

St Andrew's Parish

#### CORPUS CHRISTI PRIMARY SCHOOL

29 RUSSELL STREET, WERRIBEE VIC. 3030

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



### NEWSLETTER 2 Thursday 27th February 2020 WEEK 5, TERM 1

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

For **STUDENT ABSENCES** ccschooloffice@ccwerribee.catholic.edu.au OR 9741 8440 by 9:30am

#### Dear Parents and Carers,

Congratulations and thank you to each and every one of you for the harmonious start we have had to the 2020 school year. The children and staff have settled well into their new learning spaces and levels. This is evident by the happy voices and faces that grace our corridors, playgrounds and learning spaces.

In the role of Principal, I have the privilege and honour to spend time visiting each learning community throughout the week. At this time, I witness the learning and teaching taking place, the relationships that are forged, the catholic ethos and values being lived, all through the many interactions between child and child, child and parent or carer, teacher and child, teacher and parent, teacher and teacher. It is at this time that Christ reveals himself in each of us...through our many faces, our diversity of culture, faith and language. For this we are grateful.

It is difficult to believe that we will head into Week 6 next week. It is hard to believe that it is already that time of year that we begin to plan for the following year – in this case, 2021. Please find further in this Newsletter an advertisement for two Foundation 2021 Information Sessions on *Tuesday 3<sup>rd</sup> March* at 9:00 am and 7:00 pm. Enrolments for Foundation 2021 will open on this day and close on Thursday 30<sup>th</sup> April 2020. *Please note that the enrolment of siblings is not automatic and an enrolment form needs to be received by the due date.* Enrolment packs will be available at the Information Sessions and from the school office after this date.

Kind regards, Linda

#### PARENTS AND FRIENDS ANNUAL GENERAL MEETING

I wish to formally acknowledge the wonderful work by our Parents and Friends Committee and the great support we receive from our whole school community for all events / activities planned by the committee during the year. The committee work enthusiastically and passionately throughout the year and the time they give and their efforts are greatly appreciated.

In 2019 over \$17,000 was raised by our community for the benefit of all children at our school.

This was a great effort. Thank you!

The funds this year will once again directly go to our ongoing **grounds development work.** Our next meeting is on Wednesday 18<sup>th</sup> March and will be held in the school staffroom – All parents are welcome to attend whether you are a member or not!

#### PICK – UP, DROP – OFF and PARKING Safety

When dropping children off in the morning PLEASE, PLEASE, PLEASE ensure you park safely in a designated parking bay before allowing your child to exit the car.

Unless you have the appropriate Disability Parking Permit – PLEASE DO NOT use the designated DISABLED PARKING BAYS to drop off your child. These bays are only for the use of those who have been issued with a permit to do so.

As per our Dismissal Policy and in order to keep all our children safe,

NO child will be able to leave via the Carpark gates at the end of the day without a parent or carer accompanying them.

#### **SECOND HAND UNIFORM**

Our second hand uniform shop (located in the Music room in the senior learning area) operates on **Monday mornings from 8:30am to 9:00am**. Once again we thank Mrs Susie Panhorst (Benjamin) for her kind offer to operate the uniform shop each week. Thank you to families who have donated second hand uniform items this year. If families have uniform items that children have grown out of and if they are still in good condition and taking up space in the cupboard please bring them to school. All donations can be left at the office. For parents who require uniform items but are unable to visit the second hand uniform shop, please contact the office to complete a request form with the items and sizes needed. Parents will then be contacted if the item is or becomes available. Thank you.

#### **FOUNDATION 2021 ENROLMENTS**

Children who turn 5 years of age by 30th April 2021 are eligible to enrol in Foundation 2021. Enrolment Packs will be available at our Information sessions which will be held on Tuesday 3<sup>rd</sup> March at 9:00am and 7:00pm in the MFR. Enrolments for Foundation 2021 close on Thursday 30<sup>th</sup> April 2020. *Please note that the enrolment of siblings is not automatic and an enrolment form needs to be received by the due date.* 

### **School Tour Dates**

Monday 16<sup>th</sup> March 9:00am and 12:00pm

Wednesday 18<sup>th</sup> March 9:00am and 12:00pm

Tuesday 24<sup>th</sup> March 9:00am

Thursday 16<sup>th</sup> April 9:00am and 12:00pm



### 2021 Foundation Enrolment

**ENROLMENT INFORMATION SESSIONS Tuesday 3rd March 2020** 

Corpus Christi Multi Function Room

9:00am Morning Session7:00pm Evening Session

ENROLMENT PACKS WILL BE HANDED OUT AT THESE SESSIONS!

Enrolment is subject to the St Andrew's Parish Enrolment Policy and School Zoning Requirements

For more information please do not hesitate to contact the School Office or visit us at

www.ccwerribee.catholic.edu.au

Ph: 9741 8440

# **Foundation Unit News**

Eagle Eye

Look at the pictures.

We wish our Foundation families a warm welcome and congratulate all of the children on such a successful first few weeks of school.

The children have transitioned well to the new routines at school and continue to explore their roles and responsibilities as community members in Foundation as well as students at Corpus Christi.

Our learning is well underway and the children are learning and reinforcing their knowledge of letters and sounds (phonics) in preparation to begin applying this to reading and writing. We have been learning hand cues to help us with quick recall of the letter sounds (cued articulation) - refer to remind app for links to practise at home.

In Reading, they are exploring the reading strategy 'Eagle Eyes' to look for picture clues in stories and are practising pointing to each word as the word is read. In

the coming weeks, we will also be learning about the role of **WHO?** is in a story and how we identify the beginning middle and end of a story (sequencing).

In Numeracy, we have been learning about numbers 0 to 5. We have been making different crafts to show the number amount, such as traffic lights have 3 lights. Ask your child to show them how they can be successful when counting amounts (hint: each counter they move they say a number). Five little speckled frogs has become a number one hit in Foundation. CHECK OUT THE SONG <a href="https://youtu.be/TtX8yVEF0-w">https://youtu.be/TtX8yVEF0-w</a>

Learning how to make The Sign of the Cross and exploring Prayer is part of our R E focus at the moment, as children learn more about Jesus. We thank our families for their ongoing support with ensuring your child arrives and is settled into our community by 8.40am to allow for a smooth transition into our morning routine.

Stay up to date with the happenings in Foundation on the Remind AppFoundation 2020 @jungle2020

Yours in partnership,

The Foundation Team.

# Five Little Speckled Frogs Five little speckled frogs,

Five little speckled frogs,
Sat on a speckled log,
Eating some most delicious bugs, Yum, Yum.
One jumped in to the pool,
Where it was nice and cool,
Now there are four green speckled frogs,
Glub, glub.

Four little...







# **Junior Unit News**

The Junior Unit has had a great start to the term. We have jumped straight into our Reading and Maths Workshops where the students get to work with both teachers and students across the Unit. The students have been busy writing letters, composing recounts and using the Colourful Semantics (who, what doing, where and when) to write great sentences.



During Inquiry we have explored what makes our bodies happy and healthy. Students participated in three rotations and investigated healthy foods, active living and movement. During weeks 5 and 6 students will participate in the Woolworths Discovery Tour. They will investigate healthy foods, fuel for our body and sustainability.

We have been exploring the different ways that we can experience God through prayer. The students will be creating a community prayer cloth to be used in our communities. We will begin learning about Lent and Holy Week in the weeks to come.

# Middle Unit News

The teachers of the Middle Community extend a very warm welcome to all students and families for 2020. We also welcome new families to the Corpus Christi Community. Our students have spent the first few weeks getting into the swing of how things work in the Middle Community. Teachers have spent a great deal of time explaining about the routines and expectations of working in the Middle Community.

We encourage all parents to assist in developing your child's skills in using their diary as a tool to help them being organised with their learning i.e. recording home reading and school communication etc. Please ensure that your child brings his/her diary to school every day and just a reminder, if you could sign their diary on a weekly basis.

The Middle Community will again be utilising the Remind App to inform parents about student's learning activities etc. The password to access the Middle Community is @middles202



Learning for the next few weeks will see us continuing to explore place value and the many ways numbers can be represented, recorded and read. Students will also be engaged in reading workshops and have an opportunity to work with all the teachers in the Middle Community where they will be exploring the CAFE (Comprehension, Accuracy, Fluency & Expanding Vocabulary) reading comprehension model. In Writing we will be focussing on persuasive writing over the next few weeks and how we can effectively and convincingly persuade an audience.

A reminder also that our grade 3 students will be engaged in the Sacrament of Reconciliation this term. We wish all our candidates and their parents all the best for this very important step in their spiritual journey.

If you have any questions please don't hesitate to contact your child's teacher.

**The Middle Team** - Helen Drezga, Naomi Meilak, Eugene Volkwyn, Stephanie Mobilio, Mark Warren, Karen Pacifici & Jenai Harrington

# **Senior Unit News**

Welcome back to Corpus Christi 2020.

This term in Religious Education, the Senior Unit is exploring the topic of "Prayer." Our focus is the different ways in which we can pray, as well as the different types of formal prayer. Students will also get the opportunity to explore the season of Lent to Easter, especially Holy Week where the year 6 students will act out the Holy Week Stations of the Cross.

In Inquiry this term, students will be exploring our Inquiry throughline on 'the Self'. This unit explores the different learning styles of each individual to discover how they learn best and what students need to do to enable them to learn efficiently.

This term, the senior students will begin some new experiences. The year 5 students will be receiving their buddies and the year 6 students will be beginning interschool sports games.

#### The Senior Team



#### Corpus Christi Primary School

Address 29 Russell Street Werribee 3030

Phone 9741 8440 Fax 9741 8038

Email ccschooloffice@ccwerribee.catholic.edu.au

Website www.ccwerribee.catholic.edu.au

In the event of student absence, please notify the school by 9:30am.

This can be done via email to ccschooloffice@ccwerribee.catholic.edu.au or by calling the School Office on 9741 8440.

Please provide a written note and/ or medical certificate for the home-group teacher upon the student's return.

A letter informing the school of any extended periods of absence must be provided prior to family holidays or extended absence from school.

### **SCHOOL PHOTO DAY**

Thursday 5th March 2020

Students wear full summer uniform on the day

The school requests that Envelopes are returned to school

#### **Before School Photo Day**

For families wishing to have family photos with siblings the FAMILY envelope is available for collection from the School Office. If parents require an 'extra' photo envelope for ordering please contact the School Office and this can be arranged.

### Stay connected with news & reminders from your child's learning community!

Download the 'Remind' App and use your child/ren's Community Remind Code to get started!



Foundation: @jungle2020
Junior: @juniorscc2
Middle: @middles202
Seniors: @.ccsnrs

For information visit: https://www.remind.com/families

# Digital Technologies News (ICT)

#### PARENT PORTAL

Reminder to all families - Please ensure that you can log into the Parent Portal.

The Parent Portal contains all your information which needs to be kept up to date. In the coming terms **EXCURSION** notes will be sent out through the Parent Portal also notification of upcoming EVENTS.

If you are having difficulties logging in to the Parent Portal or are yet to log in and your password has expired, please contact Anne Walton via email to make an appointment or correspond via emails. It's only a few quick easy steps.



Foundation Parents will receive their username and temporary password soon.

Learning Journeys for Term 1 2020 will be sent out the last week of the term. If you have changed your email address please update your information via the Parent Portal. If you have not been receiving emails from the TeacherCloud on behalf of Corpus Christi, can you email Anne Walton at annew@ccwerribee.catholic.edu.au so that I can check your email address.

Please Note that Student Achievement Reports are accessed through the Parent Portal and is no longer included in Learning Journeys





All preschool age children and families

All preschool age children and families are invited to come along to GODSTART. It is a fun filled and dynamic introduction tholic Faith for little ones! - Bible stories, craft, mes and dance, followed by fellowship. Come in your little one and join in the fun. Our first or the year is on this: iday, 28th February at 12:30pm - 2:30pm Penola Hub - 33 Mortimer St. Werribee ct Susanne Sweeny 0438372952 for more formation. Hope to see you there formation and families are invited to come along to GODSTART. It is a fun filled and dynamic introduction tholic Faith for little ones! - Bible stories, craft, mes and dance, followed by fellowship. Come in your little one and join in the fun. Our first period and the company of the period of the pe to the Catholic Faith for little ones! - Bible stories, craft, songs, games and dance, followed by fellowship. Come along with your little one and join in the fun. Our first session for the year is on this:

Friday, 28th February at 12:30pm - 2:30pm Penola Hub - 33 Mortimer St. Werribee Contact Susanne Sweeny 0438372952 for more information. Hope to see you there



# **Learning and Teaching**

Welcome back to our 2020 School year!



It is a pleasure to see all students and families returning to school refreshed and ready to start our new year of learning!

This year as in others we will build students knowledge and use of strategies, processes and digital tools to enhance their learning to support the students developing into independent learners. Our Family conversations have helped all staff better understand and know our students from their family's point of view.

This information at the beginning of the year is invaluable in helping students to make a great start to their new learning communities and teachers.

#### Dates and Events in 2020

#### School Closure Day Literacy

Friday 28th February 2020

No School for all students on this day as teachers will be adding to their own learning in Literacy.

#### Parent helper Training Session

Monday 2nd March 9.15 am - 10.00am

Parents and carers who would like to help in our classrooms are required to attend a Parent helper Training session before helping in any classrooms. You must also have a current **Working with Children Check** and have read and signed the **Corpus Christi Code of Conduct documents** available from the school office.

#### **NAPLAN 2020**

Tuesday 12th May - Friday 22nd May

NAPLAN Online will be administered to all students in year 3 and Year 5 over 2 weeks. Please ensure attendance on these days. If a student is absent on any of the above dates, catch up tests will be administered where possible before the 22nd of May.

#### **Literacy Family Night**

Term 3 2020 Date to be announced

The Literacy Family Night will be an opportunity to learn more about Literacy with your family and experience hands on workshops in areas of Literacy such as Reading, Writing and Spelling.

Peta Cesarec Learning and Teaching Leader



# 2020 School Calendar

Friday 28<sup>th</sup> February Tuesday 3<sup>rd</sup> March Wednesday 4<sup>th</sup> March

Thursday 5<sup>th</sup> March

Friday 6<sup>th</sup> March Monday 9<sup>th</sup> March Wednesday 11<sup>th</sup> March

Sunday 15<sup>th</sup>—22nd March Mon 16<sup>th</sup> to Wed 18th March

Monday 16<sup>th</sup> March Wednesday 18<sup>th</sup> March Thursday 19th March Friday 20<sup>th</sup> March

Tuesday 24<sup>th</sup> March Friday 27<sup>th</sup> March

Term 2

Tuesday 14<sup>th</sup> April Wednesday 15<sup>th</sup> April Thursday 16<sup>th</sup> April

Tuesday 28<sup>th</sup> April

Thursday 30<sup>th</sup> April Friday 1<sup>st</sup> May

Sunday 3rd May

Tuesday 5<sup>th</sup> May Thursday 7<sup>th</sup> May

Friday 8<sup>th</sup> May Sunday 10<sup>th</sup> May

Monday 11<sup>th</sup> May Tuesday 12<sup>th</sup> May Friday 15<sup>th</sup> May SCHOOL CLOSURE DAY - Literacy Development

2021 Foundation Information Sessions 9.00am and 7.00pm

School Board Meeting 6.30pm in the Staffroom

**SCHOOL PHOTO DAY!** 

Students wear full summer uniform today

Whole School Assembly 2.05pm

Labour Day Holiday – No School

Reconciliation Celebration 6:30pm St Andrew's Church

Catholic Education Week
SENIOR UNIT CAMP 2020

9:00am and 12.00noon School Tours 9:00am and 12.00noon School Tours

Family Twilight Sports

'National Day of Action Against Bullying'

Whole School Assembly 2.05pm

School Tour 9.00am

Last Day of Term 1 - School Holidays

SCHOOL CLOSURE DAY – Staff Conference SCHOOL CLOSURE DAY – Staff Conference

Students return to school

School Tours 9.00am and 12.00noon Foundation Prayer Night 6:00pm

Applications for Foundation Enrolment 2021 DUE

Whole School Assembly 2:05pm n MFR all welcome to attend

10:00am Corpus Christi Community Mass

Confirmation parent Evening with Richard Leonard 6.30pm

Mother's Day Stall

Mother's Day Breakfast and Guest Speaker and Liturgy

MOTHER"S DAY

Start of 2 weeks of NAPLAN ASSESSMENTS School Board Meeting – 6.30pm in the staffroom Confirmation Andrew's Sports Centre 6.30pm

### 2020 Sacrament Dates

Reconciliation Celebration – Wednesday 11<sup>th</sup> March at 6:30pm at St Andrew's Church Confirmation Celebration – Friday 15<sup>th</sup> May (6:30pm) First Eucharist Celebration – Sunday 16<sup>th</sup> August at 1:00pm and 3:00pm

### 2020 School Closure Dates Term 1 & 2

Friday 28<sup>th</sup> February 2020 Tuesday 14<sup>th</sup> April Wednesday 15<sup>th</sup> April 2020

# **Education in Faith**

**BEGINNING OF YEAR MASS** We had our Beginning of the Year School Mass a few weeks ago. We thank our families who were able to join our celebration. The beginning of the year school Mass was a wonderful way to begin our school year by reflecting on the theme of 'Love One Another'. Fr. Albert led our mass and we had a number of our families join us that morning.



We **always** warmly invite you to our liturgies and it is so pleasing to see so many parents/ grandparents join us in these celebrations.

**JUNIOR UNIT MASS** 19th March. We invite our families in the Junior Unit to celebrate their unit mass on the 19th March beginning at 9:00am in the MFR.

**ASH WEDNESDAY** marks the beginning of Lent, our students, staff and families received 'the ashes'; by being marked with a sign of the cross on their forehead. Thank you for those who were able to join us for this special liturgy.

**COMMUNITY MASS** is on **Sunday the 1st of March**, students who are preparing to receive the Sacrament of Reconciliation are especially invited to our community mass held at Corpus Christi in our **MULTI FUNCTION ROOM at 10:00AM**.

Community masses are usually held once a month, starting at 10am. The next community mass will be on **3rd May.** We invite **ALL FAMILIES** to join our parish community on this day and future community masses. Looking forward to seeing many families there.

**RECONCILIATION** Our students in Year 3 are busy preparing to celebrate God's love and forgiveness through the Sacrament of Penance (also known as Reconciliation) on **Wednesday 11th March**, **6:30PM**. Please continue to pray for our candidates.

Kristian Amato
Conal Hirst
Jayden Surmiak
Grace Bonat
Blake Caruana
Rory Drummond
Jamie Le Lydamore
Daniella Catania
Ruby Kiefel
Megan Miletic

Levi Harrington
Mia Perram
Emelia Suares
Domenica Pepe
Tait Flynn
Joshua Kendall
Adon Nguyen
Olivia Pino
Lyla Vokoje
Lily Gauci

Connie Colgan
Tayte Eaton
Jack Cowlishaw
Charlotte Davie
Lucy Fisher
John Ryan
Luca Colasuonno
Owen Kendall
Aleisha Longmuir

Harper Desira Stella Fuller Mia Wood Orlando Afferi James Donati Zac Rowbottom Mia Di Stefano



1st March- Community Mass in the MFR 10:00AM

11th March- First Reconciliation at St. Andrew's Church 6:30pm

19th March- Junior Unit Mass

16th - 20th March- Catholic Education Week

Miss Richelle Mendoza, Religious Education Leader

# CORPUS SPORT NEWS



Congratulations to the Corpus Christi Swimming Team for their excellent performance in the District Swimming Carnival at the Werribee Outdoor Pool on Tuesday 25th of February. In a tightly contested event, Corpus battled fiercely and came second overall out of ten schools. Every student displayed admirable sportsmanship, effort and teamwork throughout the day.

It was a successful day with many individual and team achievements, in particular Tanami Murdock (Year 6). She won all of her races in her age group and also smashed the 100m Open Championship race. She was awarded a swimming medal for her personal achievements by Mrs Jill Hennessy.

Thank you to Mrs Baird, Mrs Portelli, Mr Volkwyn, Miss Clarke and parents for supporting the students and ensuring nerves were settled before the races.

Miss Dee Dundov Interschool Sports Coordinator



Aurora Natoli Alyssa Coates Mia Costa-Jackson Callan Sweeney Mia Perram Paige Perram Tait Flynn Leo Ferlazzo
Harry Ardizzon
Cruise Parker
Bridgette Murphy
Sofia Lazzaro
Nicola Morris
Chase Morris

Tanami Murdock
Laura White
Anneka Redford
Ella Duenzl
Charlotte Paterson
Taine Volkwyn
Raphael Murphy

Josh Allwood
Jacob Alabakis
Flynn Carey
Charlotte Davie
Mayer Hollingsworth
Caleb Vincent
Josh Di Rosa





























# **Community Garden!**

A very big and very special THANK YOU to Xavier Sugito (Jnr Trovarelli) and his mum, Nicole, for creating two fantastic additions to our Community Garden – they may have surprised you on the first day! We are looking to name our two new scarecrow students and encourage students and families to help us take care of them in our Garden.

Another big thank you to Mrs Megan Pateras (Michael, Snr Dawson) and Mr Angelo Randello (Christian, Jnr Jeffrie, Alexis, Snr Dawson, and Tahlia, Snr Buslon) for donating plants and seedlings to our garden. Thank you for your generosity and kindness!





### **Term 1 Whole School Event!**



Join us for a night of Family Fun @ Corpus Christi, from 5:00pm – 7:00pm

Food Trucks - Sausage Sizzle - Activities - YOU DON'T WANT TO MISS IT!!

### Wellbeing & Community Partnerships



#### **Respectful Relationships**

We are proud to announce that we are a Respectful Relationships (RR) Partner School in 2020. The RR program 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 sharing more information with you throughout the year!



#### **Child Safety Update**

At Corpus Christi, we believe every child has the right to be and feel safe. Our school's Child Safe focus in 2020 is to further promote child participation and empowerment. Our goal is to:

- Establish a student "Child Safe Team"
- Conduct student surveys on student wellbeing and safety, encouraging students to have a say on things that are important to them
- Create a Student Code of Conduct to complement our School Expectations, Rights and Responsibilities document
- Publish a Student Version of our school's Child Safe Policy.

In addition to this, we have enahnced the Wellbeing/ Child Safe tab on our school website. Go to <a href="https://www.ccwerribee.catholic.edu.au">www.ccwerribee.catholic.edu.au</a> and click on the STUDENT WELLBEING tab and the Child Safety menu on the left. Here you can find information on having 'Child Safe' conversations with your child as well as our Codes of Conduct and other child safe information.

If you ever have concerns about a child's safety, this can be reported to a member of our Child Safe Team, which is comprised of the Principal, Deputy Principal and Student Wellbeing Leader. We look forward to further enhancing student voice and student safety at Corpus Christi this year!



### parenting \*ideas

INSIGHTS

### Managing separation anxiety at school drop-offs



Going to school for most children is a positive experience however some children can struggle making the transition from their home environment to school. It's naturally distressing to see your child upset at school drop-off but there is a great deal you can do to make school drop-offs easier for you and your child.

#### Breaking the cycle of separation anxiety at school

A child's clinginess, crying or tantrums at school drop-off can be disturbing for you as a parent. Despite putting on a brave face, you can feel guilty that somehow you're the cause of this behaviour. Unless something traumatic has occurred then leaving your child at school is a normal part of life, something your child will get used to. The following strategies may help eradicate your child's tears and fears when you take them to school:

#### Tell the story

Prepare your child thoroughly each morning for what will happen when you leave your child at school. Repeat the story each morning before school so they can fully prepare for drop-off.

#### It takes two

Involve your child's teacher in the drop-off process as they will be the person who must deal with an upset child. In extreme examples, at the start of term or after a long absence, a later starting time may give your child a chance to say goodbye in more relaxed circumstances.

#### Give me five

Rituals are both personal and reassuring so develop a special goodbye ritual that you consistently use when you leave your child each morning. Your special ritual may be simple such as a special wave or kiss, or fun such as a high five, low five, fist pump bursting into a hand explosion. Then leave quickly without stalling or looking back. Avoid making leaving a bigger deal than it what it is.

#### Reduce the rush

Is your child a morning star or night owl? Many children are slow starters in the morning, which can mean that they're frequently rushed and arrive at school in highly anxious states. Do all you can to reduce morning stress, which may include earlier bed and waking times; laying out school clothes the previous evening and making minimal demands on their time.

#### This is the place

### parenting \*ideas

Location carries memory so choose carefully the place you say goodbye to your child. If a kiss or hug at the school-gate means a happy child, then you've probably found your goodbye place. Experiment with your goodbye location until you find one that works.

#### It's your job

If goodbyes continue to cause tears, tantrums or clinginess consider, if possible, saying goodbye to your child at home and allowing another adult – your partner or another parent – to take your child to school.

#### If separation anxiety continues

If your child's separation anxiety interferes with their concentration and learning, prevents them from making friends, is excessive and goes longer than a month, consider getting professional support. Separation anxiety left unchecked can lead to school refusal and other anxiety disorders later on.

For professional support consult with welfare teacher at your child's school, your local general practitioner or local council for suitable health care professionals in the area.



#### **Michael Grose**

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.