



Nicolson Avenue
LEARNING CLUB
Thursdays
3.20pm – 4.20pm
(start date to be confirmed)

Helping your child with activities to develop their academic skills such as literacy and numeracy after school hours.

Learning Club will be held in the school library.

Registration and Consent forms are available at the Admin Office.

To find out more, contact your school
Or
Kate Dickeson, The Smith Family on
0481900471

Wellbeing Roadshow

Joe Williams – a former NRL star and World Champion Boxer, visited our school last Thursday to talk to students and members of the community about healthy minds. Joe has been all over the world speaking with people about mental wellbeing and sharing his story. Joe shared many positive messages about being resilient and making positive changes in your life to become a better version of yourself. The workshop was held in the Aboriginal Education room and was supported by Centacare. Room 16 and Room 20 really enjoyed the presentation and Joe stayed behind for a yarn with the parents and community members afterwards



ALERT, ALERT

Some children are bringing 'single use' glass jars of Nutella to school. We are finding broken glass jars in the school yard.

In the interest of everyone's safety please **DO NOT** send your child to school with glass containers.

Learning to be kind – a key friendship skill

On 15th March we will be celebrating 'National Day of Action Against Bullying and Violence'.

An Action Team of Year 5, 6 and 7 students has been formed to plan and organise activities for the day.

We asked the question, 'What kind of students don't bully?' and decided that generally these students are kind, compassionate and show empathy towards others.

I'm sure you are very well aware of the fact that all kids do unhelpful, unkind things. As humans we are strongly motivated to get what we want, when we want it - which often results in unkind behaviour - and many children have to learn to act in kind ways.

Unfortunately some children have trouble learning the skills required to be kind. It might be they have a diagnosis which makes it tough for them to be socially aware, it might be that they struggle with learning skills or other emotional problems which make the development of kind behaviour particularly hard to learn. But unfortunately children who struggle to show kindness to their peers, are more likely to have poor social relationships and have others act unkindly to them.

One way of being really helpful to the children we work with is to very specifically coach kind behaviour.

This means:

- helping children understand the benefits to themselves and others when they act in more kind ways,
- teaching them specific examples of what this sounds and looks like (by showing it and talking about it and
- helping them rehearse and practise it.

There are three main benefits to this kind of work with children.

- It helps them develop an important life skill.
- It helps them feel better about themselves (when any of us acts in kind ways, we feel better).
- It helps them experience more kindness from others in return.

