Feeling Great

This issue:
INSIGHTS on homework & other hot topics P.1
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IDEAS AND HINTS FOR PARENTS...

We hope the Michael Grose Insights articles that we upload to our website each month (WELLBEING: Resources for Parents) are continuing to be useful. If there is a particular topic that you would like information on, please don’t hesitate to email me at mmasseni001@smaltona.catholic.edu.au

Michael and his team write about many topics. His new articles are:
1. Managing kids who won’t take no for an answer -
2. Reduce our national sleep debt – the importance of sleep for children’s learning and wellbeing
3. A sporting chance – team sports can help to shape a child’s physical, academic, emotional and social development.

TACKLING HOMEWORK...usually it’s the parents who love it and the kids hate it! But sometimes it works the other way and getting children to do their homework can lead to headaches, fights and sometimes tears. I know my tears were frequent when my boys were at school!!! 😊

Parents can take some of the hassle out of homework by encouraging children to establish a homework pattern. And rather than seeing homework as a chore, parents should see it as more of an opportunity to get involved in their child’s education. It’s a great chance to discover more about the interesting concepts that are being covered in class.

So what should you keep in mind next time your child is less than happy about having homework to finish?

1. Set aside a designated quiet area in your home for homework.
2. Regularly check with child and ask if they have homework and when it is due. Encourage them to keep a homework diary to help manage the work.
3. Encourage your child to set aside a regular time each day to complete any homework.
4. Provide positive feedback and ask them how they are coping.
5. Help your child – it shows them that you are interested in their work and that you see it as important.
6. Keep in touch with the teachers so you know what is expected.
7. If your child is struggling, encourage your child to see their teacher.
WELLBEING WORD SEARCH – SOME FAMILY FUN - Complete the word search with the family and return it to Mrs Masseni to earn 50 house points!

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What have those words got to do with WELLBEING?

Talk about it and finish this sentence....

................................................... (enter a word) is about Wellbeing because..........................................................................................................................
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HEALTHY BREAKFAST BANANA SMOOTHIE
Thanks to the Cooper family (Daniel - PS)

½ cup orange Juice
1 large banana
3 tblsp rolled oats
1 tblsp honey
½ - 1 cup plain or vanilla yogurt
½ - 1 cup milk
Pinch of ground cinnamon
A couple of ice cubes

Put all ingredients into a blender and blend until creamy.

Great for those who don’t like to eat breakfast but might be happy to drink!

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HOLIDAY LUNCH IDEAS

Quick Pasta Salad
250g Bow shape Pasta
1 zucchini grated
1 carrot grated
310g can corn kernels (drained)
1/2 cup low fat mayonnaise

1. Bring large saucepan of water to boil, add pasta, boil for 8 minutes or until cooked. Drain, place in large mixing bowl.
2. Add zucchini, carrot, corn and mayonnaise, mix to combine.

For more recipes go to www.nutritionaustralia.org

Fresh Fruit Iceblocks
400g watermelon chopped
1 punnet strawberries
2 tablespoons castor sugar
4 passionfruit

1. Blend the watermelon, strawberries and sugar.
2. Scoop passionfruit into bottom of iceblock moulds.
3. Pour the pureed fruit into the moulds, add the sticks and freeze until firm. Makes 6.

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THOUGHT FOR THE WEEK
“People may listen to what you say...They believe what you do!”

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