



06 March 2018 | Term 1 Week 6

Welcome

Welcome to Week 6 of Term 1. I hope you all enjoyed a relaxing long weekend, and had some quality time with your family. I have been reading more information about anxiety in children, as we seem to have more students diagnosed with this now. The following is some information to help support those students and their families.

Anxiety: Suggestions for families

Children with anxiety difficulties tend to see the world as a scary place. They can be overly sensitive to their feelings and lack confidence in their own ability.

How you can help

Parents and other adults can help by supporting children to be brave. In order to be brave children need to have skills for understanding and managing their feelings. They need to learn about helpful thinking that they can use to encourage themselves to have a go, and they need to gradually build up their confidence by taking on small challenges.

Help to recognize and understand anxiety

The first step in helping children gain some control over anxiety is recognizing when it occurs and how it affects them.

Model helpful coping

Being a good model involves showing children how to cope with emotions (not just telling them). Show children with anxiety how you use helpful self-talk in a difficult situation (e.g. "This looks a bit scary, but I'll give it a go").

Discourage avoidance

Sometimes when children say they feel sick, they are describing feeling anxious. It is important that children do not avoid things like school or homework unnecessarily.

Praise having a go

Encourage children with anxiety to attempt new things and praise them for trying. It is very important to emphasize trying rather than success when anxiety is an area of difficulty.

Introduce challenges gradually

Children build strength and resilience by learning to face challenges. It is important to begin with small challenges that children can meet. For example, a child who is frightened of dogs might start by walking past the house when the dog is barking without having to cross the road. This improves confidence for taking on more challenging steps.

Start small

Help the child to choose goals for becoming braver and to take small steps towards achieving them. Celebrate his or her success at each step. Experiencing even small successes helps to reduce anxiety.

Practice coping skills

Practice using coping strategies for challenging situations. Help children talk about problems and support them to come up with possible solutions.

Try not to get angry

If a child simply refuses to do something even after you have encouraged him/her and broken the task into steps, it may simply be overwhelming at that time.

Sometimes, you need to back off and praise the child for doing as much as he or she could. Later, try again with smaller steps and encourage your child to have a go, one small step at a time

Thank you

A very special thank you to Phil David, from the Equinox Coffee House, for his support of our school and donating homemade muffins for our EAL/D parent meeting last Friday.

Up Coming Events

Tuesday 6 March

- P&C Meeting 7:30pm

Friday 9 March

- School Photos

Saturday 10 March

- Fathering Project BBQ

Friday 16 March

- Colour Run Fundraiser



Virtue of the Fortnight – Self-Discipline

What is Self-Discipline?

Self-Discipline means self-control. It is getting yourself to do what you really want to do, rather than being tossed around by your feelings, like a leaf in the wind. You don't lose control of yourself when you feel hurt or angry, but decide how you are going to talk and what you are going to do. With self-discipline, you take charge of yourself.

School Photos

School photos will be taken this Friday 9 March for the whole school. Students are required to wear their navy school polo. Please no faction shirts. If you have any uniform requirements before Friday, please leave your order in the office. Alternatively, the uniform shop will be open this Friday from 8:30-9:00am.

Clean Up Australia Day



Room 1 Students taking part in Clean Up Australia Day

West Oz Wildlife

The junior students from Kindy to Room 1 enjoyed an incursion last week from West Oz Wildlife. The students had the opportunity to hold a snake and a goanna as well as get up close and personal with a Kangaroo and a Koala. Thank you Ms Francis for organising this fantastic incursion.



P&C News

P&C Meeting

Our next P&C Meeting is tonight, **Tuesday 6 March at 7:30pm**, in the Staff Room. Everyone is welcome to attend.

Fathering Project BBQ

Don't forget the Fathering Project BBQ is on this **Saturday 10 March** at **3:30pm** at Dianella Play Space, off Light Street. All Dads, Grandads, Uncles, Father Figures and their children are invited! Please bring your own food and drink.

Hot Cross Buns

We will be selling Bakers Delight Hot Cross Buns – at \$7.00 per 6 pack – for Easter. The school makes a profit of \$2 for each pack sold – so the money can go to resources for our students! More information and order forms will be coming home soon.

Colour Fun Run 2018 – Frequently Asked Questions

How is the colour administered?

You will see smiling faces along the course with their main goal being to douse students in colourful powder to ensure they look like they ran through a beautiful rainbow by the time they finish. All colour powder technicians are trained to throw colour below shoulder height.

You are sure??? Teenagers with paint ball guns are not involved at any point?

Yes. We are 100% sure, no paint ball guns! But we will have water guns/super soakers for extra fun.

Are the colours safe?

The coloured powder is made from cornflour and food colouring. Please contact admin if your child has any allergies or a respiratory illness (asthma) that you may be concerned about.

What do the students wear?

Try to have your child wear as much white as possible. If you don't have all white clothing don't worry, just some light coloured old clothes will do. The colour will wash out of the clothes, but we still don't recommend your child wearing his/her favourite outfit! As this is a fun day, feel free to be creative and go a little crazy with your outfits!

What if the powder gets in eyes?

Students can wear sunglasses or goggles, however the colour is non-toxic. A simple rinse with water will take care of any that finds its way into the eyes.

Will the colour stain my hair?

The coloured powder does generally wash out of hair, however we do recommend you take precautions if you're worried! The colour does tend to stick to lighter hair... Blondes you are warned! Oiling your hair before the run will help the colour wash out. If you're having trouble washing it after the event, bi-carb soda and anti-dandruff shampoo will help get the stubborn colour out! We do not take any responsibility for additional costs associated with the removal of colour.

Will the colour ruin clothes or running shoes?

The colour does mostly wash out after the event. As with anything dirty, the sooner you wash it the better. We suggest wearing items that you wouldn't mind getting colourful, so leave your designer gear at home!

How do I preserve those precious colours in my shirt?!

If you would like to preserve the colour in your running shirt, spray it with vinegar, let it dry and then iron it. But if you wash it.... the colour eventually will come out.

Do the "Colour Zones" affect runner vision? Or breathing?

As with any substance, you want to keep it out of your eyes and our colour throwers make sure to aim low as you pass by. Some students may opt to wear glasses or goggles for their eyes and use a bandana or dust mask for their mouths. In summary: we will work pretty hard to make it so our students get as



much or as little colour on them as they like.

Do you have “cleaning stations”?

Students should see their parent or guardian for a good dusting off after the event. With a good dusting off, you aren't 100% clean, but you are totally good for the drive home. It is actually pretty fun to see people still coloured up walking, riding and driving home from school. It is like a badge of honour!

How does the colour affect the inside of cars?

Most people bring some towels for the insides of their cars, just in case. It's like driving home from the swimming pool in your swimsuit.

Why are we doing this crazy event and where does the money go?

The NMPS P&C have arranged this event to raise funds to complete our playground areas. We thought it was a fun change from our usual lap-a-thon.

What's in it for the kids?

Apart from sending the right message that running and playing outside is fun, kids get the awesome feeling knowing they are

helping do something great for their own school and generations of kids to come after them. And it is lots of fun and makes great memories!

How do we fundraise?

We have an online fundraising page which you can share on your Facebook page or email to family and friends anywhere in the world!

Our event page is:

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

I don't have email or Facebook, can I still collect donations?

Yes! Use the Donation Form to collect cash from family, friends and neighbours and then bring with the money sealed in an envelope, into the office on or before Friday 16 March.

I'd like to speak to someone a bit more about this event or I'd like to volunteer to help – who should I contact?

The Colour Fun Run Organising Committee – Emma Harris, Robin Gage, Linda Angell or Kat Noble.

Colour Run

Only 2 weeks until our first big fundraiser of the year. Hopefully the above FAQ will help answer any questions you may have. This is going to be an exciting event for the whole school that will promote fitness and fun while getting a bit messy! Please follow the link below and share to donate towards this fundraiser. Additionally, a pledge form has been sent home with students so you can ask your relatives, friends and neighbours for their support who are unable to do so online.

www.mycause.com.au/events/northmorleycolourfunrun