



Tinonee Public School Times

All for each

tinonee-p.schools.nsw.edu.au

Principal – Karen Austin

4th July, 2019

Term 2 Week 10

Editorial

Firstly, thank you to all our families and carers for your ongoing support throughout the term. It has been very busy and productive. Reports have gone home this week and teachers will be conducting parent review meetings in the first few weeks of next term. This is an important time to share conversation about your child's progress. Please arrange a time that suits to connect up.

There is a great website for parents/carers called: 'Parentshop, lifelong behaviour change'. An interesting article written by Michael Hawton on 27th June this year outlines the importance of providing a safe, happy environment to help our children feel secure and to promote mental wellness and resilience. Some of the points raised were:

1. *Normalise making mistakes, seeing them as learning opportunities and allow them to happen – not jumping in too quickly and solving it for them. Children need to learn that they can survive making a mistake and move forward.*
2. *Modelling constructive self-talk – instead of negative talk, such as 'Why does this always happen to me?', an example could be 'I made a mistake, but I will own it and fix it'.*
3. *Challenge distorted thinking – such as 'I hate school' or 'I have no friends'. Encourage your child to problem solve and discuss strategies that may help them on a daily basis.*
4. *Watch out for perfectionist tendencies – things won't always go to plan and sometimes children can be extremely hard on themselves if they don't turn out the way they think it will. Let your child know it is O.K. to fail at something because they can then work toward a new approach next time.*
5. *Resilient people are flexible and can cope with change. Acknowledge that change is part of life and try to give children notice of planned change – reminding them of why the change is happening and how it can be a positive experience for them.*
6. *Positive connections with family, friends and community – help children feel a social connection to part of something bigger, enabling them to reach out beyond just one or two people when needed. Encourage your child to seek support when they feel they are struggling.*

Mental wellness is something we have to work on, just like our physical health, enabling us to deal with life's ups and downs.

Have a wonderful, safe and happy holiday break!
Karen

What's On?

- 22nd July **Staff return for Term 3**
- 23rd July **Students return for Term 3**
- 25th July **NAIDOC at Tinonee**
- 26th July **Year 6 to Wingham High School**
- 27th July **National Tree Day**

Award winners



KR
Damon
Brendan
Scarlett

1KA
Jonathon
Lara
James

2M
Oscar
Kade
Maddy W

2/3S
Kobi
William
Finnegan

4/5C
Madison
Chase
Lily CK

4/5S
Tessa
Travis
Lilly Q

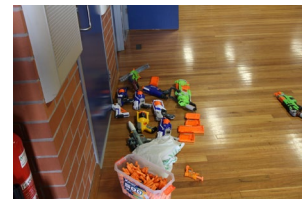
6E
Charlotte A
Brynalee
Hayden

HELP OUR STATE HOCKEY PLAYER

Lily Atkins has been selected to attend the Australian Primary Schools Championships in Victoria. Raffle tickets are available for purchase at the office. Your support for Lily would be greatly appreciated and help to alleviate some of the cost.

Congratulations to Lily and we are confident you will represent Tinonee Public School admirably.

that's a wrap for term 2



Be Respectful Be Responsible Be Safe