**Feeling Great**

**Upcoming Events**

**Wednesday Fun & Fitness**
Every Wednesday @ 8am on the basketball court
**ALL WELCOME!**

**WALK / RIDE TO SCHOOL DAYS**
**TERM 2**
26th April
& Family Aerobics Session on the Netball Court
8.30 – 8.45am

Walk Safely to School Day
24th May
including WALKING SCHOOL BUS & Family Skip Along on the Netball Court
8.30 – 8.45am

21st June

**YEAR 5/6 INTERSCHOOL SPORT**
10th May: Home V W'stown Blue
17th May: Away V Altona
24th May: Away V Seaholme
31st May: Away V Altona North
7th June: Home V W'stown Gold
14th June: Away V Altona College

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**This issue:**

- ANXIETY INFORMATION SESSION P.1
- UPCOMING EVENTS P.1
- Managing & Motivating Kids / Rules & Recipes P.2
- MONTHLY AWARDS P.2

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“**Anxiety is normal and part of everyday life.**
There’s no better time than childhood for learning how to cope with anxiety.”

Most kids experience some anxious moments or have fearful thoughts and feelings from time to time about certain events.

When they become anxious, they typically feel upset, uncomfortable, and tense. These thoughts and feelings prompt them to proceed with caution.

Anxiety is a normal part of life and can be managed, but it takes time. It’s also contagious so it’s the job of parents to stay calm, think clearly and role model confidence when kids get anxious.

WANT TO FIND OUT MORE ABOUT HOW TO IDENTIFY ANXIETY IN YOUR CHILD AND LEARN SOME CREATIVE STRATEGIES TO USE WHEN ANXIOUS MOMENTS ARISE?

**PSYCHOLOGIST**

**DR NATALIE FLATT**

WILL SPEAK ON THE TOPIC ON FRIDAY 3RD MAY at 9am

AFTER HER 45 MINUTE TALK, NATALIE WILL BE AVAILABLE TO CHAT TO PARENTS OVER A CUPPA

**HOPE TO SEE YOU THERE**

Stay Healthy... Margaret Masseni (Student Wellbeing Leader)

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**IDENTIFYING ANXIETY IN YOUR CHILD – INFO SESSION**

- I will be attending

NAME: ________________________________________________

CONTACT NO.: __________________________________________

CHILD’S NAME & GRADE: __________________________________________
AUSSIE OF THE MONTH
For consistently demonstrating great behaviour and the values we promote at St Mary’s

Our AUSSIE OF THE MONTH FOR MARCH WILL BE AWARDED AT ASSEMBLY ON 29th APRIL

MICHAEL GROSE – www.parentingideas.com.au urges us as parents to KEEP IT VISUAL. Below is one great example of how we can have a visual reminder of our family values. Michael suggests that most homes are highly verbal places. We tend to do most of our managing and motivating of kids verbally. But there are times when it’s best to go visual to communicate to kids - a poster, a picture, a nod, a wink or ‘the look’!

He tells a lovely story related to this in his blog from 12th April…go to the “parentingideas” home page to find it.

IN THIS HOME WE ARE A FAMILY

BE HAPPY
LAUGH OUT LOUD
DREAM BIG RESPECT ONE ANOTHER
USE KIND WORDS
ALWAYS TELL THE TRUTH
HUG OFTEN
SAY I LOVE YOU
TRUST IN YOURSELF
NEVER GIVE UP
NEVER STAY ANGRY
KEEP YOUR PROMISE
GIGGLE AND BE SILLY
DO YOUR BEST
CHERISH EVERYDAY

WANT TO CREATE YOUR OWN?
SIMPLY TYPE AS I HAVE DONE WITH DIFFERENT SIZED FONTS OR...
USE WORDLE
Google it…it’s ADULT FRIENDLY!

Our Awards:
Support Social & Emotional Learning

School Rules
As I mentioned in our last Wellbeing newsletter, we have recently done some work in the area of Behaviour Management. If you’ve been into school this term you might have noticed our School Rules displayed in the classrooms and around the corridors & yard. The children are becoming more familiar with the rules and already we are seeing some changes in behaviour.

Our MOVE SAFELY rule has been supported by the stencilling on the ground around the junior building of the word WALK. It is great to see our students taking notice and moving quietly and calmly from place to place.

PANCETTA & CHEESE MUFFINS

1 tsp olive oil
200g pancetta (GF), finely chopped
4 green onions, thinly sliced
1 ¼ cups of self raising flour (GF)
1/3 cup polenta
½ cup pizza cheese
2/3 cup milk
2 eggs
60g melted butter

METHOD
Preheat oven to 200 deg & line muffin pan with paper cases. Heat oil & cook pancetta until lightly browned. Add onion & cook until soft. Combine flour, polenta & ½ cup cheese; stir in combined milk & eggs, melted butter & pancetta mixture. Put mixture into the muffin pan & cook for approx 20 min. Let stand for 5 min before turning onto a wire rack to cool.

**Can be made with GLUTEN FREE (GF) ingredients

DOING IT RIGHT
As a result of the changes we have made in the area of Behaviour Management, we have also changed the way we award Doing It Right.

Students will receive cards from staff in the same way as has been done in the past. Upon receiving a card they will place it in the box in the staff room foyer. At the end of each week all cards will be removed from the box and a list of student’s names made. This list will then be read out at assembly each week, giving all students the chance to be recognised for their great work, not just one or two.

Students will receive their card & a sticker (to take home) from their class teacher so parents can also be made aware of their child’s great work.

Got a parent problem you just can’t solve? Need some advice?
There are NEW ARTICLES and LINKS on our school website
Go to WELLBEING: Resources for Parents

GIGGLE AND BE SILLY
DO YOUR BEST
CHERISH EVERYDAY