



St Oliver's Primary School

# Newsletter

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Term 1 , Week 11

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6th April 2017

## DATES TO REMEMBER

April

**Friday, 7th**

Easter Raffle drawn @ 2:00pm

Last Day of Term 1

**Monday, 24th**

First Day of Term 2

Easter Liturgy followed by Easter Hat Parade

**Tuesday, 25th**

ANZAC Day - public holiday

**Wednesday, 26th**

ANZAC Day liturgy

St Oliver's Staff would like to wish you a happy safe holiday.

Easter Raffle will be drawn at 2:00pm on Friday, 7th April.

Thank you for your support.



“Unbind him, let him go free’ (John : 44)

On Sunday we were reminded of the Humility which Mary has and the empathy in which Jesus displays in his weeping.

Compassion is a value which we at St Oliver's emphasise within our children as learners and as an act of Mercy.

When listening or witnessing another's pain and suffering Jesus teaches us that wanting to do something about it is the first step towards bringing comfort to another.

This week you might like to pray and give thanks for the 'Gift of Life'.

### **Fifth Week of Lent**

The fifth week of Lent is here and we prepare for the Passion this coming Sunday. You will encounter the carrying of branches and the unity of all people who welcome Jesus on Sunday.

### **School Break is Upon us**

This Friday we break from school after a tremendous term of learning. You have accomplished so much through your good works.

Thank you for your kind contributions to Project Compassion. Your almsgiving has been generous and has shown your love for your neighbours.

We thank God that through the water of Baptism you may be renewed this Easter.



God bless

**Anthony Matthews**

**Religious Education Coordinator.**

# Focus On Learning



## Wellbeing tips for primary school kids

By Dr Jodi Richardson

*It's time for parents to have a clear understanding of wellbeing and how we can support our kids to cultivate their own.* Wellbeing – it's a word we hear a lot these days. We understand that it's important for our kids; but it's not always clear exactly what it is, how we know if they've got it, and how we can help them to get more!

Put simply, our kids' wellbeing is a combination of their physical, mental, emotional and social health. And because a range of different elements contribute to their wellbeing, there are a bunch of activities we can do with them, role model for them and teach them, to improve it.

Developing wellbeing is more than ensuring the absence of ill-health, it's about taking action to adopt thinking and behaviour patterns that researchers have shown to foster flourishing physical and mental health.

Here are some practices that you can put into action to enhance your kids' wellbeing:

### **Get them outside and moving**

There's so much we can do! Park further from school at drop off and pick up and increase their daily exercise at the same time; stay a while after school to let the kids play; stop at the park on the way home or head outside after bags are unpacked and have a bounce on the trampoline.

### **Create plenty of opportunities for your kids to foster positive connections with their friends, family and of course with you!**

Positive social relationships not only enhance kids' wellbeing, but are key to their future wellbeing as adults as well. Time spent with friends helps our kids to develop social skills including sharing, compromise, listening and conflict resolution.

### **Keep screen time to a minimum**

Kids love screens, but we're the parents and we can work with our kids to create clear and consistent limits. Kids aged 2-5 are recommended to have one hour of screen time per day and two hours a day max for 5-12-year-olds.

### **Help your kids develop mindfulness skills**

Mindfulness is about paying attention in the present moment, letting thoughts come and go without getting caught up in them. Sounds easy, but like any skill it takes time and practice. It gives kids' overstimulated minds a rest! I highly recommend the **Smiling Mind app** for age appropriate mindfulness meditations.

### **Last but not least – ensure your kids get ample sleep**

Primary school kids need 10-12 hours per day. Often, what helps enormously is establishing clear and consistent routines including no screen time one hour before bed, a 'wind-down' routine which may include a bath/shower, being read a book and then quiet reading before lights out.

Taken from <http://parentingideasschools.com.au/>

**Mrs Kathryn Newman / Assistant Principal**