



13 March 2018 | Term 1 Week 7

Welcome

Welcome to another busy week. Our exciting Colour Fun Run is happening this week. I'm looking forward to seeing everyone looking like a rainbow. Don't forget that donations will close on Friday. Cash donations can be left at the office. Alternatively, to make a donation online please go to:

www.mycause.com.au/events/northmorleycolourfunrun

Cultural diversity: Suggestions for families

Parenting across cultures has particular challenges. Sometimes children and their parents or carers have different ideas about how to balance the values and expectations of two cultures. When children have a sense of belonging to both cultures it supports positive mental health and wellbeing. The following suggestions may assist you and your children to achieve a positive sense of belonging in both cultures.

Celebrate your own culture

Developing a positive sense of cultural identity supports children's self-esteem and their sense of belonging. By telling stories and sharing customs you can help children to connect with their cultural heritage. It is important to talk to children in ways that are appropriate for their age and interest. Knowing and taking pride in their own heritage can help children feel comfortable and secure with their identity.

Build social networks

Friendships and social networks are important both for children and for families, helping them to feel part of the community. Making connections with local people is important for feeling welcomed and building a sense of belonging in Australian society. Your connections may be with your own cultural group or you may prefer to build your connections with another cultural group. Your child's school can be a great meeting point for parents and carers where long-term friendships develop.

Get to know your child's school

Becoming involved in your child's school is a great way for families to feel connected to their

community. There are often opportunities to participate in school events which may help you to get to know your child's school and the school community. Forming relationships with school staff can also help you to feel like you belong. For instance, having a good relationship with your child's teachers will allow you to ask questions about your child's progress, and share your cultural background with them. When families and teaching staff develop relationships, they are more likely to understand each other's perspectives, talk through concerns and support children together.

Learn about parenting in Australia

Some parenting practices may be quite different in different cultures. Finding out about parenting practices and expectations in Australia, including things like legal requirements of parents and supports available, can help you work out the best ways to manage problems that may arise. Many families from culturally diverse backgrounds find that blending the best parenting ideas and practices from both cultures is very helpful.

Be flexible

Children can feel confused when the values and behaviours expected at home seem to be different from what happens with their friends. It is helpful to be flexible when deciding on rules and expectations so you can take into account any difficulties your children may be facing. Listening to your children and talking openly about the concerns they may have regarding different expectations for school and home means that solutions can be found through understanding and compromise.

Be patient

Adjusting to a new life after migration has lots of challenges for both families and children. Establishing a secure and caring home environment helps to provide children with a sense of stability. Finding people who understand you and can support you as you settle in is really important. It is also often very important to access the help that is available through government agencies, community organisations and English language programs.

Seek support

Getting help in your own language can be especially important at times of stress or when dealing with complex issues. Many community organisations around Australia provide specific support and advice from a cultural perspective. Some organisations offer regular meetings or short courses to help with parenting or other family issues.

Up Coming Events

Monday 12 – Thursday 29 March

- Easter Raffle Sales

Friday 16 March

- Colour Fun Run

Monday 19 – Thursday 29 March

- In-term Swimming Lessons Year 3-6

Wednesday 21 March

- Harmony Day Lunch

Friday 23 March

- Hot Cross Buns Delivered

EASTER BREAK
Friday 30 March –
Tuesday 3 April



Virtue of the Fortnight – Self-Discipline

Congratulations! You are practising Self-Discipline when you...

- Use detachment so your emotions won't control you
- Speak and act calmly when you are hurt or angry
- Get things done in an orderly, efficient way
- Create routines for your self
- Do what is expected without people having to watch over you
- Do things on time

Harmony Day

On Wednesday 21 March, students are welcome to come to school dressed in orange for Harmony Day. Please ensure they are wearing their school shoes.



Room 4 Easter Raffle

The year 5/6 class is running an Easter Raffle. Tickets are on sale now and can be purchased during recess and lunch in the undercover area. Tickets are .50c for 1 or \$1 for 3.

All proceeds made from the raffle will go towards the year 6 Activity Week at the end of the year.

P&C NEWS

Fathering Project BBQ

It was great to see so many dads, grandads and kids at The Fathering Project BBQ on Saturday afternoon! A big thank you to The Fathering Project Committee for organising this great opportunity for father figures to get together and enjoy time with their children.



Harmony Day

Don't forget to get your orders in for our International Food Safari on Wednesday 21 March. Place them in the green canteen box in the P&C block by Monday 19 March. If any parents are available to help serve food on the day – please see Robin in the office. Thanks!

Hot Cross Buns

The P&C is selling Bakers Delight Hot Cross Buns for \$7.00 per 6 pack just in time for Easter. The school makes a profit of \$2 for each pack sold. All money made goes directly to resources for our students!

Don't forget to choose your flavour; Traditional, Choc Chip, Fruitless, or Apple & Cinnamon. You should receive your orders forms this week or grab one from the office.



COLOUR FUN RUN is THIS FRIDAY!!!!

On Friday, students will come to school in free dress. They will need:

- a white t-shirt (or old t-shirt)
- white/old shorts, skirt or pants
- an old hat
- sunglasses or goggles (optional)
- shoes you don't mind getting coloured/wet (no thongs!)
- crazy rainbow accessories if you wish!



(you might also want to pack a change of clothes if you are staying after school)

Spectators are welcome! There will a specific area for parents, siblings, other family members and friends to watch the fun. Get involved and dress up too in bright, crazy rainbow-inspired outfits!! Bring afternoon tea and stay and play after the school bell at 3pm. Catch up with other parents and let the kids run off that extra energy on the school playground.

Please note, **Children MUST have parent/guardian on site to stay after the school bell.**

School watch

Last week graffiti was found in a few locations on the school grounds. We encourage all community members to report suspicious behavior in and around the school after hours on:

LOCAL POLICE on 131 444

or

SCHOOL WATCH on 1800 177 777

We thank you for your support.

