**Upcoming Events**

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

**WALK / RIDE TO SCHOOL**
**TERM 4**

**Wednesday 16th October**
Victoria Walks to School Day & Walking School Bus
Esplanade & Sargood St
McIntyre Drive & Civic Pde
Info in NEWS: Notes & Forms

**SCHOOL SPORTS**
**Friday 8th November**
George Nevitts Athletics Track
Sugar Gum Drive, Altona

**Can you help out?**

**Contact Marg Masseni**
mmasseni001@smaltona.catholic.edu.au
9398 4842 (Office)

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**Why resilience matters - Managing life’s ups and downs**

**Did you know...**
- ...feeling good protects mental health & wellbeing?
- ...that experiencing positive emotions such as joy, pleasure and having fun are essential experiences for building & maintaining a healthy mind across our whole lives?

Everybody’s life has ups and downs; adults and kids alike. We all need to build resilience skills to be able to both enjoy good times and deal with hard times. There are certain skills and qualities that help children cope with life’s ups and downs and learning them early in life sets them up well for the future.

**KIDS (and adults) NEED TO...**
- TRUST that the world is safe and that there are caring people to help them
- BELIEVE in their ability to do things for themselves and achieve their goals
- FEEL GOOD about themselves and feeling valued for who they are by their parents and carers.
- BE OPTIMISTIC that things generally turn out well
- MANAGE their feelings, thoughts and behaviours

Parents and carers, play a significant role in the development of resilience in children. By supporting your children to cope with small stresses, when bigger stresses come along they can build on what helps them to feel better.

**How are your child’s resilience skills developing?**
See over for some tips on how to enhance RESILIENCE in your kids.

This information has come from a KIDS MATTER information sheet of which there are many on a whole variety of topics. Go to the link below to see them all.

http://www.kidsmatter.edu.au/families/information-sheets

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**Feeling Great**

**This issue:**
- **KIDS MATTER: RESILIENCE: LIFE’S UPS & DOWNS** P.1
- **UPCOMING EVENTS** P.1
- **SURVEY: FUTURE HEALTH & WELLBEING NEWSLETTERS** P.2
- **LUNCHBOX IDEAS / ‘BUILDING RESILIENCE’ IDEAS** P.2

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**Stay Healthy, Margaret Masseni**
Student Wellbeing Leader
Resilience is the ability to cope with life’s ups and downs.

Children’s resilience is enhanced when they:
- are loved by someone unconditionally
- have an older person outside the home they can talk to about problems and feelings
- are praised for doing things on their own and striving to achieve
- can count on their family being there when needed
- know someone they want to be like
- believe things will turn out all right
- have a sense of a power greater than themselves
- are willing to try new things
- feel that what they do makes a difference in how things turn out
- like themselves
- can focus on a task and stay with it
- have a sense of humour
- make goals and plans, both short and longer term.

How are your child’s resilience skills developing?

GREAT FOR SCHOOL LUNCHES!
CAN BE MADE UP TO A MONTH IN ADVANCE AND FROZEN IN AN AIRTIGHT CONTAINER

**PUDDING** & **BACON FRITTATAS**

3 cups chopped Butternut Pumpkin
1 tbsp olive oil
Sea salt and cracked black pepper
6 eggs, lightly beaten
¾ cup milk
4 rashers bacon, rind removed and finely chopped
¼ cup grated cheddar cheese

Preheat the oven to 200 deg C.
Place the pumpkin on a baking tray & drizzle with oil, salt & pepper.
Roast for 25 – 30 minutes or until golden.
Place eggs & milk in a bowl & whisk to combine.
Add the bacon, cheese & pumpkin & mix to combine.
Pour into a 12 x ½ cup capacity muffin tin lined with non-stick baking paper.
Cook for 15 minutes or until golden and cooked through.
Makes 12

WHAT WOULD YOU LIKE TO SEE IN FUTURE HEALTH AND WELLBEING NEWSLETTERS?

Please help us to present useful information to our community by returning this form or by emailing mmasseni001@smaltona.catholic.edu.au

- Parenting Advice
- Grief & Loss
- Social Skills
- Recipes / Healthy Eating Tips
- Upcoming events
- Information on...

NAME: .................................................................