Werribee Primary School is ...
A supportive and diverse learning community pursuing excellence in the development of skills, behaviours and attitudes in education, so that students are empowered to interact positively throughout their lifetime, with confidence, creativity and enjoyment.

Our shared values are ● Courtesy ● Cooperation ● Respect ● Responsibility
Our education priorities are ● Literacy ● Numeracy ● Social Competency

DATES TO REMEMBER:

<table>
<thead>
<tr>
<th>Term 2</th>
<th>May</th>
<th></th>
<th>June</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 30th</td>
<td>Round 5 – Interschool Sport versus St Andrews (away game)</td>
<td>Saturday 31st</td>
<td>Saturday 1st</td>
<td>Year 5/6 Girls Football</td>
</tr>
<tr>
<td>Monday 2nd</td>
<td>Year 5/6 Girls Football</td>
<td>Wednesday 4th</td>
<td>Werribee Friends (formerly P &amp; F) meeting 2:20pm – all welcome, Werribee Friends Shed (on oval)</td>
<td></td>
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<tr>
<td>Friday 6th</td>
<td>Queen’s Birthday Public Holiday</td>
<td>Tuesday 10th</td>
<td>House Athletics – VUT Athletics Track Werribee</td>
<td></td>
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<tr>
<td>Wednesday 11th</td>
<td>Year 5/6 Hootime</td>
<td>Wednesday 18th</td>
<td>Bookclub 4 Orders due back</td>
<td></td>
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<tr>
<td>Friday 13th</td>
<td>Round 7 – Interschool Sport versus Manor Lakes (home)</td>
<td>Thursday 19th</td>
<td>Year 6 Art Excursion – Melbourne Street Art Tour</td>
<td></td>
</tr>
<tr>
<td>Thursday 19th</td>
<td>Year 6 Art Excursion – Melbourne Street Art Tour</td>
<td>Friday 20th</td>
<td>Subway Lunch orders due back – NO LATE ORDERS</td>
<td></td>
</tr>
<tr>
<td>Friday 20th</td>
<td>World Refugee Day</td>
<td>Sunday 22nd</td>
<td>Subway Lunch Day</td>
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<tr>
<td>Tuesday 24th</td>
<td>Subway Lunch Day</td>
<td>Tuesday 27th</td>
<td>Last Day of Term 2 – 2:10pm finish</td>
<td></td>
</tr>
<tr>
<td>Monday 27th</td>
<td>Last Day of Term 2 – 2:10pm finish</td>
<td>Wednesday 23rd</td>
<td>First Day of Term 1</td>
<td></td>
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</tbody>
</table>

CAKETEEN ROSTER – TERM 2 & TERM 3

| Wednesday 4th June | Gail Penaluna, Judy Puli, Sloane Rotondi, Susan Warbrick, |
| Wednesday 11th June | Sarah Rigo, Michelle Bailey, Rachael Connolly, Rose Leitch |
| Wednesday 18th June | Deb Cowton, Fadia Othman, Michelle Buysen, Sloane Rotondi, Jane Puli |
| Wednesday 25th June | Gail Penaluna, Judy Puli, Pauline Oakes, Susan Warbrick, |
| Wednesday 16th July | Sarah Rigo, Michelle Bailey, Rachael Connolly, Rose Leitch |
| Wednesday 23rd July | Deb Cowton, Fadia Othman, Judy Puli, Pauline Oakes |

PLEASE DO NOT ORDER ICECREAMS WITH YOUR LUNCH ORDERS
THESE ITEMS ARE TO BE PURCHASED DURING LUNCH TIME

Do you live near Railway Avenue? Can you help?
My partner has broken her leg and can’t drive or walk to pick up our Grade 1 daughter after school for the rest of term 2. We’re hoping to find a family who travels near Railway Avenue after school who could drop Drew at home 3 or 4 days per week. Morning drop-offs would be helpful too, although not as urgent. If you’re able to help we’d be happy to reimburse for petrol. Please call Eilis on 0418 516 033 or email on eilismhughes@gmail.com.
PRINCIPAL’S REPORT

Principal’s Awards
Congratulations to the following students who have received Principal’s Awards:

Week 5

- Ahmet M. (3/4T) for trying his very best in NAPLAN
- Sabrina S. (3/4H) for outstanding efforts in Writer’s Notebook

Week 6

No awards due to no Assembly this week.

Curriculum Day (Pupil Free)
Friday 6th June is a Curriculum Day which means it is a pupil free day. Please make alternative arrangements for the care of your child(ren) on this day. The staff will be working and learning together on Student Reporting and assessment.

Working Bee
Thank you to all those who came to our Working Bee last Saturday morning. The school looks great and we appreciate your efforts.

Unfortunately straight after the Working Bee we had some visitors who made a mess under the shaded sitting area near the gym. They were pulling everything out of the gutter and dropping it the ground. Cheeky!

Reminder Before and After School Arrival and Departure Times
Please ensure you child does not arrive at school until 8.30am each day when the yard is supervised by our staff. The yard is also supervised after school until 3.30pm so please ensure your child is collected or alternative arrangements for their supervision made before this time. Camp Australia runs a before and after school care facility at our school which you are able to take advantage of for the supervision of your child prior to 8.30am and after 3.30pm. Camp Australia operates from the Multipurpose Room. More information about the Camp Australia Before and After School Care facility can be found at http://www.campaustralia.com.au/

Please Close the Gate
If you are visiting our school during school operational hours could you please close the gates behind you especially if you are entering and exiting the school via Pyke and Werribee Streets. All visitors to the school are reminded that they must sign in at the office and wear a visitors badge whilst in the school.

Mid-Year Student Reports
Teachers are currently writing your child’s mid-year student report. The reports will be sent home on Wednesday 25th June (last week of Term 2). We are using a new software system for the first time and although we are not expecting any issues with technology pleased understand if there should be any hiccups. Parent/Teacher Interviews will be held early in Term 3.

Have a great fortnight everyone.

David Quinn
Principal
Meet Some of Our Staff

My name is Beth Helmore and I have been teaching at Werribee Primary School for five years now. I have taught in Years 5/6, 3/4 and now Years 1/2. I guess that means Foundation is somewhere in the future. In my previous life before becoming a teacher, I graduated with a Journalism Degree and also worked as a clothing buyer for some retail boutiques. I have two sons, three fish, one old cat called Charlie, a naughty dog called Lola and a husband called John. If I wasn’t a teacher I would be.....a writer or an interior designer.

Hi my name is Tanya Staehr, I am the Physical Education Teacher at Werribee Primary School. I work three days a week. I have been in this role for four years. Prior to my time at Werribee Primary School I spent over a decade teaching Science and Physical Education at a Secondary School level. I have two children – Taylah (11) and Hamish (9) and a wonderful husband who I have been married to for 13 years. My time away from work is spent transporting my children to and from their many sporting or musical activities and assisting at their school. I make time to fit in a netball and basketball match for myself on a weekly basis and when the energy levels allow a couple of jogs and even a bike ride! I love camping. Each school holidays I head off with the family and the camper trailer to a new destination. I have also been very fortunate to have travelled to some amazing countries. Nepal would top the list as my all-time favourite, with Tibet still on top of my bucket list! Hopefully one day I will get there.

My name is Jessie Patterson and I currently teach in a Year 5 classroom. I completed my Bachelor of Education (P-12) in 2011 and this is my third year at Werribee Primary School. I love sports, especially playing netball and I am a Western Bulldogs supporter. I am the middle child of three and grew up in Yarraville. In my spare time I enjoy being with my family, friends and my two dogs, Coco and Diesel.

My name is Michelle Grace I have been a teacher at Werribee Primary School for 25 years. During this time I have taught at all grade levels. From 2001 I became the Integration/Student Welfare Co-ordinator, as a Leading Teacher and worked in this capacity until 2008 when I retired. From 2008 I have been employed part-time to work with students who may have difficulty with social interactions and social communication. This type of program had been started by myself and the Department’s Psychologist, Speech Therapist and with Western Autistic School support during my Co-ordinator time. I have three children and four grandchildren which are the loves of my life. I spend a lot of my social time with them and my close friends. I love to read, go to movies and I am excellent at shopping (so much practice). I have travelled quite a bit and have enjoyed seeing and exploring many countries over the past few years. It is hard to pick a favourite but I have to say Santorini, Canada and Paris would be at the top of my list. On the days I am not at Werribee Primary, I work with parents and the children who have been diagnosed with an Autism Spectrum Disorder or a Language Disorder. To assist these families has always been my “passion”. Each day I learn about dedication, compassion and unconditional love from these people and I am very humble about my contribution to their lives.
TERM 2 - Sports Events
Monday 2nd June  Year 5&6 Girls Football
Tuesday 10th June  Year 3-6 House Athletics Carnival
Wednesday 11th June  Year 5&6 Hoop Time
Thursday 12th June  Regional Cross Country

YEAR 6 INTERSCHOOL SPORT

ROUND 3 – Friday 16th May – WPS v Thomas Chirnside

<table>
<thead>
<tr>
<th>SPORT</th>
<th>WERRIBEE PS</th>
<th>THOMAS CHIRNSIDE PS</th>
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<tbody>
<tr>
<td>HOCKEY</td>
<td>7</td>
<td>4</td>
</tr>
<tr>
<td>TEEBALL (A)</td>
<td>19</td>
<td>20</td>
</tr>
<tr>
<td>TEEBALL (B)</td>
<td>14</td>
<td>19</td>
</tr>
<tr>
<td>FOOTBALL</td>
<td>21</td>
<td>37</td>
</tr>
<tr>
<td>SOCCER</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>NETBALL (A)</td>
<td>44</td>
<td>3</td>
</tr>
<tr>
<td>NETBALL (B)</td>
<td>5</td>
<td>12</td>
</tr>
</tbody>
</table>

Thank you to Davin Kroeger for umpiring the football match 😊

ROUND 4 – Friday 23rd May – WPS v Iramoo

<table>
<thead>
<tr>
<th>SPORT</th>
<th>WERRIBEE PS</th>
<th>IRAMOO PS</th>
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</thead>
<tbody>
<tr>
<td>HOCKEY</td>
<td>5</td>
<td>19</td>
</tr>
<tr>
<td>TEEBALL (A)</td>
<td>4</td>
<td>15</td>
</tr>
<tr>
<td>TEEBALL (B)</td>
<td>5</td>
<td>20</td>
</tr>
<tr>
<td>FOOTBALL</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>SOCCER</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>NETBALL (A)</td>
<td>17</td>
<td>12</td>
</tr>
<tr>
<td>NETBALL (B)</td>
<td>1</td>
<td>26</td>
</tr>
</tbody>
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ROUND 5 – Friday 30th May – WPS v St. Andrews PS

TEEBALL – Presidents Park
NETBALL– St. Andrews Primary School
FOOTBALL – Howqua Way, Manor Lakes

No Hockey or Soccer this round

Matches are played from 1.15 – 2.15pm. Spectators are welcome.

** Please note – Students playing FOOTBALL & HOCKEY MUST WEAR A MOUTHGUARD**

YEAR 5/6 GIRLS FOOTBALL

On Monday 2nd June, 20 of our Year 5-6 Girls will be participating in the Werribee District Girls Football Competition to be held at Wyndhamvale Oval. This is traditionally a much anticipated day for the girls, and I am sure this year will be no exception. We wish Coach Scarrott and the girls the best of luck. Reminder – MOUTHGUARDS MUST BE WORN.

DIVISION CROSS COUNTRY

The following students competed at the Division Cross Country Finals at Presidents Park on Tuesday 27th May. Congratulations and WELL DONE on your sensational effort!

| Jorja Caserta – 10 year old Girls – 22nd  | Lucas Rubeli – 12/13 year old Boys – 12th    |
| Zahra Abela – 11 year old Girls – 7th     | Garrett Spinks – 12/13 year old Boys – 14th  |
| Larni Vallance – 11 year old Girls – 15th |                                         |
*Jessica Evans and Zahra Abela have progressed to the Regional Cross Country Finals to be held at Brimbank Park on June 12th.

YEAR 5/6 HOOP TIME
Notes for this activity have gone home and are due back at school by Wednesday 4th June. If there are any parents able to assist with scoring or coaching on the day, please contact me immediately. Any assistance would be greatly appreciated as there are 7 WPS teams entered this year.

YEAR 3-6 HOUSE ATHLETICS CARNIVAL
The Year 3-6 House Athletics Carnival is being held on Tuesday 10th June. Permission notes for this event have gone home and are due back by Tuesday 3rd June. Please note, it is an expectation that all students participate in the event. For this event to run successfully we need parent support. If you are able to assist on the day, please fill in the information slip below and return it to school at your earliest convenience. A current Working with Children’s Check is required. Thank you to those parents who have already made contact with me and please remember to drop your $5 off at the office if you are wishing to order Fish & Chips for lunch.

YEAR 3-6 HOUSE ATHLETIC CARNIVAL – Parent Helpers
Parent Name:__________________________________________________  
Child’s Name:_________________________________ Class:________________  
I am able to assist:  
All Day ☐  Part of the Day ☐  Please write times available______________________  
Phone Number:__________________________________________________________  
Email Address:___________________________________________________________  

Tanya Staehr  
Sports Coordinator
Who Is WELS And What Is The Cream And Green Portable Next To The Oval Used For??

Western English Language School (WELS) – Werribee is located in the cream and green portable on, next to the oval. WELS, is a school that teaches English as an Additional Language (EAL) to students who are new to Australia and learning English. It has a number of locations (Braybrook, Footscray, St. Albans and Wyndham).

WELS – Werribee is hosted by the wonderful Werribee Primary School community. We teach English through the curriculum to Primary aged students, who are new to learning English. The students attend their mainstream schools on Monday and come to Werribee P.S. – WELS, Tuesdays to Fridays. Our students come from almost every continent in the world! I don’t think we have had student from Antarctica! It can be hard learning a new language but the students rise to the challenge. They come from many countries and have remarkable stories of their journey to Australia. While their stories may be different or their home languages may be unfamiliar to us they are just like us. We have a number of staff from class teachers, MEAs (Multicultural Education Aides), Learning support teachers and an Art teacher.

Who’s who at WELS - Werribee

Hello, my name is Sue Koch and I work at the WELS - Werribee Outpost, which can be found next to the oval. I am currently teaching a wonderful group of grade 3/4 students who have recently arrived in Australia. I started working for WELS at Werribee Primary School in 2008 when I shared a classroom teaching Prep. Now those tiny Prep students are in Grade 6! I am happily married and we have 2 great kids who you might spot running around the oval or shooting a few hoops at the end of the day whilst waiting for me to taxi them home. The newest addition to our family is a beautiful black puppy called Bobby Buttons. We love taking him for walks at the beach.

Hi, my name is Aleisha Bald and I’m currently a Grade 4/5/6 teacher at WELS – Werribee Outpost. I’ve been at the Werribee site for 4 years now and with the Language School for 5. Prior to starting with WELS, I completed my Master in Education with a focus on TESOL (Teaching English to Speakers of Other Languages) to continue the area of teaching I found I was passionate about while in Russia.

After completing my Bachelor of Education (in outdoor education, which I’ve never used) I lived in Moscow, Russia, for 2 years teaching English and learning enough Russian to get me to the theatre, ice skating, roller-blading and on numerous trains across the country. It’s a place I love and miss deeply.

When I’m not at school you might find me on a bike (usually a mountain bike, sometimes a road bike or even a single speed), running, gardening (trying to keep things alive) or recovering on the couch after most-likely overdoing any of the previous activities. Over the Easter holidays I completed a 6 hour MTB race, doing 120 kms. and a 100km race in 7 hours. I spent most of the 2nd week of the break on the couch.

Hi I’m Emma Andrews. I’m a Grade 5/6 teacher at WELS - Werribee Outpost, teaching English as an Additional Language. This is my first year at the school and I really enjoy it! I’m originally from England and before moving to Melbourne in 2011, I worked in London in the education and charity sectors. I love reading, playing netball and enjoy travelling. Last year I drove around Australia in 3 months, which was a whirlwind tour but a lot of fun.
My name is Lorraine Batres and I am a Year 2/3/4 teacher at WELS - Werribee. I have been teaching English as an Additional Language (EAL) at this school since 2008. Prior to that, I taught EAL & Literacy at the Werribee Community Centre for 7 years. I feel that I can really relate to my students because I immigrated to Australia with my family at the age of 5 from Malta. I had absolutely no English and back then (1981) and there were no language schools in my area. According to my mother, I cried every day for quite a while and I recall being lost in the yard and feeling alone. So, my first goal with newly arrived students is to build their trust, make them feel welcome and buddy them up with other students for guidance and connection.

This year, my husband and I are taking our two adult children (aged 18 & 20) around Europe for five weeks. I have a gorgeous black Labrador named Pepsi which I love as much as my children and we all spoil him rotten. In my spare time, I enjoy walks at the beach, hiking and visiting markets around Victoria.

My name is Pam Gehdu and I am Prep/1 teacher at WELS - Werribee Outpost. I have completed Post Graduate Degree in Science and Graduate Diploma in Education from India and have experience of 8 years teaching to primary and secondary classes. I migrated to Australia in 2009 with my family. I started teaching at WELS in 2010 as a Casual Relief Teacher and enjoyed it thoroughly. I completed my TESOL qualification at Melbourne University, in 2013 and then was successful in gaining a full time position at this wonderful school. My students come from every corner of the world and I see them as individuals with different strengths. My greatest happiness and pride is to witness my students using English to communicate with their classmates after they have studied for a little period of time. I like to spend my free time in gardening and listening to soft music and also like to cook new dishes for my family.

Hello, my name is Fiona Law. I am a graduate teacher who has been teaching at the WELS - Werribee outpost since last year. At the University of Melbourne, I completed a Bachelor degree in Science with a Major in Psychology before completing a Master in Teaching. I’ve been enjoying the hilarious moments, challenges and fun of teaching Grade 1/2.

I have a variety of hobbies which include creative writing, reading, cinema, arts and craft, and freelance writing on my own food blog. I enjoy catching up with my friends. I appreciate the things I learn from travelling and have been to all the Disneyland’s in Asia.

Hi my name is Shannon and I work at WELS (Western English Language School). I spend Wednesday and half of Friday at our Werribee Outpost where you may see me pushing a trolley of Art gear around. I take the WELS kids for Art. This is a new role for me this year and I am loving it! On other days I teach Art at our St Albans outpost and at our Footscray campus.

It is so much fun seeing kids enjoy working with a variety of materials and naturally make use of their developing language. On the days I’m not teaching I clean up after my own children. If I can ignore this work I will go out into the garden or pull out the sewing machine in the hope of finishing some piece of clothing.
Hi, I’m Narelle Katz from the Western English Language School. I started working at WELS in 2009 when I moved to Melbourne from Adelaide (go Port Power!). Previous to this I taught in primary schools in South Australia and at International Schools in Indonesia. I have a Masters of Education, Bachelor of Education and an ESL qualification. When I’m not teaching I’m running around after my gorgeous one year old and dreaming of a Fijian surf holiday!

Hi my name is Alexandra Douglas and I am teaching the Additional Assistance program at WELS Werribee. I have recently moved to Melbourne from Brisbane, my home town, and prior to this I was living in France and then Switzerland. Switzerland is where I developed a fascination with languages (they have 4 national languages, cantonal dialects and a very large English speaking population) and it was where I was inspired to undertake a Masters in Applied Linguistics- TESOL Studies in 2013. I am the founder of an afterschool art program called “Splatterfoxes-Art Club for Cubs” which keeps me very busy indeed (and messy). I am passionate about Art and Languages and enjoy anything creative, my most recent passion is making intricate desserts. I am enjoying a quiet life living in Melbourne and I am especially enjoying the cooler climate and the culinary delights this city has to offer!

Hi, my name is Hser Gay Paw and I work at WELS. I have been working here since 2008 and love it! I am a Karen speaking Multicultural Education Aide and work here Tuesdays to Thursdays. I was a teacher in Burma and Thailand and had on the job training. I came to Australia in 2007, studied hard learning English and settling my children into school. I have four children, including one adopted daughter. My youngest son is about to turn 18 and my eldest is nearly 27. I enjoy needlework (including sewing clothes) and cleaning (other people think I’m crazy because I like to clean).

My name is Jessie Long. I was born and raised in Canton, China. I was a Primary School teacher in Guangzhou, China for 7 years. School started at 7am and finished at 5pm and I had 45 students in my class. I began working as a Chinese speaking MEA in Western English Language School in 2009. Currently, I am working in the office at WELS Werribee on Wednesdays and Fridays. I am enjoying working in a school again. I live with my husband and my 17 year old son, Eric. Every weekend I teach at the Chinese School. I like to keep myself busy. I am quite enjoying every moment in my life.
Thank you to these classes of the month for looking after our environment

5P – Ride2School class of the month
1/2H – Nude Foodies class of the month

A big thank you to all families who came along to our open afternoon on Thursday to see some inventive sculptures made from recycled materials.

It was wonderful to have 1/2H and P entertain visitors with some very creative songs they have learned and rehearsed during Song Room lessons. Thank you to Zoe from the Song Room and also to the students and teachers for putting in such a great effort.

The votes were counted and the 4 classes who received the most votes were; Foundation T, 1/2 M, 3/4 W and from 5 & 6 – 6R. Congratulations! They will be presented with a class prize at assembly on Monday.
Just a reminder to parents if you haven’t completed the Language Program survey, if you could do this by the end of May, as the school would like to have parent input into the decision of choosing a language. The survey can be accessed by clicking on the link below and going to Werribee Primary School Language survey.  

https://www.surveymonkey.com/s/H3C5P5Q

*Reminder*

COME ALONG AND SUPPORT THE SCHOLASTIC BOOKFAIR. ONLY TWO MORE DAYS LEFT, TODAY & TOMORROW. OPEN BETWEEN 3:15 – 4:00PM IN THE LIBRARY
BUSINESS ADVERTISEMENTS

20% OFF ALL STOCK*

Wyndham City Salvation Army Thrift Shop
84 Synnot St. Werribee (Opposite Aldi’s)
When you bring this newsletter and a donation of second-hand goods to our new Salvation Army Thrift Shop you receive a 20% discount on your purchase in-store. Thank you for your support.
You may be surprised what you’ll find!
Phone: 9742 5097

Writing Competition

Imagination Creation Western Union Young Writers and Wyndham City Libraries

Story/Prose & Poetry Sections

for each of the following age groups:

4 years & under... First Prize $50
                Second Prize $25

7-10 years...
First Prize $60
Second Prize $30

11-14 years...
First Prize $80
Second Prize $40

15-18 years...
First Prize $100
Second Prize $50

BEST ILLUSTRATED STORY $50
Chosen from all age groups

WYNDHAM LOCAL AWARDS $50
Four prizes of $50 chosen from Wyndham residents’ entries

SHERYL CLARK AWARD $50
Chosen from all entries at discretion of judges

Closing date: 30 June 2014

Enter online
facebook.com/librariesinwyndham
Healthy ways for kids to manage their emotions

Emotionally intelligent children, like their parents, know a range of healthy ways to manage their feelings.

1. **Breathe deeply**
   - The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight). Count to 3 quietly while breathing in through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little ‘heady’, which indicates deep (and low) breathing.

2. **Find a favourite relaxation exercise**
   - There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for 3 seconds and then relax. Repeat this a number of times and you can’t help but feel calmer. You can isolate part of your body such as your shoulders and arms to release the tension around your neck. There are plenty of quick techniques you can use to relax.

3. **Use a positive reappraisal**
   - Emotions are caused not by an event, but by the way we look at an event. To one person, giving a wedding speech is a chance to strut their stuff (so they feel excited), while to someone else it is nothing but a nightmare (so they feel anxious). Change the way you view something and you’ll better be able to manage your emotional response. "This is a challenge, not a problem" is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

4. **Use positive, realistic self-talk**
   - Ever talked yourself out of doing something exciting, new or challenging before you’ve even started? Maybe you’ve said something like: “I’ll never be able to do that” or “This will stress me out big time” or “I’m no good at...”? I know I have.
   - Next time you catch yourself talking yourself (or something else) down, replace the negative with something realistic but more positive. Something like “I’ve done it in the past and I survived. So I should be able to do it again.” Repeat this a few times and your emotional state will shift to a better one.

... healthy ways for kids to manage their emotions ...

Deal with negative feelings

5 Exercise
Exercise releases endorphins, nature's feel-good chemical, which will move your mood to a better state. The paradox is that we often don't feel like exercising when that's exactly what we really need. Don't let those feelings stop you. Going for a run, walking the dog or even playing a game outside with the kids is the very thing you need to feel better.

6 Distract yourself
A healthy distraction, such as phoning a friend, reading a novel or watching a comedy is a way many people use to manage difficult emotions. It's a highly recommended strategy for natural worryers! It's amazing how much better a situation will seem after giving your mind a short break from it...

7 Have constructive habits and hobbies
One of the tenets of good emotional health is that a person needs hobbies and interests that lift them up and make life enjoyable. Single-tracked lives – all work and no play – are recipes for emotional disaster. If you can relate to this, then I suggest you take the time to find a hobby or interest that excites you up. The same, of course, holds for kids. All work and no play makes ... well, it's hard to hold it together if you are feeling stressed all the time.

It's important that as parents and teachers we practise good emotional management techniques ourselves so we are better placed to pass them on to kids. The upside is that 'll we'll feel better, make better decisions and be more effective as parents and teachers as well.

This is an extract from "15 right ways to manage emotions", a special report available at ParentingIdeasClub.com.au

Michael Grose


parentingideas.com.au