Dear Parents and Carers

One of the four elements of the school’s unique school wide pedagogy (teaching and learning) is ‘Learning to Learn Together’. Cooperative Learning is the main strategy the school has introduced in this area. On a daily basis teachers and students from K-6 use cooperative learning strategies. This feature of our school has been developed because research indicates that when cooperative learning is implemented effectively, the following student outcomes can be achieved:

- increased engagement in learning,
- higher self-esteem,
- higher achievement,
- increased retention,
- greater collaborative skills,
- greater intrinsic motivation,
- better attitudes to school and
- greater use of higher level reasoning.

WOW! You can see why we are focusing on cooperative approaches to learning.

Peter
Peter Blackford
Principal

Thought of the Week
Wisdom is not knowing what to do now, but what to do next!

Follow Us on Facebook
You don’t need to join Facebook to see our page. Just click here to find our regular posts about upcoming events and school news.
PoseidonPrimarySchoolHeathridge
Developing Student Literacy Skills

Research has proven that when school and parents and caregivers work together there is a significant increase in the student achievement levels. Often, parents ask “How can I help my child?”. In answer to that common question, I have provided a range of simple suggestions for families to consider trying.

How Can I Help My Child Develop Their Literacy Skills?

- Build up a collection of favourite books for children, both fiction and non-fiction.
- Ask children to retell a movie or TV stories.
- Use a family message board and let children write their messages.
- Accept children’s writing attempts without criticism.
- Encourage children to send birthday cards or write letters for friends or relatives.
- Support children’s spelling attempts and praise children’s willingness to ‘have a go’.
- Point out similarities in the way words look or sound.
- Be patient and supportive so that children have the confidence to problem solve.
- Buy books as presents.
- Take an active interest in TV programs watched by children.
- Talk to children about their interests.
- Try simple crosswords.
- Encourage children to write letters to the magazines they read.
- Encourage children to contribute to the writing of family shopping lists.
- Let children see that adults consult dictionaries.
- Encourage children to read a variety of function material, eg. Simple recipes, TV guides, newspapers, how to make ….. and so on.
- Show children how adults spell difficult words, eg. Write it two or three times and choose the one that looks right.
- Accept that children will read material that you may not consider worthwhile, such as MAD magazines.
- Encourage children to write about their interests, eg. In a diary, for an assignment topic.
- Read in the presence of your children.
- Read your children’s assignments when they bring them home from school.

Kindergarten and Pre Primary Enrolments 2015

Say Hello to Learning – Apply now to enrol

Application and enrolment forms are now available from the Front Office. See the table below to find out when your child can start school. Please don’t wait to enrol as places are filling fast.

<table>
<thead>
<tr>
<th>My child was born between</th>
<th>My child can start Kindergarten in</th>
<th>My child can start Pre-Primary in</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 July 2010 to 30 June 2011</td>
<td>2015</td>
<td>2016</td>
</tr>
<tr>
<td>1 July 2011 to 30 June 2012</td>
<td>2016</td>
<td>2017</td>
</tr>
<tr>
<td>1 July 2012 to 30 June 2013</td>
<td>2017</td>
<td>2018</td>
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</tbody>
</table>
Inter School Winter Sports

Our school teams (football, soccer, hockey and netball) will compete in the first round of fixtures with our neighbouring schools on Friday, May 15 against Beldon Primary. All teams have been enthusiastically practising and are looking forward to the chance to test their skills in a game situation. We wish our teams all the best for their first games.

All games are played between 1.15pm and 2.30 pm with a staggered start. All students are to wear their school uniform and bring a drink bottle.

VENUES
Football - Sail Terrace Reserve
Hockey - Eddystone Primary School
Netball - Belridge Secondary College
Soccer - Heathridge Primary School

Each week Poseidon Primary staff work to allow the Winter Sports fixtures to take place. A final decision is made at 12 noon on the day with regards to bad weather stopping the matches being played. If you are ringing to check if a game is playing, please do not phone the Front Office before 12 noon.

GO POSEIDON

We Want Your Recycling!

Mrs Clark from the Art Room is in desperate need of the following items for the School’s Recycled Art Program:

- 1 Litre drink bottles
- Ice cream containers with lids
- Margarine containers
- Paper kitchen towel rolls

All items can be dropped off at the Front Office.

Parenting Ideas

This week’s Parenting Ideas article is titled ‘15 Healthy Ways to Manage Emotions’. You will be able to pass these tips on to your children.
The Poseidon P&C Scitech Evening has COMPLETELY SOLD OUT!
We’ll see you tomorrow for a fun family evening!!
Baskin Robbins Cake Fundraiser

Order a delicious ice cream cake from Baskin Robbins Beldon and they will donate **10% of the price** to Poseidon P&C. Just mention Poseidon when you order.

Baskin Robbins Beldon at the Belridge Shopping Centre
Phone: 9402 2376
Click to [check out more yummy cakes on their website](#), or Like Baskin Robbins Beldon on Facebook.

Save The Date!

**QUIZ NIGHT**

**August 22**

We’re planning another great quiz night, so be sure to mark the date on your calendars!

**Name these famous faces ...**
Entertainment Books

The Entertainment Books and Digital Memberships are now available. If you’re thinking of getting the digital version, but haven’t made up your mind - watch this short video. If you buy the Digital Membership and aren’t happy with it, Entertainment will cancel your membership and swap it for a book - no questions asked! So why not give it a go and support us at the same time!

Click here to order
(Please remember to reference Poseidon Primary School when registering your 2015 | 2016 Entertainment Membership)

Canteen News

Winter Warmer Daily Combos: Just a reminder that our delicious new Winter Warmer Combos are the only combos available this term. Students can order Tuna Mornay or Macaroni Cheese plus a Veggie Crunch Pack OR a Hot Corn Cob PLUS Milk OR Water, all for only $5!!

OR you can order just the Tuna Mornay or Macaroni Cheese on their own for just $4 each.
THANK YOU! A big thank you to all our parent helpers – The Canteen would be lost without you!! We’re always happy to have more volunteers. If you have a spare half hour during the day, we’d love to see you. Our busy times are:

- 8:15am to 8:45am: taking the kids' orders
- 10:40am to 11:00am: serving recess
- 12:00pm to 12:20pm: packing lunches
- 12:20pm to 1:00pm: serving lunch

There are always lots of laughs – hope to see you soon!

😊 Bronwen, Claire & Bec 😊

Homework Library Bags: Our great new homework/library bags are still available for the bargain price of $10!! “Poseidon Teacher Approved”, these bags are perfect for protecting library books, homework and school notes. Made from heavy duty showerproof nylon that simply wipes clean, they’re designed to last throughout your child's school life, and come with a 25 year guarantee! They’re available in a variety of colours and are selling for ONLY $10!! This is a limited time offer, so grab yours now from the Uniform Shop before school. EFTPOS facilities available.

Volunteers Needed: We are in desperate need of volunteers! If you have a spare 20 minutes between 8:00 and 8:40am before school, we’d love to see you. Drop by and let us know when you’re available, or contact Debbie on 0408 083 312.

😊 Jodie & Debbie 😊

Uniform Shop News

Contact the P & C

Next Meeting: June 17, 7:00pm

If you are interested in finding out more about what the P & C is, what they do and how you can be a part of it, come along to one of our meetings on the third Wednesday of each month at 7:00pm in the Staffroom. We are also on Facebook - simply search for Poseidon Primary School P&C and request to join our group. Alternatively you can contact us via email at poseidonpandc@gmail.com.
Here are 15 healthy ways to manage your emotions that you can pass on to your children:

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 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. Choose one or two and use them.

3. **Use a positive reappraisal**
   Sometimes known as positive reframing, positive reappraisal is a simple technique you can use to help you look at a situation or event in a different light. Emotions are caused not by an event, but by the way we look at an event. A wedding speech to one person is a chance to strut your stuff (so they feel excited), while someone else may see it at as 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.” “This will stress me out big time.” “I’m no good at…” I know I have. I talk myself into feeling stressed out. Next time you catch yourself talking yourself or something 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. You may not exactly be jumping over the moon with confidence but you will feel less stressed. That’s what emotional management is about.

What training did you get from your parents in managing emotions?
If you are like me, you didn’t get much really constructive help in recognising or regulating feelings.

“Don’t worry! It will all turn out right!” was about the extent of the emotional management in my house.

I guess that’s why many people automatically default to ineffective ways to manage difficult emotions as adults.

**Ineffective ways such as:**

1. **Avoidance** “I’m okay, really!”
2. **Denial** “Nothing wrong with me!”
3. **Wishful thinking** “She’ll be right!”
4. **Worry** “What if…..”
5. **Self-denigration** “What do you expect? I’m a loser!”
6. **Blaming others** “She makes me feel so mad!”
7. **Acting out (also abusing alcohol and other drugs)** “Come here you! I’ll show you”

And they pass those same ineffective methods on to their children. Anxiety (a legitimate feeling), anger (also legitimate) and apathy (not a recommended state) are now at epidemic proportions among children and young people, even though we live in affluent times.

Here are 15 healthy ways to manage your emotions that you can pass on to your children.
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 we really need it. Let’s face it, when you come home from work tired and stressed, exercise is the last thing on your mind. BUT going for a run, walking the dog or even a 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 worries! It’s amazing how much better a situation will seem after a short break.

Longer term strategies
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, making life enjoyable. Single-tracked lives— all work and no play – are recipes for emotional disasters. If you can relate to this, then I suggest you take the time to find a hobby or interest that juices you up.

8 Make physical activity a habit
How much do you move during the day? 10,000 steps a day is related to good physical and mental health. This was relatively easy to do before modern transport made walking largely redundant as a mode of transport. Now we have to purposefully exercise if we are going to get anywhere near to getting close to the amount we need for optimum mental and physical health. Daily walks, regular swims, playing team and individual sports are all great mood shifters we need to incorporate into our lives.

9 Meditate to stop those thoughts
If you struggle to close down the thoughts that race through your brain, then meditation will offer you the relief you need. Living with a brain that never seems to close down, or at least never stops ruminating and examining all sorts of scenarios can be exhausting robbing you of huge amounts of emotional energy. Alcohol is one solution, but not necessarily healthy. ParentingIdeas recommends meditation as a life skill that will help you balance to your emotional state.

10 Let me entertain you!
Fun is an antidote to poor mental health. People who have no fun in their lives have no mechanism for pushing their moods into a positive direction. Music, television, and video games are all great forms of entertainment that help change moods. It’s unhealthy though to use entertainment as a permanent escape from the situation that caused unpleasant feelings in the first place.

11 Find spirituality or something bigger than you
It’s no coincidence that most sustainable cultures have an aspect of spirituality present— that is, there is something or someone bigger than us present. As Western cultures have become more prosperous the place of religion specifically, and spirituality in general, has diminished. We are the poorer for it as we’ve become insular as individuals. If religion whether organised or unorganised is not your bag, then find a cause that inspires you and makes you feel significant through your contribution. Adding meaning to your life will help you make sense of difficult feelings, and importantly, keep the blue moments in perspective.

12 Modify the situation
Ever lay in bed stewing over a problem or situation and worked your self into a real knot. Suddenly you feel overwhelmed. I’ve done this often. The best solution for me is to get to work on the problem, rather than stew over it. Plan that talk, make that difficult phone call, have that difficult conversation. Action is a great antidote to worry.

13 Change your goal
Sometimes our emotional state is giving us a message— that is, we are not on the right path. There are times when we set ourselves targets or aspire to goals that are unrealistic and unattainable. The result of our honest efforts is that we continuously feel overwhelmed, swamped and stressed. If this is the case, then it maybe time to reassess what you are trying to achieve so that you can more easily manage your emotional state.

14 Get support from others
Asking for help takes many forms. It may be simply having someone at work you can offload your worries to when needed through to joining a specific support group (such as a parent group of children on the spectrum) so that you can share your experiences and get validation for the frustration, stress or anxiousness you maybe experiencing.

15 Seek professional counselling
We all get stuck from time to time by aspects of our lives, such as experiencing loss, transition or trauma. When this happens we need a professional who can help us take the steps needed to become ‘unstuck’. A well-known song by US singer Kenny Roger song went, “You’ve got to know when to hold ‘em, know when to fold ‘em and know when to walk away.” I’d like to add another line— “You’ve got to know when to get some help.” Seeking help is something we are getting better at as a community, but we still have a long way to go until it accepted and normalised.

Check out how many of these healthy emotional management techniques you currently practice. My guess is that you do many of these intuitively, but you weren’t aware that they are emotional management techniques.

What would you like your kids to say?
There are plenty of healthy ways to regulate our emotional states, but often we simply default to unhealthy, unhelpful ways out of habit or because we know no other ways.

If someone asked your children in thirty years time to articulate the lessons they learned from you, hopefully they’ll be able to recount some of the right ways outlined above rather than pull out strategies from the 7 wrong ways list.