Upcoming Events

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

WALK / RIDE TO SCHOOL
TERM 3

Friday 18th July
Monday 18th Aug
Wednesday 17th Sept

DISTRICT ATHLETICS TRIALS
Monday 11th August
9 – 1.30pm

DISTRICT ATHLETICS CARNIVAL
Monday 1st September
Back Up – Thursday 11th Sept

Dear Parents,

Earlier this term Dr. Natalie Flatt came along to St. Mary’s to talk to parents about ANXIETY IN CHILDREN. Natalie is a psychologist and the manager of OnPsych. (Onpsyx is the company that provides us with our Educational Psychologist who visits our children on a weekly basis here at school.)

The parents who attended the information session spoke so highly of Natalie and her presentation that I thought I would share some of the insights with you all in this newsletter.

If you have any concerns about your children in relation to anxiety, please don’t hesitate to contact me and we can talk through the information in greater detail.

Also, I received an email from Michael Grose (parentingideas.com.au) in which he spoke about a leadership expert, Matt Church, who he had recently heard speak. According to Matt GREAT LEADERS...

1. Turn fear into confidence
2. Turn confusion into certainty
3. Mobilise in pursuit a better future.

Michael Grose commented on Matt’s opinion saying that in essence this is what parents who are great family leaders do.

“Parenting, as an industry, has changed. It once focussed on child management. That is still the focus for many ‘experts’ and newbies to the scene, who don’t see the bigger picture.

But great parenting is more about family leadership than merely focusing on child management. As Matt points out, great leaders offer confidence, certainty and direction.

That’s exactly what parents who are leaders offer their children too!”

So I have included Michael’s thoughts on how you as a parent can be a great family leader.

Holidays are fast approaching. I hope you are able to take some time to relax together as a family and enjoy each other’s company.

Margaret Masseni  (Student Wellbeing Leader)
ANXIETY is a term used to describe a normal feeling people experience when faced with threat, danger, or when stressed. When people become anxious, they typically feel upset, uncomfortable, and tense.

SIGNS OF ANXIETY - THOUGHTS

- Negative thinking (e.g. “I’m no good”, “I’m stupid” or “I can’t do it”),
- Panicking about future events or situations (belief they have their own crystal ball),
- Fears about their own or others safety (automatic mechanism kicking in)

SIGNS OF ANXIETY - PHYSICAL

- Increased breathing,
- Increased heartbeat,
- Sweating,
- Headache
- Dizziness
- Stomach pains,
- Shaking and trembling.

WHAT PARENTS CAN DO...

- Listen to your child’s negative thoughts and feelings without judgment,
- Share a time when you have felt anxious in situations,
- Encourage some positive self-statements at home such as “I CAN do it!” and “EVERYBODY makes mistakes!”
- Praise your child for their EFFORT RATHER THAN THE PRODUCT. “I noticed that you did not give up and you seemed to be having fun!”
- Talk about past accomplishments to highlight that they CAN do it (e.g. social situations, staying at school). Discuss HOW they managed to accomplish this.

MICHAEL GROSE’S ADVICE ON ANXIETY

1. Help your child distinguish between caution and fear.
2. Affirm their fears but don’t let them stop him or her from being brave.
3. Reassure them with the truth that you can’t guarantee their safety, but there are steps to take to reduce the likelihood of harm.
4. Kids take solace in action so teach them some skills to cope.
5. Confidence is catching so show your confidence in your child’s ability to deal with their fears.

WHAT WE PUT INTO OUR BODY CAN HAVE A DIRECT IMPACT ON HOW WE FEEL PHYSICALLY & EMOTIONALLY.

Vitamins and minerals that reduce anxiety levels are:

- Vitamin B (wholegrain, seafood, meats, green vegetables)
- Selenium (garlic, sunflower seeds, brazil nuts, meat & seafood)
- Magnesium (broccoli, nuts & seeds, oysters, soy milk, spinach)
- Calcium (dairy)

Supplements: “The spark plugs for the body”

- Fish Oil,
- Magnesium/Vitamin B
- Provide energy (convert major nutrients such as carbohydrates into energy forms)
- Aid normal function of the Nervous System
- Helpful in bringing relaxation or energy to individuals who are stressed or fatigued

PARENTS WHO ARE GREAT LEADERS... (from page 1)

1. Absorb children’s fears, insecurities and anxieties, and instil a sense of confidence that these can be overcome. Using a mixture of coaxing, coaching and cajoling they somehow find a way instil in their children a sense of courage to put themselves in new or potentially awkward social situations; to have a go at activities where failure is a real option; and to contribute to the well-being of others which reduces anxiousness and fear.

2. Accept that life is sometimes confusing for children and teenagers but they manage to convince their kids they can cope and life will get better. This certainty provides hope, the antidote to confusion.

3. Mobilise their family to support each other; persuading often self-centred individuals to act for the common good. They inspire generosity not selfishness; giving rather than taking; and action (such as volunteering) that creates better futures.