



STRATHMERTON
PRIMARY SCHOOL

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SUPPORT EACH
OTHER



TRY YOUR
BEST



ACT
SAFELY



RESPECT

Newsletter No.20
July 15th 2021

2021 Dates to Remember

- ⇒ **Wednesday 21st July**
Grade 6 visit to Cobram Secondary College
- ⇒ **Friday 30th July**
Lightning Premiership at Yarrowonga

Wellbeing Words of Wisdom

Mindfulness has become a buzzword for good reason because it has so many benefits. It is low cost, can be practiced anywhere, and only requires your time and consistency.

It takes dedication and time like any new habit. Where should you start? Should you implement a daily meditation session, mindful eating, mindful exercise, or mindful walking?

Start this week by noticing 3 things you are grateful for; mine would be;

1. I am reading a great book.
2. I have so many new students, staff and families to learn from.
3. My kids are back to school.

Please remember that I am also available for families to chat to. Please introduce yourself to me and know there is always a safe space for you here.

Blessings,

Tam Perry

School Chaplain

Breakfast Club every Friday Morning at 8.30am.
Great Job ladies and helpers DONATIONS: Hot chocolate, Juice, Margarine & Strawberry Jam
BREAKFAST CLUB on again this Friday.



From the Principal's Desk

Welcome back everyone to the start of Term Three. Great to see all the students looking refreshed and ready to tackle their studies.

Just a COVID-safe reminder, that all parents/carers are to check-in using the QR codes at the entrance, and to also ensure that they wear a mask. We would also ask that all parents/carers check in at the office via the front entrance and not just visit classrooms unannounced.

QUEST THEME

This term our Quest theme will centre around the Olympic Games in Tokyo, with a particular focus on the countries of the world. As a 'front loading' activity to generate interest and enthusiasm, we intend to hold our own Olympics' **Opening Ceremony** on Friday 23rd July. On that day we will put all the students into groups representing different competing countries. They will work as a team to create a large flag of their country, then march around our oval, before participating in a number of novelty 'Olympic' events. Unfortunately, I don't think we can have parents/carers attend because of the current restrictions, however if those restrictions ease, allowing you to attend, I'll let you know. **Over the following weeks we would love to introduce the students to some 'guest' speakers who were born, or who have lived in another country, and can share their experiences about the way of life there. If you know of someone who might like to talk to groups of students, please let me know.**

SCHOOL REFURBISHMENT

Whilst the actual school rebuild hasn't commenced as yet, there is a great deal of work going on behind the scenes, to prepare for a commencement of works, hopefully over the Christmas vacation. I meet with the project manager and architects via Webex each week to discuss progress. However, during the second week of this last holiday, the project manager, architects and a school planning team consisting of Lisa Bramich, Kristi Cleary, Leanne Bramich, Kylee Lee-Madgwick and I, actually met onsite and the architects provided us with some initial concept plans. We were really excited by these concepts, as they show a very modern, impressive entrance that will transform the look of the school.

The renovations will take place in two stages, with half the school being completed before the other half. During each stage, some classes will need to be relocated to other teaching spaces, such as the Art room, portable, library, with the staffroom and offices temporarily relocated to the hall.

PE SESSIONS

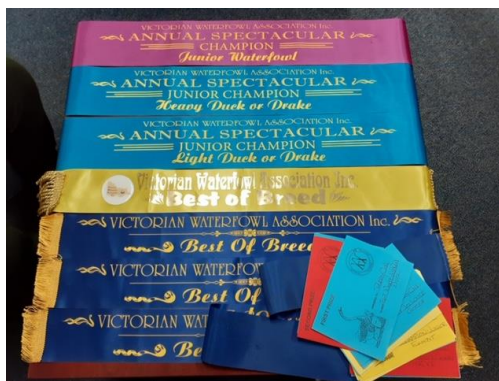
Just reminding parents/carers that all our weekly PE sessions are now conducted by Skillzone, as Mr Mills has other priorities that take all his time. Curtis took his first PE sessions today and they went well, with the students participating in lots of activities.

THE PERRY FAMILY

Last weekend, the Perry family children (Shev, Owen and Rhoven) entered their prize ducks and geese in the annual Victorian Waterfowl Association show held in Shepparton. They virtually won every category awarded for ducks and geese entered in the Junior division. Well done kids. (Have a look at the photo of all the ribbons they won).

Geoff Weppner

Principal.





Mindfulness

Mindfulness is a proven technique used to reduce stress, improve mental health and help people cope with tough times.

What is mindfulness?

Mindfulness involves training our attention and attitude.

Being mindful means awareness of your own moment-to-moment internal and external experiences, with gentleness and acceptance and without judgment. It's a state of being that encourages us to slow down, focus on the present, accept things as they are, and act with discernment. When we do this, we're less distracted by thoughts of the future and the past, which can often make us worry and stop us from enjoying the present moment.

What does it mean to be unmindful?

To better understand what it means to be mindful, it helps to understand what it means to be 'unmindful'. When we're inattentive, distracted and disengaged from the present moment, the mind habitually and unconsciously slips into what's called 'default mode' – we're physically doing one thing but the mind is somewhere else. For example, someone might be speaking to us, but we're not listening, or we might be reading a book but not taking in the words on the page.

Much default mental activity involves things such as worry or rumination about the past and future, which is one of the main reasons there's so much default mental activity in states like anxiety and depression.

Mindfulness is very simple

It's a practical way to notice thoughts, physical sensations, sights, sounds, smells, or anything that you might not normally notice. The moment we re-engage attention with the present moment, we switch off default mode. It gets us back on task, helps the body to relax, and helps us to respond to the moment. Despite this simplicity, mindfulness doesn't come easily to us.

You've probably noticed that children and young people are much better at being mindful – it's natural to them. While we might be hurrying them to get to school on time, they'll stop to look at butterflies, flowers or bugs and be immersed in that moment, with no worries about the past or future. As adults, however, we're often thinking about what we need to do next or what we wish we'd done differently.

Read about how you can practise mindfulness [here](#).

Mindfulness takes practice

Mindfulness is about learning to make a conscious and discerning choice where our attention lies, rather than allowing it to be dominated by concerns which take us away from experiencing the present moment. It allows us to stay open, curious and flexible about the moment that we're in.

What are the benefits?

Mindfulness is a proven technique to support your mental health and wellbeing.

Research has found that mindfulness can help you feel calmer, bring clarity and enhance your creativity and awareness. Other benefits, include:

- reduced rumination (continuously thinking about upsetting situations and things)
- reduced stress, including occupational stress, anxiety and depression
- improved focus and working memory (being able to recall and use relevant information)
- improved health through better immune function (resistance to disease) and slower ageing
- increased self-awareness, social awareness and self-confidence
- greater emotional intelligence, compassion (to self and others) and prosocial behaviours
- better and more flexible problem-solving abilities
- stimulating new connections and cell growth in the brain
- better resilience and coping with pain and life challenges.

Why should educators practise mindfulness?

Educators who adopt a mindfulness practice bring a present-moment awareness into the classroom.

The modern world is full of distraction and disconnection for children and young people through the overuse and misuse of technology and social media. Mindfulness, on the other hand,

naturally translates to supporting children and young people's wellbeing and increasing connection.

Educators can positively influence wellbeing and learning by understanding, modelling and embedding mindfulness principles within learning communities.

Gently redirecting children and young people to the present moment and self-awareness benefits them by:

- improving resilience (building skills to cope better with stress)
- increasing their ability to self-regulate emotions through breathing and other grounding techniques, especially difficult emotions such as fear and anger
- improving empathy (their ability to understand how another person is feeling, which helps them to build positive relationships) and prosocial behaviours
- supporting learning and academic performance, including reducing exam anxiety.

By practising mindfulness, you can support your own wellbeing and that of the whole learning community.

References

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