Our focus on relationship building and strategies & practices aimed at teaching pro – social behaviour continue to support our endeavour to help our children to feel safe, connected and engaged in their learning.

One such practice we use is Restorative Practice, which is about developing young people who...
- make good decisions,
- are thoughtful about the impact their behaviour has on others,
- take responsibility for their actions,
- see that when they make inappropriate decisions or choices that they harm relationships
- are responsible for repairing relationships when they cause harm.

So what does it look like?
When children have a disagreement, staff lead the children in a discussion about what went wrong, who has been affected and how things can be made right.

Restorative Practice sees staff working WITH the students in a co-operative and collaborative approach to restoring relationships which reminds everyone that...

It’s not the falling down, it’s the getting up that counts.

THOUGHT FOR THE WEEK
PERSISTENCE: Keep trying even though it is hard

It is important to link persistence with success for children. Help them understand that the harder they work the greater the likelihood they will succeed in whatever endeavour they put their minds to. Not everything comes easy and some tasks whether they are sporting, academic or whatever take persistence for them to succeed. Vocabulary of persistence: Hang in there. Work tough. Stick at it.
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. Healthy ways for kids to manage their emotions – **Emotionally intelligent children**, like their parents, know a range of healthy ways to manage their feelings.
2. Helping students get ready for the NAPLAN tests – the **most resilient children and young people** are those who **rise to meet rather than retreat from the challenges** presented to them.
3. A Mother’s Day Tribute – the **inspirational story** of Cheryl Koenig, a Sydney mum who **fought against the odds** to bring her brain-injured child back to optimum health.

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**Childhood Anxiety**

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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 MONDAY 19TH MAY @ 9.00am UPSTAIRS IN THE TRI CENTRE**

RSVP: mmasseni001@smaltona.catholic.edu.au or via the school office or newsletter form

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Thanks to MaryLinda Abate this information about sessions run by **Anxiety Disorders Association of Victoria** that you might be interested in.

“**POSITIVE PSYCHOLOGY: Improving your wellbeing**” Presented by Peter Kyriakoulis, Clinical Psychologist
Thursday 29th May 2014 7.30 pm – 9.00 pm Mount Waverley Youth Centre 45 Miller Crescent, Mount Waverley, VIC

“**SEPARATION ANXIETY IN CHILDREN**” Origins and Management Tips for Parents and Teachers An evening with Ruth Rosalion, Clinical Psychologist
Thursday 19th June 2014 7.30pm - 9.00pm Balwyn Library (Meeting Room) 336 Whitehorse Road, Balwyn VIC

Cost: $22.00 Non-Members $12.00 ADAVIC members
Bookings: Phone: ADAVIC (03) 9853 8089 Email: adavic@adavic.org.au
Go to the ADAVIC Website for more information about other programs: [www.adavic.org.au](http://www.adavic.org.au)

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To help you have some extra fun on **Walk Safely to School Day**, the Pedestrian Council of Australia has developed a **new phone app** downloadable from the Apple App Store. The app is designed to help you track and measure your walking. Simply download the app and register to get started.

***Remember never to use electronic devices when crossing the road and always stop, look, listen and think before crossing any road.***

We all want our kids to be happy, healthy and safe. **Active kids are healthy kids.**

**Friday 23rd May is National Walk Safely to School Day.**

It’s the perfect opportunity for parents and carers to teach children that **walking** all or part of the way, to and from school, **is a good thing to do**. After all, it’s **fun and relatively easy exercise**, it’s **good for physical and mental health** and it’s the **perfect way to spend some time together** before or after school.

Walk Safely to School Day is also a good way to **teach young people** about their **personal safety** by developing vital **road-crossing and road safety skills** around the school. **Avoiding the inevitable traffic congestion** caused by cars around the school is not only **good for your mental and physical health**; it’s **good for the environment**.

So if you cannot walk the whole way, why not **combine a walk with public transport** or simply **park the car a good distance away** from the school gates and **walk the rest of the way**. Bikes & scooters are okay too.

Thousands of schools throughout Australia will be joining in the event.

You could even **join one of our Walking School Buses on the day** – for more information check out our recent school newsletters archived on our school website NEWS: Newsletters