



Week 6 Term 2

PRINCIPAL'S MESSAGE

National Reconciliation Week

National Reconciliation Week (NRW) runs annually from 27 May – 3 June. These dates mark two milestones in Australia's reconciliation journey: the 1967 referendum and the historic Mabo decision, respectively.

In 2017, we reflect on two significant anniversaries in Australia's reconciliation journey – 50 years since the 1967 referendum, and 25 years since the historic Mabo decision.

As we commemorate these significant milestones, I thank parents for supporting us in our endeavours to teach our children about reconciliation. We do this through meaningful events such as the Sorry Day Bridge Walk. We also work hard to strengthen our relationships with the Aboriginal and Torres Strait Islander people in our school community and beyond. Our walks up Oakey Hill are opportunities to connect to country. And we truly value and respect each other's differences.

I acknowledge the traditional custodians of the lands and waters where we live and work, and pay my respects to elders past, present and future.

Regards

Principal Mary

REMINDERS

Monday 5 June

World Environment Day

Wednesday 7 June

Multicultural Playgroup at Ulverstone @ 9.30am

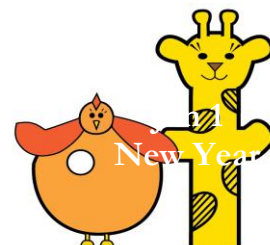
*"Tell me and I forget.
Show me and I remember.
Involve me and I understand."*

Chinese Proverb



Vote for us!

Kidsafe ACT is in the running for one of IKEA's Living Local Community Grants. This grant will give us money for some much needed upgrading to our shopfront. To vote find us on facebook or got to IKEA's living local page on their website. (https://secure.ikea.com/ms/en_AU/secure/family/livinglocal.html)



BEHAVIOUR MANAGEMENT

Topic talk

Due to parent feedback we would like to run a one-off topic talk on behaviour management.

This will be a quick session including practical tips and advice on behaviour management of your child.

We would like to propose a choice of dates and times and will run the session at the time with the most interest. The proposed times and dates are:

Monday 19 June. 12- 1.30pm or 4.30 – 6pm

Tuesday 20 June. 12- 1.30pm or 4.30 – 6pm

There will need to be an adequate number of attendees for this session to go ahead. So please be sure to RSVP via info@lecs.act.edu.au or phone 6142 0044 to let us know you're coming.

Please let us know which date and time you would prefer when you RSVP.

Cheers
Hannah

The future of **EDUCATION**

Our school invites you to join us in a conversation about the Future of Education for the ACT.

Our Minister for Education and Early Childhood Development, Yvette Berry MLA, recently outlined the ACT Government's commitment to developing a community-driven strategy for the future of education in our city. Key to the development of the strategy is extensive consultation which will see us sit down with children and young people, teachers, parents and carers to listen to their views.

This conversation will drive the delivery of the Future of Education in the ACT in a manner that integrates key education commitments and reforms, including ensuring a strong tie to greater access to quality early childhood education and care.

Two of our students are presently representing our school on the Minister's Student Congress (the peak student advisory body to the Minister) where this topic is under discussion throughout this year.

Staff at our school will be involved in providing their views throughout this term through facilitated conversations where their experience and input will be sought.

It is my sincere hope that you will join me in this conversation. Doing so will provide us with the best possible opportunity to deliver a vision for education that reflects a deep understanding of our community's visions and hopes for the young people of this city.

Opportunities for input will be identified in partnership with the P&C and School Board and communicated to you through the school newsletter. Individual submissions are also encouraged and more information can be found at www.education.act.gov.au/school_education/the-future-of-education

Should you wish to discuss any aspect of the Future of Education conversation, please feel free to make contact with the school.

We look forward to your unique input and guidance which will be invaluable in setting a course for the future of education in the ACT.

UR FaB PROGRAM at LECS

Understanding and Responding to Feelings and Behaviours



EMOTIONAL INTELLIGENCE

Hello from the UR FaB Team,

In order for children to learn to manage strong emotions they first need to develop the ability to name and understand their emotions. The ability to identify and understand your own emotions and then to use your emotional awareness to guide your problem solving is known as emotional intelligence. The UR FaB program is based on the research that having good emotional intelligence is associated with greater life satisfaction, better relationships, and lower rates of psychological difficulty.

Emotional intelligence is fostered by emotion coaching (drawn primarily from the work of John Gottman). Emotion coaching is a style of parenting which research has shown supports the development of children's emotional intelligence.

Emotion coaching is helping children understand the different emotions they experience, why they occur, and how to handle them. In the simplest terms, you can coach your child about emotions by comforting them; listening and understanding their thoughts and feelings, and helping them understand themselves. As you do this, your child will feel loved, supported, respected and valued. With this emotionally supportive foundation, you will be much more successful at setting limits and problem solving.

Here are some questions and statements that will help you get started:

Are you feeling (Then give 2 choices: sad or mad? afraid or sad?)

What is making you (mad? sad? happy?)

What kind of day are you having? A happy day? A sad day?

Did somebody hurt your feelings? What happened?

Emotion coaching teaches children that we respect how they feel and while all emotions are okay, not all behaviours are okay!

Next time we'll look at setting limits and teaching children to problem solve.

The UR FaB Team

Charmaine Nicoll | Childhood Mental Health Early Intervention Officer | Child and Adolescent Mental Health Services (CAMHS)

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Mental Health Justice Health Alcohol and Drug Services ACT Government

For more information on emotion coaching:

Gottman, J.M., & DeClair, J. (1997). *The Heart of Parenting: Raising an Emotionally Intelligent Child*. New York: Simon and Schuster.

Tuning in to Kids' – Authors Sophie Havinghurst & Ann Harley, University of Melbourne



Woden Community Service School Holiday Program

Lyons

K-Yr.2 Junior Program

School Hall at **Lyons Early Childhood School**
Tarraleah Cres. Lyons
Coordinators: Emma Holliday and Tim Yap

Duffy

P-Yr.6 Program

'Play Space' at **Duffy Primary School**
Burrinjuck Cres. Duffy
Coordinators: Jodie Wettstein and Patrick Burge

Garran

K-Yr.6 Program

School Hall at **Garran Primary School**
Gilmore Cres. Garran
Coordinators: Tim Palmer and Daniel Burden

Red Hill

K-Yr.6 Program

School Hall at **Red Hill Primary School**
Astrolabe St. Red Hill
Coordinators: Michael Aisbitt and Elise Bailey

Throughout the school holidays:

Monday 3 – Friday 7 July

Monday 10 – Friday 14 July

8:00am – 6:00pm daily

Mt Selwyn Snow Trip – Thursday 13 July (age 8 and over)

Cost: \$75.25 per day, including excursions!

CCB & CCR available

Snow Trip: \$65 plus care costs

Bookings Open Monday 5 June 2017

For further information please contact Courtney on (02) 6234 6829

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Information

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