Dear Parents,

Although I hope that it will be beautiful weather for the whole time, we are bound to get a rainy day to two. Keeping that positive outlook can be tricky when the kids are inside all day and you are being driven mad by the constant noise of the television.

Here are some tips for making the holidays even more fun that what they usually are!

I hope they are a relaxing and positive time for all.

Margaret Masseni  (Student Wellbeing Leader)

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**FIVE WAYS TO...KEEP THE KIDS ENTERTAINED ON A RAINY DAY**

1. **MAKE A SPLASH**: Go outside anyway. Put on your rain jackets and gumboots and stomp in the puddles.
2. **INDOOR OUTING**: Have an indoor picnic, complete with basket & rug laid out on the living room floor.
3. **TREASURE HUNT**: Create an indoor treasure hunt with clues your kids must follow to a tasty prize!
4. **‘BOARDOM’ FIGHTER**: Pull board games out of the cupboard. How long is it since you’ve played Snakes & Ladders?
5. **BAKE IT UP**: Make a cake (or some soup – PTO). Is there anything better that a home-made treat straight from the oven or some warming soup?

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**FIVE WAYS TO...IMPROVE A NEGATIVE ATTITUDE**

1. **SHARE A LAUGH**: Surround yourself with positive people who bring your spirits up & make you laugh.
2. **THINK POSITIVELY**: Actively replace pessimistic thoughts with positive affirmations. They’ll come more naturally with practise.
3. **EXERCISE OFTEN**: Exercise releases endorphins that boost enthusiasm & motivation – for kids and adults!
4. **REALITY CHECK**: Remind yourself of all the positive things in your life & all the reasons to feel grateful. Can you think of 3 each day?
5. **EXPLORE LIFE**: Try new things or find a new hobby. Boredom often causes frustration & a lack of enthusiasm - for kids and adults!

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If sleep is an issue in your house? Raising Children Network has new articles about SLEEP SOLUTIONS this month. [www.raisingchildren.net.au](http://www.raisingchildren.net.au)

Go to the appropriate age group tab & find a whole section devoted to the topic.
WHAT IS WELLBEING ABOUT?
MUMS, DADS & KIDS....HOW MANY WORDS CAN YOU FIND TOGETHER?

COMMUNITY
CONNECTEDNESS
CONVERSATION
CREATIVITY
EMOTION
EXERCISE
EXPRESSION
FAITH
FAMILY
FRIENDSHIP
GIVING
HEALTH

HOPE
INCLUSION
JOY
LAUGHTER
LOVE
NUTRITION
PARTICIPATION
RELIGION
SAFETY
SECURITY
VOLUNTEERING

POSITIVE BEHAVIOUR
Part of our approach to Behaviour Management involves using positive rewards to encourage the children to make GOOD CHOICES in regard to their behaviour.

Here are some ideas that you might use at home to do the same:

CATCH THEM being good. Give positive feedback when you see the behaviours that you like. Make sure you tell them what the behaviour is – “I love the way you chose to speak appropriately to your brother even though you didn’t like what he did.

Tell your child how their behaviour affects you. Help them to learn about EMPATHY.

Little kids aren’t always great at EXPRESSING EMOTIONS. Teach them how to verbalise what they are feeling. Draw pictures of faces showing emotions so they can associate the expression with the feeling. You might think this is an obvious one, but some kids can’t read faces and match the emotion.

Our Awards:
Support Social & Emotional Learning

AUSSIE OF THE MONTH
For consistently demonstrating great behaviour and the values we promote at St Mary’s

MAY 2013
Mulunesh Taklo for her positive and caring attitude and encouraging others

Shannon Williams for always doing her best at everything she does and being a kind and considerate classmate.

Bethany Cutajar for showing a mature and responsible attitude towards helping others and completing tasks. She has appositive approach to all she does

A HEARTY SOUP FOR A COLD WINTER DAY
Easy to make & the kids can chop the vegies...

CHICKEN & VEGETABLE
1 cup (250ml) water
1.25 lt (5 cups) Chicken Stock
3 green onions, sliced thinly
2 stalks of celery (200g), trimmed & sliced thinly
2 medium carrots (240g), diced into 1 cm pieces
1 large potato (300g), diced into 1 cm pieces
150g snow peas, trimmed & chopped coarsely
310g can corn kernels, drained
3 cups (480g) coarsely shredded cooked chicken meat

1. Place the water & stock in large saucepan; bring to the boil. Add celery, carrot & potato; return to the boil.
2. Reduce heat; simmer, covered, about 10 minutes or until vegetables are just tender
3. Add snow peas, onion & corn to soup; cook covered, 2 minutes.
4. Add chicken; stir until heated through.