



# STRADBROKE SCHOOL NEWSLETTER



Koonga Avenue, Rostrevor, SA 5073

Excellence and Achievement in a Supportive School Environment

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 Director: Rebecca MacQueen  
 CRICOS Provider Number: 00018A

Student Absence Ph: 8365 5621



Government of South Australia  
Department for Education

1 JUNE 2023

## DIARY DATES

2023	
JUNE	
Monday 5	Footsteps Reception – Year 2 and Year 5 Year 6 Aquatics – K4 & K8
Thursday 8	Year 6 Aquatics – K1, K2 & K6
Friday 9	Assembly – Hosted by L7 & OU4
<b>Monday 12</b>	<b>King's Birthday – Public Holiday</b>
Wednesday 14	Principal's Tour 9.30am
Wednesday 21	Governing Council 6.30pm – 8.30pm
Friday 23	Musica Viva Concert
Friday 30	School Disco Reception to Year 3 - 5.30pm – 6.30pm Year 4 to Year 6 – 7.00pm – 8.00pm
JULY	
Wednesday 5	Reports sent home
Friday 7	Term 2 Concludes – 2.10pm Casual clothes day – Gold coin/Qkr donation Assembly – Hosted by the Student Leaders

*All Diary Dates are subject to change/cancellation based on advice from SA Health and the Department for Education*

### Public Holiday

Term 2 Monday 12 June 2023

### 2023 School Closure Day

Monday 4 September

### 2023 Pupil Free Days

Friday 27 October



### VOLUNTEER THANK YOU MORNING TEA

On Friday 19 May, the Stradbroke School staff organised a thank you morning tea for our community Volunteers. It was our way to thank them for everything they do.

We recognise Volunteers bring a raft of knowledge, skills, experience and friendship to their role. They choose to Volunteer selflessly and without expectation of being recognised or rewarded. Volunteers generously give the most precious gifts', time, support, patience and care.

On behalf of our staff and students I want to thank our Volunteers for giving their time so generously. We want to let them know just how much their dedication and enthusiasm is appreciated and that everyone at Stradbroke School is grateful to each of them as they make such a difference. Their contribution adds such an enormous human value and impact to the work that happens at our school.

**Tanya Scanlan**  
Principal



### VOLUNTEERS NEEDED FOR THE SCHOOL CANTEEN

Attention all parents and grandparents! We are in need of Volunteers to help with jobs in the School Canteen. As you all know, the Canteen is an important part of our school community, providing healthy and affordable meals and snacks to our students. However, we cannot do this without the help of dedicated Volunteers who are willing to give their time and energy to ensure that the Canteen runs smoothly.

If you are interested in volunteering at the School Canteen, please reach out to us. Even if you can only help for an hour or two, every little bit helps. We welcome parents and grandparents who are willing to lend a hand.

Some of the time options to help are:

Monday to Thursday, 9.10am – Placing stickers on lunch bags

Monday to Thursday, 10.30 – 11.30am – placing stickers on lunch bags and serving over the counter at recess time

Friday, 10.00 – 10.30am – Placing stickers on lunch bags

Friday, 11.00am – 1.30pm – Serving over the counter at recess time and bagging lunch orders

Volunteering at the Canteen is a great way to get involved in our school community, meet new people and learn new skills. You will also have the satisfaction of knowing that you are helping to provide nutritious meals to our students. Plus, your children love seeing you helping out in the Canteen.

Please do not hesitate, and get involved today! Contact Kate Majewski, Canteen Manager to learn more about how you can help out at the School Canteen.

## ICAS 2023

In 2023 ICAS competitions will occur after school from 3.20pm onwards, supervised by school staff.

This year we will be offering English and Mathematics. Payments need to be made by Friday 14 July via <https://shop.icasassessments.com/pages/pps> using the school code **JYR976**.

**No payment will be taken at school.**

The dates for 2023 are

English	Yr 2-4	Monday 14 August	\$19.25
	Yr 5-6	Tuesday 15 August	
Mathematics	Yr 2-4	Monday 28 August	\$19.25
	Yr 5-6	Tuesday 29 August	

## SCHOOL DISCO

Just a reminder the School Disco is only 4 weeks away. Tickets are now on sale. Please refer to the Disco flyer enclosed.



**Date:** Friday 30 June 2023

**Time:** 5:30pm – 6:30pm – Reception to Year 3  
7:00pm – 8:00pm – Year 4 to Year 6

**Where:** Rehn Hall

## COFFEE VAN

On Friday 9 June the Cheeky Grin Coffee Van will be in the Koonga Quad from 8.30am to 9.00am.



The school has organised a coffee van to create an opportunity for parents to chat and enjoy a warm cuppa together before school.

If you are available, please purchase a coffee and have a chat. We would love to see you there.

## INQUIRY – FR5

For our unit of inquiry, FR5 have been learning how we as citizens contribute to our community in different ways.

We have been looking at what it means to have rules in a community and why we have them, as well as what it means to make thoughtful decisions.

We can be part of many communities and we have responsibilities in all of them.

“I learnt that communities are groups of people that help and work together.” - **Kobe**

“We learned that people can help the community by volunteering, donating, watering plants and being kind.” – **Laila**

“We helped the community when we made cards for the school that burnt down.” - **David**

## CASUAL CLOTHES DAY – COMMON GROUND



On Tuesday 30 May we wore red and yellow casual clothes to fundraise money for ‘Common Ground’. We managed to raise over \$500 for the not-for-profit organisation that runs projects centred around First Nations people and their communities.



## SCIENCE

“Equipped with his five senses, man explores the universe around him and calls the adventure Science.” – Edwin Hubble. Students have been exploring the physical sciences during their specialist Science subject this term.

The Reception classes have been exploring the factors that affect forces. Students have experimented with how far objects can roll depending on their shape. Creating their own rolling toy certainly demonstrated the principles of how things move.



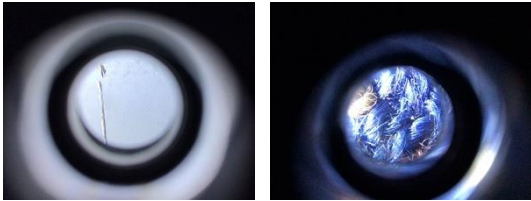
The Year 1s have been exploring the amazing behaviour of sound and light. Students have refracted, reflected, and absorbed light during their investigations. They have explored vibration, echo, sound waves and how sound travels through the air, water, ground, and even walls. They have used the principles of energy to inquire into the ways that light and sound behave.



The Year 3s have developed their understanding of the powerful world of energy by investigating the uses of heat every day. Students explored how adding and removing heat can change something from a solid to a liquid and back again and how heat energy improves their lives.



The Year 4s have been exploring something that everything on Earth is affected by – force. Students have investigated visible and invisible forces and how these affect the things around them. Looking at different surfaces through magnifiers showed a fascinating view of different surfaces.



**Cheryl Edwards**  
Nit Science Teacher

### LIBRARY

#### Library monitors

Thank you to Enya Malbon's Year 6 students for supporting the library with lunchtime monitors. They come to us as volunteers as part of our Leadership Program and opportunities to provide some service to our school community. These students support other students by helping them to borrow and return books, supplying resource needs to do different lunchtime tasks and re-shelving some of the massive amount of books that are returned to the library each day.

#### Sorry Day and Reconciliation Week

Each year **Reconciliation Australia** chooses a theme for National Reconciliation Week. This year's theme is *Be a Voice for Generations*. In the library we have had some wonderful books on display sharing indigenous perspectives through stories and information. Many students have shown interest in what is available and have borrowed from the selection.

#### Library Staff



### TRAFFIC MONITORS

<b>Week 6</b>	am	Kloe S, Rachel L, Daniel J
	pm	Nate I, Mimi J, Pranav B
<b>Week 7</b>	am	Jaydin S, Lesse C, Wenli C
	pm	Ellie R, Lilah G, Iliana E



### SPORT

2023 Basketball registrations for Term 3 and 4 are now open. Registrations are online via Qkr and will close at 10.00am on Friday 9 June 2023.



Students currently in a Basketball team are not given automatic entry into a Term 3 and 4 team. Registration along with payment of the registration fee must be completed in order to be placed into a team.

Email [dl.0923.sports@schools.sa.edu.au](mailto:dl.0923.sports@schools.sa.edu.au) if you have any queries regarding Sport at Stradbroke.

### BASKETBALL

Year 2/3	Coach: Jessica Northcott		
Stradbroke New Light Blue	4	Def by	Rostrevor 2/3 White
Game Played: Tuesday 23 May			
Stradbroke New Light Blue	13	Def	SPX Lightning 2
Game Played: Tuesday 30 May			

Year 2/3	Coach: Kelly Penn Team Manager: Jess Bui		
Stradbroke New Royal Blue	20	Def	SJP Cougars 0
Game Played: Tuesday 23 May			
Stradbroke New Royal Blue	8	Def by	SJMS Bears 22
Game Played: Tuesday 30 May			

Year 2/3	Coach: Adam Power		
Stradbroke Falcons	10	Def by	EM Lightning 16
Game Played: Tuesday 23 May			
Stradbroke Falcons	11	Def by	Trinity Titans 26
Game Played: Tuesday 30 May			

Year 2/3	Coach: Mark Gesuato Team Manager: Kate Holland		
Stradbroke Blue	17	Def	Athelstone Lightning 14
Game Played: Tuesday 23 May			
Stradbroke Blue	6	Def by	EM Lightning 16
Game Played: Tuesday 30 May			

Year 4/5	Coach: Julien Robert Team Manager: Roy Lee		
Stradbroke Tigers	26	Def	SJP Wildcats 17
Game Played: Wednesday 24 May			
Stradbroke Tigers	22	Def by	Rostrevor 4/5 Black 28
Game Played: Wednesday 31 May			

Year 4/5	Coach: Daniel Sage		
Stradbroke Kangaroos	24	Def	Felixstow Flames 2
Game Played: Wednesday 24 May			
Stradbroke Kangaroos	2	Def by	SFA Thunder 19
Game Played: Wednesday 31 May			

**Year 4/5** Coach: Alexandra Pukallus  
**Stradbroke Stars** 29 Def by **Rostrevor 4/5 Black** 31  
**Game Played:** Wednesday 24 May  
**Stradbroke Stars** 22 Def **St Aggies** 19  
**Game Played:** Wednesday 31 May

**Year 4/5** Coach: David Potter  
 Team Manager: Laura Potter  
**Stradbroke Sharks** **Bye**  
**Game Played:** Wednesday 24 May  
**Stradbroke Sharks** 27 Def **SJH Wildcats** 3  
**Game Played:** Wednesday 31 May

**Year 4/5** Coach: Arthur Ang  
 Team Manager: Jess Bui  
**Stradbroke New Pale Blue** 21 Def **Athelstone Titans** 2  
**Game Played:** Wednesday 24 May  
**Stradbroke New Pale Blue** 9 Def **SPX Cyclones** 5  
**Game Played:** Wednesday 31 May

**Year 4/5** Coach: Matt Overstreet  
**Stradbroke Eagles** 32 Def **SJH Monstars** 23  
**Game Played:** Wednesday 24 May  
**Stradbroke Eagles** 52 Def **Trinity Taipans** 3  
**Game Played:** Wednesday 31 May

**Year 5/6** Coach: Maja Kruger  
 Team Manager: Ruth Hock  
**Stradbroke Phoenix** 39 Def **Rostrevor 6 White** 21  
**Game Played:** Monday 22 May  
**Stradbroke Phoenix** 27 Def **Ardtornish Rockets** 19  
**Game Played:** Monday 29 May

### NETBALL

**Netta: Stradbroke Ice Queen's** Coach: Karlie Hutchens & Andrew Silis  
 Team Manager: Tonya Stevens  
**Stradbroke Ice Queen's** 3 Def by **Burnside White** 6  
**Game Played:** Saturday 20 May  
 The newly instated 'Queen of the Ice Queens' award is given to the player demonstrating excellent effort, listening skills and sportsmanship. So far the recipients have been: Audrey and Milla. Well done girls.  
**Stradbroke Ice Queen's** 2 Def by **St Joseph Payneham** 4  
**Game Played:** Saturday 27 May  
 The Ice Queens have been building on their defending skills and communication to great effect. It was an action packed game with quick turn arounds and all girls out in their best efforts.

**Primary: Stradbroke Arctic Wolves** Coach: Hannah Bartlett  
 Team Manager: Giulia Innamorati & Monica Gonzalez  
**Stradbroke Arctic Wolves** 3 Def **Nailsworth** 1  
**Game Played:** Saturday 20 May

It seemed like it was going to be a tough match as no one managed to score in the first half of the game but the Arctic wolves did us proud again with Hannah shooting all 3 goals; one in the third quarter followed by 2 goals in the last quarter. A great effort once again.

**Stradbroke Arctic Wolves** 4 Def **Walkerville Storm** 0  
**Game Played:** Saturday 27 May

Our team showed us how strong they are in defence and kept strong possession of the ball for most of the game allowing for many shots on goal. The first goal was scored by Hannah followed by 2 goals in the second quarter scored by Audrey and Laila, and the final goal in the last quarter by Hannah again. A great game once again.

**Primary: Stradbroke Allstars** Coach: Catherine Ford  
 Team Manager: Julia Coles  
**Stradbroke Allstars** 4 Def by **Burnside Light** 5  
**Game Played:** Saturday 20 May  
 The All Stars played a nail-biting match against Burnside Light. Captained by Willow, the game was an extremely close and all the team played their very best. Great job All Stars!  
**Stradbroke Allstars** 12 Def **St Joseph Tranmere Gold** 4

**Game Played:** Saturday 27 May  
 What a fantastic game against St Joseph's Tranmere Gold this week. Captained by Ava, the All Stars played so well as a team and really had fun getting all of those goals. Well done!

**Primary: Stradbroke The Royals** Coach: Sasha Moore & Anita Sebastiani  
 Team Manager: Jackie Rice  
**Stradbroke The Royals** 5 Def by **Comets** 6

**Game Played:** Saturday 20 May  
**Captain: Charlotte Moore** - The Royals braved the wintery conditions for the second clash of the season. This newly created team started strong and were ahead for the first three quarters, demonstrating team spirit and perseverance. It was a huge effort played by all. Well done Royals.

**Stradbroke The Royals** 5 Def by **Walkerville Roses** 7  
**Game Played:** Saturday 27 May  
**Captain: Catherine Henderson** - A brilliant game played by all this week, and a big shout out to each player for the resilience and determination you showed on court. We are very proud of you all. Well done Royals.

**Primary: Stradbroke** Coach: Mel Carter  
**Tigers** Team Manager: Kieta Campbell

**Stradbroke Tigers 7 Def Comets 3**

**Game Played:** Saturday 20 May

Our first game with a full team and the girls did a brilliant job. We still have some work to do adjusting to the new stepping rules, but the girls played a great defensive game keeping our opponents to only 3 goals. Reet played a great game feeding the ball down the court, Ivy was strong in the mid court and Leah and Chelsea did great in goals.

**Stradbroke Tigers 5 Def by St Joseph 6**  
**Tranmere**

**Game Played:** Saturday 27 May

This was a very evenly matched game and the low scores made it a tough one. The Tigers did not give up right to the final few seconds! Kalyna and Leah had strong defensive games, with Ivy and Eliza moving the ball well in the mid court.

**Sub Junior:** Coach: Melissa Danielse  
**Stradbroke** Team Manager: Carmen Allington  
**Thundercats**

**Stradbroke 6 Def Nailsworth Team 0**  
**Thundercats 2**

**Game Played:** Saturday 20 May

**Captain: Deona John**

Congratulations Thundercats on your first win of the season!

**Stradbroke 6 Def by Comets 12**  
**Thundercats**

**Game Played:** Saturday 27 May

**Captain: Devona John**

The best game yet for our Thundercats! The score does not reflect the level of skill and effort put in by our players. Well done!

## SOCCER

**Under 12's** Coach: Antony Rinaldo  
**Team Manager: Daniela Rinaldo**

**Stradbroke U12's 3 Def by Magill 4**

**Game Played:** Saturday 20 May

This was our first game for the season, captained by Mason. Given that the team had never played together before, the team was competitive, took chances and never gave up!

An early goal from Magill and a lost penalty shot from Stradbroke sealed the deal. However, Frank was incredible as goalkeeper, saving many and putting his body on the line. Great effort and skill shown by all and congratulations to our goal scorers Mason, Alex and Joshua. We wish the U12s all the best for the 2023 winter season.

**Stradbroke U12's 3 Def by St Joseph 10**  
**Hectorville**

**Game Played:** Saturday 27 May

This was a competitive game, against the top team in the league. We were two players down, with no substitutions. Captained by Alex, the team fought hard and never gave up. It was a great game to watch, as Stradbroke players executed their skills, came together as a team and our goalies Joshua and Frank did their best to block opposition goals. Despite the final score, this did not reflect the effort, sweat and attitude of our players. Stradbroke goals were scored by Elton and Alex. Well done to our team for never giving up.

**UMPIRES WANTED**  
EDNA are on the hunt for regular umpires to join us for the upcoming winter season  
We welcome both Men and Women  
We are especially looking for experienced umpires for our Aged competition on a Saturday  
**EASTERN DISTRICTS NETBALL ASSOCIATION**  
The first game begins at 11:00am, with the last game played at 3:00pm  
The season commences on Saturday 6<sup>th</sup> May, 2023  
Please reach out to [easterndistrictsnetball@gmail.com](mailto:easterndistrictsnetball@gmail.com) or call/text our umpires coordinator Tina Dimas on 0404 387 392

TERM 2 FUNDRAISING EVENT

# STRADBROKE SCHOOL DISCO

## FRIDAY 30th June 2023

JP DISCO (Rec - Yr 3) 5:30pm—6:30pm  
PRIMARY DISCO (Yr 4 - Yr 6) 7:00pm - 8:00pm  
STRADBROKE SCHOOL - REHN HALL

**\$4 TICKET** ENTRY INTO DISCO ONLY

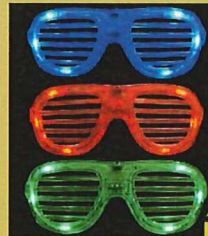
**\$6  
TICKET**

ENTRY INTO DISCO AND CRYSTAL STAR NECKLACE



**\$7  
TICKET**

ENTRY INTO DISCO AND SUNGLASSES



**\$8  
TICKET**

ENTRY INTO DISCO AND ONE OF THE FOLLOWING ITEMS:

LIGHTUP MOHAWK



FLASHING DREADLOCK HEAD BOPPER



# INSTAGRAM



Age Rating in  
the App Store:

**13+**

Age rating according to app provider

**Instagram is a photo and video sharing app that has been an almost exclusively mobile platform. Once the user has either taken/selected a photo or video they can scroll through the editing filters and experiment with the best one for that particular image.**

## How does it work?

After the user has created an account they can follow other Instagram users and 'like' or 'comment' on their photos and videos. Instagram is owned by Facebook and accounts between the two can be linked to verify the users age and identity.

Instagram accounts are public by default, but can be set to 'private' if the user wishes. If an account is set to public then it opens it up for any other user on Instagram to view. If the account is set to 'private' then only the users that follow the account are able to view it. Setting an account to private allows the user to choose who follows them, which gives the user more control of who is able to view their content.

Instagram is being used by young people to share their lives with their friends. Some challenges around the use of Instagram are young people taking nude selfies and seeking attention and acceptance from strangers, bullying comments and the ability to access inappropriate photos and videos. It is important you know how to block and report inappropriate users on Instagram.

## Privacy Settings

Account settings can be found by selecting the three dots on the right hand side of the top of your profile page:

- Scroll to 'Privacy and security'
- Tap 'Account privacy'
- Switch on the toggle 'Private Account'

We would recommend turning off the location function for the camera on the users mobile device.

By doing this, it ensures that the location of where the photo was taken isn't embedded in the image. If location services are turned on for the camera then any one can drag and drop a photos geotag information into a Google search and locate exactly where the photo was taken. For most smart devices, this option can be toggled within their 'Settings' menu.

## How do I block or report another user on Instagram?

### To report a post:

Tap the three dots above the post  
Tap Report and follow the on-screen instructions

### To report a profile:

Tap the three dots at the top of the profile  
Tap Report and follow the on-screen instructions

Like any social media Instagram can be a positive social activity that keeps kids connected to their friends. Just be mindful of screen time and be aware of who they are connecting with. We always encourage open conversations around privacy and personal safety.

App Fact Sheets available from  
the Carly Ryan Foundation. Please email:  
[info@carlyryanfoundation.com](mailto:info@carlyryanfoundation.com)



**Discord is an app used widely in the gaming community. It allows users to invite each other to servers, which allow them to talk to each other over text, microphones and send photos to each other. Users find this platform a convenient and easier way to communicate rather than through the game directly.**

### How does it work?

To sign up to Discord you simply need an email and a username. It takes under five minutes to make an account with Discord. This enables the user to open up invitations and messages from people around the world.

To add somebody on Discord the user must have the other person's username. This can easily be asked through in-game chat.

### Challenges

Some of the issues with Discord are that younger children may get invitations from random users thinking it is safe to chat with them. A criminal has the potential to groom the child and get various sources of information such as: credit card details, house address, school, age and much more.

Ensure that you have conversations with your young person about the potential risks involved with using platforms like Discord.

The Carly Ryan Foundation is seeing young users being asked to add people on Discord. This can create the opportunity for criminals to groom, manipulate and coerce young users through conversations that unfold via various gaming platforms.

Discord is a great app to help users communicate with their friends but without the right settings in place it can expose the user to unwanted or inappropriate contact from criminals or by strangers.

### Privacy Settings Menu

Click the little down arrow next to the server name and you'll find a drop-down menu window. In addition to being able to adjust notification and server settings, you can adjust privacy settings on a per-server basis as well. Selecting / deselecting this option lets you block DMs (Direct Messages) from users in that server that aren't on your friends list. Normally, sharing a mutual server is all it takes to allow DMs. This option can filter out anyone you don't want to hear from.

### Block Button

In the case that you generally like everyone in a server

(except for a few individuals), the DM list has a quick-access menu to a user's profile. In your DM chat, clicking the @ Username will bring up the user's profile, you can click the three dots in the top right to pull up a menu that will let you block the user.

### Report a User

To report another user on Discord you will need screen shots of the evidence. Once you have this, you will need to email Discord directly: [support@discordapp.com](mailto:support@discordapp.com)

### Friend Requests

For additional control, Discord's settings is adjusting friend request privileges. To find this menu, open up your User Settings and click the Friends tab, here you can set who's allowed to send you a friend request.

**Everyone** - Selecting Everyone means that anyone who knows your DiscordTag or is in a mutual server with you can send you a request. Having this selected will automatically include both Friends of Friends and Server Members options.

**Friends of Friends** - Selecting this means that for anyone to add you, they must have at least one mutual friend with you. You can view this in their user profile by clicking the Mutual Friends tab next to the Mutual Servers tab.

### Server Members

Selecting server members means users who share a server with you can send you a friend request. Deselecting this means that you can only be added by someone with mutual friends as you.

**Note:** *Friends of Friends and Server members can be both selected or deselected, allowing you to customize what ways you are willing to receive friend requests. If you only want to add friends you want to choose, you can deselect all three options, and not receive ANY requests.*

App Fact Sheets available from  
the Carly Ryan Foundation. Please email:  
[info@carlyryanfoundation.com](mailto:info@carlyryanfoundation.com)





## Mindfulness

As a psychiatrist working with young parents, it became clear that one of the most important jobs I had was to find ways to help people connect with each other when emotions were running high. So often in my own conversations with them, I would see how well a parent could bring wisdom and clarity to challenging situations that were going on in relationships with their partner or children. But I also saw that there were times when, away from our sessions and in the heat of the moment, they would be unable to think clearly or would be triggered into lashing out in anger.

What was also clear was that the more often these painful experiences of disconnection occurred, the more likely it was that they would recur. This is no accident. It relates to a process called *neuroplasticity*, a term which refers to the way the brain is always reshaping and rewiring itself according to how we think and behave.

We now know that in the first two years of life, before language skills are present, memories of difficult experiences are laid down in what is called *implicit memory*. These memories are not attached to a logical story line - that can only happen when children have language skills and can make meaning of their experience.

For young babies, tiredness, hunger and physical discomfort are often the reasons they become distressed. But what is less well recognised, is that babies are hardwired to detect emotional disconnection and are powerfully caught up in the emotional reactions of those around them. Decades ago, Ed Tronick, a professor of child psychology, demonstrated this in what is now called the “still face experiment” which you can [see here in a short video](#).

As humans we retain a lifelong sensitivity to the emotions of those around us.

When we are triggered into strong reactions of anger, fear, or shame, emotions are amplified by their connections to parts of the brain that store *implicit* memories. This is why, even in relationships with people we know well and trust, from time to time, confusing and distressing disconnections are inevitable.

So, what can be done about this very human vulnerability?

Well, we can take advantage of the process of neuroplasticity and use mindfulness practices to build stronger connections between our more primitive centres of emotion and the more highly developed higher centres of our brain which are capable of clear seeing and flexibility.

The way this is done however, is not intuitive. Left to its own devices, when we are feeling out of our comfort zone, our brains usually direct us into either distraction or unhelpful behaviours like over eating. Mindfulness practices have been shown to powerfully harness the brain's capacity to rewire itself. However, when most people think of mindfulness, they imagine sitting quietly and following a guided meditation, or trying to bring a more focussed awareness to simple activities such as eating a meal. While this can be helpful, it doesn't really tackle the challenge of what happens when the brain gets hijacked by strong emotion.

To bring about this sort of radical change, we need to find ways to expose ourselves to the very situations that trigger us, but in ways that we can actively recruit the parts of our brain which enable us to remain steady and wise.

Imagination is a powerful way to start this process. The way our brains work, is that even imagining a particular situation, activates areas of the brain that are brought into action when the activity is actually happening.

When doing this exercise, it is important to not take on anything too distressing and set yourself a fixed period of time – only a few minutes. Getting overwhelmed with emotion is not the aim.

Let's say that you want to develop the capacity to not react with anger when your children are arguing. Choose a time when you will not be interrupted. Sitting or lying down, bring yourself into the moment by connecting as best you can to sounds around you or to sensations in your body. When you are feeling a sense of calm, bring to mind a recent memory of when the children were fighting and you became angry. You don't need to dwell on the image, just connect with it for as long as it takes for you to feel a bit caught up. Can you feel the reaction in your body? Where is it located? Use this spot as an anchor to gently redirect your attention to, away from the image and any intrusive thoughts.

Gently but firmly, again and again, redirect the focus of your attention in this way. This is a bit like working out in the gym. If you use this way of getting into the driver's seat of your brain and setting small challenges of reconnecting to challenging situations, it won't take long before you begin to feel a greater sense of being grounded when difficult situations arise.

Next time difficult situation arises, with greater awareness of what is happening, slow down the speed at which you talk. Soften your voice tone and talk more quietly. All of these shifts will influence not only your bodily systems, but also those of the people around you.



**AUTHOR**

**Diana Korevaar**

Diana has worked as a perinatal psychiatrist for over 20 years. She has specialised in mindfulness training, the management of trauma and teaching methods of building emotional resilience. She wrote a book on how to use mindfulness techniques in parenting and relationships ("Mindfulness for Mums and Dads) and she was recently a therapist in a Melbourne research trial using psilocybin assisted psychotherapy for treatment resistant depression.

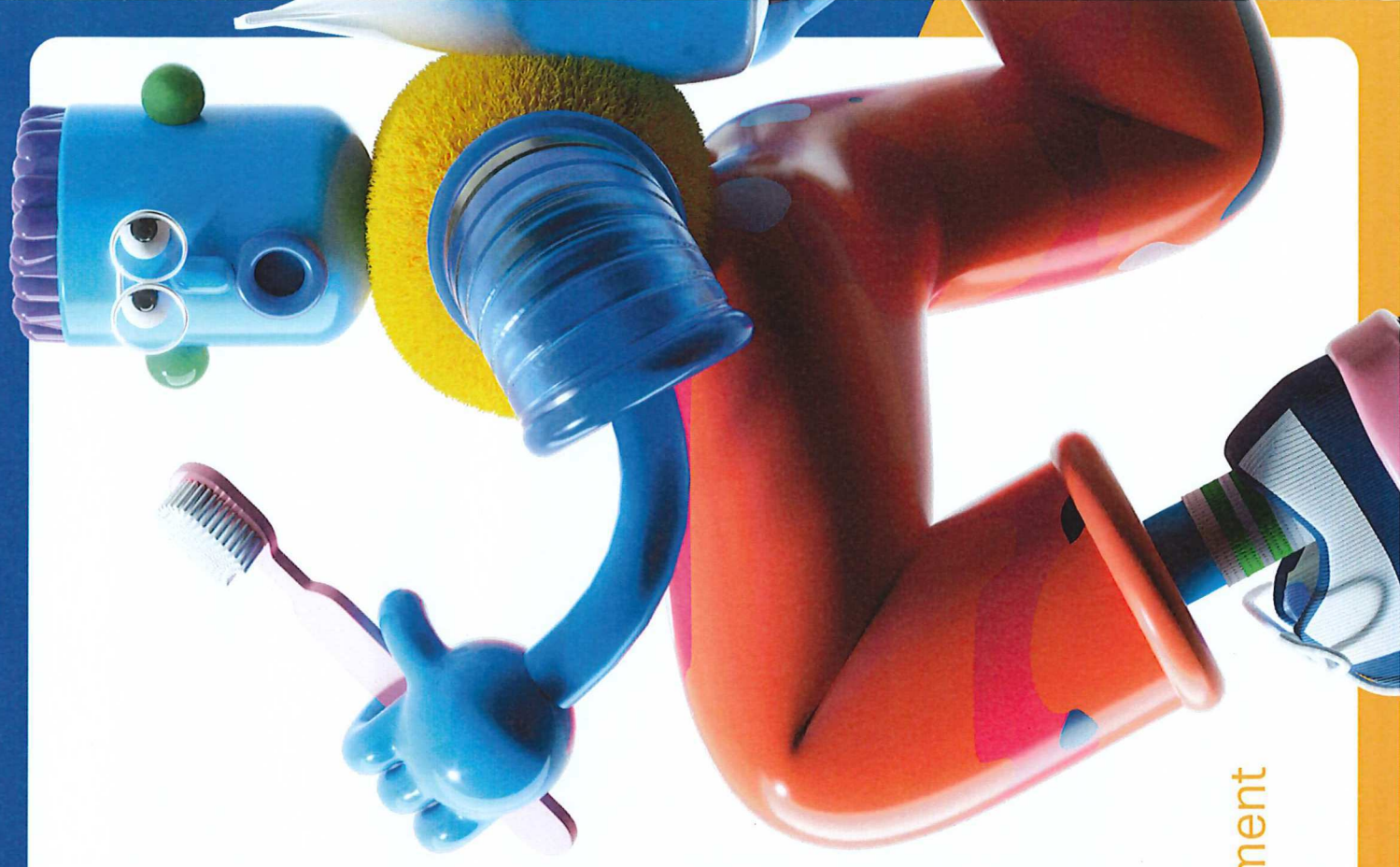


Your child's dental health is important to their overall health and wellbeing.

All children from 0-18 years are welcome to attend SA Dental. There are no out-of-pocket costs for most families. Book an appointment today!

To find your closest SA Dental clinic, visit [www.dental.sa.gov.au/find-a-clinic](http://www.dental.sa.gov.au/find-a-clinic)

To request an appointment, visit [www.dental.sa.gov.au/kids/request-an-appointment](http://www.dental.sa.gov.au/kids/request-an-appointment)



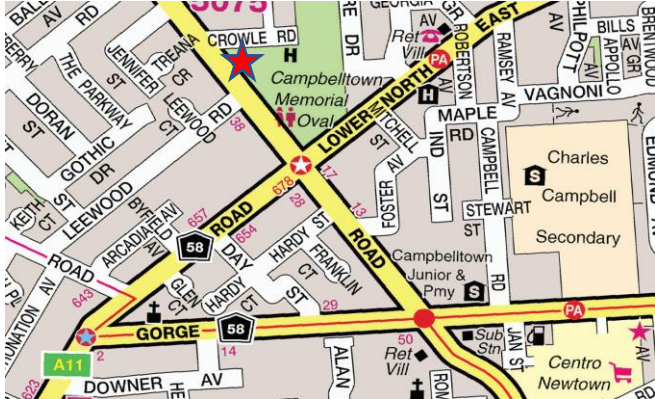


A place to bring your broken items and sit with skilled volunteers as they repair them.

**The 2<sup>nd</sup> Sunday of every month**  
**\*Excluding May and December**  
**9.30am – 2pm**

Note: Last registration of items 1.30pm

**Campbelltown Memorial Oval,**  
*Corner Lower North East Rd & Darley Rd, Paradise*



**Potential Repairs Available:**

- Textiles/Clothing/Darning
- Wooden
- Tool sharpening
- Mechanical/Bicycles
- Jewellery
- Software repairs
- Locks/Safes
- Electrical

**Please ensure that your items are clean**  
**Cash donations appreciated** - to keep the  
Repair Café operating

**For session info updates, more information or to  
get involved:**

Email: [rccampbelltownsa@gmail.com](mailto:rccampbelltownsa@gmail.com)

 **Repair Café Campbelltown-SA**

 **rccampbelltownsa**

 **Eventbrite**



*This is a community run initiative auspiced by Sustainable Communities & proudly supported by  
Campbelltown Council’s Community Grants Program.*