Week 4 Term 3:
4th August 2015

Newsletter

Gillwinga Public School
A Leader in Excellence, Innovation + Opportunity

DISTRICT ATHLETICS CARNIVAL

Congratulations to all those students who attended the Clarence District Athletics Carnival last week. As a result of some very good performances on the day a number of students (Alex Schulz, Ally Grant, Jason Wallace, Nathan Weatherall, Jessica Delelou & Cate Duroux) have qualified to compete at the Mid North Coast Athletics Carnival to be held in Coffs Harbour on the 14th August.

FRUIT BREAK

Parents/Carers are reminded that as part of our overall Wellbeing program all classes have a fruit break during the morning session between 9:00am and 11:10am. It would be greatly appreciated if parents and carers could ensure that there was some form of fruit in their child’s lunch box, preferably a piece of whole or cut up fruit. Some students may prefer to have carrot or some other form of vegetable.

AFL PROGRAM

We have recently received a grant from the Australian Sports Commission to allow all students to participate in a six week AFL program run by the Regional Development Officer, Matt Crawley. The program will commence on Thursday 20th August and run through until Thursday 17th of September. The program will focus on skill development that will help students to enjoy all forms of physical activity. All students from across the school will have the opportunity to participate in the program free of charge.

JUMP OFF

This week we received the final figure for the amount of money we raised from our Jump Off for the National Heart Foundation. This year we raised just over $1000 which is a fantastic effort for a school of our size and I would like to thank the families and sponsors for their support and pass on a special thank you to Mrs Carrigan and the skipping team for all their hard work in getting everyone organised.

PARENT/TEACHER INTERVIEWS

All class teachers have now completed their parent/teacher interviews. Thank you to those parents/carers who took the opportunity to come along to discuss their child’s progress with the teacher. Parents/carers are reminded that they are more than welcome to make an appointment to discuss any aspect of their child’s learning or issues to do with school at any time with the appropriate class teacher.

EARLY ACTION FOR SUCCESS PROGRAM

Over the last three years Gillwinga has been part of the Early Action For Success program which is
targeted toward helping students (K-3) to improve their outcomes in the areas of Literacy and Numeracy. During the time that the EAls program has been running at Gillwinga the staff and students have achieved some excellent results which have been recognised by officials from within the Department of Education. Last week as part of a DEC review, a team visited the school to talk to staff and parents about their view of the EAls program and why they thought it had been so successful at Gillwinga. Congratulations to all the staff and students who have worked so hard to make the program a success at our school.

YOU CAN DO IT - ORGANISATION

What To Say To Encourage Organised Behaviour:

- Being organised is helping you be successful.
- You planned well to get that done.
- You really focussed on getting that done on time.
- I bet it makes school easier when you have everything ready.
- You are really keeping your things clean and neat.
- I see you are planning your time so you don’t have to rush at the end.
- When you are prepared you do a great job.
- Well done, you have prepared to be successful.

YCDI Parents

Attached is one of the many valuable articles available at the YCDI-Parents web site. If you found this informative and would like more information please contact the school. We have already paid for the subscriptions and just need people to take them and use them.

THOUGHT FOR THE WEEK

“Walking with a friend in the dark is better than walking alone in the light” – Helen Keller

WOOLWORTHS EARN & LEARN

Gillwinga is participating in the Woolworths Earn and Learn promotion. You can leave your stickers in the Gillwinga School box at Woolworths or bring them to school to put in the box at the office.
SNIPPETS

Nutrition Snippet

The simplest way
...to get your kids eating more fruit and veg.

Fruit and veg are one of the most important parts of a healthy diet. They're full of nutrients, fibre and vitamins — and should be part of every meal. If you have a fussy eater, try:

- Cutting fruit and veg into small pieces — some kids prefer their food in smaller pieces
- Serving raw veges — young children often prefer raw to cooked veges
- Being patient — kids take an average of eight times to try something new!
- Be a role model — children like to copy their parents, so make sure you're eating plenty of fruit and veg
- Get your kids involved — ask your children to pick their fruit and veg out each day, so they feel in charge of what they eat.

Remember! Aim for two serves of fruit, and five serves of vegetables — every day!

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

THE LANYON TRIO Friday 7 August 2015, 7.00pm
Clarence Valley Conservatorium, 8 Villiers Street, Grafton TICKETS: $30 Adults; $25 Concession: $10 Students, FREE TO U18 CVCon Students. Available from Clarence Valley Con.

MASTERCLASS

Saturday 8 August 10-11.30am

The Lanyon Trio comprises three of Australia's foremost chamber musicians in Andrew Lorenz, Robert Harris and Wendy Lorenz. Friends since their student days at the Sydney Conservatorium, the three were colleagues in the highly acclaimed New England Ensemble from 1975 to 1982 and have all since enjoyed successful careers in the various fields of solo, chamber and orchestral music.
Steps to Parents
Managing Stress

Parenting is one area where it’s easy to feel out of control... we are constantly tapping into our physical and emotional reserves and/or limited life experience in raising children.

When it comes to stress, there’s an undeniable fact: we all need some level of stress to function as a human being. However, when that level of stress becomes ‘distress’ then we need to learn new ways to cope and manage our emotions and our workload.

The secret to stress management is to understand what makes us feel stressed (stressors), learn to recognise the symptoms of stress, and then find strategies and/or develop ways to adjust our responses to stress to keep it at a manageable level.

Of all the jobs we undertake, parenting in particular is about learning on the job. That means it’s going to be a very steep learning curve at times.

There are plenty of guide books to consult, but who’s got time to sit down and read three chapters on getting baby to sleep while the crying continues or go online to discover how to stop bad behaviour when the kids have lost it totally? Expect stress at times – it’s all part of the job description.

How to recognise symptoms of stress

The stress response is our body’s way of protecting us. Stress helps us stay alert, meet challenges, focus on what we’re doing, tap into our source of energy, and in instances of ‘fight or flight’, galvanise us into action to avoid danger.

However, the reality is that stress has a way of creeping up on us unawares. It’s easy to get used to levels of stress and ignore the fact that they’re beginning to take a toll on our mind, our body and ultimately, our behaviour.

In recognising stress, we need to stop and take on board whether we’re exhibiting any common signs. These can include:

- mood swings, distraction
- inability to concentrate or make decisions
- unable to relax or consistently feeling agitated, anxious, worried or overwhelmed
- problems with memory
- short temper, frustration, aggression
- physical symptoms such as aches, pains, rashes, nausea, dizziness, recurring colds or flu
- pessimistic outlook on life, constantly feeling down, depression
- not sleeping properly, tiredness
- relationship or employment problems

Stress is often exacerbated not only by our failure to recognise signs, but also by our response to stressors through faulty beliefs, thoughts and actions following certain situations and events.

We can fall into the trap of thinking a situation or event is stressful, because we believe it to be so. This may not necessarily be the case, and often is pays to sit down and re-think or talk through perceived causes of stress with partner, family or friend, to get a more balanced perspective.

Parenting and stress

Parenting can be stressful – even with the best behaved kids on the block. Kids are kids – they will act out their frustrations, misbehave, and defy authority. They will cause us pain of some sort, sometime, somehow. And as for the planets being aligned as regards our employment, housing, family, health and levels of happiness, unfortunately the world has a way of
Steps to Parents Managing Stress

Parenting is team work. If you have a partner, try laying some ground rules together. These can include your preferences for parenting styles, what you both want and expect from parenting, strategies for partnering and coping and what support networks you can tap into if needed. If you are a single parent, maybe think about seeking out significant adults within family or friends, who can support both you and your style of parenting.

Where possible, as a family unit, work on nurturing and developing relationships that are mutually supportive, empathetic, and encouraging. Knowing you have back up can be hugely significant in stress management.

From an early age children can be encouraged to know that as part of your family they can help around the house. Daily chores and tasks (however small) help them to learn about responsibility, ownership, and cooperation.

Regardless of whether you decide on in-house care for your children or you opt for daycare outside the home, let your carers know your preferences for parenting. This way, carers can be aligned with your philosophy and be partners in supporting your strategies.

Parents are people too

Raising young children can be everything from exhilarating to exhausting. Just because our child is asleep, it doesn’t necessarily mean that this time is our own or that their downtime means we have hours to ourselves to pursue an interest. The responsibility of caring for small children is constant and it can be easy to focus on our child’s development and interests, and forget that as parents, we are people too.

Making time for ourselves isn’t so much selfish as essential. It can be difficult to juggle full-time work, a social life and interests outside family, but adult time away from children can often provide much needed balance, perspective and stimulation. ‘Me’ time means we have an opportunity to relax, catch a movie, coffee with friends, or enjoy a special hobby. ‘Me’ time also means that we can return to the job of parenting refreshed and ready for special time with our kids.

Regardless of whether you are parenting with a partner or going solo, however small the window of opportunity, make some time for yourself on a regular basis. A coffee with other young mums or dads is also a great way to talk through problems, compare notes and enjoy some adult company.

If you have a trusted babysitter, make the most of a night out or an afternoon shopping or a stroll in the park in the sun.

10 steps to stress reduction

If you’re a busy parent, some of these suggested steps may not be easy at first. But depending on your priorities, and how stressed you may currently feel, maybe they’re worth a quick glance...

1. The mind/body makeover

Eat well, exercise, catch up on sleep or watch caffeine levels. Try getting up half an hour earlier in the morning just to have some special time to yourself before the rest of the family kick starts their day.

2. Non-technology time

If technology is ruling your life, experiment with down times for emails, texts, tweets and time and energy spent on social media web sites.

3. Learn to say no

Favours for family and friends, projects around the house, social activities, invitations, additional work commitments – learn to say no to the things you can’t achieve rather than run yourself ragged trying.

4. Rethink priorities

Not everything is urgent, not everything is a ‘must’ or a ‘should’. List those things that have to be done, and practise making the distinction between needs and preferences.

5. Keep communication lines open

Talk to your partner, your kids, family, friends, daycare and preschool staff. Try to keep up with what’s going on, what’s coming up and one step ahead of where problems might be emerging.
6. Don’t rely on memory
Missing an appointment, forgetting lunch with friends or being late for pickup can create instant stress. If it has to be remembered, remind yourself – lists, Outlook, diary, smartphone or tablet.

7. Relax standards
Domestics are always happy to wait until someone steps in, and the world has a tendency to keep spinning even if we haven’t had time to bake, wash cars, water the pot plants or sew on a button.

8. Be mindful
Mindfulness is all about living in the moment, making the most of right now, enjoying what life has in store for us today. Continually projecting forward or back to what has to be done or what should have been done, can rob us of the enjoyment of what we’re currently doing.

9. Organisation
Keep a spare set of keys, make sure the contact list for daycare, family, doctor, preschool etc. is up to date, allow that extra ten or fifteen minutes to get to an appointment on time, try to keep a lid on organisation at home and the workplace.

10. Breathe in, breathe out
When stressed, try stretching or stopping to take some deep breaths or sit for ten minutes with eyes closed and let your body just relax. If you have time, try writing thoughts in a journal, plugging calming music into the iPod, or practise meditation or yoga... any preferred activity that helps you to feel less overwhelmed.