The RSC Kids Matter Team welcome you to Term 2, 2014

KidsMatter Primary is a flexible whole-school approach to children’s mental health and wellbeing for primary schools. It works as an umbrella under which the school’s existing programs comfortably fit. KidsMatter Primary provides the proven methods, tools and support to help schools, parents and carers, health services and the wider community nurture happy, balanced children.

Our Mission Statement:

To connect to every family and every child at RSC.
To promote positive thinking through engaging experiences.
To provide strategies for building social emotional resilience.

Vision

For RSC Wellbeing Centre to be the Hub of Redlynch school community.
Providing services and engaging families in the education of their sons and daughters.

A happy, calm and safe space where children can rest, revive and reinvigorate.
A community supporting each other so our children will not only survive, they will thrive.

The key to connectedness is communication.

Choosing Happiness

While there are many paths to happiness and everyone has their own way of floating the boat, there are definitely some scientifically proven tactics to help get us over the line. Dr Tim Sharp from Sydney’s The Happiness Institute and a world-renowned expert in positive psychology believes there is a basic formula we can all follow.

C: Clarity (of goals, direction and life purpose);
H: Healthy living (activity, exercise, diet, nutrition and sleep);
O: Optimism (be positive but realistic);
O: Others (the key to relationships in your life);
S: Strengths (recognize your core qualities and attributes);
E: Enjoy the moment (live in and appreciate the present).

Location

Behind the Primary Library.
Walk to the front of the Library, turn left, walk to the corner turn right, left at the next walkway. Walk between the two buildings, Wellbeing room is the 2nd on your left.
Worthy Websites
www.cogmed.com.au
www.junglememory.com
www.changingbrains.org
www.brainrules.net
www.thehawnfoundation.org

Save These Dates!
During Term 2 2014 our Guidance Officer, Mrs Jo Jones Laifoo will be offering parents and carers information afternoons on the following in the Primary Library:

**Coping with Anxiety** - Thursday 15th May 2pm — 3pm

**Meditation for children** - Thursday 29th May 2pm — 3pm

**Managing Behaviour** - Thursday 12th June 2pm — 3pm

Please mark your calendar and join us for what could be the most rewarding one hour of your week!

**Parents and Friends of Wellbeing** (any interested parent/carer) are most welcome to attend the Term 3 meeting of our Wellbeing Committee. To be held at 3.15pm in the Wellbeing Room behind the Primary Library on:

**Thursday 17th July 2014**

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All children are learning what happens in different parts of their Brain

**Prefrontal Cortex** - (blue) working memory: decision-making and moderating correct social behaviour.

**Amygdala** - (pink) emotional messages: fight, flight, freeze.

**Hippocampus** - (green) compares new learning to past learning and accepts information from working memory to long-term storage.

**Reticular Activating System**
(Pale pink) Filters ALL sensory input to the brain

All children will be following the MindUp Program which fosters social and emotional awareness, enhances well-being and promotes academic success.
Good Nutrition, Health and Exercise are Critical

Nutritional Powerhouse Kiwi Fruit Why it’s a winner.

- Kiwi fruit contains more vitamin C than an entire orange.
- They’re high in antioxidants.
- A Kiwi fruit has more fibre than a bowl of bran.

Try these…

1. Blend 1 kiwi fruit with 1/2 banana, 2 tbs yoghurt and 1 cup almond milk (Breakfast or anytime)
2. Toss 2 kiwi fruits into a salad with spinach, avocado, cucumber and feta for an easy lunch!
3. Chop and thread kiwi fruit, mandarin, apple and pear onto skewers. (Snack)

Pack a nutrition punch in the healthy school lunch

1. Protein-rich food (trimmed meat, fish, egg) provides protein power to keep children satisfied longer. Add to salads or as sandwich fillings.

2. Fresh fruit for vitamins and fibre.

3. Dairy or soy (cheese, milk or yoghurt) for calcium and protein.

4. Vegetables for antioxidants and fibre.

5. Grain-based food (wholegrain bread or crackers, rice or pasta) for fibre and slow release energy.

The research is in: if you want to do well at school and in life you have to eat breakfast. Breakfast eaters get 40% higher marks in maths!

High protein—low carbohydrate mix for breakfast enhances concentration and memory.

Eggs — Boiled or scrambled.
Bacon — Grilled.
Yoghurt — Plain, low sugar
Fruit — Banana, strawberries, kiwi fruit.
Toast and vegemite — Peanut butter, honey.
Smoothie — Milk, yoghurt, fruit.
Cereals — Porridge, Weet-bix, Vita-bix

Plus Water it’s the only drink kids need.
It began as an exercise to help her son cope with crippling childhood anxiety. Now, teacher Nicky Johnston’s best-selling children’s books have changed the lives of “little worriers” everywhere.

Nicky’s first two books, Go Away, Mr Worrythoughts! and Happythoughts are Everywhere (both published by Happy Hero, 2009) introduce the character, Bayden, (based on her son, Bayley), who is bullied by the invisible monster, Mr Worrythoughts, in the first book and who worries about everything all of the time in the second book. Bayden shrinks his demons with hidden superpowers and swaps his worries for happy thoughts he finds in a lost teddy in the back of a wardrobe, and in boxes of Christmas decorations that remind him of his favourite time of year. Nicky’s latest “no worries” words can be read in her delightful third book, Actually, I can launched earlier this year.

Other Kids Books to Ban The Worries
The Worry Tree by Marianne Musgrove (Random House)
My Daddy’s Going Away by Christopher MacGregor (Giddy Mangoes)

Although we hear a lot about kids needing calcium for strong bones,

**Only physical activity will build bone.**

Tips for bone and muscle building moves for 5 to 12 year olds from the

Physical Activity Guidelines (physicalactivityaustralia.org.au)

include climbing or swinging on Monkey Bars and Climbing Frames.

Our suggestions are Bike Bus Wednesdays and Walk to School Fridays (Term 2 and Term 3).

Other activities are gymnastics, martial arts and dance.