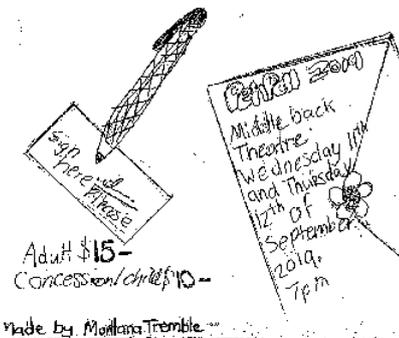


# Whyalla Combined Primary Schools'

Choir  
2019

Fisk Street Primary School,  
Hincks Avenue Primary School,  
Long Street Primary School,  
Memorial Oval Primary School,  
Nicolson Avenue Primary School,  
Samaritan College,  
Sunrise Christian School,  
Whyalla Stuart Campus R-7,  
Whyalla Town Primary School.



The Whyalla Combined Primary Schools' Choir concerts will be held next week on Wednesday and Thursday nights.

Congratulations to Montana Tremble who designed one of the posters to advertise this event.

## Can You Help Us?

The Junior Primary students have been enjoying imaginative play with a selection of 'loose parts'. We are looking to collect more 'bits and pieces' for students to use and would be grateful for any donations of crates, cable reels, rope, wood off-cuts, plumbing pipe, wheels, tyres. If you have anything that you are willing to donate please contact the Administration Office before bringing it to school.

## Better 'Before School' Mornings

Getting kids to school, therapy appointments and any event on time and organised, can be highly stressful. Some parents constantly have these tough, disappointing and frustrating times getting ready to leave the house. They've often yelled, felt overwhelmed, disappointed and worried about what to do next. Unfortunately, these stressful mornings can really negatively impact children's learning, confidence and mood during the day. But the good news is this: they CAN be better. Dads, Mums and carers can do some simple things for mornings to get smoother.

Some ideas that could help with this are:

1. Have a written list (or with pictures) with morning jobs – with specific details about "when" and "how".
2. Have a written list (or with pictures) with AFTERNOON jobs – we talk about how better mornings start with better after school /evening routines.
3. Allow more time than needed.
4. Be present and in the vicinity for children in order to be a coach and support.
5. Ensure kids know and experience benefits of getting their jobs done and the natural consequences of not getting them done (ie this is not necessarily rewards or punishments – it is just about helping children have increased motivation to be on time and ready - without any motivation it is hard for them to make changes).
6. Have discussions and coaching in the afternoon and evenings (when things are calm) about how to make the mornings easier.

Exerpt from Calm Kids Central.