



20 February 2018 | Term 1 Week 4

Welcome

This week my professional reading has been focussed on transitions in children's lives and how we can help them to cope with these and be more resilient. Following is an excerpt from an interesting article from KidsMatter:

“Change is an inevitable part of life and children's early experience of change provides the opportunity for adults to model and teach adaptive coping skills. Often children aren't the ones making the decision to change something in their lives. Rather, change happens to children, as the result of unavoidable life events (like transitioning to school) or decisions their parents make (like moving house). This can sometimes bring up feelings within the child of anger at the people making the decision to change, or perhaps feelings of fear around what lies ahead. Feelings of confusion are also common in children when faced with transition and change, so providing children with a sense of structure, routine and consistency (as much as possible) will help support them with managing change.

Change is often overwhelming for children, especially if the decision for change was not theirs. Parents can help children manage these intense feelings by creating a safe environment for them, and reducing the level of uncertainty around the change. Maintaining structure and regular routines helps with this, so children understand that not everything is changing, and that most important things in their world can still be relied on. This will help children to view change more optimistically and be more open to embracing the change.

One way to help children cope with these feelings is to give them the opportunity to be actively involved in the change process. For example, if the family is moving house, the child can be given the opportunity to decorate their new room. This might result in them feeling like they can control a small part of the change, and one that is important to them. This active role and engagement in the change process provides the child with opportunities to feel empowered and in control of the situation, thus assisting them with better managing and adjusting to the change.

Talking through the change in detail can also help children to feel involved. Open dialogue with children about upcoming change, what's to be expected and how this will impact them is important in assisting children to feel involved. Communicating what is going to happen and when removes some of the fear and worry about the unknown, and can give children the opportunity to be more engaged and feel a sense of empowerment and control in the change. This can also help children to feel safe and loved, and able to express the intense emotions they may be feeling at a point of transition.

Change is often accompanied with feelings of grief and loss, which can be upsetting for children. Depending on age, children will experience grief in different ways. Young children may lack the language to express this grief, so parents and carers play an important role in supporting their child with healthy emotional expression and regulation. Noticing changes in a child's behaviour and taking time to check-in are important. For young children supportive adults can label the child's emotions (e.g. "you are looking down, are you feeling sad?") and offer suggestions for strategies to manage. This not only assists children with building a dialogue for their experience but also allows opportunities for healthy expression of emotions.

Supporting children to feel empowered to manage change and have a sense of optimism about the future provides opportunities for developing resilience. Building resilience comes through the development of social and emotional skills, including coping skills. In order for children to build resilience they need to be exposed to life's inevitable ups and downs in the context of supportive adults, to allow children to learn practical skills for managing change. Resilience, developed through exposure to many little challenges, can be drawn on when larger challenges arise, like change and transition, and help a child feel more in control."

Up Coming Events

Friday 23 February

- Students Council Assembly
- Uniform Shop Open
- Bakers Delight Pizza Day
- AQWA Excursion – Rooms 6&8

Wednesday 28 February

- Australian Animal Incursion – Kindy, Pre Primary, Rooms 1,2 &3

Thursday 1 March

- School Photo Orders Due

Virtue of the Fortnight – Purposefulness

Congratulations! You are practising Purposefulness when you.....

- Have a clear vision of what you want to accomplish
- Know why you are doing it
- Focus on a goal
- Get back on purpose if you are scattered or distracted
- Do things one at a time and finish what you start
- Persevere until you get results



Virtue Certificate - recipients at this Friday's assembly are:

Pre Primary	Leo Galanto & Rehana Lewis
Year 1/2	Irem Erturk & Joshua Sarich
Year 2/3	Bryce McGivern & Joshua Neylon
Year 3/4	Junyang Lin & Dylan Lynch
Year 4/5	Rian Balhom & Erebus Mahendra
Year 5/6	Raiya Woolridge

Merit Award - recipients at this Friday's assembly are:

Pre Primary	Lucas McGrath & Hanna Peterson
PP / 1	Jerson Bompat & Brian Kougblenou
Year 1/2	Faris Abdrabu & Heaven Davis
Year 2/3	Poppy MacDonald & Maya Srdic
Year 3/4	Jamica Tran & Zakari Siljanoski
Year 4/5	Michael Neylon & Sarah Van Siang Cer
Year 5/6	Ali Abbas & Nakita Tomich
Italian	Rowen Gage, Justyna Kochan-Mazurek, Emina Kokorovic, Poppy MacDonald,
Art/Sport	Jerson Bompat, Emina Kokorovic, Harry Noble, Jamie O'Dea and Kale Thomas

Students of the Week:

PP / 1	Jerson Bompat, Toby Harris & Brian Kougblenou
Year 1/2	Alison Le & Kale Thomas
Year 2/3	Bryce McGivern & Joshua Neylon
Year 5/6	Karar Al-Jeyashee & Angel Frankhuizen-Balaba

Connect

If you have not yet returned the form with your current email address, please do so ASAP. Our next step is to generate user names and passwords for parents. **Parents will be notified of this once they are available.**

Head Lice

Head lice are back at North Morley PS. We ask that everyone thoroughly checks their children's hair for nits to help us minimise the spread.

THE FACTS

Head lice infestations are a common occurrence, particularly in primary schools.

- about 25% of primary students have head lice at any one time
- anyone can catch head lice regardless of their age, sex, or how clean their hair is
- head lice move from one person's head to another via hair
- head lice do not survive long when they are off a human head

- head lice do not live on furniture, hats, bedding or carpet
- head lice have built up some resistance to head lice treatments

Treatment

Daily combing of any “white” hair conditioner using a fine tooth comb is effective in getting rid of head lice and eggs (nits).

Tips for parents in reducing the spread of head lice

As infestations are particularly common in primary schools, it is best to choose a treatment that can be used over time. There is no single solution to eradication, only persistence.

- regularly check your children's hair
- teach older children to check their own hair
- tie back and braid long hair
- keep a fine tooth comb (like the one from the treatments) to comb through the hair daily



Kindergarten Enrolments 2019

Enrolments are now open for students entering Kindy at North Morley in 2019. Parents wishing to enrol their child can pop into the office for an application.

Fathering Project BBQ

The Fathering Project will be getting together for a welcome back BBQ at Dianella Open Space on Saturday 10 March from 3:30-5:30pm. All dads, grandfathers, father figures and children are invited to attend.

The Fathering Project aims to improve child development outcomes by inspiring and equipping fathers and father figures to engage positively with their children. Our NMPS Fathering Project School Group is an enjoyable social group that builds interaction, knowledge and skills of fathers and father figures, but most importantly is an opportunity for dads to get together in a relaxed and informal setting.

P&C News

Pizza Day

Our special pizza day is this Friday 23 February! All orders must be in by **3pm Wednesday 21 February** – pop your order form with money in a sealed envelope in the green canteen collection box in the P&C block.



NMPS Colour Fun Run 2018

To raise money to complete our new school playground areas we will be holding a Colour Fun Run on **Friday 16 March from 2:00 – 3:00pm**. Our Colour Fun Run promises to be a

colourful celebration where students can run, walk, or dance around our oval whilst having coloured powder thrown at them!

There will be various colour powder stations throughout the course with two designated lanes – **one for colour powder, the other with no powder**. It is optional for students to choose whether they wish to have colour powder thrown at them.



We are making our own coloured powder consisting of cornflour and food colouring. It is non-toxic, biodegradable and environmentally friendly. To keep the powder out of student's eyes, we suggest that your child brings a pair of sunglasses or goggles.

The day will be a casual clothes day for our students (choir students will need to be in uniform and change on their return from their excursion). It is highly recommended that students wear a white T-shirt and old shorts/pants and hat. The colour will most likely wash out, however we recommend that you provide inexpensive/old clothes as some colour may remain.

After the run, **all students will receive an icy pole** – if you do not want your child to have an icy pole, please speak to their class teacher. Everyone is welcome to watch this event (all parents and siblings must remain in the spectator area) and stay and play after school.

We have set up an **online donation page** to raise money for our school – please share with all your families and friends. Even your family and friends overseas can donate!

<https://www.mycause.com.au/events/northmorleycolourfunrun>

Harmony Day

Our annual Harmony Day celebration is fast approaching. Thank you to those who have already offered to volunteer some of your time and/or a dish for our International Food Safari on Wednesday 21 March. If you would like to contribute a dish that represents your country, please see Robin in the office.

Harmony Day is a fantastic day where we celebrate the different cultures at North Morley PS and taste food from around the world. Order forms for lunch will be coming home at the beginning of March.



