



JUNE

Friday 25th

Last Day of Term 2

2.30pm Finish

JULY

Monday 11th

First day of Term 3

Monday 26th

Wednesday 28th

Young Authors Camp

ALL PARENTS AND VISITORS ARE REQUIRED TO QR CHECK IN WHEN THEY ENTER THE SCHOOL FOR ANY REASON.

QR CODES CAN BE FOUND ON ALL DOORS INTO THE SCHOOL

Trentham District Primary School 1588 Newsletter 10 June 25th , 2021

Guiding and inspiring young people to make sense of their world and to succeed in life.

Dear Families,

This week we held our Disco Reward at lunch time. Thankyou to our Student School Council students for organising this. Students are to be commended on participating safely and approaching it with a sense of fun! Well done. As previously mentioned we will reschedule our Wheels Day next term.

We would like to wish Ms Burrridge a relaxing holiday and all the best for the birth of her babies.

I would like to wish all families a safe and relaxing holiday. We look forward to seeing everyone ready for another great term of learning after the holidays.

Kind Regards,
Iain Sparrey

Peter Gallagher- DET Psychologist

The recent meteorological event in our local area has had a devastating impact. The visual reminders of this are all too obvious and will remain so for some time. The local news is still running footage of the impact. It is important that we monitor what our children witness so that we are not prolonging the trauma that this presents. This involves primarily news exposure and our own conversations. All too easily we can recount the devastation to others complete with full emotion descriptions and not realise that little people are listening and being re-traumatised. The message we want to give is that the event has passed and that the appropriate authorities are making the area safe.

ASSEMBLY

Today's assembly is now available to view online through Google classroom in the Principal Updates page.

PARENT TEACHER INTERVIEWS

Thankyou everyone for working with the school this week to ensure we could run our Parent Teacher Interviews successfully over WebEx. It was a great opportunity to celebrate the learning of our students and we are very proud of their achievements.

MS BURRIDGE

I would like to reiterate what I said in Assembly this morning. I am so incredibly grateful to have been a part of this wonderful school community for 3 and 1/2 years. Thank you too all the students, especially the Grade 1/2 class that have demonstrated outstanding resilience over the last couple of weeks as we prepare ourselves for the changes ahead. A huge thank you to all of the parents for their support and best wishes as I take on this new adventure, I cannot express how much gratitude I have. Last but definitely not least, the staff at Trentham District Primary School, WOW what a group of amazing people. Thank you for your continuous support and daily laughs that make this one of the best workplaces.

Thank you,
Miss Burrridge

MS BUCKLEY RETIRMENT

We are planning an afternoon tea to farewell Ms Buckley . It will be held on Thursday 15th July at 3.30pm. This will depend on COVID restrictions and we will send more details out to parents in the first week back of Term 3.

Spread the word, all Welcome!

ROLLERSKATING

Join Malt Shop Rollers for two hours of rollerskating fun! Suitable for beginners. Parents are welcome to book a spot too!

SCHOOL HOLIDAYS

Trentham
Neighbourhood
Centre

FREE

EACH SESSION
INCLUDES 2HR
SKATE HIRE WITH
A QUALIFIED
INSTRUCTOR

**TUESDAY
6TH JULY**

**Primary Age Session
10.30am - 12.30pm**

**Secondary Age Session
1:30pm - 3:30pm**

Hepburn
SHIRE COUNCIL

www.trenthamnc.org.au/whats-on

**BOOKINGS
ESSENTIAL**

TNC Trentham
Neighbourhood
Centre Inc.
a small centre with a warm welcome



PrimeSCI! Winter School Holiday Science Workshops

Join our Winter 2021 Online Science Workshops! The PrimeSCI! Winter 2021 Science Workshops will be running from **Monday 28th to Wednesday 30th June 2021** and will be filled with interactive hands-on home science for your children.

Our **ALL NEW** popular science workshops will include **Forensic Science: Who stole the COVID vaccines?**, **Baking Chemistry** and **Wonderful World of Wetlands**.

Due to the continuing COVID-19 safety measures, PrimeSCI! will still be providing live-streamed Zoom workshops for the upcoming School Holidays.

Book online at: <https://www.trybooking.com/BSDNG>

Enrolment Fee: \$10.50 per family (including Trybooking Fee)

PLEASE NOTE: Your child's privacy and internet safety are important to us. Children will only be able to view our presenters, and not any other participants.



MONDAY 28TH JUNE, 9:30am AEST

Wonderful World of Wetlands NEW!!

Join the Healthy Rivers Healthy Bay Team to learn more about the importance of Wetlands; what they are, where they are and how we can all protect this important part of the ecosystem. *Suitable for Prep - Grade 6.*

Presenters: Jessica & Emma

TUESDAY 29TH JUNE, 9:30am AEST

Forensic Science: Who stole the COVID vaccines? NEW!!

Who stole the COVID vaccines? Precious vaccines have been stolen from the CSL Laboratories in Melbourne. Help track down the thief using fingerprints, ink and bite marks! *Suitable for Prep - Grade 6.*

Presenters: Lydia & Heather

WEDNESDAY 30TH JUNE, 9:30am AEST

Baking Chemistry NEW!!

Explore the chemistry of baking scones

**All activities are not affiliated with our school.
We publish these community based activities for your interest.**

2021 Camps & Excursions			
Grade	Camp	Date	Cost
Prep—2	Camp Sunnystones	6th to 7th December 2021	TBA
4	Young Authors Camp	26th—28th July 2021	\$65
3-4	Lady Northcote	22nd to 24th November 2021	TBA
5—6	Canberra Camp	Monday 30th August to Friday 3rd September 2021	TBA
All Grades	Swimming	18th to 22nd October 2021	TBA

MANAGING YOUR CHILD'S ANXIETY—Michael Grose

If your child feels anxious, reassure them that these feelings are a normal response to new people, events or potentially challenging situations. Help your child understand that there is a great deal they can do to manage their anxious feelings, so they can get on with the activities they enjoy.

Explain anxiety— If your child is anxious he may struggle to explain how he feels. An important first step in anxiety self-management is explaining to your child how anxiety works.

Sufficient sleep, good nutrition and exercise are essential for anxious kids. Support your child to adhere to their optimal bedtime so they wake naturally each morning, reduce sugar, take care of their gut health through good nutrition and encourage regular exercise for optimal mental health.

- Teach your child that the part of the brain that protects them from danger (the amygdala – pronounced ahh-mig-dah-la), is always on high alert when they are anxious
- Explain that the amygdala sees danger where there is none, but the body prepares to fight for life or flee from danger as if it's protecting them from a hungry lion
- Discuss that the amygdala can't differentiate between a hungry lion and public speaking or some other task they must face. Talk about the changes that happen in their body to power them up to fight or flee, including increased heart and breathing rates and the pumping of the blood from the stomach to the arms and legs, which can cause nausea and even vomiting for some

Help recognise anxiety-inducing events—There are many things that can evoke anxiety in your child, including:

- Stressful events
- Life changes
- Transitions
- Difficult experiences
- New or unfamiliar situations

Help your child to recognise the specific situations and events that make them feel anxious such as meeting new friends, sitting tests and fear of rejection. In this way you can help your child manage and minimise their feelings of anxiety.

Respond with empathy—When your child feels anxious, the part of the brain that controls rational thinking, decision-making and concentration temporarily goes offline. They can feel easily overwhelmed by simple, everyday events and situations. Rather than protecting your child by allowing them to avoid meeting these challenges, or dismissing them as trivial, validate their feelings with statements such as:

- “I can see you're feeling worried about going to camp without your brother.”
- “Thanks for telling me you feel nervous about the test. It's understandable.”
- “I see you're really anxious about this right now. I know it's hard for you.”

Resist the temptation to rescue or fix a situation. Respond with empathy and understanding to your child's concerns.

Manage anxious moments—Help your child develop the tools to regulate and push their anxious feelings to the background. Practise these anxiety management tools when your child is feeling calm, and it will be easier for them to practise when they are nervous. These include:

- Taking some deep breaths: Deep belly breathing from the diaphragm calms the amygdala, reducing feelings of anxiousness
- Bringing their attention back to the present: Use their senses to bring their attention to the present moment and away from their worries – “Tell me five things you see, four things you hear and something you smell.”
- Getting them moving: Physical exercise is not only a great distraction but it releases feel-good endorphins that help children and young people feel better and more optimistic about the future.

Defusing their thoughts: Anxious thoughts can get stuck, refusing to budge no matter how unwanted they are. Help your child to distance themselves from their thoughts by placing distancing statements in front of their thoughts. Replace “I'm going to fail the test” with “I had a thought that I'm going to fail the test.” Rather than changing their thinking, assist your child distance themselves from unhelpful thoughts.

Get the fundamentals right—Sufficient sleep, good nutrition and exercise are essential for anxious kids. Support your child to adhere to their optimal bedtime so they wake naturally each morning, reduce sugar, take care of their gut health through good nutrition and encourage regular exercise for optimal mental health.

There is a great deal you can do to help your child manage their anxiety. Start by assisting your child to understand the fundamentals of anxiety, show your genuine understanding of their feelings and be ready to support them emotionally to push their anxiety to the background.