

WELLBEING newsletter

September 2024

Hey GSPS Families,
Welcome to our first GSPS Wellbeing Newsletter.
Each month we will be sending out information to help support our students and families. The tips and strategies are intended to align home and school life and provide activities and support networks in our community.

☘ SPRING is Here!!!

Spring is here which means the weather has improved (more beautiful sunshine ☀️) and there is more daylight in the mornings and afternoons. With longer days comes more opportunities to pack more in! This can be a great but also a fairly tiring for young people as they get used to the change in daily hours. Below we have included some suggestions to consider as we head into the back end of the year.

Sleep - Recommendations

The benefits of a good night's sleep children includes:

- are more creative
- can concentrate on tasks for longer
- have better problem-solving abilities
- are better able to make positive decisions
- are more able to learn and remember new things
- have more energy during the day
- can create and maintain good relations with others.

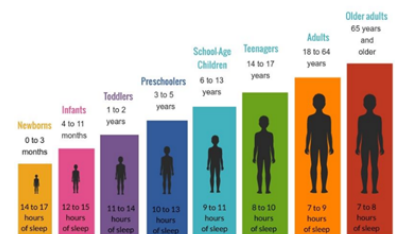
SPRING Clean

A spring clean of kid's bedrooms is a great way to feel fresh and tidy and to give kids a sense of responsibility.



A great way to start is to play 'Clean Lucky Dip'. As a family on small pieces of paper write down all the jobs that need to be done around the house that are age appropriate, e.g., unstack the

Recommended Amount of Sleep by Age



dishwasher, dust the skirting boards. Then each day pull out one of the jobs for your kids to complete!

BEDROOMS

This is a never-ending job!! Kids clean the bedrooms to what they believe is 'clean and tidy'. It doesn't always meet our expectations. One way to solve the 'go back and do it again' conversation is to tidy your child's room to your expected level, take a photo, print it off and blue tac it above the light switch. When you say 'go and clean your room' they have an exact understanding of what 'finished' looks like!

Stored Responses

At school we use a series of **stored responses** that help us repeat the same message to all students on certain topics. We know that kids will ask the same question over and over until they get the answer they want. **Stored responses** help regulate the amount of time and energy we spend on a topic that has one answer. For example, when students call out during learning time instead of debating why or why they shouldn't call out we simply use the stored response of 'Our school rule is you need your hand up to add to the conversation'.

At home if your child has the same statement each night such as, 'I don't want to go to bed' your stored response that everyone in the house uses is 'Sleep is important, you need 8 hrs so you have energy tomorrow'. You may need to repeat the same response up to 10 times!!

EQ - Do Good to Feel Good - The Neuroscience of giving.

The EQ proverb 'DO GOOD TO FEEL GOOD' refers to service to others and service to yourself. It's that moment when you do something kind, and you feel good in yourself. Dopamine is released into our systems and helps counteract stress. The more you help others the more dopamine is released.

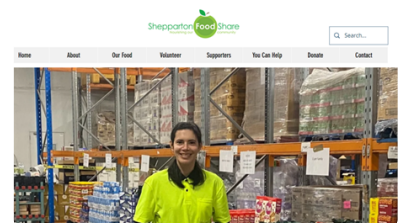
Neuroscience has demonstrated that giving is a powerful pathway for creating more personal joy and improving our overall health.

Small services such as opening the door for another person, asking someone to play or showing empathy when someone is upset.



FOOD Share

Foodshare rescues/receives food donations to redistribute to those in necessitous circumstances. On average 350,000 kgs of food is distributed to registered emergency relief agencies, schools, neighbourhood houses, community meals programs and churches annually. The people supported include individuals, children, homeless, First Nations people, and our culturally and linguistically diverse community, including new arrivals and refugees. For more information please contact us at school.



[Shepparton Foodshare](#) | [Food relief Shepparton](#) | [45 Toolamba Road, Mooroopna VIC, Australia](#)

Want \$500 to help you with school costs?

saverplus

Saver Plus is a financial education program for families and individuals on a tight budget to develop life-long savings habits.

To join Saver Plus, you must:

- ✓ Have a current Health Care or Pensioner Concession Card **AND** an eligible Centrelink payment*
- ✓ Be studying yourself **OR** have a child in school (can be starting school next year)
- ✓ Have regular income from work (either yourself or your partner)*
- ✓ Be 18+ years old

*Many types of income and Centrelink payments are eligible

Here are some of the school costs the \$500 can be used for:

- laptops & tablets
- uniforms & shoes
- books & supplies
- sports fees & gear
- lessons & activities
- camps & excursion

For more information, please contact your local Saver Plus coordinator:

Richard Pemberton

enquiriesSP@berrystreet.org.au

0407 567 312

DELIVERED BY **BERRY STREET**

Find out more at saverplus.org.au

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ and delivered in partnership with local community organisations. The program is funded by ANZ and the Australian Government Department of Social Services.

Guthrie St 2nd Hand Uniform Shop

If you would like any pre-loved Guthrie St uniforms please ring Ronika on 0458 281 833.



Guthrie Street Primary School

Please contact the office if you have any queries. You can also follow us on Facebook and Instagram @guthriestreetps

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Guthrie Street

Guthrie is using Smore to create beautiful newsletters

