



ROSSMOYNE REFLECTIONS

NEWSLETTER NO. 3

Friday 8th April 2022

Virtue of the Month for April — Tolerance

Together we empower global citizens.

Next Newsletter: 6th May 2022

PRINCIPAL'S MESSAGE

Dear Parents and Families,

Welcome to week 10—and what a term it has been! The last few months have seen many changes around the school, from restrictions to isolations, and I am sure for many of you, the **holidays can't come soon enough! Throughout the last 10 weeks**, the staff, parents and community have pulled together in an amazing way, to continue to provide our students with the same high quality education they are accustomed to receiving at Rossmoyne PS. At times, this has been extremely challenging, however, with creativity and flexibility, together we have provided an educational and enjoyable term for the children. Events including Harmony Day, sporting events and musical events have been able to continue in a COVID safe manner. I would like to sincerely thank all of the staff and parents at Rossmoyne PS for the continued support and **understanding that has allowed these events, albeit 'tweaked'**, to continue.

Since the last newsletter, the students have taken part in special days including a wonderful Harmony Day concert by Indigenous performers, Gina Williams and Guy Ghouse, Edu-Dance presentations, Crazy Sock Day, Harmony Dress Up Day, and an Interschool Cricket Carnival. More details about some of these special events can be found in the following pages of the newsletter.

We have a few staffing changes for Term two, of which I would like to notify the community. Firstly, as many of you know, Mrs Webb has been in an Acting Deputy Principal position for term one. We are very much looking forward to welcoming her back to Rossmoyne PS next term, where she will take over the teaching of Year 5 Room 21 for 3 days per week. This role has been very capably filled by Ms Charlotte Birbeck in Term one, who I am pleased to let you know has secured a wonderful position at a well-respected private school next term. I would like to personally thank Ms Birbeck for the care and dedication she has shown to the students in Room 21 this term. We will all be sad to say farewell, but I am sure I can speak on behalf of the RPS community in wishing Ms Birbeck all the very best in her new position.

I would also like to thank Mrs Jane Trowl, who has been working as an Education Assistant in Room 19 this term.

Mrs Trowl has been a wonderful addition to the Room 19 community and we have all very much appreciated her care and gentle approach to assisting the teachers and students.

Finally, a 'welcome to the team' to Mrs Cindy Lewis, who has kindly agreed to take over the running of the Library for the foreseeable future. As a former parent of RPS, and relief school-officer, many of you will already know Cindy. Please stop by to say hello and welcome her to the Library when you have a chance!

Thank you all, once again, for the ongoing support you have shown to our staff and school community this term. I wish you all a safe and enjoyable break, and look forward to seeing the students back at school on Tuesday 26th April.

Kind regards,

Nikki Lyons

Acting Principal



8th April—Last day Term 1

25th April—ANZAC Day Public Holiday

26th April—Students return to school

10–20 May—NAPLAN Testing Yr 3 & 5

Our Code of Conduct

School community members will display behaviours that uphold our four school values—
integrity, respect, courage and belonging.

Parent Meetings—Term 2

In light of recent announcements made by the Minister for Education, we are pleased to inform you that face to face meetings with teachers may resume from the beginning of Term 2. However, meetings will be by **appointment only**, so kindly contact your child's teacher to arrange a suitable time.

Please note that the restriction preventing parents from entering classrooms has not changed for term 2. Please continue to drop and collect your children from the door of the classroom.



Health & Wellbeing Family survey

be you | **Beyond Blue** **Rossmoyne Primary School**
Family Survey

We value your input in our planning and would appreciate your support in completing this short health and wellbeing survey. The information you provide will be used to guide our target setting and planning going forward.

Scan the QR Code or follow the link below. The survey should take 10-15 minutes to complete and is anonymous. We thank you in anticipation of your support!



https://beyou.syd1.qualtrics.com/jfe/form/SV_8BrqyFHxHoj4DXv?survey_id=12017810184

Hard copies of the survey are available from the office.
For more information please email lauren.barzotto@education.wa.edu.au

COVID-19 RESTRICTION SUMMARY

TERM 2—ROSSMOYNE PS

As you may be aware, several changes to Operational Guidelines for Term 2 were recently announced by the Minister for Education. These restrictions change rapidly, in response to the evolving situation in WA. The list below is a summary of the Term 2 situation at Rossmoyne PS for your convenience. Please keep in mind that the table below is current as of now, however the situation is always **subject to change depending on the WA Government's announcements**.

ACTIVITY	TERM 2 SITUATION
Break Times & Toilets	Students able to play in usual areas, and toilets will no longer be designated to specific year levels.
Excursions	Excursions can go ahead, but only with single year groups. Teachers will check with the venue for any further restrictions before booking.
Incursions/Events	Incursions and events can go ahead for separate year levels. Parents are welcome to attend events as spectators—however masks must be worn and social distancing rules apply.
Clubs	Lunchtime and after school clubs are approved to go ahead.
Buddy Classes (MHIS Program)	Buddy Class activities on hold until further notice.
Assemblies	Assemblies to continue as per Term 1. Merit certificates to be read out over the PA. Teachers to present certificates in class and 'celebrate' with the class. Teachers to take photo/video of student with award to send to parents.
Parent Meetings & Interviews	Face to face meetings between parents and teachers can take place, by appointment only. Parents are still not to enter classrooms before or after school please, however are welcome to drop off and collect children from the classroom door.
Running Club	Running Club is approved to go ahead.
Choir	Will continue in Term 2. Choir can now take place indoors in groups no larger than a class size.

COVID-19 school holiday information

Parents and families, please note that you are NOT required to report positive cases of COVID-19 to the school over the school holiday break. Positive cases identified via RAT Tests must still be registered via Healthy WA, however.

Upon returning to school on Tuesday, April 26th, please notify the class teacher if your child/children will not be returning due to isolation (either being a positive case, or a household contact). This information is essential as it ensures our attendance data is accurate and coded correctly.

At this stage, reporting Positive COVID-19 cases to the school will resume on April 26th. I will update you if this requirement changes at any stage. Thank you for your ongoing support—it is appreciated by all at Rossmoyne PS.





Merit Certificates

Congratulations to the following students who received Merit Certificates at our recent assemblies. Keep up the great work!

Room 8 Alex Ahura Abigail Kevin	Room 9 Nicholas Zaynab Ashton Arjun	Room 13 Leila Jonas Felix Bronwyn
Room 14 Rachel Numan Kelsey Boe	Room 15 Rand Narin Preston Amari	Room 16 Alvin Lucy Caitlin Noah
Room 17 Mia Jake Senuri Fletcher	Room 18 Oscar Katelin Amna William	Room 19 Aqsa Jayven Rylee Lily
Room 20 Yashas Vivian Kyarah Harry	Room 21 Adelaide Sehandu Lawson Laura	Room 22 Na Riyan Samad Keeyahna
Room 23 Dexter Ellie Amie Jedd	Room 24 Liam Julia Ivy Matilda	Room 25 Abdullah Joshua Amber Aidan
Room 26 Kaiyi Matilde Shovan Amy	Languages Rajeev Tejveer Chantelle All students—Rm 22	

WASTE FREE WEDNESDAY'S

Australia sends around 20 million tonnes of waste to landfill every year. That is one of the highest rates per person in the world. Rossmoyne Primary School is doing its bit to reduce this by having 'Waste free Wednesdays'. Every Wednesday there will be virtues vouchers given out by the teachers on duty for students that have the least waste in their lunchboxes. Please put your vouchers with your room number on it in the virtues box by the staffroom.

This means no single use plastics, bring only what you can eat, use reusable wrappers (like Beeswax wraps) or reusable containers. But why just Wednesdays? See how much you can reduce your waste.



By: Meg - Environmental Advocate

Update from our World Vision Child

Som is our Rossmoyne Primary School sponsor child. His full name is Som Kanahiya Saharahiya. He is a four year old boy from Baran, India. His birth date is the 19th of February 2018.

Som likes to play with toys and he is an only child. He doesn't help out with any chores yet because he is too young! Som's favourite colour is red and his favourite thing to do is finger painting.

Som's family recently took part in a childhood illness prevention program. They learned about danger signs and symptoms and how to prevent basic illnesses.

In Som's community, many children are malnourished due to inadequate food and water supplies. The World Vision sponsorship from Rossmoyne Primary school means Som and many children like him have their basic needs met.

Som is growing up fast!

By Daniel Z & Jackson



Year 6—team building activities

On Friday afternoon, 18th of March, the Year 6 students (Room 23, 25 & 26) and the Year 5 students (Room 23) gathered in the under cover area. We got split into groups of 5 and we chose one person from our group to dress up as a famous character or a person. To dress them up, we could only use newspaper and masking tape. After 30 minutes, all the models did a cat walk. We all cheered and clapped while Mrs Ashby tried to guess who the character or person was. We worked in teams and had a lot of fun together.

By: Karisa, Yasna and Sophia (Room 23)







What's On In Sport?

Morning Running Club: Morning Running Club has started again on Monday, Wednesday and Friday mornings from 8:15-8:30. We have had a great response in numbers thus far. It is great to see some new faces trying to become fit and healthy. Those who come will receive a raffle ticket to go in the Phys Ed draw for brand new equipment. Keep up the good work!

Inter-School Cricket Carnival: Our Girls and Boys Cricket Teams went to Murdoch University playing fields on Friday 25th March. Both teams played 3 round robin matches and made it into the Grand Final. The Girls Team went on to beat Riverton Primary School in what was a relatively close match. The Boys Team also went on to win their Grand Final against Parkwood Primary School by around 60 runs due to a great fightback in the field. Congratulations to both teams!!

Interschool Swimming Carnival: Unfortunately, this year's Carnival has been cancelled due to not having enough schools to compete. We hope to have it back up and running in 2023.

Cross Country Training Club: Term 2 will see the beginning of a new Recess Running Club to train for Cross Country. This will involve different types of running training instead of simply running laps. Watch this space!

Term 2 Carnivals: In Term 2, the year 5 and 6 students will have the chance to compete in the Rugby League Tag and Winter Carnivals. Both Carnivals will involve trials and are both late in the term.



Congratulations to the Cricket Teams who both won their Grand Final matches last Friday.

MUSIC News



On Monday, the 21st March Rossmoyne Primary School was lucky enough to be visited by Gina Williams and Guy Ghouse for an incursion all about Music and Noongar Language. Students enjoyed a workshop that focused on sharing language and culture through song, learning songs translated from well know nursery rhymes. Twinkle Twinkle Little Star and Head Shoulders Knees and Toes were some of the favourites. They also learnt the story of how the Koolbardi and Wardong (Magpie and Crow)

Below are some students' recounts from the Year 2 students in room 8

Peyton

Today I watched Gina and Guy. Gina sang and Guy played the guitar. They sang songs in Noongar and English. They sang Twinkle Twinkle little star and head shoulders knees and toes. I enjoyed doing the actions to Twinkle twinkle little star and head shoulders knees and toes. I would like to know how to sing the songs by heart.

Sebastian

Today I watched Gina and Guy playing Aboriginal music. The songs were good. I liked all of the songs. They played twinkle twinkle little star and heads shoulders knees and toes. There were actions for all the songs. I did not like the actions but I did like the songs. Then the bell rang and Gina and Guy had to stop. I did not want them to stop but it was good because lunch was fun to!

Hendrix

Today I watched the Noongar Concert. Gina & Guy sang twinkle twinkle little star in Noon-gar. I wonder how they learnt so much Aboriginal words!! Guy had a guitar & Gina sang. I also wonder how many Aboriginal words they can say (maybe 122,686,9087) ok maybe not that much !



WHAT'S HAPPENING IN LANGUAGES?

To celebrate the 2022 Chinese Lunar New Year (Year of the Tiger), our school ran a colouring-in competition for all Pre-Primary to Year 2 students. The winners are:

Pre-Primary:

1st Place - Prishella (Rm 18)

2nd Place - Mia (Rm17)



Year 1:

1st Place – Leila (Room 13)

2nd Place - Boe (Rm 14)

3rd Place - Bronwyn (Room 13)



Year 2:

1st Place - Chantell (Room 16)

2nd Place – Hudson (Rm 15)

3rd Place – Isabella (Room 8)



The Perth Southern Chinese Language Hub organised a Poster Competition for Year 3 to Year 6 students, with five schools participating. Well done to all the students who had a go and put a lot of effort into completing their work! Here are the winners in various categories from our school:

Excellent Awards:

Kate (Room 22) Neesa (Room 21) Abigail (Room 25) Adriaan (Room 25) Karisa (Room 23)

5th Place: Kayleb (Room 19)

Krystal (Room 25)

4th Place: Adele (Room 20)

3rd Place: Victoria (Room 24)

Amber (Room 25)

2nd Place: Liv (Room 9)

1st Place: Vivian (Room 20)



Congratulations to all the winners!

Some of the winners would like to share their experiences:



I was extremely surprised that I won because I thought the other schools were better than me, I thought all the work at Southlands Shopping Centre were very pretty. I am so glad for winning the First Place and I really enjoyed making the poster. By Vivian (Room 20)

I experienced drawing an excellent poster by working hard for about 4 weeks. I enjoyed the time with the poster. It gave me a fun task to do in the weekends. I learnt more about the Chinese culture like how they celebrated the New Year and how I could improve next year by seeing the other posters on display. Drawing the poster to win makes me study harder about the Chinese culture while having fun. By Adele (Room 20)

My experience during the Chinese poster competition was really fun. Next year, I will compete again, as I learnt more about Chinese New Year. I enjoyed drawing my poster and was quite surprised that I won the third place. The hard work on the paper was a big accomplishment for me. Next year, I will improve my drawing by learning and adding more cultural knowledge to my poster. I recommend taking part in the competition to other students. By Victoria (Room 24)

I feel very proud of myself winning 5th Place out of 5 schools. I am glad that all my hard work has paid off as I only had a few weeks to complete the poster. Making the poster was really fun but I was a bit stressed because I really wanted to get it done within the time limit while also making it look good. If I could improve anything from my poster, it would be not using blue as my background as it **isn't a Chinese New Year colour but other than that, I am really proud of it.** By Krystal (Room 25)

I enjoyed doing the Chinese poster because I like arts. By making the poster, I got better at drawing while also learning how to draw a lion dancer. By Adriaan (Room 25)

I enjoyed the poster competition because it is a fun experience to draw on it. The competition also helps our understanding of Chinese culture, we have learnt about the food people eat and the decorations people put up for Chinese New Year. It is a great opportunity to test out our knowledge of Chinese culture while having fun. I like participating in the competition because I love arts and I enjoy it every year because it seems like all our hard work has paid off. By Abigail (Room 25)

I really enjoyed learning Mandarin and Chinese culture. I also enjoyed drawing the Chinese Poster but I was stressed before starting the poster. So, I planned by sketching my knowledge of the culture. **I learnt that red colour symbolizes luck as it scares the monster 'Nian' away that everyone was scared of in the legend.** So, I put a lot of red in the poster. I am proud of my work but it can be improved by adding more details to it next time. By Liv (Room 9)

A Message from Chappy Lee...

Holidays!! It is time of rest for everyone in the school and a great time to explore other areas of growth to add flavour in living. Often parents, including me, abdicate development of the child only to the school but holidays are actually great opportunity to **discover and grow your kids' multiple intelligences**. You may be surprise to discover your own intelligence or an intelligence you like to develop :) An interesting article: Professor Howard Gardner on Multiple Intelligences | 100 Stories - YouTube

Chappy's Mail Box

In term 2, I will be activating a new concept of Chappy Mail Box for students, parents and staff who like to talk to me but could not reach me. It is a way to flag a need when I am either away during my off days or I am not in the office.

Easter

Easter brings family together and a time of eggs and bunnies treasure hunts (cholesterol!!!). Behind the festivity, Christians celebrate Easter as a reminder of the death and resurrection of Christ for the purpose of atoning wrongdoings. However you are celebrating, may you have a safe, restful and meaningful holiday. "Happy Holidays and Stay Safe!"



"Happy Holidays



and



Stay Safe"



PARENT RESOURCE LIBRARY

Did you know we have a wonderful Parent Resource Library???

We have books for adults to read on topics ranging from Health and Well Being in Children, Grief and Loss and Developing Social Skills.

We also have some wonderful titles suitable for parents to share with their children on topics such as Anxiety, Fear and Making Friends.

You can find a list of the book titles in the Library on Connect.

If you would like a book from the Parent Resource Library... contact Mrs Ashby.

In the near future, we will be arranging to have the Parent Resource Library out on the verandah before school, so that parents can have a browse!!! Details will be coming soon via Connect!



P&C NEWS...

Greetings to all new, and not so new Parents!

As many of you will know the P&C, in the past, has held a new Parents Sundowner to welcome new members of the school family, and to allow them to find out a little bit about the role the P&C plays in school life. Unfortunately for obvious reasons this has not been possible in the last couple of years. However, we are hoping to be able to make up for this by holding an event next term. Although reliable crystal balls are hard to come by these days we are hoping that things will have improved enough by the end of the 3rd week of next term to allow us to hold a sundowner at the Rossmoyne Bowling Club on Friday the 13th May (we are obviously not superstitious then....).

This event is open to all parents that are interested in the activities of the P&C or may be interested in getting involved. Join the current members for a drink and some nibbles, and learn a little about what we do, some of the plans we have and, if interested how you could play a part. Although a little later than usual we will end the evening with the P&C AGM.

Detailed timing and registration will be available early next term.

So what exactly has your P&C been doing over the last year ??

The P&C has had a very busy year, and although COVID has done its best to "throw a spanner in the works" on a number of occasions, in general, working closely with the school, most events, were able to take place, all be it in a more controlled manner. A good example of this was the decision to once again run a school movie night. Rather than running this as a summer, full school event, it was decided to run two separate (three in fact in the end due to the demand) screenings, during the cooler months, utilising the undercover area, where numbers could be more easily controlled. One added advantage of this was that we were able to tailor the choices of movies more to the mean age of the smaller groups. Similarly, the much-loved School Discos were also able to return with some restrictions to ensure they were executed in a "COVID Safe" way. Some activities did unfortunately fall by the wayside as result of restrictions, at or around the time they were scheduled to take place.

Subway Days and other periodic special lunch options, such as Sushi have been a great success and something the students (and unsurprisingly the parents) greatly appreciate. The lessons we have learnt from this during the year have acted as a precursor to what we hope will be a more formal periodic lunch order service in 2022. This will see the P&C engage an external provider, who will give parents the option of ordering up lunches a couple of times a week. Although the kick-off of this initiative has been delayed due to the current COVID challenges, it is something we are keen to see happen once possible.



P & C NEWS CONTINUED...

Over the year the P&C has been fortunate enough to be invited to have representation at various key school events, including the Anzac day assembly, Naidoc and Reconciliation events as well as the year 6 graduation ceremony, all of which were a great honour to attend.

Similarly we have been able to support other school events including the Ice Castle build, Book Week, and many others. Long standing activities such as running the second-hand uniform shop have also been well supported throughout the year.

Financially the P&C had a strong year, with us being able to secure some very welcome grant income (largely from the City of Canning who continue to be a strong supporter of the Schools and the P&C), as well as the generous contributions from the parents, that we have been able to streamline into key projects that enhance the school across all year groups.

Grant Success included receiving a "Small Grant" from Canning Council which funded a high-quality Webcam and Speakerphone to allow more participation and a better experience from virtual P&C and Exec meetings. On a larger scale the P&C and the reconciliation committee were extremely grateful to receive a grant that allowed the installation of a set of three flagpoles which now take pride of place between the science and music rooms. We look forward to continuing to work closely with both the reconciliation group and Canning Council into the future.

None of this would be possible without the tireless work of the small, but extremely dedicated group that make up the P&C. No more so than the members of the events sub committee that did a fantastic job throughout the year. For this group the culmination was surely the Colour Fun Run at the end of the year.

Bigger and better than before, (there was even a fire engine...) this event for the first time was completely organised in house, meaning that all moneys raised were put back into the school, rather than paying for an external provider. The event allowed everyone to let their hair down for an afternoon at the end of term and contributed to the "send off" events for the graduating class of 2021.

We look forward to being able to continue to work closely with the fantastic staff, the school board, and the local community to support the school throughout 2022.

For and on behalf of the Rossmoyne Primary School P&C

Nigel Deeks - 2021 P&C President



Exciting news from the P&C...



.....
Rossmoyne
Primary P&C
Presents
.....

CANTEEN LUNCH ORDERS



COMING SOON...

Your P&C have been working hard to arrange lunch orders
for RPS students.

In term 3, (or as soon as COVID considerations allow) we
will be rolling out a canteen lunch order service on
Tuesday and Thursday of each week.

Watch this space for more information...

THE MENTAL HEALTH IN SCHOOLS PROJECT

**BULLYING.
NO WAY!**

The National Day of Action against Bullying and Violence is a day for schools, students and the community to say Bullying. No Way! On Thursday 17 March 2022, we will be recognising this day by engaging in a range of activities and discussions that promote a Kindness Culture. The idea is that by building Kindness Culture together, we can promote inclusion, respect and community belonging for all students!

Mindfulness for Children

At Rossmoyne Primary we are committed to incorporating mindfulness in to our classrooms each week, with many classes engaging in mindful practices daily. Mindfulness provides children with the opportunity slow down and really notice what they are doing. It has a relaxing and calming impact on the body and allows children time to have a break and refocus for the rest of the day. In our classrooms mindfulness looks like: silent reading, listening to music, colouring in, engaging in the Smiling Minds program, breathing exercises, stretches and more!

Raising Healthy Minds App



Raising Healthy Minds is a free app you can tailor to your child, family and interests. It answers your questions about child wellbeing and shares practical tips for your day-to-day family life.

Download now to start building your child's wellbeing, encouraging positive behaviour and emotions, strengthening family relationships and looking after yourself.

INSIGHTS

by Michael Grose – No. 1 parenting educator



Helping kids be brave

Anxious kids, like worriers and sensitive types, benefit from a parenting style that is empathetic but at the same time empowers them to tackle their fears.



Currently around 11% of children have problems coping with anxiety. Around 3% experience some form of depression.

As reported on the Kidspot website, Macquarie University psychology lecturer Dr Carolyn Schniering has stated that anxiety problems are the most common emotional disorders that children experience.

It's important to understand that anxiety is not something to be afraid of. As Dr Schniering says, "It's a normal emotion and an important part of how we engage with the world."

Experiencing some anxiousness in new social situations or some specific situations such as around water is quite normal and, in some regards, healthy. It's not healthy when anxiousness stops kids doing things they want or are able to do or interferes excessively with their school or pre-school experiences.

Genetics plays a part

Macquarie University research shows that children who display high levels of anxiety from a young age, and who have a parent who is excessively anxious or depressed, are seven to 11 times more likely to develop long-term anxiety.

This finding supports my experience that **anxious parents beget anxious kids**. But it's not that simple.

Some children are simply more prone to experiencing excessive anxiousness than others. These kids are typically classified as

worriers, shy types and more sensitive souls who wear their hearts on their sleeves. (I've parented one of these types and I learned first-hand that some situations they experienced needed to be handled with some parental care and attention!)

I want to stress that these children are not necessarily going to experience debilitating anxiety. However, they do benefit from a parenting style that is sympathetic while empowering them to tackle their fears.

It's worth noting that if you yourself are overly anxious or experiencing depression, **then self-care needs to be your first priority** before you can assist your kids.

When should I worry?

Dr Schniering says, "As a rule of thumb, parents should be more concerned if the fears or worries they experience become excessive and their child is unable to deal with every day life."

I would also add that when children become **overwhelmed** by their fears it may be time to seek professional help. A first port of call may be a General Practitioner or your child's school. (Our research shows that parents are more likely to seek help from their child's school than their GP; however, my experience has been that local doctors often have a good handle on these issues as well as knowledge of local providers.)

Helpful parenting practices

Before looking at helpful practises, let's quickly list some practices that are unhelpful for parenting anxious kids:

► Fixing kids' problems.

Jumping in too soon only increases anxiety and doesn't enable kids to build their capabilities.

► Allowing avoidance.

Letting kids escape new or fearful situations validates their fears.

► A 'get over it' attitude.

There's a difference between "You can do this!" and "For goodness sake, get over it!" The latter often comes from parent impatience and stress.

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Michael Grose Presentations

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Okay, now for the helpful parenting practices for kids who are anxious. These include:

1. **Skilling towards bravery.** Help kids face their fears by skilling them, e.g. *Look around for a friendly face when you go to scouts.* You need to put on your coaching hat to build skills and self-confidence, which defeats anxiety.
2. **Scaffolding towards bravery.** Rather than avoidance allow kids to face their fears in stages, e.g. *Let's go to the party for an hour then I'll pick you up.* By breaking things down into smaller stages kids feel that they are more in control. Lack of control is behind a great deal of anxiousness in adults, as well as kids.
3. **Be empathetic, not sympathetic.** There is a difference. Empathy shows you understand how they feel; sympathy can be maudlin, leading you to pay excessive attention to the fear as well as letting them off the hook. Kids need a supportive adult who says, not necessarily in these words, "I know how you feel but I also know you can do this."
4. **Creating opportunities for independence.** Competency is the enemy of anxiety. Building children's self-help skills and their independence outside of the home has a snowball effect on how they feel about situations that they usually fear.

5. **Model bravery.** Okay, you knew I was going to mention this. But if you want kids to be brave **then you go first.** Your calmness, patience and willingness to methodically work your way through new situations will have a calming effect on kids. (Good leadership is basically about staying calm in stressful situations.) Modelling also shows them how fears of new and unknown social situations, and even specific fears such as going to the dentist, can be handled positively.

It's worth noting that most kids grow out of their anxiety given attentive brave parenting.

As a general parenting strategy I recommend that you take a strength-based approach (which is what I'm banging on about all the time) and focus on building children's strengths and assets to help them overcome fears. At the same time recognise that some children may need extra assistance from time to time as a result of their anxiety.

Get your 10 ways to promote Good Mental Health & Well-being in Kids poster at

www.parentingideas.com.au/ParentingIdeas-Newsletter

Subscribe to Happy Kids, the FREE ParentingIdeas weekly guide while you are there.

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KIDZ 'N SPORT
WILLETTON & SURROUNDS
PRESENTS:

**APRIL 2022
SCHOOL HOLIDAYS**





APRIL 2022
WEEK 1: 11 APRIL - 14 APRIL
WEEK 2: 19 APRIL - 21 APRIL
9AM - 11AM
SHELLEY PRIMARY SCHOOL

BASKETBALL CAMP

FOR AGES 7 - 10 / BOYS & GIRLS

**COACHED BY:
CURRENT
NBL PLAYERS**

IMPROVE YOUR:

- OFFENCE
- DEFENCE
- BALL HANDLING
- SHOOTING
- TEAM SKILLS
- AGILITY DRILLS

**\$30
PER DAY**

MUST HAVE A BASIC LEVEL OF BASKETBALL SKILL

ENROL NOW

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WWW.KIDZNSPORT.COM/ENROL.ASP
(WILLETTON & SURROUNDS)

SPECIALIST BASKETBALL & ALL DAY MULTI SPORT 9AM - 3PM \$70 PER DAY



Kidz 'n Sport
- Willetton & Surrounds -

April School Holidays Program 2022

Week 1: Mon 11th April - Thurs 14th April
Week 2: Tues 19th April - Thurs 21st April

Attend from 1 to all 7 days

Venue: Shelley Primary School (Meet in the undercover area) **Admission Charge**

All Day Multi Sport

Pre-Kindy & Kindy

9am - 11.15am
\$30 per session

9am - 3.00pm
\$60 per day

Skill Development

Pre-Kindy & Kindy

Indoor & Outdoor Sports

Basketball / Soccer / Netball / Footy / Mini Hockey / Cricket / Tennis
Teamwork / Self Confidence & Esteem / Leadership / Health & Fitness
Tee Ball / Agility / Catching / Throwing / Dodgeball / Handball + Flag Ball
And much more!

Enrol Now:

www.kidznsport.com.au (Willetton & Surrounds)
Taryn Priestly (COACH TAZ) 04133 065 744
e: tarynp@kidznsport.com.au
Reductions apply for siblings
WWCC 1197068

"Practice Makes Progress"

Instagram: @kidznsportwilleton
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Term Time

Holidays

Parties

Functions

Bookings at kidznsport.com.au