



# Lowanna Public School

Be safe, be respectful, be a learner

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*Week 2 Term 2 – Monday 1/5/2017*

## Dates to remember

Friday 5/5 District Cross Country

Thursday 11/5 Mother's Day Stall

Friday 19/5 MNC Cross Country

## ANZAC Service



Thank you to all the children and families who paid their respects at the ANZAC Service at Ulong on ANZAC Day.



Lest We Forget

## Farewell Mrs Benfield



Our loss will be Toormina Public School's gain, as we said farewell to Mrs Benfield last Friday.

This was a result of our enrolment numbers falling below 26. As a result, Mrs Cassidy will be teaching all Kindy to Year 3 children.

If anyone knows of any families who have or may be thinking about moving to Lowanna, please ask them to come and meet us at school. We are always happy to welcome new enrolments.



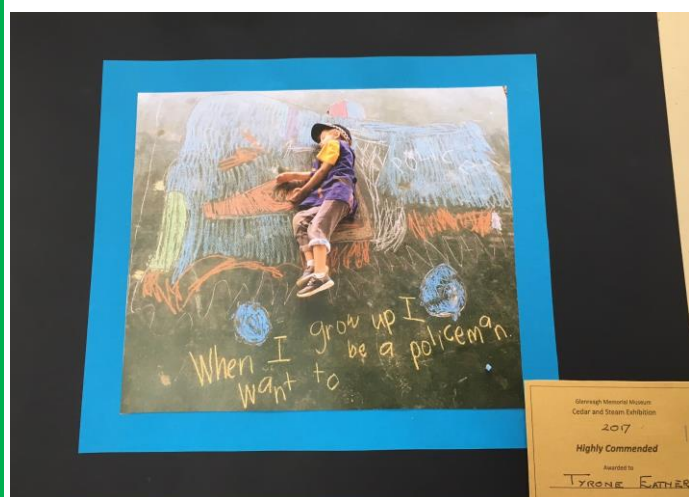
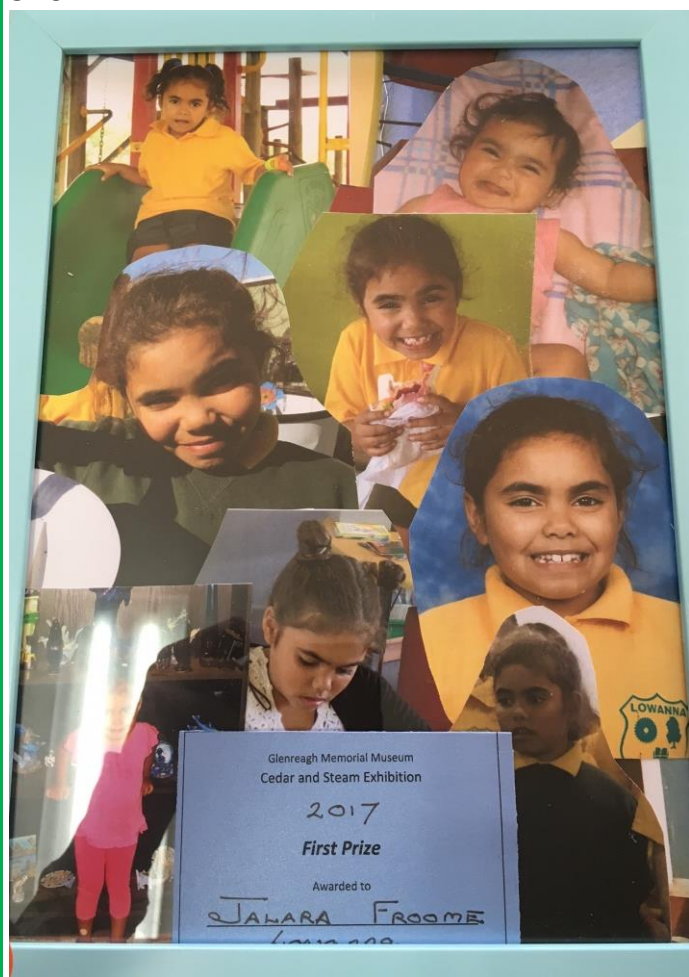


## Cedar and Steam Exhibition

All the children enjoyed working on their art displays for the Cedar and Steam Exhibition held at Glenreagh during the holidays.

Congratulations go to Tyrone for his Highly Commended Award, and to Jalara, who was awarded a First Prize.

If you missed seeing the display, we are planning to use these artworks as part of our school display at the Coffs harbour Show.



## Sparky and Shady

For the duration of this term Kathy Sheehan will be running wellbeing lessons every Tuesday at our school. A note and survey regarding this went home last week. Please return the survey by the end of this week.

### What's in it for our children?

- 9 consecutive lessons covering: Who you are, Why you are here, How your body works, How your personality works, How your thoughts work, How your feelings work, How to cope with problems, How to believe in yourself and How to follow your dreams.
- Self-awareness of how their body, personality, thoughts and feelings all work.
- To meet Sparky (their loving side) and Shady (their scared side) and knowledge to help them tell the difference.
- Three strategies to manage their body, feelings and thoughts – 'Short cuts'.
- A strategy that works to cope with problems and let go of 'baggage' – 'Pit Stop'.
- Three secrets to believe in themselves.
- Three secrets to follow their dreams.

## NRL Clinics

AS part of our 'Sports in Schools' Program, we will be running NRL clinics for all children each Friday.

This will culminate in an NRL Gala Day at Coramba Sports Ground with all the Orara Valley Schools who are also running NRL clinics on 23<sup>rd</sup> June. This is exciting, as we will be able to put our skills learnt to good use at the Gala Day.



## Cross Country



Well done to all competitors who ran and tried their best at the combined Orara Valley Cross Country last Friday. Congratulations go to Ebony, Shayna, Seth, Allysha and Natalia, who have all qualified to go onto the next level to compete at the District Cross Country this Friday.



## Easter Hat Parade



Even though the weather was not kind, and the bunny was hopping late, we still had a

great Easter hat parade. Here are some very cute happy snaps.



## Your child's emotional development

When we talk about emotional development, we are referring to children's growing ability to:

- identify and understand their own feelings accurately, read and understand the feelings of others
- manage the way they feel
- shape the way they behave
- develop empathy for others, and
- build and keep good relationships with friends, family and others.

From the time they are born, children quickly develop their abilities to experience and express different emotions, as well as their capacity to cope with and manage a variety of feelings.

## Managing Feelings

Children's ability to manage or shape the way they feel is a critical part of their development and often the source of much parental concern.

Children don't start life with the ability to control how they are feeling. They are easily overwhelmed by strong feelings and cannot calm themselves down. Babies and young children need parents to help them to do this.

Young children frequently get frustrated because there is a large gap between the things they want to do and what they are actually able to do. This often results in a temper tantrum.

Feelings and behaviour are closely linked. When feelings are not well managed, children's ability to think can be impaired. As a result, children act on their feelings often without thinking.

By the time they start school, children are more aware of their own feelings and the feelings of others. They are better able to link their thoughts and feelings and use words to describe their feelings. As such, they become better able to change and shape the way they feel. Children's ability to change and adapt their feelings means they are more likely to tolerate their own frustration better, put off getting things they really want and are able to calm themselves down.

## Relationships are important for children's feelings

Children's emotional development is greatly influenced by the quality of the relationship that is developed between themselves and their parents. The way parents interact with their child has a lot to do with the way the child will develop emotionally.

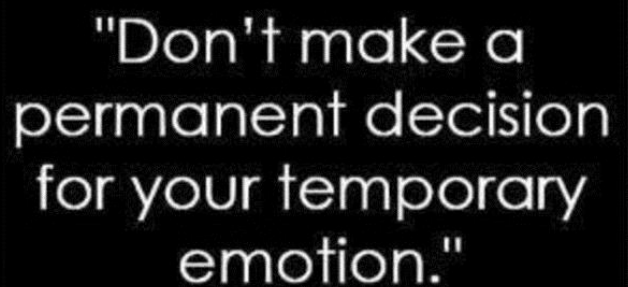
Children learn to manage their emotions by watching how other family member express and manage their emotions. Parents play a critical role in modelling how to respond to strong feelings.

Children need help and practice in managing their emotions.

## Supporting your child's emotional development

- Keep the emotional climate of the home calm, warm and predictable.
- Accept and acknowledge your child's emotions.
- Read stories to children and talk about the different feelings characters in the book may be feeling. Talking about emotions helps children to better understand their feelings.
- Help your child to put feelings into words – "it seems like you are feeling disappointed at the moment".
- Encourage children to talk about situations that make them feel excited, happy, angry or worried.
- Praise children for not losing control and staying calm.
- Help children to separate feelings from behaviour – "I know you are feeling angry but it is not OK to hit."
- Help children to understand the difference between their own and other people's feelings - "I know you are feeling frustrated right now but what you are doing is making your sister feel sad".

<http://www.kidscount.com.au/en/development/understanding-your-childs-emotional-development>



"Don't make a permanent decision for your temporary emotion."

Kind Regards,  
Alison Hawken