From the desk of the Principal …….

Hi Everyone

The end of term 1 is upon us and I trust that those of you who are taking a break from your work or normal routine have a safe and restful break. We live in a wonderful part of the world and have a wonderful community surrounding us. Whether you are staying around home or travelling, make sure that you take time to ‘recharge’ the batteries’ doing things your like. Choose Respect, which is spoken about regularly in our school. To me we all need to choose to respect ourselves and to respect others. I look forward to seeing as many people as possible at our Thursday Assembly or else at our brief ANZAC Assembly on Friday.

Coffee Chaos
I knew it would rain last Friday! The Admin had planned to host a parent coffee morning in the refurbished Year 7 area but wet weather precluded this from happening. About 30 mums joined the Admin team in the old undercover area. I would like to thank everyone who came along and gave feedback about the school. We hope to continue this initiative next term.

 Stranger Danger Update
I haven’t received any further reports from the community about any incidents of people being followed by vehicles. If you do have anything to report I suggest you contact Constable Bainbridge on 9430 1187 immediately.

ANZAC Day Ceremony 19 April
Please come along and support our students as we commemorate the spirit of ANZAC on Friday afternoon. Everyone is welcome.

Perth Music Agency
This is a privately run music school offering tuition in a range of instruments. Fees are charged on an individual or if demand exists on a group basis. If there is sufficient interest and subject to space, lessons may be provided after school with the school providing a venue for tuition. To find out more either have a look at the noticeboard, go to: http://perthmusicagency.com.au/ or ring 0478 969130. Please note that this tuition is independent of the school and its own musical programs

Stephen Wells
Principal

ANZAC DAY ASSEMBLY
FRIDAY 19 APRIL 2013 @ 2:15PM

Can all students please bring a flower (on a stem) on Friday morning, 19 April so each class can create a bouquet/wreath to lay at the foot of the Australian Flag as part of our ANZAC Ceremony.

“LEST WE FORGET”

NEW TEAM MEMBER JOINS ICT
Sanuja from room 10 has joined the ICT team for 2013. Congratulations Sanuja on your election to the team!!

VIRTUE OF THE MONTH - JUSTICE
WHY PARACTICE JUSTICE
Without justice, people get away with hurting or taking advantage of others, and keep on doing it. Without justice, the world can be a cruel and dangerous place. People are judged by their gender, race or religion. When justice is practiced, everyone has a fair chance to be seen for who they are. If someone is accused of something, they get a chance to tell their side. With justice, everyone gets a fair share.

ASSEMBLY - ROOMS 9 & 10
All parents, friends and community members are welcome to attend our class assembly this Thursday, 18 April commencing at 8:45am.
Win a share of the Dollarmites’ treasure by saving in Term 2 with School Banking.

The Dollarmites have found some amazing treasure on Savings Adventure Island and both your child and school could win a share of it in Term 2 just by saving.

First prize is a $5,000 family adventure holiday to anywhere in Australia, with $500 spending money. Plus, the winning student’s school will also receive $5,000 to spend as they wish. What's more, there are 25 Runners-up Kid’s Adventure Packs, worth over $700 each, to be won. Each adventure pack includes a Wii U, night vision goggles, a waterproof camera, walkie talkies and a Razor eSpark electric scooter!

For you chance to win, students need to simply make three or more School Banking deposits during Term 2. To find out more visit commbank.com.au/adventureisland

If you haven’t opened a school banking account and would like to. Go to the local Commonwealth Bank and take your child’s birth certificate and ask for a Youth Saver Account so you can start school banking. We are almost at 200 registered bankers since we started School Banking in August 2010 – who will be our 200th School Banker?

UNIFORM SHOP

All uniforms that have been ordered will be ready for pickup on Friday

We will open every second Friday for second term starting on the first Friday, 10 May of term 2 from 8.15am to 9am

ENTERTAINMENT BOOK

2013 | 2014 Entertainment™ Books are coming soon...

Thank you for supporting this fundraiser.

Woolworths Earn & Learn Program 2013

The Woolworths Earn & Learn program is back!

It’s simple to participate: Shop at Woolworths, collect points and place them on the point sheets. There’ll be one point for every $10 spent (excluding liquor, tobacco, and gift cards). Once completed, place the point sheets in the collection box, at the school office. Green collection boxes are located at the office so please feel free to drop the vouchers in the boxes.

Thank you to all our families for supporting Woolworths Earn and Learn Program. The more points we earn, the more we can redeem.

Canteen Corner

◊ See upated Canteen Roster attached

Community News

The Riverton Dental Therapy Centre will be closed for the school holidays from Friday, 19 April and will reopen Monday, 6 May.

In an emergency only, please contact the South Thornlie Dental Therapy Centre on: 9459 4270

Please watch the noticeboard outside the administration building for the latest community news.
Interschool Swimming Carnival 2013

Wednesday, 10 April was our Interschool School Swimming Carnival. Shelley PS won the Champion Shield. We would like to congratulate all the students who made up the team – they trained hard all term, two mornings a week.

A big thanks to Mrs Ercegovich and Mrs Donaldson for the well organised training and great encouragement.

Mrs Donaldson and Mrs Ercegovich would like to thank the parents for their support – both at training and at the carnival. It was very much appreciated.

Juston and Serena – Swimming Team Captains

The results are as follows:

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<th>Rossmoyne PS</th>
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Shelley Primary School
2013 Winners Interschool Swimming
"Champion Shield"
Room 1 and room 18 have been making “Balinese Fishing Villages Dioramas” for Indonesian. Mr Wells had the difficult and challenging task of picking the winners! Well done to the winners and all students that participated.

Photos of our exciting LOTE Indonesian program at Shelley Primary School

Diorama competition winners are:

Room 1 winners
1st place Rebecca
2nd place Christina
3rd place Chloe

Room 18 winners
1st place Amy
2nd place Kavin
3rd place Joshua

Prizes will be given out at Assembly this Thursday.

Watch this space for our exciting lessons and projects in term 2.

Terima kasih,
Ibu Preet
LOTE (Indonesian) teacher
MONTHLY COFFEE AND CONVERSATION WITH ADMINISTRATION

Thank you to all our parents who came along last week to our first “Coffee with the Administration” for the year.

We would also like to extend a big thank you to Mr Chris Leeuwangh for providing the coffee machine and being a barista for the morning.

We look forward to seeing you at our next coffee in term 2.

All staff would like to wish our students a restful and enjoyable break.

Next Term commences Tuesday, 7 May 2013
Come and celebrate
National Families Week at the

FAMILY FUN DAY

When: Tuesday 14 May 2013
Where: Thornlie Community Centre
       14 Glenbrook Road
       Thornlie
Time: 10.00am - 1.00pm

FREE Sausage sizzle from 12.00
Vegetarian option available
(please advise if you require vegetarian)

NATIONAL FAMILIES WEEK 15-21 MAY 2013
Families working together: Getting the balance right
and MORE!

For more information please contact Hailey on 9490 1866 or email hailey@robertajull.org.au

Proudly brought to you in partnership with:

Brookman House Community Voice

CITY OF GOSNELLS

Government of Western Australia
Department for Communities
Helping kids be brave

Anxious kids, like worriers and sensitive types, benefit from a parenting style that is empathetic but at the same time empowers them to tackle their fears.

Currently around 11% of children have problems coping with anxiety. Around 3% experience some form of depression.

As reported on the Kidspot website, Macquarie University psychology lecturer Dr Carolyn Schniering has stated that anxiety problems are the most common emotional disorders that children experience.

It’s important to understand that anxiety is not something to be afraid of. As Dr Schniering says, “It’s a normal emotion and an important part of how we engage with the world.”

Experiencing some anxiousness in new social situations or some specific situations such as around water is quite normal and, in some regards, healthy. It’s not healthy when anxiousness stops kids doing things they want or are able to do or interferes excessively with their school or pre-school experiences.

Genetics plays a part

Macquarie University research shows that children who display high levels of anxiety from a young age, and who have a parent who is excessively anxious or depressed, are seven to 11 times more likely to develop long-term anxiety.

This finding supports my experience that anxious parents beget anxious kids. But it’s not that simple.

Some children are simply more prone to experiencing excessive anxiousness than others. These kids are typically classified as worriers, shy types and more sensitive souls who wear their hearts on their sleeves. (I’ve parented one of these types and I learned first-hand that some situations they experienced needed to be handled with some parental care and attention!)

I want to stress that these children are not necessarily going to experience debilitating anxiety. However, they do benefit from a parenting style that is sympathetic while empowering them to tackle their fears.

It’s worth noting that if you yourself are overly anxious or experiencing depression, then self-care needs to be your first priority before you can assist your kids.

When should I worry?

Dr Schniering says, “As a rule of thumb, parents should be more concerned if the fears or worries they experience become excessive and their child is unable to deal with every day life.”

I would also add that when children become overwhelmed by their fears it may be time to seek professional help. A first port of call may be a General Practitioner or your child’s school. (Our research shows that parents are more likely to seek help from their child’s school than their GP; however, my experience has been that local doctors often have a good handle on these issues as well as knowledge of local providers.)

Helpful parenting practices

Before looking at helpful practices, let’s quickly list some practices that are unhelpful for parents of anxious kids:

▶ Fixing kids’ problems.
Jumpping in too soon only increases anxiety and doesn’t enable kids to build their capabilities.

▶ Allowing avoidance.
Letting kids escape new or fearful situations validates their fears.

▶ A ‘get over it’ attitude.
There’s a difference between “You can do this!” and “For goodness sake, get over it!” The latter often comes from parent impatience and stress.
Okay, now for the helpful parenting practices for kids who are anxious. These include:

1. Skilling towards bravery. Help kids face their fears by skilling them, e.g. Look around for a friendly face when you go to scouts. You need to put on your coaching hat to build skills and self-confidence, which defeats anxiety.

2. Scaffolding towards bravery. Rather than avoidance allow kids to face their fears in stages, e.g. Let’s go to the party for an hour then I’ll pick you up. By breaking things down into smaller stages kids feel that they are more in control. Lack of control is behind a great deal of anxiousness in adults, as well as kids.

3. Be empathetic, not sympathetic. There is a difference. Empathy shows you understand how they feel; sympathy can be maudlin, leading you to pay excessive attention to the fear as well as letting them off the hook. Kids need a supportive adult who says, not necessarily in these words, “I know how you feel but I also know you can do this.”

4. Creating opportunities for independence. Competency is the enemy of anxiety. Building children’s self-help skills and their independence outside of the home has a snowball effect on how they feel about situations that they usually fear.

5. Model bravery. Okay, you knew I was going to mention this. But if you want kids to be brave then you go first. Your calmness, patience and willingness to methodically work your way through new situations will have a calming effect on kids. (Good leadership is basically about staying calm in stressful situations.) Modelling also shows them how fears of new and unknown social situations, and even specific fears such as going to the dentist, can be handled positively.

It’s worth noting that most kids grow out of their anxiety given attentive brave parenting.

As a general parenting strategy I recommend that you take a strength-based approach (which is what I’m banging on about all the time) and focus on building children’s strengths and assets to help them overcome fears. At the same time recognise that some children may need extra assistance from time to time as a result of their anxiety.

Get your 10 ways to promote Good Mental Health & Well-being in Kids poster at
Subscribe to Happy Kids, the FREE ParentingIdeas weekly guide while you are there.
**CANTEEN ROSTER**  
**TERM 1**  
**2013 - Update**

Your assistance as a volunteer is greatly appreciated. By following the guidelines below it will help the canteen to run smoothly.

* Canteen commences at 8:30am and you should be finished by 1:00pm.
* Please note that there are only limited volunteers on each day, if you cannot fulfil your roster it is imperative that you find a replacement.
* Swaps should be marked on the master copy in the canteen.

- The canteen phone during open hours is 9354 5213 and can be used to notify of roster changes and late arrivals to shift.

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<th>WEEK</th>
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Thank you for choosing to volunteer in our school canteen!

The school canteen provides nutritious lunches and snacks.