Well Being Newsletter 4

KIDSMATTER
Redlynch State College
Primary Campus Term 3 2014

‘COFFEE AND CONVERSATIONS ‘

OPENING Term 3 Follow the signs!

Our Coffee and Conversations area outside the Wellbeing Room will be open to all parents and carers soon! Watch for dates and times to be advertised. Drop by for coffee and cookies or tea and treats!

Your children can play on the adjoining grassed area while you chat with friends and catch up on what is new at Redlynch State College.

Date Saver –Thursday 21st AUGUST 2PM–3PM Primary Library

Denise Svane from Kids Matter QLD will inform parents of the powerful 1,2,3 MAGIC - Three simple steps for positive behaviour - toddlers to teenagers.

What’s on in the Wellbeing Room?

This Semester children in Grades 3, 4 and 5 will participate in a combination of MindUp (learning about your brain) and Circle Solutions during their weekly Wellbeing Lesson.

Guidelines

1. Everyone has a turn: when it is your turn to speak, everyone will listen to you—this means you need to listen to others.
2. You may pass if you wish—there is no pressure to say anything.
3. There are no put-downs, either verbal or non-verbal—only personal positives.

Sitting in a circle is both symbolic and practical. In a circle no one is isolated or left out. Everyone is at the same level, has the same right to participate and the same responsibility to others.

Principles of the Circle Solutions Philosophy

RESPECT - The way we listen to each other matters.

AGENCY—Everyone is responsible for creating a safe and positive atmosphere.

POSITIVITY—When people feel better about themselves and others they have more emotional resources to cope with challenges.

INCLUSION—Everyone is welcomed into the Circle and students are expected to work with all their classmates.

DEMOCRACY—Knowing everyone has their turn promotes cooperation.

SAFETY AND CHOICE—No one is pressured to speak and participants may 'pass' for as long as they like.
Kids unplugged
Wellbeing Magazine
Get your kids outside!
Whether it is in natural areas, the backyard or local parks, it is clearly important for parents to get their children away from the screens, off the couch and outside in a physically active way.

It is really within the past 10 to 20 years with the advent of gaming and social media that the virtual world has so dominated the lives of younger people.

Suggestions:
1. Build outdoor time into your children’s free time each day—and limit their screen time. Limit screen time to less than 2 hours per school day, with preferably none before school. Come to an agreement with your child about the right mix of daily screen time, playtime, chores and/or study time. It’s easier to establish rules of playtime from a young age, so begin early. Any activity that gets children moving, exploring, playing outdoors—whether it is structured or unstructured—is good for their wellbeing.

2. Regularly visit green spaces such as parks, botanical gardens, farms and bushland reserves. Each week, if not more often, get the kids out to play, explore, throw or kick a ball, or have a barbeque or picnic or swim. Green natural spaces provide opportunities for restoring and improving mind, body and spirit.

The best Learning happens in Nurturing Relationships

Make time for music!

Music’s powerful effect on the mind transfers to health benefits for our body, with proponents claiming it can influence physical, emotional, mental and social wellbeing.

Listening to music and certain sounds also affects various parts of the brain associated with emotion, relaxation and learning, with other wellness benefits including improved mood and enhanced immune function.

Try making your own instruments with recycled materials!
**Good Nutrition, Health and Exercise are Critical**

Choose from these Brainpower Foods every day:

- Apples and citrus fruit
- Orange vegetables—pumpkin,
  sweet potatoes and squash.
- Leafy greens like spinach, kale, rocket and broccoli.
- Eggs, beef, chicken and salmon.
- Dark blue or purple fruits like blackberries, blueberries, cherries and plums.

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**Date Saver: 1st September**

Iron+Clay coming to RSC. “We perform in schools and address issues relevant to youth. Through a combination of song, dance and art we discuss self esteem, positive thinking, road safety and bullying.” Grades 3, 4 and 5 will be attending a performance linked to their Wellbeing Curriculum. Cost per child: $2.50 Watch for further advertising.

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**Mindful Movements**

Doing 10 mindful movements regularly with your children can create a great connection, release stress held in the body and always ends in everyone feeling more calm, balanced and happy.

To find more movements Google Mindful Movements.

In the meantime you can practice 10 stretches of any type together. Simply choose some stretches that your child will be able to perform and get started—stretch up to the stars, then stretch down to the floor, stretch out to the side.............

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**SMILE** and the world smiles with you. Go on, try it: not only will you instantly feel happier, it’s contagious!

**LAUGH** Is there anything better in life than a big old belly laugh? It’s the very embodiment of inner joy.

**DANCE** It’s the perfect way to get those feel-good endorphins pumping, while also boosting your fitness.

**WALK** mindfully, in a natural setting. Soak up the beauty, and contentment is guaranteed to follow.

**Join RSC Walk To School**

Fridays 7.55 am at the Redlynch Shopping Centre and Bike Bus Wednesday (see Mr Vearing)
Sugar  Why We Can’t Resist It
(Excerpt from National Geographic August 2013)
Recently the American Heart Association added its voice to the warnings against too much added sugar in the diet. But its rationale is that sugar provides calories with no nutritional benefit. According to Johnson and his colleagues, this misses the point.

**Excessive sugar isn’t just empty calories; it’s toxic.**

“It has nothing to do with its calories,” says endocrinologist Robert Lustig of the University of California, San Francisco.

The trouble is, in today’s world it’s extremely difficult to avoid sugar, which is one reason for the spike in consumption. Manufacturers use sugar to replace taste in foods bled of fat so that they seem more healthy, such as fat-free baked goods, which often contain large quantities of added sugar.

It is important to check the sugar content on all processed food.

Watch out for the new 5 star rating!

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**Term 3 : Bounce Back Unit for Primary Children**

**During weeks 1—5** we will be answering the question

“**What is courage?”**

When you show ‘everyday courage’, you are being brave.

Different things will seem scary and difficult at different ages.

Being a hero is another kind of courage.

Being foolish is not the same as being brave.

**During Weeks 6—10** we will be ‘Looking on the bright side of things’

This means being positive and expecting that things will work out well or get better. It also means that you think good things can happen so you try harder and don’t give up easily.

Look for the good in the bad things that happen.

Bad times don’t last. Things soon get better.

It’s important to stay hopeful when you have unhappy times.

Be thankful and appreciative.

Good memories of things help us to bounce back.

Just because one unhappy thing has happened in your life doesn’t mean that everything else is spoiled too. Lots of other things are still good.