

# **WELLBEING** **newsletter**

October 2024

## ***Hello Parents and Caregivers of GSPS.***

### **Building Independence for Positive Camp / School Sleepover Experiences**

School camps and sleepovers are a great way to build independence and resilience in children. Preparing your child emotionally, organisationally and socially can help them navigate the experience.



One of the ways to do this is to make an 'US' list, a 'YOU' list and a 'ME' list of things that need to be done before and during the camp.

On the 'US' list you and your child will co construct the things you need to do together, such as, organise a sleeping bag, pillow, sheet, clothes, toiletries, talk about any concerns.

On the 'YOU' list your child can list the things they will do on their own such as, pack my own bag, make my bed when I get to camp, take items that make me feel comforted, talk to the teacher if I'm feeling unsure or overwhelmed.

On the 'ME' list you might role model the things you've done leading up to the camp and what you'll be thinking about while they are at the camp such as, Pay for the camp, organise time off to drop your child at school for the camp, talk to the teacher about medication or concerns, manage how much they will miss you while you're gone!!

This is where positive priming really shines, 'setting the scene' for your child about the new experiences they will have and how excited you are to have them tell you when they come home is super important.

On the morning of drop off, keep the conversation light, reiterate that they will have 'new' experiences, that you are proud of them, and you are looking forward to the stories they will tell.

**How to survive TERM 4!!**

Routine, Routine, Routine!! Consistency, Consistency, Consistency.

Kids like predictability and boundaries. Term 4 brings, camps, sleepovers, school excursions, school incursions, sports and weekend fun. All of which make for a great term but also a very busy and tiring term. Which in turn brings, grumpiness, non-compliance and bad moods!

The ways in which to help keep a stable keel at this time is:

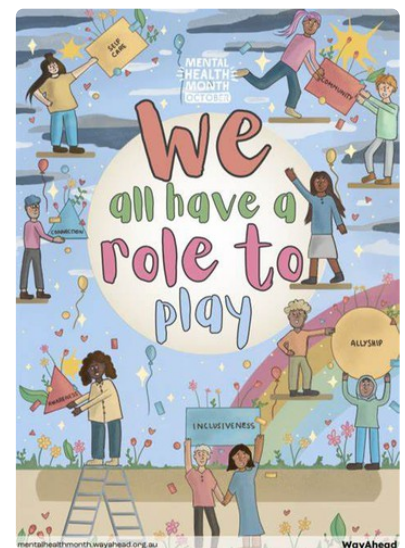
- Keep bedtimes and wake up times consistent
- Set a reward chart - keep it simple, one or two goals for kids to achieve each day.
- Where you can, keep your word, if you agree to a reward- stick to it.
- Same goes with consequences, if you make a decision follow through.
- Give alternatives - " You can't do x, but you can do Y."
- Sit down together and 'map' out what is coming up and who is involved and what they need to do to get ready - "We have the school BBQ on Thursday, so we need a few quiet nights leading up to it, this means we need to be in bed on time and pace ourselves".

## Mental Health Awareness Month

October is Mental Health Awareness month. This is a time to open conversations and share strategies and stories about the continual changes in our mental health.

Our Mental Health sits on a continuum for both adults and children, it ranges from 'In crisis / struggling / surviving / thriving and excelling'. It can move along the continuum several times throughout the day depending on the situation, the experience and our tolerance to adversity.

As part of our Personal and Social Curriculum (RRRR & GEM) we teach the importance of keeping your mental health healthy and the ways in which we can use laughter, exercise, mindfulness and gratitude to support ourselves and others.





## Positive Priming

At school we use Positive Priming to seed the healthy behaviours we like see. Language is the key!



We look for the strengths in the students, we find evidence to support the great things they are doing. We expand on a simple statement from 'thanks or well done' to a specific positive statement.

Saying out loud to a student 'I really appreciate that you helped that person, it shows what brilliant EQ skills you have'.

You can use positive priming in every situation at home as well, such as 'thank you for putting the groceries away with me, it shows you care about my time and our family'.

Positive reinforcement builds positive behaviour. It rewires a pathway in the brain that you are valued, appreciated and worthy.

## EQ - Proverb 'Pursue your personal best no matter who you work with'.

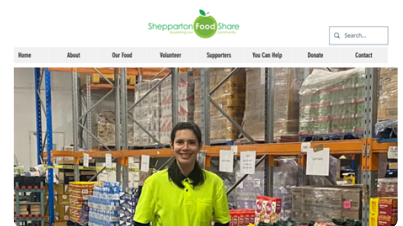
We teach this EQ proverb because as we all know as we make our way through the world we are constantly faced with navigating relationships with our family, work colleagues and community members. At times it can be challenging given we all have slightly different values and ways of communicating.



We support our students to learn this important life skill by having them sit with different people each week in the classroom, work in mixed groups and participate in multi aged activities. This proverb builds our tolerance of others and that helps all of us work more productively together.

## 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.

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**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

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

 <b>Richard Pemberton</b>	<b>DELIVERED BY</b> 
 <b>enquiriesSP@berrystreet.org.au</b>	
 <b>0407 567 312</b>	

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.

Find out more at [saverplus.org.au](http://saverplus.org.au)

## 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



