We had a great night last Friday night with our Welcome BBQ and open classrooms.

FROM THE PRINCIPAL

Dear Families,

Thank you to everyone for coming along to our open classrooms and BBQ last Friday. It was great to see you all and enjoy a catch up.

Don’t forget our special event for all parents next Tuesday around the topic of Mindfulness. Georgina Manning is presenting from 7-8.30pm in the school hall. Don’t forget to complete the online registration form as per below. Today I have included some tips from Georgina about managing your child’s anxiety.
School Fees
The fee statements were sent out via email on 9th February. If you did not receive this email, please advise the office as soon as possible. If no other arrangements have been made and you are paying the year’s fees in 3 instalments, the first payment is due next Thursday 2nd March.

Hair
Just a reminder to all children that shoulder length hair needs to be tied back. We have had an outbreak of headlice in some areas of the school so we need to be vigilant.

Facebook
A card for gymnastics 4 Hire was given to some students yesterday about weekly challenges for Gymnastics via facebook. As children under 13 years of age cannot access facebook, this link is for parents to see some of the challenges children have been doing.
Also a reminder to all parents if you have queries regarding school it is always best to speak to your child’s class teacher or relevant person rather than having conversations on Facebook. We are always here to help.

School Family Conferences
Family interviews will be conducted on Tuesday 7th March 3.30pm-8.00pm and Wednesday 8th March 3.30pm-6.00pm. The online booking for you will open at 7.30am on Monday 27th February. Log on and book your times. At the conferences we invite you to bring your child as well. Log on to www.schoolinterviews.com.au and enter the code fkn63.

Attached with today’s newsletter is a flyer detailing this information.

Canteen List
A new canteen list is attached with the newsletter and can be found on the website and the school app. We are sending a copy home with the eldest child today.

Dates for the diary: Details of the parent sessions will be advised.

Sacrament of First Holy Communion
Friday 16th June at 6pm or
Saturday 17th June 4.30pm or 6.00pm

Sacrament of Confirmation
Thursday 31st August

Shrove Tuesday  Tuesday 28th February
Please fill this in as soon as possible for catering purposes. If anyone is available to help please indicate this on the caremonkey form.

Working Bee
On caremonkey is the first Working Bee for the year. This will take place on Friday 3rd March from 4.30-6.30pm. Come along and help us enhance the look of our school Families are able to choose from one of four working bees for the year. If you choose one working bee for the year your school fees will be credited by $100. Please make sure you sign in so we can credit your account.

Bonbeach Junior Football Club
Please see the flyer attached to today’s newsletter. Bonbeach JFC have a ‘Meet the Coaches’ day on Sunday 5th March.
Girls and boys all welcome.

Congratulations to Emily Smith….
Emily won a silver medal at the Region Championships on the weekend in the 1100m walk race and now goes on to compete in the state final over the long weekend at Lakeside Athletic Centre. All the best Emily.

Congratulations also to Dyan Comey & Harri Russell
the boys play for the Bonbeach Baseball Club and made it through to the Grand Final being played this weekend. Good luck.

Kilbreda College
Tours available on Thursday 2nd March and Tuesday 14th March.
Please call 9581 7766 or email Melissa.dwyer@kilbreda.vic.edu.au
MINDFULNESS MEDITATION – Noticing Your Breath

- Close your eyes.
- Place a hand on your tummy or chest.
- Notice your breath in and then your breath out.
- Notice how your tummy or chest rises and falls.
- Notice the sensations of the breath.
- Don’t change your breath, just focus on it.

Mindfulness

Have you practised mindfulness with your child this week? Have a go at noticing your breathing. Come along to our free event by Georgina Manning on Tuesday 28th Feb and register via the link in the flyer to enrol.

‘5 Secrets’

to develop confidence and resilience
Including the benefits of Mindfulness
to boost resilience!

7pm Tuesday
28th February
St. Joseph’s Chelsea

Parents learn:

- Practical strategies to support children to build confidence
- Effective parenting strategies that foster resilience
- How to teach their child positive and effective thinking habits
- How to set limits and discipline at home using positive parenting strategies
- Setting limits at home with technology and encouraging free creative play
- Fundamental life skills that all children need to be happy, confident and successful
- The benefits of mindfulness meditation and how to support their child in daily practice
  at home to lessen stress & anxiety

Parents are supported to teach their child how to:

- Lesser their anxiety
- Cope with life’s ups and downs
- Develop independence and persistence
- Become more resilient and confident
- Develop healthy friendships
- Solve problems independently and deal with conflict
- Approach life with a positive outlook to create success

To register for this seminar click here:
https://goo.gl/forms/IxM0ExZmRWvv8k2N2

7pm Tuesday
28th February
St. Joseph’s Chelsea

Presented by
WellBeing ForKids
Helping your child with anxiety

Teach your child to recognise how anxiety feels in their body

- Help them to identify where anxiety feels in their own body such as a jumpy tummy, feeling sick, heart racing, feeling dizzy etc. Share how anxiety feels in your body as well (to help normalise anxious feelings). Explain that this is the body’s way of letting them know there is danger so they can keep themselves safe.

- You can explain the body’s reaction like a smoke alarm going off in the house when there is fire. When we get worried an alarm system like a ‘smoke alarm’ goes off in our brain. Our bodies respond by having a racing heart, feeling a bit sick, dizzy, muscles tense up etc. This is really normal and helps to protect us. If children are old enough you can explain in these more scientific details: the smoke alarm is the part of the brain called the amygdala. When this is activated, this fires off the adrenal glands which then fires off the body’s response to prepare for danger – this is why we get the body reactions.

- It is important to explain that sometimes the smoke alarm goes off when it doesn’t need to. This is when we worry about something that is not dangerous to us (even though it feels like it is). Our bodies are still reacting to this danger even though it is not real. We can however calm down our bodies and stop the smoke alarm by calming ourselves down with a range of helpful strategies such as practicing Mindfulness exercises.

- Our pre-frontal cortex which is what we call our ‘noticing’ brain has the ability to switch off the smoke alarm (amygdala). Noticing in a particular way helps us to turn off our smoke alarm. That’s why we bring in our awareness to what is happening, rather than trying to fight what is happening or run away from it. Our awareness alone turns off the smoke alarm. If we try to problem solve by running away or fighting the response, then this will just generate thoughts and feelings which makes us dwell on things and reflection things. This just reinforces and strengthens the response. Just by noticing our body’s reaction, helps this whole process to switch off without ‘trying’ to switch things off.

- Link this body recognition with using calming strategies so children can see the link between anxious thoughts and physical symptoms and that they have control to calm their body and also their mind when anxious.

- After using calming strategies or exercise, discuss how they feel in their body and see if they notice a difference before and after using the strategies. This helps them to see the value in using the calming techniques and empowers them to have control of their mind and body when anxious. It teaches them that anxiety can lessen by managing it themselves.

Teach relaxation and calming strategies

- Learning how to relax and calm yourself down is so important for children with anxiety. As a parent you can role model and directly teach children how to calm themselves down when they feel anxious by using the following techniques:

  - Breathing technique: Take in a deep breath through your nose and then imagine you are blowing out a candle or blowing big bubbles that float away. Breathe out through your mouth. Continue to do this for a few minutes, deliberately slowing down the breaths each time.

  - Mindfulness muscle relaxation - ‘Tense and Relax’ technique. Closing your eyes, tense and then relax each part of your body starting with your toes. E.g. tense up all the muscles in your toes by ‘scrunching’ them up as tight as you can. Then relax the toes by letting them ‘flop’ then move up to your feet, ankles, lower legs etc and continue up to your face and head. Take time to tense and then relax each area.

  - Finding something fun or relaxing to do. Encourage your child to do an activity that is naturally relaxing for them. This will be an activity that puts them in the ‘flow’. Flow activities are activities where you lose track of time and are fully engaged. Flow activities are usually things we are good at or are drawn towards. Each child will be different with their flow activities and it is easy to pick what they are – just watch your child and take note of when they are fully engaged in an activity.
Practice Mindfulness Exercises every day

Teach Mindful Belly Breathing technique

Learn how to use Mindfulness meditation exercises and practice them each day. Research shows that mindfulness meditation actually changes the structure of the brain and is one of the most powerful ways to lessen anxiety. Even just 5 – 10 minutes each day will make an enormous difference.

- Teach children a simple exercise that will help them to calm down immediately. Explain the process:
  - Focus just on your belly while your breathe (just focusing on this area is also calming in itself)
  - When you breathe in, your belly should rise up and when you breathe out your belly should fall.
  - Slow the breathing down so you can count in 1, 2, 3, 4, 5 breathing in through your nose and then out slowly through your mouth and notice the belly rise and fall each time.
- Repeat 3 times

Have chill out time each day

- As well as learning how to relax when there is anxiety present, it is important to also keep anxiety and stress levels low by factoring in time each day to just chill out. As children are often overscheduled and overstimulated through technology, it is vital that there is time to just ‘be’ each day. This can be by playing with a favourite toy, building something, creating art work, playing with animals, playing a board game, drawing, making cubbies in the garden – the list is endless.
- Point your child in the direction of an activity that makes them feel good when they are also feeling anxious. An activity that is unstructured and free helps children to engage the creative part of their brain which in turn lessens anxiety. If children are used to spending chill out time each day, then it will be familiar to them if they need to calm down when anxious. If they spend a lot of time on technology and little time with creative play, it will be harder to direct them to creative activities when they are feeling stressed.
- It is important to note that chill out time is not time on technology. Although this may appear to be an activity that is relaxing, it is not effective for lessening anxiety or to wind down the brain after a full day of learning at school or after stressful events. Technology at night can also keep children wired up for hours which can affect sleeping patterns.

Regular fun exercise

- There is nothing better than exercise to beat anxiety. Using your physical body allows the stress build up to be released and in turn our mental state is altered significantly. Even just a gentle walk for 30 minutes with your child will help to reduce their anxiety significantly. Walking and talking is a great way to connect, share feelings, problem solve and role model a fantastic coping strategy when things get tough.

Use humour

- If appropriate use humour to ‘break’ the anxiety by trying to laugh at what has happened or about a worry. Humour and laughter is a great antidote to stress and anxiety.
- It also vital to keep humour alive on a day to day basis at home as this teaches children to have a more easy going attitude towards life.

Set healthy boundaries

- Having healthy boundaries and setting consequences actually lessens anxiety. Not putting into place consequences because a child is anxious actually creates more anxiety. Although this may seem counter-intuitive, children actually need boundaries to feel safe and calm. Knowing what is expected in the home and having healthy limits set at home lets children know that you are in charge, strong and able to take care of the family.
• Allowing children to have too much control or too many choices gives them a message that you are not in charge of the family which is very anxiety provoking for them. Although they may complain and still try to get what they want (very normal behaviour!) they actually need parents to be in control of adult decisions and to set healthy limits.

Give just as much attention to positive behaviours

• Although children need lots of emotional support when anxious such as using the reflective listening technique and helping them to use calming strategies, it is also important to give more of your attention to the times when they are having a go at something new, using a positive attitude, sharing that they are anxious but still having a go at what they are afraid of, having a go at using calming strategies, taking time out to relax, reacting calmly and so on.
• If we give more of our attention to the behaviours that are positive, then these behaviours will continue. If we only give our one on one attention to children when they are anxious, they will surely continue with anxious behaviour as they are getting a payoff for it. Although this is not at all deliberate by children, they just quickly learn that they get emotional closeness with an adult only when they are feeling anxious.
• Give lots of praise when children are trying to face their fears and when they are taking healthy risks. Give lots of praise when they have soldered on in spite of being worried about something. Let them know how you understand how difficult it was for them, but they still did it.

Role model calm behaviour

• Role modelling calm and relaxed behaviour is important because children watch how you deal with life on a day to day basis. If you get anxious easily then your child will learn how to react to minor upsets in life.
• If your child is anxious, it is also important not to get worried about their anxious behaviour as this will also be ‘catchy’. Children look to parents to role model an easy going approach to life.

Nourish yourself

• Having time out regularly as a parent is really important as you will then be able to manage the job of parenting in a calmer and happier way. Having time out gives time for putting things into perspective and to reflect on how we are reacting to anxious children. Keep stress levels low around the home. If the home environment is calm, then children have a better chance of being able to chill out and be in the flow at home.
• The home is where children learn how to manage their day to day lives and if it is filled with stress and upheaval they will most likely be anxious.
• Remember: anxious is very catchy – anxious parents can create anxious kids. If you have anxiety yourself, then seek professional help yourself.
7th IMF Classic Car Day  
Sunday 5th March  
Bicentennial Park, Chelsea  
10-3pm  
Entry: Gold Coin Donation  
ALL funds raised will go directly to children’s brain cancer research projects in Australia. Currently, the IMF funds 7 research projects.  
Lots of fun for the whole family gorgeous classic car cars, live music, pin up parade, 3 jumping castles, petting zoo, face painting, AFL Specky machine, clown fun, slushees, ice cream, tattoos...lots of food, coffee, drinks...Come on down for a great days entertainment @ www.isabellaandmarcusfund.org.au
1967 Year 6 Reunion
Past students of the 1967 Grade 6 Graduation Class are planning a 50 Year Reunion for Saturday 22nd July 2017, to be held at St. Josephs. If you were a member of that class, or know anyone who might have been, please contact the organiser, Mark Dunn, on 0422 304 052 or at marfak56@gmail.com. More information can also be obtained by visiting http://stjoeyes1967.weebly.com/

Seussical Musical – Starring our very own Lenny Thomas
Panorama Theatre Company proudly presents this musical
Show Dates: 21,22,23,28,29 & 30 April. For all bookings please contact the Frankston Arts Centre on 9784 1060 or visit www.artscentre.frankston.vic.gov.au
**Term Dates 2017**

**Term 1**  Wed  1st February – Friday 31st March
**Term 2**  Tues  18th April – Friday 30th June
**Term 3**  Mon  17th July – Friday 22nd September
**Term 4**  Mon  9th October – Wed 20th December

---

**IMPORTANT DATES**

- Indicates change/addition
- Thursday 23rd February  Gym4Hire Preps and Yr 1/2, Reconciliation Session 2 @ 7pm in Library
- Friday 24th February  2.30pm Assembly 3/4 performing, Yr 5/6 sport vs Edithvale Primary School
- Tuesday 28th February  Gym4Hire Yr 5/6, Shrove Tuesday, Parents making pancakes for children
- Wednesday 1st March  7-8.30pm Georgina Manning ‘Mindfulness’ talk (see flyer)
- Thursday 2nd March  Gym4Hire Preps and Yr 1/2, Easter egg raffle books being sent home
- General Parish Stewardship meeting hall 7.30pm
- Friday 3rd March  2.30pm Assembly Yr 1/2 perform, District Swimming, Working Bee 4.30pm
- Tuesday 7th March  Family Conferences, open gym lesson (timetable to follow)
- Wednesday 8th March  Family Conferences, open gym lesson (timetable to follow)
- **Friday 10th March**  SCHOOL CLOSURE
- Labour Day Holiday
- Yr 5/6 Sovereign Hill Camp
- **Monday 13th March**
- **Tuesday 14th March**
- **Wednesday 15th March**
- **Thursday 16th March**
- **Friday 17th March**
- Monday 20th March  Parent Helper’s Course (1) Library 2-3pm
- Tuesday 21st March  Reconciliation Yrs 4/6, 1.30pm PEAT Meeting, 7pm PEB AGM
- Wednesday 22nd March  First Reconciliation 10am & 5pm
- Thursday 23rd March  Parent Helper’s Course (2) Library 9-10am
- Friday 24th March  Yr 5/6 Summer Lightening Premiership, 2.30pm Assembly preps performing
- Saturday 25th March  Prep – Yr 1/2  6pm Mass
- Monday 27th March  Easter egg wrapping in the hall foyer, volunteers required
- Thursday 30th March  Whole school Athletics Day at Edithvale track P-Yr 6
- Friday 31st March  11.30am Leadership Assembly followed Presentation of sport trophies & Easter egg raffle, all welcome  **1pm finish.**  End of Term 1.