



20 March 2018 | Term 1 Week 8

Welcome

Wow how amazing was the Colour Run last Friday? Thank you so much to our wonderful P&C, staff, students and parents for a great activity to help raise funds for the adventure playground areas.

Swimming

Swimming lessons for students from year 3 to 6 began yesterday. Just a reminder that students need to wear their shoes to school and change into thongs for the pool.

Contact

Please ensure you have given the correct phone number to the front office for contacting you. If there was an emergency, would we be able to contact you?

Resolving conflict: Suggestions for families (from KidsMatter)

The skills needed for resolving conflict effectively are complex. They involve managing feelings, understanding others, communicating effectively, developing options and making decisions. Parents and carers play an important role in helping children resolve conflicts. You can also play a critical role in establishing positive guidance that teaches children the skills needed to resolve conflicts effectively.

How you can guide children's conflict resolution.....

Set the scene for cooperation

Show how to cooperate and respect others through your own approach. Ask children to help solve the conflict and express confidence that they can work it out cooperatively. It is very important that children approach the conflict in a positive way, and believe that they can work together to solve it.

Help children handle emotions

Children may need encouragement and help to stay cool in a conflict, especially if they feel they are being accused or blamed. They may feel anxious and need support to stay calm if

they feel intimidated. In conflicts that are particularly heated, children may need to have time away from each other to cool down before going on to work out ways of resolving the conflict. Taking time to calm down can help children overcome the tendency to react aggressively or withdraw from the situation.

Encourage empathy and respect for others

Teach children to listen to and understand the needs and concerns of the other person. Help them to ask why the other person wants something and consider what it might be like to be 'in their shoes'. Learning to understand the other person's perspective is a critical foundation for conflict resolution and for building positive relationships.

Practise communication skills

Effective conflict resolution relies on clear communication of feelings and wants. This can be especially difficult when under pressure in a conflict. Learning to speak clearly and respectfully takes practise. You can help children practise what to say to initiate conflict resolution, for example: "If we talk about this, I'm sure we can sort it out."

Practising assertive ways for children to express their wants and concerns is also particularly helpful, for example: "I want you to ask before using my things."

Encourage creative solutions

In conflicts people often get stuck in their own positions and can't see other options. This is why it is so important to get creativity going when thinking of possible solutions. The brainstorming rule, that no-one is allowed to say that something won't work, is intended to help with getting creative. Steer children back to the point if necessary, but leave evaluation of the ideas they come up with for later. It's okay for adults to help children think of alternative solutions if it helps them to get creative.

When enough is enough

Some conflicts are too big for children to work out. Sometimes children are not ready to sort them out and the conflict continues to escalate. If children's conflicts become very intense or lead to physical aggression, then it is important for an adult to step in. When a mutual solution is not possible you can still help your child to think through the alternatives that are available to him or her and choose the best one.

Up Coming Events

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

Friday 30 March – Tuesday 3 April

- Easter Break

**STUDENTS RETURN
TO SCHOOL AFTER
EASTER ON
WEDNESDAY 4 APRIL**

Easter Raffle

The year 6 students are still selling Easter raffle tickets until Thursday 29 March. Tickets can be purchased before school or during lunch hour. Students will also pop into the Kindy and Pre Primary classes for any ticket sales.

Harmony Day

Harmony Day is tomorrow! The choir will be opening our celebrations with a song followed by the whole school being led in a Zumba class. Students are encouraged to wear orange, but if not please wear the school uniform, not free dress.

Thank you to those families that have donated food for our International Food Safari. It's shaping up to be a delicious day!

P&C News

Colour Fun Run

What an amazing afternoon we had on Friday! Students, staff and parents all had a lot of fun with the colour, foam and water craziness. We raised over \$1800 to complete the Junior Nature Play Area which we will get started on next term.

A big thank you to the committee – Kat Noble, Linda Angell and Robin Gage – and all our staff and parent volunteers who enthusiastically helped in the preparation of the event and on the day. We also wish to thank Amber-Jade Sanderson for her support (and being brave enough to take part!), Mr Rizal for being our official photographer, and to Malaga Fire Brigade who ensured everyone was soaked!

P&C Requests

Do you have an idea for a community event, fundraiser or a resource that is needed in our school? If so, you can complete a Proposal Form and submit to the P&C for consideration. Contact Emma Harris (emmajharris@gmail.com) for more information. Our next meeting is on Wednesday 4 April at 7:30pm.



