



Clifton Park Primary School

Telephone: 9725 2400 Fax No: 9725 2656

Email: cliftonpark.ps@education.wa.edu.au

Webpage: www.cliftonpark.wa.edu.au

Newsletter No 8

TERM 2

7 June 2018

School Motto: With Pride We Strive

COMING EVENTS

- 8 Play Group - Parent First Aid
- 11 Uniform Shop Open 2:45pm-3:15pm
- 12 Cyber Safety Police Talk (Yr's 3-6)
- 14 ANZ Student Banking (8:35am - 8:50am)
- 15 Eisteddfod - (Choir)
- 20 Dental Screening (Yr 3 & Yr 6)
School Council Meeting
P&C Meeting 7pm
- 22 PP Assembly 2 pm

WA DAY

I hope you all had a great long weekend.

ASSEMBLY

The Year 6 class hosted a very enjoyable assembly and now we are eagerly anticipating the Pre Primary class assembly on Friday, June 22.



EISTEDDFOD

Mrs Kaitani has the choir preparing thoroughly for this upcoming event on Friday June 15. This is a marvellous opportunity for our choir to sing at a fantastic venue in front of a large audience. Historically we have always done well so please go along and support them if you are able.



CROSS COUNTRY

Another event we are looking forward to is the interschool cross country which will be held on the last Wednesday of term June 27 at Adam Road Primary School. The event is for selected students from Year Three to Six and over the past 2 years we have performed very well even scoring more points than the schools in the division above us. The students are already in training.

STUDENT BANKING

A representative from the ANZ Bank, Australind will be in the school corridor between 8:30am and 8:50am on Thursday June 14 to assist with your child's banking. This is a meaningful way to teach your child to save by



banking at the school every month. New customers are welcome. For more information please contact ANZ Australind Branch. Ph: 6164 2303.

KINDERGARTEN INTEREST FOR 2019 (REPEAT)

Kindergarten applications for 2019 are now open. Application for enrolment forms are available at our school office. If you have relatives or friends you think would be interested in enrolling for Kindergarten in 2019 at Clifton Park Primary School, they are welcome to collect a form at the office from Mrs Clarke or Mrs Clayton. Applications for enrolments are due by 20 July 2018.



ANXIETY

I trust that you found the article in the last newsletter '6 Positive Ways to respond to your Anxious Child' by Dr Jodi Richardson helpful. I have included another article by Dr Jodi Richardson on page two of this newsletter that I liked. I feel that she has included some really useful strategies in it. Hopefully this will assist if you have an anxious child. It is entitled 'Anxious kids? Teach them to take off their anxiety goggles'.

Ric Gates
PRINCIPAL

Anxious kids? Teach them to take off their anxiety goggles

By Dr Jodi Richardson

Do you find it hard to focus on the present?



There's always so much to do and plan for as parents. It's no wonder our minds wander so much. But to think that we spend nearly half of our lives thinking about

things other than what we are doing means there's an awful lot we're missing out on.

When we're fully engaged with what's happening, there's so much to experience. Bringing our thoughts back to the present moment can be like landing them on a calm, quiet, relaxed island in the midst of stormy seas.

When our minds wander to troubling thoughts, we end up experiencing pain and suffering at times when we're often warm and dry, fed and watered, safe and secure. Like when we're in bed. Snug and relaxed in our comfy beds, our doona keeping us warm (or a sheet to keep us cool), with a lovely soft place to lay our heads. Could we be more content in that moment? If only our minds would stay with us!

It's the same with our kids. It's often at the end of the day when they're no longer engaged in activities that they begin to think and worry.

Their minds are far away from the reality of being safe in their rooms with loving family close by but they are sick with worry about future events.

Sometimes thoughts are so 'sticky' it's hard to let go

It's hard bringing wandering minds back to the present when we're so swept up in our worries. It takes practice to notice a wandering mind, gently 'unhook' from the thought and return our attention to the present moment. That's the practice of mindfulness. Notice, unhook, return, repeat.

Put your head where your hands are

A lovely woman at one of my retreats told me her grandma's favourite saying was "put your head where your hands are" meaning think about what it is you're doing while you're doing it. That's smart!

Noticing our thoughts are wandering and bringing our attention back to what we're actually doing is a skill, which gets easier with practice. It's a powerful skill to teach kids as it gives them perspective and importantly, the space they need for positive change.

Viewing the world through anxiety goggles

When our kids feel anxious they look at what's happening around them through 'anxiety goggles'. It's like when you look through a pair of glasses with red lenses and everything looks red. Take them off and all is clear again. What if we could help our kids to take off their anxiety goggles and learn to look at their thoughts rather than from them? It would bring them such relief.

Creating a lovely space between our kids and what they're thinking

We can help our kids do this by developing their metacognition (thought-noticing) skills. That way, when their minds wander to their worries and troubles they can notice they're actually 'lost in thought' and not really experiencing

the events they are thinking about. It would help them to 'unhook' from their daydreaming and importantly, bring their minds back to the present moment.

Thought-noticing is a wonderful skillset which helps our kids to manage their mental health. When kids tune into their thinking, they immediately distance themselves from it. Rather than being lost in the thoughts that are making them feel anxious, they can mentally step back and see the thought for what it is – just another thought that comes and goes like all the ones before and all the ones to come.

Teaching thought-noticing to kids

There are many ways to teach thought noticing to kids. Look at these ideas like a 'Choose your own adventure'. Start where you like and go in any direction that feels right for you and your family. If the idea you try isn't quite the right fit, choose another!

1. Do you hear what I hear? Lay down comfortably side by side and spend 2 minutes listening for any sounds you can hear, near or far. When you're finished, compare what you heard and open a discussion about how our minds often wander away with our thoughts. Kids will know this as 'daydreaming'. Share how your mind wandered and invite your child to do the same.

2. Tell me more... Day-to-day conversations are great for thought noticing. It's about asking the right questions. Here are some examples to get the thought noticing conversation started: *"Can you tell me more about why you think that? Why do you think you got so upset when we had to go straight home? Why do you think you're putting off doing your homework? How will you know when your painting is complete?"*

3. Name your mind. If we get our kids to give their minds a name, we open up opportunities to ask them different questions. For instance, if your child name's his/her mind Sam. You can ask your child what Sam is thinking. This encourages your child to step back and take a helicopter view of him or herself.

4. Post-meltdown reflection. In the aftermath of a meltdown or outburst, when calm has returned and your child or teen has moved on, take some time to ask why he/she got so upset over what happened? Ask questions like "what did your mind say to make you feel upset?" for younger children or "can you tell me what you were thinking that made you feel so angry, frustrated, disappointed etc.?" for older kids.

Developing metacognition or 'thinking about thinking' skills fosters self-regulation among children. As contributing to children's mental health and happiness, metacognition helps kids be more successful, more resilient and be able to problem-solve because they are less likely to get caught up in their worries.

And remember, your GP is a great place to start if you have any issues with your kids that you'd like reassurance or advice on.

P & C NEWS

Upcoming
EVENTS

OUR NEXT
MEETING

Wednesday
20th June,
7pm

Uniform Shop

The uniform shop will be open in Term 2 on the following date:

Monday 11th June

OPENING TIME

2:45pm – 3:15pm

Our uniform shop is located in the undercover area in the canteen

School Uniform Order Forms are available at the front office. Complete and place them in the uniform box in the hallway and they will be processed as soon as possible.



Lauree Sims
Uniform Coordinator
Monday – Friday
during school hours
PH: 0400 239 144

The NEW 2018 / 2019 Entertainment Memberships are here!

We're fundraising with *entertainment*

Discover thousands of valuable 2-for-1 and up to 50% off offers for many of the best restaurants, arts, attractions, hotels, travel, shopping and much, much more!

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Community News



Vestrum
OBSTETRICS & GYNAECOLOGY
Proud Sponsor of

5KM & 10KM
WOMEN'S FUN RUN + 5KM WALK

Sunday, 5th August - 8am
Leschenault Inlet starting at Bicentennial Square

Proudly sponsored by



FREE TRAINING SESSIONS
Enter online www.bunburyrunnersclub.org • Entries close 2nd August, 2018

For more information contact Gail Falloon: benesecoffee@vestrum.com.au
Or Fiona Collier: onnun@activel.net.au



SCHOOL HOLIDAY ATHLETICS CLINIC

Designed to develop athletics skills and techniques for boys and girls aged 8 to 16 years

Where: WA Athletics Stadium
Stephenson Ave, Floreat WA 6014

When: Tues 10th & Wed 11th July.

Time: 9:00am to 3:00pm
(Registration commences 8:30am)


Cost: 1 Day \$90
2 Days \$160
Includes Hat or Shoe Bag

Athletes are able to choose four events to specialize in each day.

For more information or to register please go to:
sprintingfast.com/school-holiday-clinics/

We also offer an in term program, please see website at: sprintingfast.com/junior-development/

EVENTS CHOICES
Sprints/Starts
Hurdles
Middle Distance
Long Jump
Triple Jump
High Jump
Discus
Javelin
Shot Put

Rotary Club of Bunbury Leschenault
PO Box 1067
Bunbury WA 6251
District 9460, Western Australia

**THANKS -Give a Damn Give a Can
2018 Our 25th Year!**

This year schools again gave wonderful support to this program with total donations of over 8,000 food items. 24 schools took part. Congratulations and thanks to all! It's great to see so many students involved in "HELPING OTHERS".

Recipient organizations were all thrilled to receive the school donations.

**Congratulations and thanks to ALL from
Bunbury Leschenault Rotary Club,
Bunbury Salvation Army, St Vincent de Paul and the In Town Lunch Centre.**



Learn to Sew - Shopping Bag
w Alana Pritchard Go green and make your own shopping bags! Rosie Petal BYO bags contain loops that fit the dispensers at Kmart, Woolies, Big W and Coles. You can also use this pattern to make a library bag - the strider length straps are perfect for primary school aged children.

**Saturday 16 June 2018
10:00am – 12:30pm
\$50.00
Studio 3 – Stirling Street Arts Centre
BUNBURY WA**