

AUTUMN 2018

Welcome to the Autumn edition of the 2018 newsletter. Hard to believe, but Term 1 of school is almost complete. We hope you enjoy your Easter break, and everyone enjoys the hot cross buns, Easter eggs, and any other celebrations you may have during this time.

A lovely piece of artwork has been provided by Lily for this edition (see page 7-8). Its title is 'Wishing Jar' – thank you Lily. Keep any artwork coming – we love having drawings and ideas from young people as well as any parents and carers!

I have been very excited about two books I've read with my children about emotions and feelings, so have included both of them in this edition of the newsletter. They are titled "In My Heart: A Book of Feelings" and "Brave as Can Be: A Book of Courage".

The article for parents about child development, is a really interesting one in considering how best to communicate with children who love to have the last word – a challenge in our house I can tell you!

PROGRAMS

Martial Arts as Therapy (MAT) Program

When?
Thursday 3 May 2018 –
Thursday 21 June 2018,
4pm – 5pm

Where?
Croydon Connections,
23 Mt View Street, Croydon

Contact Bronwyn Sanders to
refer on 0408 291 580

FAPMI COORDINATOR TEAM

Bronwyn Sanders
(Mon, Tues, Wed)
CHAMPS Referrals –
0408 291 580

Kirsty Jungwirth
(Tues, Wed, Thurs)

Michelle Hegarty
(Mon, Tues, Wed, Thurs)

Georgia Cripps
(Thurs, Fri)

Ph: 9871 3988, Murnong Clinic,
4 Bona Street, Ringwood East

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SEEKING FEEDBACK ON CHAMPS

Have you or your children ever participated in a CHAMPS group? We are conducting an evaluation of the CHAMPS program and are keen to hear from people about their experiences.

Your family will be provided with a \$50 gift card to thank you for your participation. If you are interested please contact Bronwyn Sanders on 0408 291 580 to discuss further.

School Holiday Activities

Source:
www.kidspot.com.au

MAKE A BUNNY CAP EASTER HAT

If you find yourself dreading the Easter hat parade, try whipping up this easy bunny cap idea for a simple Easter hat parade solution.

Simply cut out ears from white cardboard and stick on an insert of brown cardboard into the middle of the ears.

Then glue cotton balls around the edge of the ears, and stick them onto an old baseball cap.



STICKY DOT PICTURES

Kids love stickers almost as much as they love lollies. Why not combine stickers with an educational activity and get them to create their own dot sticker art – it could be an outline of an animal you have drawn, or a country, or a colouring page printed out.



CHOC CHIP COOKIES

Recipe created for
www.kidspot.com.au
by Jennifer Cheung

Makes: 24, Prep: 10 minutes,
Cook: 20 minutes

Ingredients:

125g butter

1/2 cup sugar

1/2 cup brown sugar

1 egg

1/2 tsp vanilla essence

1/4 tsp salt

1 3/4 cup self-raising flour

150 milk choc chips



Method:

1. Pre-heat oven to 180 degrees Celsius (160 degrees Celsius fan-forced). Line three trays with baking paper and set aside. In a mixing bowl, cream the butter, sugar and vanilla.
2. Add the egg and then flour and salt and combine.
3. Stir in the chocolate chips.
4. Roll into teaspoon-sized balls and place on prepared trays, leaving enough room for mixture to spread as it cooks. Bake for 8-12 minutes. Leave on the tray for a few minutes before continuing the cooling on wire racks.

MONTROSE COMMUNITY PLAYGROUND, MT DANDENONG TOURIST ROAD, MONTROSE

www.melbourneplaygrounds.com.au

Fantastic community playground which was built in 2008 and has good All Abilities access. This is the type of playground where it is easy for parents and kids to play together although Mum and Dad might have trouble fitting into all the buildings in the miniature town.

The central area has two large pyramid rope climbing frames and there is a long ramp on one side which leads via a high rope bridge to a beautifully painted wall with an Australian bush setting and an area with some climbing walls. To the side is a huge lady-bug springer, four swings without safety chains and a birds nest swing.

Elsewhere there are two swings with safety chains,

swing with harness and another birds nest swing. Plenty of other equipment and a circular path leads past a series of shop fronts including the fire station.

An area with four BBQs and tables (some shaded), water tap, toilet and some limited shade for the playground from the trees.



4 Ways to respond to kids who love the last word

Source:
www.parentingideas.com.au

BY MICHAEL GROSE

I sat in the back of the classroom and I saw a fourteen-year-old student taunt his teacher in a way that only young adolescent boys can do. The teacher asked the student to get back to work and stop disturbing others, reminding him that his behaviour was out of order.

The student grudgingly resumed his task. But just before he put his head down, he threw out a comment about it being a stupid piece of work that he had to do. This young fella threw down an 'imaginary rope' (the last word, a taunt, a jibe, a joke) for the teacher to pick up.

"Don't pick it up! Just let it go!" I thought as I sat in the back of the room. He was getting back to work. This was the boy's way of saving face in front of his mates. The teacher picked up the imaginary rope and began a tirade of abuse that was extremely personal.

I detected the slightest grin on the student's face that said "Gotcha!" The teacher's remarks were like water off a duck's back. He revelled in them and I watched as his status amongst his male peer group just went up a number of notches.

Okay, so what's the point?

The hard part of dealing with kids, whether you are a teacher or a parent, is to ignore some of their 'last wordedness' and the verbal comments they throw our way.

We are not suggesting that we ignore all taunts or rude remarks, but there are many occasions when we should just leave the 'imaginary rope' that children throw where it lies. Usually when we 'pick up the rope' we turn into a child!

'Throwing the rope' is effective as behind most conflict between kids and adults are the deeper issues of:

- » **Power**
("I want to make you do this")
- » **Position**
("I'm the adult so you should listen to me") and
- » **Prestige**
("I want others to think I'm doing a good parenting job")

Arguments, last-wordedness or comeback lines, which are often about kids saving face, threaten our position or prestige as parents or teachers. "You can't say that to me, I am the adult", is the type of thinking that brings us undone every time. They are also a way of kids saying that I will acquiesce to you but on my terms, which is about power.

Four alternatives to picking up the rope:

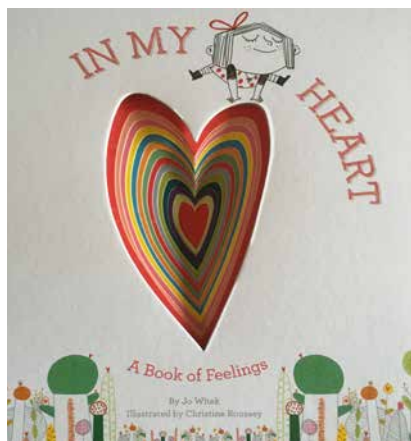
1. Stop, smile, ignore and walk away.
2. If the issue was important, choose the right time and place to talk to your child about their behaviour.
3. If it's not important, let it pass. Some kids just value the fight so don't fight.
4. Use humour to diffuse the situation. Self-deprecating humour works well, sarcasm doesn't work.

Next time a child 'throws the rope' by having the last word or using a quick throw-away line, realise what is happening. Look at the imaginary rope, smile and refuse to pick it up. That is the adult thing to do.

Hard work, but essential if we are going to be successful at bringing out the best in kids' behaviour.

Book Reviews

BY KIRSTY JUNGWIRTH



In My Heart: A Book of Feelings

Written by Jo Witek & Illustrated by Christine Roussey

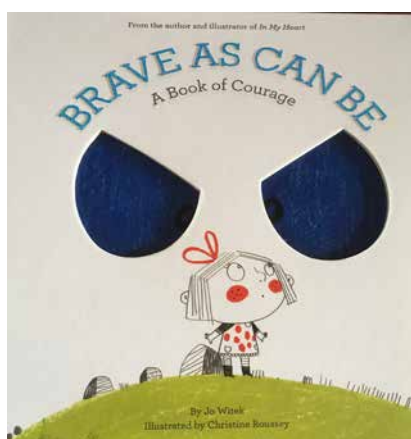
This is currently my favourite children's book. It enables a conversation with children of all ages and even adults. My son in kinder really understood that any feeling he felt was accepted without judgement.

This book is visually stunning and the words used to describe a range of feelings are full of emotion and empathy.

The two passages that really touched me from the book were:

- » "Some days my heart feels as heavy as an elephant. There's a dark cloud over my head, and tears fall like rain. This is when my heart is sad." (There's a picture of an elephant spraying water.)
- » "But my heart doesn't stay sad. Like spring time after winter, the sun comes out again. My heart grows tall, like a plant reaching toward the sky. This is when my heart feels hopeful."

Describing people's hearts as fragile and delicate feels like it honours everyone and their feelings. I feel nurtured and more able to care for others every time I read this book. It touches me at a very deep level. Of course, I've read it to my children so many times that they now say – "no more talk about feelings mum"!



Brave as Can Be

Written by Jo Witek & Illustrated by Christine Roussey

This book is also visually beautiful. From the perspective of a young girl, it gives examples of many of her fears and how she overcame them. It is a useful book for young children.

Spotlight on a Service

Source:
www.parentingideas.com.au

INTRODUCING: CHENAI MUPOTSA

What is your role?

Community Engagement Worker at headspace Knox. Chenai works with a Consultative Group (Youth Action Force) made up of young people to discuss and co-design the types of service that are offered by her and the headspace team.

What areas do you cover?

Outer East, which includes the Local Government Regions of Knox, Maroondah, and Yarra Ranges, as well as part of Monash. Anyone aged between 12yo – 25yo is able to access services from any headspace they wish to travel to.

What services do headspace Knox offer?

EACH have a phone line for people to access and obtain a referral to headspace Knox. Some programs include: 'in school anti-bullying programs', 'tips for a healthy lifestyle', therapeutic groups, single session family consultations, and counselling for young people. Headspace National

also offer schools assistance in developing processes and procedures in response to suicide, and headspace work with other agencies to provide information to young people. There is also a Youth Engagement and Treatment Team Initiative (YETTI), which provides outreach and works with young people and their families. There are a team of professionals with psychology, youth work, occupational therapy, social work, and psychiatry training who provide support to young people and their families.

What is the best thing about your job?

To be able to work with some amazing young people who have great ideas and work hard to assist me to promote our service and discuss ways of helping young people be able to keep on top of their emotional health and wellbeing.

How can people contact you?

Phone: 9801 6088,
Email: Chenai.Mupotsa@headspaceknox.com.au

To make a wishing jar you will need.....

1. an empty jar

2. some stickers

3. any thing sparkley or colourful

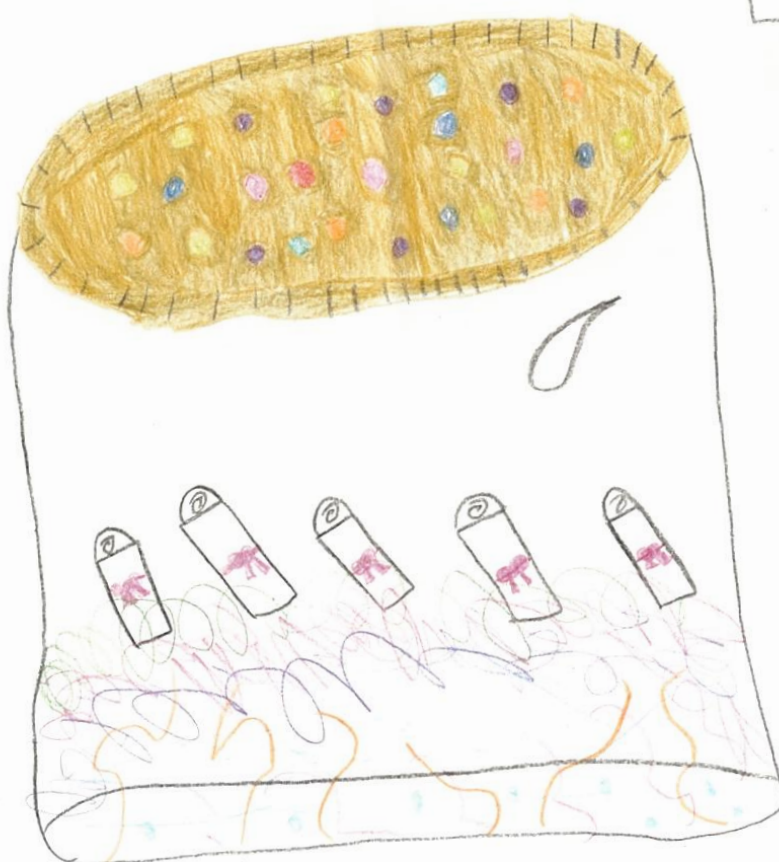
example glitter, sequins, ribbons and
pom poms

Then write your

wishes. By Lily age 9 and a
half

Wishing Jar

I wish that.....



Artwork provided by Lily