Dear Parents and Carers

Term Three has been a very busy and enjoyable one with our Faction and Interschool Athletics Carnivals, the Interschool Cross Country Carnival, the RSPCA Cup Cake Day, the Poseidon Spelling Competition, Book Fair, the Year 4 – 6 classes excursion to Fremantle and an extensive range of motivating and challenging learning experiences that have our students engaged in their learning. All of these great activities don’t just happen and I would like to thank all the staff, teaching and non-teaching, for the dedicated, enthusiastic and professional manner in which they have worked as a team to make each event so successful.

I wish all staff, students, parents and families a safe and happy holidays.

School resumes on Tuesday October 11.

Thought of the Week

If it is to be,
It is up to me!

Michael Wright
Principal
Interschool Athletics Carnival

Last Friday, Poseidon Primary School hosted the Interschool Athletics Carnival for the first time in the school’s history. All students who represented the school are to be congratulated for their behaviour, efforts and sportsmanship. Students competed to the best of their ability in all events with the school finishing third overall on the day.

I would like to acknowledge and thank Mrs Porro for all her time, effort and organisation which enabled the Carnival to run so smoothly on the day.

Thanks also to the whole teaching and non-teaching staff for their contribution in making the day such a success.

Thank you to all the family members and friends who came to cheer and encourage all our participants on the day.

Thank you also to the P & C for the enormous amount of work provided in running the refreshment stall and the provision of lunches.

ROC Reading Windup Term Three

A very rewarding end of Term Three ROC Reading Program came to a close on Wednesday October 21. This group of hardworking students and their volunteers marked this milestone with a special breakfast held in the school library. Thank you to all the volunteers whose help made this program possible. A special thank you must go to Mrs Wakeb for co-coordinating this very successful program. We are very proud to say our ROC Reading Program has been adopted by other schools due to its success.

ROC Reading resumes Tuesday, Wednesday and Thursday from Week Two of Term Four. Please leave your name at the office if you can spare some time volunteering from 8:15am - 8:30am.

Beau Gardiner

Congratulations to Beau Gardiner (Year 5) who is now a published author. Beau wrote a story “The Great War”. This has been included in a book of short stories which has had a copy presented to the library.
Phebe Godecke

The school would like to congratulate Phebe on receiving 2nd place in the Individual Level 3 Junior Division and also 2nd place in the Multiples Level 3 Division with her team mate from College Park Gymnastics at the 2016 Australian Aerobic Gymnastic Championship in Bendigo.

AFL FOOTBALL COLOURS DAY

Today, the student councillors organised this event to raise funds for the Year Six gift to the school and their graduation. For the cost of a gold coin donation, students were allowed to wear their favourite football / soccer / rugby team colours to school for the day. Thank you to all who participated in this event which raised $133.

Poseidon Spelling Competition

Last week the students in each class competed in the class level spelling tests to determine the top four students in each year level. On Wednesday 21st September these top students participated in the Spelling Competition Year Level Finals in the Undercover Area. The competition ran very smoothly, was both friendly and intense with each student striving to do their best. The results were:

<table>
<thead>
<tr>
<th>Year</th>
<th>Winner</th>
<th>Runners Up</th>
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<tbody>
<tr>
<td>Pre Primary</td>
<td>Chase Williams</td>
<td>Nia Ahmed, Monique Orton, Teddy Toomey</td>
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<tr>
<td>Year 1</td>
<td>Evie Bennett</td>
<td>Douglas Edmonds, Lachlan Edmonds, Olivia Godecke</td>
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<tr>
<td>Year 2</td>
<td>Emma Cox</td>
<td>Nathan Buzza, Mya Thomas, Cassandra Zorde</td>
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<tr>
<td>Year 3</td>
<td>Kaylee McAndrew</td>
<td>Steven Boll, Molly McLeod, Lucas Mannion</td>
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<tr>
<td>Year 4</td>
<td>Lara Cox</td>
<td>Luke Dowling, Grace Gardiner, Henry Lont</td>
</tr>
<tr>
<td>Year 5</td>
<td>Asher Wilkinson</td>
<td>Beau Gardiner, Cody Jaamil, Laura Mahon</td>
</tr>
<tr>
<td>Year 6</td>
<td>Lauren Buzza</td>
<td>Chris Downing, Rebecca Mahon, Olivia Proctor</td>
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</tbody>
</table>

The winning students from Year 3 to Year 6 will now go on to represent the school at the interschool competition to be held in Term Four at Ocean Reef Primary School.
Kapture School Photos

Following our recent school photography by Kapture, you can now view and order any sports and / or special photos taken on the day. When visiting http://www.kapture.com.au/event.asp you will need to enter our school code under the Sports & Event tab to access the gallery; **Code: BM5DL9**

Lost Property

Our Lost Property area is overflowing! We encourage students and parents who are struggling to find that jumper, jacket or school hat to take the time to have a look.

School Stream App

We now have 150 Staff and Parents using the new School Stream App. If you would like to place the School Stream App on your phone there are instructions at the end of this newsletter showing you how it is easily done allowing you ease of access to all that is going on at Poseidon Primary. However, if you do not want to have the App placed on your phone and wish to still receive information via Email, please fill out the notification and return it to the school office as soon as possible.

Parenting Ideas

*Exploring the New Frontier of Parenting – Emotions.* So what is this new frontier of parenting? Emotions are now recognised as an important part of the parenting landscape. In this edition article Michael Grose provides five ideas to help you explore the alien landscape of kids’ emotions.

Next P & C Meeting

**September 21, 7:00 pm**

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 7:00 pm in the Staff room. 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.
REQUEST FOR INFORMATION ON STUDENTS WHO WILL NOT BE ATTENDING POSEIDON PRIMARY SCHOOL IN 2017

My child/ren will not be attending Poseidon Primary School in 2017.

Child/rens Name: ___________________________________________________________

Current Year Level: _________________________________________________________

Signed: _______________________________ Date: ___________________________

Or alternatively please email the above details to Poseidon.ps@education.wa.edu.au
Exploring the New Frontier in Parenting

So what is this new frontier of parenting? Emotions are now recognised as an important part of the parenting landscape. Here are five ideas to help you explore the alien landscape of kids’ emotions.

It’s official!

Emotions are now part of the parenting and educational mainstream!

For some time they’ve been relegated as a sideshow to the main events of discipline, confidence building, character building, and lately, resilience.

Not now.

The recently released movie Inside Out gives life to emotions in a fun, accessible way. It’s a wonderful demonstration of why we must put emotional intelligence front and centre in our parenting and teaching. The quickest pathway to happiness and success is the acceptance and recognition of feelings.

This is not a new idea. Over 2,000 years ago Socrates reminded his Greek compatriots, “Educating the mind without educating the heart is no education at all.”

Current day muse Dr. Marc Brackett, Director of the Yale Centre for Emotional Intelligence is more expansive. He says, “Emotions matter as they drive learning, decision-making, creativity, relationships, and health.”

This is not to say that we ignore children’s poor behaviour, neglect to set limits or not ask anything of them when they’ve experienced hardship at school. Accepting and recognising emotions is an added layer in our interactions with kids, which may well be the missing link in building cooperation, connection and resilience.

Emotions are messy. They can be loud. They can be hidden. They so often interrupt our well-organised schedules. “What do you mean you’re sad? We’re off to watch a movie. It’s a happy time!” Emotions are hard to control and difficult to see. Like slippery eels swimming in a dam, you know that they are down there somewhere but it’s hard to figure out just what they are doing.

It’s a wonder parents haven’t smartened up to emotions earlier because ‘good parenting’ is hard emotional labour. When your three-year old throws a tantrum in a supermarket and all you can do is grin and bear it (rather than throwing your own tantrum or doing what you really feel like which is disowning your own child!) you’re doing hard emotional labour.

When you console and contain the hurt of a primary school aged child who throws himself at your feet howling that everyone hates him, you are doing emotional labour.

Staring down a teenager who looks you straight in the eye while spitting out “I hate you!” because you’ve denied their request to go out is hard emotional labour. Parents do emotional labour all the time. That’s one of the reasons its so draining.

Accepting kids’ emotions mean we need to listen to them. We need to be mindful of their feelings as well as their behaviours and thoughts, which is what most parents and teachers are conditioned to do. We’ve built a broad vocabulary around behaviour management featuring terms such as consequences, limits and boundaries, and time-out to name a few. And the perennial ‘To smack or not to smack’ question shows we are very willing to have debates about behaviour management methods, but discussions about emotional management are few and far between.

more on page 2
The limits of many parents’ emotional vocabularies are matched by the limitations in method as well. Most parents when asked can provide plenty of ways to raise a well-behaved child but I suspect many would struggle if asked to name three or more ways to build their children’s emotional smarts. This is not a criticism but an acknowledgement of lack of training in the area.

Ask yourself, “Who taught you how to recognise, manage and regulate your emotions?” If you answered your parents then lucky you. They’ve given you the tools you need to have successful relationships, to maximise your earning potential (I kid you not) and to behave like a champ, not a chump, when playing sport and participating in other competitive or high performance activities. If you were able to identify any adult who taught you emotional intelligence then I suspect you are in rare company. My guess is you probably couldn’t identify anyone, so your emotional intelligence (if you’ve read this far you have the emotional smarts needed for focus, self control and concentration) is unconscious, rather than conscious, making it hard to teach or pass on emotional intelligence skills to kids. So where do we start?

Here are five ideas to help you explore the alien landscape of kids’ emotions, the new frontier of parenting:

1. **Listen first**
   When your child fusses and fumes about some wrong-doing or hurt they’ve experienced clear your mind and listen. Avoid trying to fix the situation just show understanding and compassion. There is no better feeling than being understood.

2. **Contain rather than manage (let your kids do the managing)**
   Children’s behaviour can become tangled up in upsets and disappointments. It’s hard to separate their behaviour from their feelings. Sometimes as a loving, caring adult you just have to soak up their feelings, and give them the time and space to soothe their own souls. We don’t have to do that for them.

3. **Know that emotions can be pleasant and unpleasant**
   We often place value judgements on emotions by saying some emotions are good or positive (happy, motivated, energised) while some are bad or negative (sad, worried, sullen). Avoid passing judgement in such ways. Recognise that emotions are pleasant or unpleasant and that all emotions are acceptable, whereas some behaviours (such as hurting someone when you are angry) are unacceptable.

4. **Build a vocabulary around emotions**
   Just as feelings have names, there are terms for the emotional intelligent parenting method. For instance, I-messages* are a type of communication used by parents and adults who take an emotions-first approach.

5. **Help your kids recognise, then regulate emotions**
   Ever told a child to calm down only to see their emotions escalate? Kids, like adults, need to recognise their feelings before they can regulate their emotional state, and that’s not easy. Emotional recognition is a complex process that takes practice. Even when we are good at it we don’t always get it right. Learning to recognise your feelings is a continuous process that’s best started when young, before the ups and downs of adolescence becomes a reality.

Emotional intelligence is best learned when it becomes part of your family’s culture, or way of doing things. When it becomes part of your family’s DNA then emotional intelligence will be passed down from generation to generation. You’ll know it’s had generational impact when your children identify you as the person who trained them in the skills of emotional intelligence. How cool is that!

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did! When you subscribe you’ll also get my fantastic Kid’s Chores & Responsibilities Guide with plenty of ideas to get your kids to help at home without being paid.

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* I-messages are a type of communication used by parents and adults who take an emotions-first approach.
How to get the School Stream app on your mobile device

1. From your mobile device go to the App Store (iPhone/iPad) or Play Store (Android), search for School Stream and download the app to your phone.
2. Make sure you agree to push notifications
3. Once School Stream has finished installing, open the app, type your school name into the search then select your school. For more detailed instructions go to schoolstream.com.au/download
4. Are your children attending different schools? Tap the school selector, select add a school, type the school name into the search then add. Jump between your children’s schools by touching the school name/logo in the top blue bar, or switch schools from the slide-in menu.

*Any additional schools will need to be licensed users of School Stream to appear in the app.

Choose what notifications you receive

1. Open the School Stream app on your mobile device
2. From the slide-in menu, go to Settings
3. Under Edit/Alerts select My Schools and select your School to open the Notifications page
4. Toggle notifications on or off individually (e.g. Alerts, Events, Newsletters, etc.)
5. When you have finished, use the Back button to return to the Settings page, then select Done to return to your School

Return at any time to change the notifications you receive.

Don’t have a smartphone?

If you don’t have access to a smartphone and require information to be delivered via traditional methods (printed notices & email), please fill out the form below and submit it to the school office.

Family name: ____________________________________________________________

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<tr>
<th>Students Name</th>
<th>Class</th>
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Please indicate the reason:

☐ I don’t have access to a smartphone (e.g. iPhone, Android, etc.)
☐ I prefer not to receive information from the school on my smartphone
☐ Other (please specify) ________________________________________________