

STRADBROKE SCHOOL NEWSLETTER

73 Koonga Avenue, Rostrevor, SA 5073

Principal: Tanya Scanlan

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Excellence and Achievement in a Supportive School Environment

30 NOVEMBER 2023

DIARY DATES

2023			
DE	CEMBER		
Friday 1	RRHAN-EC + Volunteer Site Induction Training 9.30am Assembly hosted by F4 and K2.		
Wednesday 6	6pm JP Sing along and Sausage Sizzle Fundraiser: Koonga Quad & Rehn Hall		
Thursday 7 & Friday 8	Year 6 Transition Visits to 2024 Secondary Schools		
Friday 8	Assembly Hosted by OU2 and K1 1.45pm Orientation Visits for new students commencing in Year 1 to 6 in 2024		
Monday 11	Year 6 Graduation		
Wednesday 13	Meet 2024 Teacher Semester 2 School Reports sent home		
Friday 15	End of Term 4Casual Clothes DayAssembly hosted by Student Leaders		
	bject to change/cancellation		

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

2024 TERM DATES

Term 1: Mon 29 Jan - Fri 12 April

Term 2: Mon 29 April – Fri 5 July

Term 3: Mon 22 July - Fri 27 Sept

Term 4: Mon 14 Oct - Fri 13 Dec

JP SINGALONG & SAUSAGE SIZZLE 2023



The JP Staff and students warmly invite you to our end of year Christmas singalong.

Date: Wednesday 6 December 2023

Venue: Sausage Sizzle from 5pm – 6pm Koonga Quad Singing from 6pm – 7pm in Rehn Hall. Entertainment: Your children.

(There will be a box for gold coin donations to support the nominated charity)

JP Singalong Kindy Sausage Sizzle Fundraiser



Rostrevor Kindergarten will be having a fundraising sausage sizzle from 5pm on Wednesday 6 December.

You are invited to come and grab a bite to eat, something to drink and support our local kindy before the Concert.

Price List

Veggie Burger: \$3.50

Sausage in Bread with Onions: \$3.50

Cans of Soft Drink: \$2

Fruit Boxes: \$1

Accepted payment types: Cash and EFTPOS. Funds raised will support Rostrevor Kindergarten.







PRIMARY SPORTS DAY

On Thursday 16 November, Stradbroke School held the Year 3-6 Primary Sports Day.

The day commenced with Tanya Scanlan welcoming everybody, before the house captains led their teams through the cheer chants and health hustle. Full of energy, students then joined their classes in a variety of sports and activities throughout the day where excellent participation, sportsmanship, teamwork and resilience were displayed.

It was fantastic to see so many students enjoying the day and being active, however we could only have one winner.

Congratulations to **LEABROOK** and thank you to everybody that made Sports Day possible.















WOODHOUSE – SENIOR LEADERS DAY

Last week, the senior leaders took part in an excursion to Woodhouse.

We were there to celebrate finishing the year and completing our wellbeing WEC data analysis.

It was a very long drive on the bus as we had to collect the other schools' students who would be participating with us. At Woodhouse we were split into two groups to do the activities.

The first group went to Challenge Hill while the other group went on the tube slides. The group that was doing Challenge Hill got quite wet. The other group was having the time of their lives going down the water slides in tubes. The first group then rotated and went on the tube slides and they got pretty wet from the sprinklers.

A big thank you to Michelle and the leadership team from the partnership schools for organising this wonderful event.

By Mimi and Trinity





FR1 -

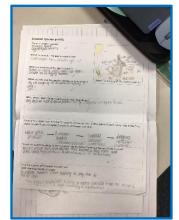
This term, FR1 has been focusing on our science Unit of Inquiry, "Follow that Food".

Our Year 3s went on a Zoo Snooze, and our Year 4s went on a food trail excursion at the Botanic Gardens.

These were great fun for us, and we were ready to take on our final research assignment on invasive species.

First step was to choose an invasive species in Australia. Next, we had to watch BTN News articles and read information from LOTS of websites to make sure we knew all about the species. Then we changed the information into our own words. We used Canva to create a poster about our chosen invasive species.

Most people we asked liked this research assignment because it involved a lot of fun things.





TRAFFIC MONITORS: TERM 4



Week 7	am	Sabrina L, Alec R, Yuchien L
	pm	Kiana V, Anna Y, Tomas G
Week 8	am	Katherine L, Annika B, Harry M
	pm	Bailey C, Abigail K, Zom J
Week 9	am	Elie R, Alannah S, Veronica E
	pm	Jack L, Deona J, Erika P

UMS SCHOOL UNIFORM Price Increase – 1 January 2024

We have recently received a letter from Uniform Management Services (UMS) advising us that despite extensive efforts to internally absorb as much of their increased costs as possible, it has been necessary to implement a price increase of 5% effective from the 1 January 2024.

FR4 – YEAR 3 SNOOZE AT THE ZOO

This term the Year 3's went for a sleepover at the Zoo.

This was to support our Unit of Inquiry 'Environmental Warriors'. Our focus was to look at how Adelaide Zoo helps protect endangered animals and reflect on how we can take action to help protect our environment too.

We had a special time, with the zoo all to ourselves when we went on a night walk and an early morning walk.

A big thank you to all the teachers and parent volunteers who looked after us on this exciting and memorable camp.

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We learned about endanged almost appearance and liet behaviour.

We learned almost the was the stand up. They're so oute.

Support zoo conservation programmes. Adopt an animal.

Plant more trees for animals to live in and as a food source. Limit building near native habitats.

Buy products that do not contain palm oil because it has a big impact on global deforestation.

Leave out water for birds and native animals.

Keep your cats indoors or in an enclosed garden.

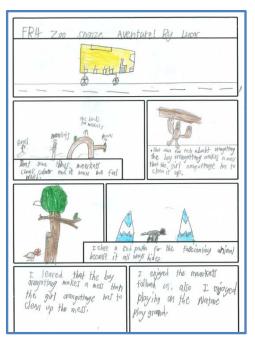
Don't waste water or food.

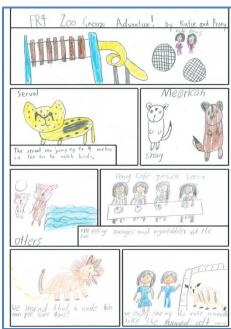


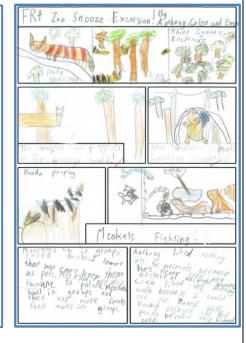
Pick up rubbish so the animals don't eat it and it doesn't go into our water ways.

Reduce pollution.

Recycle and re-use where possible







TRANSITION AT STRADBROKE SCHOOL

Stradbroke School has positive connections with a wide range of preschools, child care settings and high schools so that transition into Stradbroke school and onwards to high school is smooth. We aim for staff to be well informed and have an understanding of each students' learning needs. During Term 4, leaders and teachers find out important information about the learning dispositions and needs of the children and families who will be joining Reception.

At Year 6, teachers and leaders prepare information to share with high school leaders through site visits, parent meetings and telephone conversations. There are opportunities for families and children to visit Stradbroke School during the year for Principal's tours. New Reception students' are invited to participate in an orientation visit whilst parents receive information about starting school.

At the end of Term 4, Year 6 students have transition visits to their various high schools to familiarise themselves with their new environment and staff. Students with additional needs may have adjustments to their transition experience which includes additional visits, staff meetings with external specialists (eg speech pathologists and occupational therapists) and student learning plans created and shared.



YEAR 7 TRANSITION

7 & 8 DECEMBER 8.30am - 3.00pm

WHERE TO MEET

Arrive at 8.30am

- Middle Campus Students to enter via stairs in front of Red Building 7
- Girls Campus Students to arrive at Matilda Drive entrance

Your school day will end at 3.00pm

WHAT TO EXPECT

- Get to know your teachers and leaders through interactive activities
- Embrace the opportunity to make new friends
- Use and explore our State of the Art Facilities

WHAT TO BRING

- Wear your Primary School Uniform
- Bring pen and water bottle
- Recess will be provided
- BYO lunch or shop from our canteen (menu on RMSC website)

ANY QUESTIONS

Call us on **8161 4600** or email dl.1902.info@schools.sa.edu.au

OSHC- SUMMER 2023/2024

VACATION CARE

Book Now

Stradbroke School OSHC will be closed from

6:15pm on 22/12/2023 and will reopen at

7:00am on 8/1/2024

Bookings can be made online:

https://kidszone.fullybookedccms.com.au/family/login

CANTEEN NEWS

CANTEEN CLOSED - Friday 15 December



Please note that the Canteen will be closed on the last day of term (Friday 15 December) for stocktake and cleaning and therefore no Lunch Orders will be provided to students.

QKR MENU

As we move towards the end of the school year, we start to deplete our stock in the canteen.

As this happens we will be limiting the item available on Qkr so they are not available to select for lunch.

If the item you would like to purchase is not showing, please select another item.

We are no longer selling wedges and fish/wedges packs.

MENU FOR LAST TWO WEEKS OF SCHOOL

Christmas Rolls: Hot turkey <u>OR</u> ham rolls with cheese and cranberry sauce/gravy/kewpie mayo from \$5 (depending on the additional sauces). Order via Qkr daily during weeks 8 and 9.

Chocolate Marshmallow Santas \$1. Available for purchase over the counter at recess and lunch during weeks 8 and 9.

VOLUNTEERS

If anyone is available to help on **Thursday 14 December**, please let me know.

Kate Majewski Canteen Manager

LIBRARY NEWS

LIBRARY RETURNS

The Stradbroke library is closed for borrowing and library books need to be returned for the end of the year. Accounts will be sent home for lost or damaged books.

If you find any readers or school property, please return them to a classroom. Instrumental books may be kept over the holidays (if you are continuing that instrument at Stradbroke in 2024).

Year 6 students- please make sure your cards are clear before you head off for your next adventure.

Thanks to all the Year 6 monitors for assisting with being library monitors in 2024.

PLEASE VOTE FOR L6

The Year 4 and 5 students of L6 have some artwork entered in 'Create4Adelaide'.



As part of our Unit of Inquiry: What a Disaster (How the World Works), we created collages based on 'The Bushfire Book: How To Be Aware and Prepare' written by P Marsden and illustrated by C Nixon.

Our artwork connected to the Create4Adelaide Priority #2 'Extreme Weather Events'.

Out of 1000s of artworks entered across the state, some of our amazing collages have been chosen for the final voting stage (congratulations Emmi and James).

Create4Adelaide is a year-long arts project that encourages young people to develop creative skills and address local climate change priorities.

Winning artworks will be on display as part of the Adelaide Festival in 2024.

To vote and see our artwork go to http://create4adelaide.au/vote/ Don't forget to click through to Priority #2. Voting closes Monday!

Tali, Bec and the Year 4 and 5s from L6

SUPPORTING YOUR CHILD WITH THE 2024 CLASS PLACEMENT

Included in this newsletter is an article from renowned psychologist Madhavi Nawana Parker, Managing Director of Positive Minds Australia, who talks about helping children to learn to cope with change, an important life skill.

Madhavi's main focus is on social and emotional literacy, resilience and mindset training. She notices strengths and capabilities and is an expert in getting young people back on track with their self-confidence, feelings and connections with family and friends. She also supports adults to improve their ability to manage stress, use a positive mindset and attend to their wellbeing. She has written many books and co-authored 'What's The Buzz' with Mark Le Messeurier.

2024 MATERIALS AND SERVICES CHARGE

Families recently participated in an online poll regarding the 2024 Materials and Services charge.

The results of the recent poll were in favour and therefore support the proposed 2024 Materials and Services charges approved by the Governing Council of \$483 for all year levels, Reception to Year 6.

Rebecca Waddingham Business Manager



SPORTS NEWS



Well done to the Stradbroke Eagles and Phoenix Basketball teams in making the Grand Final which will be played on Monday 4 December 2023.

Email <u>dl.0923.sports@schools.sa.edu.au</u> if you have any queries regarding Sport at Stradbroke.

BASKETBALL							
Year 2/3 Coach: Alice Castello Team Manager: Courtney Nicolas							
Stradbroke White	26 Def Trinity 14 Trojans						
Game Played:	Tuesc	day 21 N	lovember	•			
Stradbroke 20 Def Walky 27 White by Redbacks							
Game Played: Tuesday 28 November							

<u>Year 2/3</u>	Coach: Belinda Sykes Team Manage: Angela Jang						
Stradbroke	18 Def SJH Leopards 12						
Blue Dragons							
Game Played: Tuesday 21 November							

Stradbroke	8	Def	Trinity Titans	22
Blue Dragons		by		
C DI I. T		00 11-	and the same	

Game Played: Tuesday 28 November

	Coach: Leilani Mortal-Antezana Ieam Manager: Sarah O'Brien					
Stradbroke Blue	7 Def Norwood Blue 14					
Game Played: Tues	Game Played: Tuesday 21 November					
Stradbroke Blue 20 Def Pembroke 2/3 4 Gold						
Game Played: Tuesday 28 November						

	Coach: Michael Overmaat Team Manager: Kate Beerworth					
Stradbroke Kangaroos	20	Def	Paradise Pirates	19		
Game Played: Wed	Inesc	day 22 No	ovember			
Stradbroke Def Kangaroos						
Game Played: Wed	nesc	dav Nove	ember	•		

<u>Year 4/5</u>	Coach: Arthur Ang
	Team Manager: Jess Bui
-	

Stradbroke	30	Def	Vale Park Titans	16		
Warriors						
Game Played: Wednesday 22 November						
Stradbroke		Def				
Warriors						
Game Played: Wednesday November						

<u>Year 4/5</u>	Coach: Alexandra Pukallus Team Manager: Courtney Nicolas					
Stradbroke Stars	18 Def by SJH Monstars 25					
Game Played: Wed	dnes	day 22 N	ovember			

Stradbroke Stars		Def		
Game Played: Wedn		day Nov	ember	

<u>Year 4/5</u>	Coach: Julien Robert Team Manager: Roy Lee				
Stradbroke	41 Def Walky Kings 6				
Tigers					
Game Played: Wednesday 22 November					

Stradbroke Tigers	31	Def by	Athelstone Thunder	32		
rigers			monaei			
Game Played: Wednesday 29 November						

Year <u>5/6</u>	Coach: Matt Overstreet					
Stradbroke	31 Drew SPX Rockets					
Eagles						
Game Played: Monday 20 November						

Stradbroke	29	Def	EM Blazes	12		
Eagles						
Game Played: Monday 27 November						

<u>Year 5/6</u>		Coach: Maja Kruger Team Manager: Ruth Hock				
Stradbroke	27	Def	Ardtornish	23		
Phoenix			Rockets 5/6			
Game Plaved: Monday 20 November						

Stradbroke	34	Def	Pembroke 6	24		
Phoenix			Blue			
Game Played: Monday 27 November						

NETBALL

Primary: Dazzling Blues		Coach: Bianca Johnston Team Manager: Greg Johnston				
Stradbroke	22	Def	Charles	2		
Dazzling Blues			Campbell			
Game Played: Friday 17 November						

The Dazzling Blues played well as a team, encouraged each other throughout the game and found space on the court to be able to consistently move the ball down to our end, to score a whopping 22 goals.

Primary: Arctic	Coach: Hannah Bartlett				
<u>Wolves</u>	Team Manager: Giulia				
	Innamorati				
Stradbroke Arctic	1	Def by	St Joseph	10	
Wolves			Hectorville		
Game Played: Friday 17 November					

Stradbroke Arctic Wolves were defeated by St Jo Hectorville Power 10-1. Our only goal was shot by Hannah in what was a tough game. A good effort was put in by all players.

Stradbroke Arctic	8	Def	East Marden	4
Wolves			Rosellas	

Game Played: Friday 24 November

Stradbroke Arctic Wolves defeated East Marden Rosellas 8-4. Our defense was very strong all game allowing the Arctic wolves to power ahead with the win. A good game to watch.

Primary: The	Со	Coach: Anita Sebastiani			
<u>Royals</u>	Tec	Team Manager: Jackie Rice			
Stradbroke The	7	Def	Linden Park	6	
Royals					

Game Played: Friday 17 November

Captain: Catherine

What a game by the Royals! From multiple falls and injuries on the court to the last quarter score of 6 all. Finishing with less than a minute to go the Royals scored the winning goal and won! Royals showed determination and physical exertion to the end. Super proud of the girls!!

<u>Stradroke</u>	Coach: Melissa Danielse Team Manager: Carmen Allington					
Stradbroke Thundercats	2	Def by	East Para	23		
Game Played: Friday 17 November						
Our Thunderca	ts	showed	courage	and		
determination in a	uot k	gh game	e, we are so pr	oud		
of you all!						
Stradbroke	24	Def	St Joseph	4		
Thundercats			Payneham			
Game Played: Friday 24 November						
Captain: Devona Woohoo! Our first win of the						
season, congratul	season, congratulations Thundercats!					

Sub Junior:	C	Coach: Mel Carter				
Stradbroke Tigers	Te	Team Manager: Kieta				
	C	Campbell				
Stradbroke Tigers	5	Def by	Dernancourt	7		
			Diamonds			
Game Played: Friday 17 November						

After a couple of weeks off due to a bye and weather, we were excited to hit the court again. We faced a much taller team which presented some challenges to our passing, but to our credit we stayed with them throughout the whole game. Mae, Ivy and Eliza all had brilliant games in the mid court.

Stradbroke Tigers	4	Def by	St Joseph	11
			Memorial	

Game Played: Friday 24 November

This week we put some new techniques into practice which the whole team applied brilliantly. We were in front for most of the first half but unfortunately our opponents got a good run in the last quarter. Thank you to Chloe from the Allstars for filling in at short notice, and well done to Leah, Maple, Mae and Chelsea who all had great games.

Sub Junior:	Coach: Melissa Danielse			
<u>Stradroke</u>	Team Manager: Carmen			
<u>Thundercats</u>	Allington			
Stradbroke	2	Def by	East Para	23
Thundercats				
Game Played: Friday 17 November				
Captain: Deona J Our Thundercats showed				
courage and determination in a tough game, we				
are so proud of you all!				
Stradbroke		Def		
Thundercats				
Game Played: Friday November				









Childrens Programs (Ages 3-12)

Children under the age of 12 must be supervised by an adult guardian at all times. Unattended children will be reported to relevant authorities.

Bookings which go over the Christmas break will be open for 3 weeks. All other bookings are open for 2 weeks.

Bookings to be done via Humanitix - events.humanitix.com/host/campbelltown-library-sa

Summer Reading Club

Saturday 16 Dec - Thursday 25 Jan

Prizes for reading books? YES! Prizes for writing book reviews? YES!!! Collect a Reading Log & Book Brag or download them from our website.

Ages: Primary | FREE | Bookings Essential

Santa Craft **

Monday 18 Dec 10.30-11.30am

Create a wooden tabletop decoration with glitter, paint and glue!
Library Meeting Room
Ages: Primary | FREE | Bookings Essential



Sew a Gingerbread Man 🔏

Tuesday 19 Dec 10.30am-11.30am

A great activity for first time sewers! Make a Christmas ornament. Library Meeting Room Ages 8-12 | FREE | Bookings Essential

G rated Christmas Movie

Wednesday 20 Dec 1pm-3pm

A classic story, animated and starring a grouchy green bad guy. Library Meeting Room All Ages | FREE | Bookings Essential

Illusions Walk

All of January

Take a look at our optical illusions display. Ages: Primary | FREE | Drop in

PG Rated Movie

Wednesday 3 Jan 1pm-3pm

An animated classic Chinese Mythology story. Library Meeting Room All Ages | FREE | Bookings Essential







Childrens Programs (Ages 3-12)... continued

To register scan the QR code or go to Bookings: https://events.humanitix.com/host/campbelltown-library-sa

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- Ticket prices do not include ticketing fee or GST.



Boxed Escape! **

Thursday 4 Jan

11am-12pm Ages 8-10 12.30pm-1.30pm Ages 11-13 Escape Room meets a puzzle box in this facilitated activity. Library Meeting Room \$5 | Bookings Essential

Aboriginal Ancient Knowledge of our Universe, Galaxy & Solar System ♥ Friday 5 Jan 11am-12pm

Join Indigenous leader Uncle Ivan for a tour of the stars with storytelling. Library Meeting Room Ages: Junior Primary | FREE | Bookings

Cardboard Creations

Essential

6-8 Jan, Sat 9.30-1.30pm, Sun 1-4.30pm & Mon 10am-2pm

Come and create with cardboard! Free play fun.

Library Meeting Room All Ages | FREE | Drop In

Shadow Puppet Theatre - DIY **

Tuesday 9 Jan 12.30-1.30 & 1.30-2pm for the show.

Each little person will collect some shadow puppets to create their own show with their very own theatre to decorate and take home. Library Meeting Room Ages 6-10 | FREE | Bookings Essential

PG Rated Movie

Wednesday 10 Jan 1pm-3pm

A kraken good time! An animated new release movie. Library Meeting Room All Ages | FREE | Bookings Essential

Fantastic Bubble Show **



Colourful, scientific, incredible BUBBLES! Library Children's Area All Ages | \$5 | Bookings Essential









Childrens Programs (Ages 3-12)... continued

DIY Wooden Bee model **



Friday 12 Jan 10am OR 12.30pm

Construct a delicate wooden bee model with patience.

Library Meeting Room Ages 8-12 | \$5 | Bookings Essential

Crafternoon

Monday 15 Jan 2pm-4pm

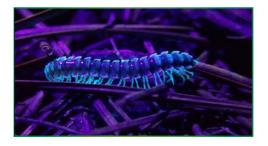
A favourite at Campbelltown! All sorts of crafts to try. Library Meeting Room & Children's Area All Ages | FREE | Drop In

Digital Drawing **



Friday 19 Jan 11:30am-12.30pm

Try a drawing tablet and the free software Krita to explore the fun of digital drawing. Library IT Suite | BYO USB Ages 9-13 | FREE | Bookings Essential

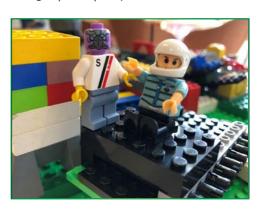


Lego Lounge

19-21 Jan, Fri 9.30am-5pm, Sat 9.30-1.30pm & Sun 1pm-4.30pm

Lego all weekend long! Duplo for the little ones.

Library Meeting Room All Ages | FREE | Drop In



Colours We Can't See -Science Show! **

Monday 22 Jan 11am-12pm

This exciting show will use technology so the audience can "see" extra colours beyond both ends of the visible spectrum! Children's Area All Ages | \$5 | Bookings Essential





Youth Programs (Ages 12+)

Bath Bomb Making

Mon 18 Dec and Mon 8 Jan, 2pm-3.30pm

Make your own bath bombs! Library Makerspace 12-16 | FREE | Bookings Essential

Paper Sculptures

Tuesday 2 Jan 11am-12.30pm

Learn how to make a paper sculpture from templates provided, see what you can make with the makerspace cricut machine. Library Makerspace

Library Makerspace

Ages 13-17 | \$5 | Bookings Essential

Pizza & Games

Friday 12 Jan 5pm-7.30pm

PS5, Switch, Board Games and more! Library Lounge 12-16 | FREE | Bookings Essential



Tie Dye

Tuesday 16 Jan 2pm-3.30pm

BYO white tshirt and make it white no more! Library Meeting Room 12-16 | FREE | Bookings Essential

Murder Mystery Night

Tuesday 23 Jan 5.45pm-7.45pm

Book quickly to choose your character! Creative dress encouraged. Library Lounge

Ages 12-16 | FREE | Bookings Essential





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SUPPORTING YOUR CHILD WITH 2024 CLASS PLACEMENT

Worried about your child's class placement in 2024? It's perfectly natural to have a preference for a particular teacher and normal to feel worried or disappointed if they don't get them.

A child's emotional adjustment to leaving this year's teacher and preparing for next year's teacher is interconnected with your feelings about it.

Here are loads of ways you can help make the transition smoother for your child if you or they didn't get the news you were hoping for.

- * Hear out your child's feelings but try and avoid fixing their feelings by adding your own feelings, judgements and solutions. Feelings need to come out, be present and move through. They don't have to be excited about the teacher they got, to learn from that teacher in the long run. The feelings you see in that initial moment aren't necessarily reflective of how they will feel long term especially if you don't react with them. Humans need time to process change. When news is fresh, we can go through many feelings of resistance and uncertainty. That doesn't mean that what's coming is necessarily bad. You can gently say something like, 'you really wanted X, so of course you're disappointed. I understand. We can talk more after a cuddle/ play/ hot chocolate'. (Basically, you want to avoid talking while their logical brain is switched off and emotions are high). Listening calmly and quietly is golden.
- * Avoid looking upset about the placement in front of your child. If they are upset, they will naturally look to you to help them feel better. This doesn't mean you have to fake being excited if you're not (they'll see through that) but it does mean you do your very best to be calm, confident and if you can't be hopeful, try and be neutral. Children need us as an emotional compass when they experience uncomfortable feelings.
- * Before you go in to pick them up on the day they receive their placement, remind yourself to try and trust the process. There are multiple layers to how class placements are allocated that couldn't possibly be explained completely. School leaders and staff put in huge amounts of thought into student personalities, learning styles, teaching styles, class size, who asked to have who in their class and much more that is happening behind the scenes we're not aware of.
- * Schools genuinely do their best with this decision. If you're upset, it's possible they are too but when weighing everything up, had no other direction to turn. Supporting your child's teachers and school is a crucial part of your child's psychological and academic success there.
- * Your reaction to next year's teacher news is hugely important to your child. Your confidence, hopefulness and regulated emotion is crucial. If you're not happy, try and keep these feelings in the back ground and discuss them privately with another adult. Children are too young to take on their parent's worries. If there is a genuine problem, take logical action without involving your child in the stress associated with it.
- * Your child's emotional connection to and respect for their teacher and school is deeply connected with your connection to and respect for their teacher and school.
- * Children learn, grow and strengthen in resilience by being with a broad range of personalities and communication styles. When things are unrealistically perfect and easy, they can get stuck in their comfort zone. To build confidence for later on in life, you need to experience a broad range of peers and situations and discover that through talking about feelings, asking for help, establishing boundaries and building your social emotional skills, you can handle a lot of what life has in store. Be there to hear their thoughts and feelings out, but above all show you have confidence in your child to get through. If situations are dangerous, toxic or damaging your child's learning and psychological health, always talk to school staff and if necessary, other experts to ask for and seek help. Seek out the support of a health professional too if necessary. On the surface, do your best as your child's most important adult and leader to show your confidence that your child will be safe and cared for, always.
- * Do something heart-warming and compassionate for yourself. If you're upset and stressed it's not because you're weak or incapable. It's because our children hold our hearts and when they hurt, we hurt. You need to look after yourself first and foremost.

The advice above is general and based on general child development, resilience and confidence research. It is written with the very best intention to help you. Without knowing your individual circumstances it's not intended to replace your expertise as a parent or the expertise of educators and health professionals. Always seek tailored expert advice if you feel your child's physical or psychological health is at risk in any way.

Wishing you all the very best with class placement news if you live in the Southern Hemisphere. Hang in there beautiful parents.



xx Madhavi Nawana Parker