. A bucket filler is someone who is kind and makes others feel good. We have been filling our friends buckets throughout different times of the day.

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

Yellow Community [@yellow2019](#)

White Community [@whitecomm](#)

Yours in partnership,
The Foundation Team

Learning Community News

SENIOR UNIT NEWS....

We have continued to have a very busy and productive start to the last term of 2019. Students have been building knowledge and understanding of different forms of energy and the impact they have on our world. We have conducted an energy audit to highlight ways we use energy in our homes and learning spaces. From viewing the movie '2040', students have been reflecting on the type of world they wish to live in and create for others.



Our Wellbeing sessions involve students trialling and investigating different strategies to manage and care for their own physical and mental wellbeing. Students have been building a tool kit of strategies that include: colouration, spending time outside, eating healthy, chatting with friends.

Students are loving the discussions and activities from reading their next books during Book Clubs. During Mathematics, we continue exploring chance and probability along with extending our knowledge of efficient strategies (mental and written) to solve multiplication and division problems and how these strategies can/will be called upon in real life. Our Religion inquiry begins to investigating other faiths in our world and the links to Christianity.

We look forward to some events that will finish off our year leadership announcements, Adventure Park, Graduation BBQ, Excursions and highlighting our learning in different ways.



Senior TEAL Community Remind Code is @seniorscc

JUNIOR UNIT NEWS....

It has been a busy and exciting start to the term. The Camp on Campus program was a great success with students learning and having a good time at Sovereign Hill and The Aboriginal for a day incursion.

A shout out to the year 2s who stayed the night and organised their belongings.



This term students have been learning about fractions, identifying and showing halves, quarters and eighths of objects. The Juniors have also begun learning about money, recognising money amounts, showing ways to make different amounts, sorting coins, adding money and giving change. We have made shops to investigate and implement monetary problems.

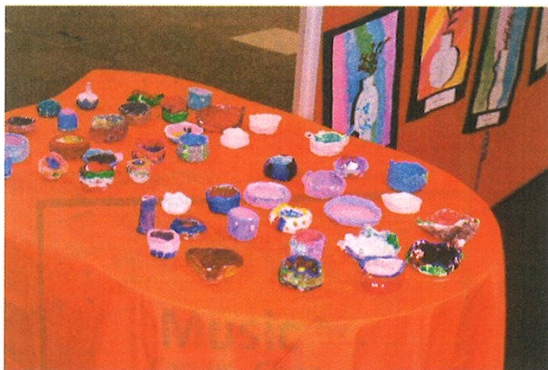
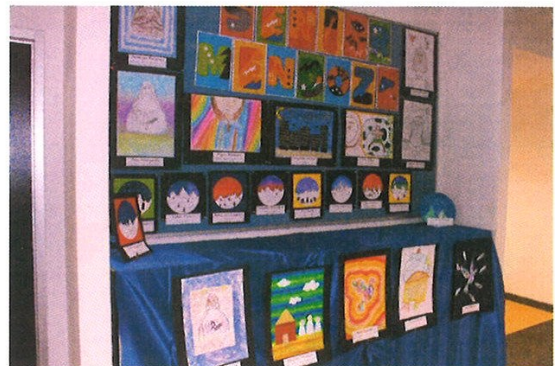
In Literacy, students have completed their narratives and have enjoyed sharing them with the class. Next week students will begin learning about Persuasive texts and giving reasons to justify their opinions. In Reading workshops we will be looking at fact and opinion and comparing texts.

Our Inquiry has started off with a bang with students engaging and finding out about Australian history at Sovereign Hill. Students have looked at the history of Werribee and Corpus Christi. Over the next few weeks, students will continue to research and investigate their own wonderings, finding answers and presenting it to the class.

Yours in Partnership, Michelle Surmiak and the **Junior Team**

CC Arts Showcase

Well Done to all of our Students !



Wellbeing & Community Partnerships

parenting*ideas

eSmart
Smart. Safe. Responsible.

Respectful Relationships

Respectful Relationships is a relatively new addition to our school's wellbeing programs. It encompasses four Rs: Rights, Resilience and Respectful Relationships. The program aims to empower children and young people to develop healthy, equal and respectful friendships and relationships. Classroom curriculum materials complement our existing wellbeing programs and philosophy. The Respectful Relationships program is enhancing our work around:

- Social Emotional Learning
- Personal Strengths and Positive Education
- Self-regulation, Positive Coping and Problem Solving skills
- Child Safety and Help Seeking behaviours
- eSafety
- Restorative Practice, Positive Behaviour Support and Anti-bullying programs



We look forward to delving deeper and sharing more information with you into the new year!

COMING SOON: Step-Up program, Transition and Orientation Day

Year 1 – 6 Soon, students will begin participating in our Step-Up program. This is held over several sessions where students get to visit their 2020 year level and have an opportunity to 'step-up' into a grade for the session. It is hoped this supports students to become more familiar with different classroom environments, teachers and spaces to aid a smooth transition into 2020. It also provides older students an opportunity to be 'experts' in the room, sharing what it is like learning in that community.

2020 Foundation We will be welcoming our 2020 Foundation students to several transition sessions over the next few weeks. We invite parents and carers to stay for a cuppa and are offering a range of parent information sessions while children are visiting school. All welcome!

Meet the Teacher After orientation day, students are invited to bring their parents and carers to meet their 2020 teacher. Most teachers will be available from 3:30pm – 4:30pm on Wednesday 11th December in their new learning community spaces. More information to come!

Back to School BBQ

What a fabulous turn-out for our Year 6 and 7 back to School BBQ! This event grows each year and this year it was wonderful to welcome back many Year 7 students and families, and a visit from former senior teacher, Miss McCabe Craig. Year 6s had prepared some interesting questions and were able to hear first-hand from their year 7 peers. A special thank you to Ms Ingham and Ms Argus, MacKillop Year 7 Team Leaders, for their attendance and support on the night. We look forward to inviting our current year 5 and 6 students back to reconnect in 2020!



Parenting Ideas FREE WEBINARS

parenting * ideas

As a 'Parenting Ideas' school, Corpus Christi parents have access to FREE webinars and resources on www.parentingideas.com.au. Step by step instructions and codes for accessing two upcoming webinars are at the back of this newsletter.

Step-by-step instructions are below. Just choose the webinar you wish to see and use the codes below.

- Webinar: Strengthening kids' self-esteem in a digital world **code word: DIGITAL**
- Webinar: Brave Parenting in a culture filled with worry **code word: BRAVE**

We encourage parents to register ASAP so that you don't miss this great opportunity!

Parenting Ideas online webinar: **BRAVE PARENTING in a culture riddled with worry**

This webinar is designed to help parents understand where their anxiety about their kids comes from, and why they don't let their kids do half the stuff they did growing up.

Hear from Lenore Skenazy, President of Let Grow, a non-profit promoting childhood independence and resilience, and founder of the Free-Range Kids movement. Lenore will talk about ways to make it easy and normal to start loosening the reins so both generations get more freedom.

Topics include:

- Understanding the risks of treating our kids as physically and emotionally fragile
- How our anxiety can feed our children's worries
- Building kids independence and resilience
- How to raise nimble problem solvers
- Ideas to know how safe, smart and capable your kids can be

When: Wednesday 27 November 2019 at 8:00 PM. If you are unable to make the scheduled time you can simply register and access the recording later.

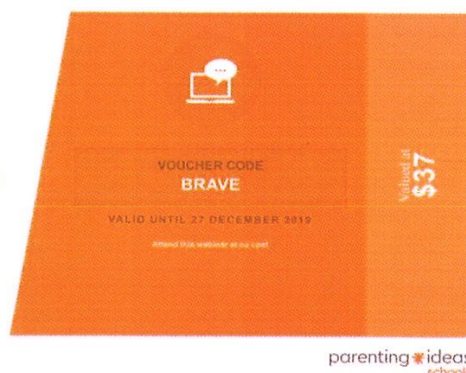
How you can register

1. Go to: <https://www.parentingideas.com.au/parent-resources/parent-webinars/>
2. Select the Webinar and click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code **BRAVE** 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' We encourage you to redeem it ASAP to secure your free webinar.

Your Parenting Ideas
Webinar Voucher

Webinar: Brave parenting in a culture
riddled with worry

Guest Speaker: Lenore Skenazy
27 November 2019 - 08:00pm



2019 SCHOOL CALENDAR & EVENTS

Friday 8 th November	Book Character Parade - Super Hero theme! <u>And Subway Lunch</u> <i>Reminder to Year 6 parents - photos for graduation slideshow due by today</i>
Tuesday 12 th November	AGM School Board
Thursday 14 th November	2020 Foundation Children, Transition Session 2
Friday 15 th November	Whole School Assembly at 2:05pm
Saturday 16 th November	ST ANDREW'S PARISH FAIR TODAY 10am to 7pm at St Andrew's School
Monday 11 th November 2019	Group 1 MacKillop Transition (<i>selected students</i>) 8:45am to 11:15am
Wednesday 13 th November 2019	Group 2 MacKillop Transition (<i>selected students</i>) 8:45am to 11:15am
Tuesday 19 th November	Parents and Friends Meeting in the Staffroom at 7:00pm
Friday 22 nd November	JUNIOR SPORTS DAY
Saturday 23 rd November	Corpus Christi Mass 6pm at St Andrew's Church
Monday 25 th November 2019	Group 2 MacKillop Transition (<i>selected students</i>) 8:45am to 11:15am
Wednesday 27 th November 2019	Group 1 MacKillop Transition (<i>selected students</i>) 8:45am to 11:15am
Thursday 28 th November	2020 Foundation Children, Transition Session 3 Free Dress Day - Donate an Item for the Christmas Raffle
Friday 29 th November	Whole School Assembly at 2:05pm
Monday 2 nd December	CC Carols on the Green
Friday 6 th December	Advent Reflection
Monday 9 th December	Orientation Day 2020
Tuesday 10 th December	Graduation Mass at 6:00pm
Wednesday 11 th December	NEWSLETTER DAY! Meet & Greet the Teacher 3:30pm to 4:30pm Foundation (White Community) Nativity Evening 6:00pm in the MFR
Thursday 12 th December	Foundation (Yellow Community) Nativity Evening 6:00pm in the MFR
Friday 13 th December	Adventure Park Excursion - Grade 6 Children Foundation Excursion
Monday 16 th December	Final Whole School Assembly at 2:05pm
Tuesday 17 th December	<u>Last Day of School for 2019 End of Year Prayer Service - Children DISMISSED at 1:00pm</u>
Wednesday 18 th December	Staff Only at School (School Closure Day) - First Aid Training for All Staff
Thursday 19 th December	Staff Only at School (School Closure Day) - Planning for 2020

2020 Sacrament Dates

Reconciliation Celebration – Wednesday 11th March at 6:30pm at St Andrew's Church

Confirmation Celebration – Friday 15th May (6:30pm)

First Eucharist Celebration – Sunday 16th August at 1:00pm and 3:00pm



IMPORTANT DATES FOR 2020

Term 1 Tuesday 28th January to Friday 27th March

Easter 10th to 13th April

Wednesday 29th January - Group A Foundation begin School 8:45am to 12:30pm

****Family Conversations Grades 1 to 6**

Thursday 30th January - Group B Foundation attend School 8:45am to 12:30pm

****Family Conversations Grades 1 to 6**

*****All children in Grades 1 to 6 will be allocated appointment times for their Family Conversation, prior to the end of the 2019 school year to allow families to make arrangements for these days.***

Friday 31st January – All Foundation students attend School 8:45am to 12:30pm

All Grade 1-6 students begin School 8:45am to 3:05pm

FOUNDATION HOURS FOR TERM 1

For the first 4 weeks of Term One Foundation Students

Do not attend school on Wednesdays.

Schools Days & Hours	No School Days
Mondays, Tuesdays, Thursdays & Fridays from 8:45am to 3:05pm starting from Mon 3 rd Feb to Fri 28 th Feb	Wednesdays 5 th , 12 th , 19 th & 26 th February

*The four Wednesdays will be used by the Foundation Teachers to conduct
Family Conversations and Assessments.*

Appointments will be made with Learning Community Teachers and Parents.

Foundation children will come to school full time

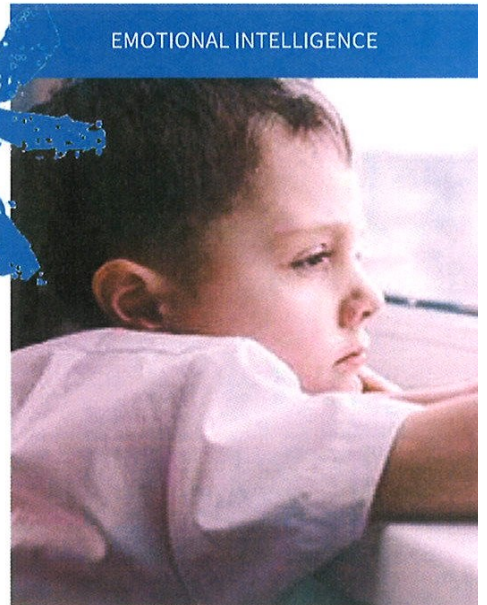
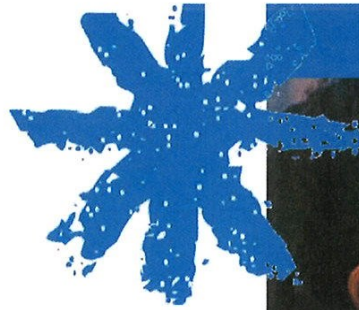
from **Monday 2nd March 2020**

TERM DATES **Term 2** Tuesday 14th April to Friday 26th June

Term 3 Monday 13th July to Friday 18th September

Term 4 Monday 5th October to Wednesday 16th December

insights



6 tips for parenting anxious kids

by Dr Jodi Richardson

If you're the parent of an anxious child you're most certainly not alone. The number of children experiencing an anxiety disorder is currently estimated at 117 million worldwide. Here in Australia, there's an average of 2 anxious kids in every classroom; and they're the ones with a diagnosis. Many more anxious kids are yet to have their anxiety identified and understood.

As much as we'd like to, we can't rid our kids of their anxiety, but we can help them to manage it in ways that enable them move it from centre stage and get on with living a vibrant, rich and meaningful life.

Here are 6 tips to support you to parent your anxious child:

1. Explain anxiety

Anxious kids can struggle to explain how they feel and can worry that no-one will understand what they're going through. That's why explaining anxiety is an important step in supporting an anxious child. The knowledge that anxiety is well understood, that other kids experience it and that it's manageable brings them immediate relief.

Teach your anxious child that the part of their brain that protects them from danger is always on high alert. Called the amygdala, it's meant to protect them from genuine danger but for anxious kids, it can be almost constantly activated.

Explain that when they feel anxious, their amygdala sends signals to their body to fight or flee from the threat, whether it's real or imagined.

Next, talk about the body changes such as increased heart rate, rapid breathing and an upset stomach that power them up to fight or flee. They might even feel dizzy, hot, sweaty and panicked. Anxiety affects thinking and behaviour too.

2. Respond with empathy

In the midst of an anxious moment it's natural to want to reassure anxious kids they've got nothing to worry about. Reassurance works in the short term but it soon wears off and they come back for more, which becomes an unhelpful pattern.

Instead, respond with empathy and validation. Use ahhh statements such as:

- "Ahhh, I see you're feeling really anxious right now, I know how hard this is for you"

- “Ahhh, I know you’re feeling really worried right now, it’s not much fun feeling like that is it?”

Anxious kids need to know you understand what they’re going through.

3. Show the amygdala they’re safe

Once the amygdala senses danger, the cascade of events that follow can’t be stopped. The body and brain will respond as if the danger is immediate. The best way to help an anxious child calm their anxious brain is to teach them to *show* their amygdala they’re safe. Deep and intentional breathing helps an anxious child to calm their amygdala and will begin to reduce their anxious symptoms. Practise intentional breathing regularly between anxious times before applying this technique in the midst of an anxious moment.

4. Practise mindfulness -the antidote to worrying

Anxiety is distress now about a possible future event, which is why worrying is common for anxious kids. When an anxious child’s mind fast-forwards to an upcoming event or expectation, their amygdala can respond as if the ‘threat’ to their safety is immediate. The antidote to worrying is mindfulness. Put simply, mindfulness is paying attention to what’s happening in the present moment. It may take time to learn, but is a powerful anxiety management strategy once it’s mastered.

5. Practice defusing sticky thoughts

Anxious thoughts can get stuck, refusing to budge no matter how much attention is paid to them. Defusion is a strategy that helps anxious kids look *at* their thoughts rather than *from* them.

Imagine your anxious child is worried about an upcoming test. They’re thinking “I’m going to fail the test”. The thought makes them feel awful. Defusion helps kids (all of us) to look *at their* thoughts by reminding them that the words in their heads are indeed just words, not reality.

Your anxious child can defuse his unhelpful thoughts by putting a statement in front of the thought such as: “I notice I’m having the thought that I’m going to fail the test.” Alternatively, he can say the thought in a character voice like Darth Vader or Peppa Pig, or sing it to the tune of happy birthday or a nursery rhyme. Defusion puts distance between anxious kids and their thoughts and is a wonderful skill to learn.

6. Get the fundamentals right

Ample sleep, good nutrition and exercise are essential for anxious kids. Support your child to adhere to their optimal bedtime so they wake naturally around the time of their alarm, reduce their sugar intake to support their gut health and to exercise regularly for optimal mental health.

These are some of the many strategies that you can share with your child to support them to recognise and manage their anxiety so they can live life in full colour.



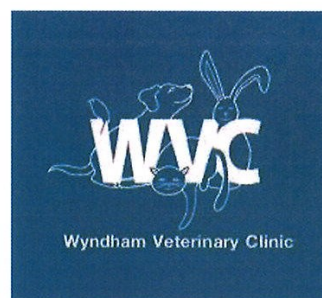
Dr Jodi Richardson

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

We would like to thank our sponsors for their generous donations to our Art Show raffle.



Costa Family



Megan Pateras and Family
Van Haigh Family
Curkowskyj Family
Corpus Christi Parents and Friends

ST ANDREW'S PARISH FAIR - VOLUNTEERS NEEDED!

The Parish Fair is just around the corner and once again the Corpus Christi Community is running the Drinks Van and Espresso Stall and assisting with the running of the BBQ. These stalls have been well supported by Corpus Christi families over many years and we hope that this year will see a continuation of the same generous support shown in past. Notes have been sent home with the eldest child for each family please look over the note and if you are able to offer your support please complete the form and return to school by this Friday 8th November. The Parish Fair is a valuable Parish Community Event and a great fun day for all. **If you can not find your note please contact the school on 9741 8440 at any time and your generous offer of support will be passed on to the organising committee. Thank you !**



ST. ANDREW'S PARISH FAIR

**Saturday 16th Nov 2019
10am till 7pm**

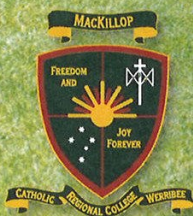
**at St. Andrew's School Grounds
Greaves Street North, Werribee**

- Major Car Raffle
- Cake & Plant Stalls
- Fresh Food Stalls
- Fresh Produce Stall
- Fun Rides
- Entertainment
- Spinning Wheel
- Espresso Bar
- Afternoon Tea
- Book Stall



Mackillop

Open Day 2019



Tuesday 12 November 2019
2:00pm - 6:00pm
Final Tour at 5:15pm