

Student Wellbeing Newsletter

Twilight performances, Robina's got Talent, school swimming lessons, tinsel, mosquitoes and flies: It must be December, term 4 and the last issue of Insight Magazine for the year.

This term students have learnt how to be positive role models, how to stay calm, sun safety, and the importance of diversity. They have grown their skillset to become organised, resilient, persistent, confident students who get along with one another.



This year we have seen many students Reaching for the Stars! They have enjoyed saving and spending their stars on movie days, lucky dips, sausage sizzles, prep helpers, craft activities and extra free time.

On behalf of the PCL team, we hope you have a lovely and safe Christmas break.

See you in Term 1 for 2024.

Cherie Andrews and Hayley Krause



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The secret to regulating emotions

BY: Dr. Justin Coulson

You can't think straight in a high emotion state.

When you're on the brink, it's hard to stop and think.

These simple rhymes underscore a general truth about the quality of our thinking under stress:

High emotions equals low intelligence.

The less regulated and intentional our emotional state, the more our cognition is compromised.

Our default response to our children's dysregulated (or simply very big) emotions tends to be that we:

- Shut it down ("Stop it", "Calm down")
- Reassure ("You'll be fine")
- Require communication ("Use your words"), or
- Offer advice ("Just listen to me!")

Experienced parents know these strategies are ineffective – but often still try them anyway.

Imagine a train entering a long, deep tunnel. Would you worriedly watch the train disappear into the dark, and then use dynamite and diggers to make a hole in the top of the mountain so you could

drag that train out of the dark?

Of course not. This approach would simply make a mess. You don't need to intervene. The train's coming out of the tunnel at the other end. That's how it works.

Emotions are the same (when they're functioning in healthy ways).

Children are going to struggle with their emotions. They learn the most basic emotional regulation at age 3 (or thereabouts), and don't become reasonably proficient with it until age 9 (approximately).

And being Hungry, Angry, Lonely, Tired, or Stressed (HALTS) will reduce their ability to regulate emotions.

To help kids regulate their emotions try these ideas:

- Stay level, stable, and balanced yourself.
- Use emotion-labelling tools (like an emotion chart) to connect, identify emotions, and understand one another better.
- Ask, "Do you need a hug or do you want to talk, or would you just prefer some space?"
- Encourage them to

breathe (5 seconds in, hold for 5, and 5 seconds out).

- Get active
- Touch the grass – get some nature
- For younger children, invite them to draw their emotions on paper or card stock.

Distraction can be a useful tool too.

And don't – DON'T – try to fix everything until the train is out of the tunnel. Once the emotion has passed (and it will), problem solve solutions together.

These emotions are normal and healthy parts of being human. Learning to regulate them is a long process – one that many grown adults still haven't mastered.

In times of emotional turmoil, the key to helping children regulate their emotions is the state of your heart as a parent. Your compassion, gentleness, and ability to shift the focus from intense emotions to a more logical and compassionate response can lead to better outcomes. When children feel supported, loved, and understood, they are more likely to control their emotions and find solutions to their challenges.

ParentBrief



Potato kids – getting them off the couch

A major concern used to be that our kids were spending too much time slumped on a couch watching television. TV still rates a mention, but these days so do other screens: smart phones, tablets, laptops and video consoles. What hasn't changed is the fact that many kids are still couch potatoes, regardless of which screen their umbilical cord is attached to. Our kids may not agree, but getting them off the couch or computer chair is in their best interests, especially when it comes to their physical and mental health....

Encouragement to get off the couch

As parents, our involvement is key to our kids' success. We want them to achieve to their potential and to do this they need to be fit, both mentally and physically. Slumped on the couch or computer chair for hours on end may be doing great things for the mind, but the body will be stagnating. Not all kids will be interested (or equipped) for running a marathon or even swimming a few laps, but if encouraged, most kids are into a walk, back yard game of cricket, or kicking a ball in the park. Creating an inside space for an exercise bike, a few balls or hoops can also encourage our kids to stretch and move more.

The benefits of exercising

Regular exercise helps develop muscles and strengthen bones. Kids who exercise, generally sleep better and suffer less from tension and stress. Kicking a ball for half an hour is a great way to release pent up emotions and help rid the body of toxins. Aerobic exercise such as walking or running helps increase

stamina, endurance, strength, flexibility and the body's ability to provide oxygen to the cells. Physical fitness also aids concentration and overall feelings of wellbeing. Most kids are naturally active, but screen time can be addictive and it's easy for them to lose track of how much time has been spent sitting in the one position.

Play is exercise

Play is great exercise for kids of all ages. For little kids in particular, play is work and a natural part of their development. Creative play in particular helps them to develop dexterity, gross and fine motor skills and muscle strength. As play becomes more involved, kids develop agility, coordination, flexibility and spatial awareness. Screen time can be mostly solitary and consume a child's undivided attention, whereas play encourages kids to be social, cooperate and work as a team.

Ideas for getting kids moving

- **Sign up for sport** – not every kid's ideal, but for those who don't mind rules and like being part of a team, competitive sport can be the go. Being part of a team also encourages feelings of belonging as well as encouraging friendships and commitment.
- **Move with them** – do things as a family, like walking, biking, swimming, playing outdoor games.
- **Picnic more often** – map out a favourite place, take the Frisbee, bats and balls.
- **Get to know the neighbourhood** – walk, catch public transport, check out shops, visit friends.
- **Social Saturdays** – book up friends with kids of the same age, visit museums, libraries, adventure parks with climbing frames and other equipment.

Getting them off the couch can be done anytime. The aim is to keep it enjoyable, regular and social. While our kids keep moving they're helping to keep their weight in check and lessen the potential for type 2 diabetes. They're also going to look good and feel great and the same can't really be said for potatoes.



Congratulations to our Reach For the Stars winners this term. It has been wonderful to see the students enjoying the reward program. Students have been saving hard and spending on fun activities such as DJ at assembly, prep helper, movie day, morning tea with Mrs. Baker, and sausage sizzle (just to name a few!). Well done!



Morning Tea with Mrs. Baker



INSIGHT MAGAZINE



Sausage SIZZLE





SUMMER HOLIDAY FUN!

GC libraries



Our Summer Reading Club is back and it's bigger than ever! This year we are celebrating people, places and stories. Kids under 12 can join between 1 December to 31 January and take part in our weekly challenges.

A new challenge is released every week and the more challenges you complete, the more chances you have of winning a fantastic book pack or a family pass to Currumbin Wildlife Sanctuary. Get your passport at your local library and start your summer reading journey today.







HOTA

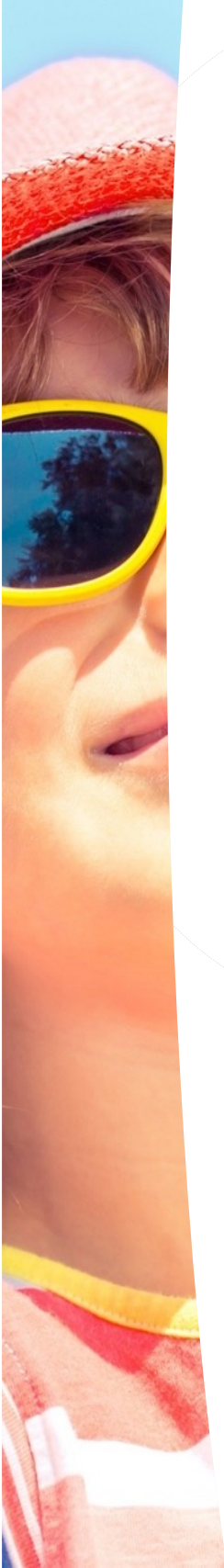


Children's Gallery

TROPIC ARCADIA is an unexpected, new travel destination for families! Tongan-Polynesian artist Samuel Tupou has created a curious, pop-up island for you to explore. Discover his colourful patterns inspired by tapa (bark cloth) designs set amongst a surreal, tropical landscape that is part memory, part imagination, part arcade game. Visit HOTA's Children's Gallery and collect your map to start your expedition. There is so much to do and discover as you journey throughout TROPIC ARCADIA. Through the layered art of Samuel Tupou, families will be transported into a multi-dimensional realm of fun and adventure.

GC Active and Healthy school holiday program

Sat 9 Dec	11am-12pm  	FAMILY KAYAK LESSON Families are in for an exhilarating experience as they delve into the world of kayaking. Join us for a high-energy, fun-filled adventure, where we offer double kayaks perfectly suited for families to master the art of kayaking in the shallow waters of picturesque Budds Beach. You'll embark on a shared kayaking journey during a thrilling one-hour lesson that promises excitement and lasting memories.	4 to 60 years	Surfers Paradise Budds Beach Reserve 19 River Drive	Free Bookings required via mobile Go Vertical SUP, Linda M: 0423 716 625 ... eventbrite.com.au/o/active-and-healthy-cogc-34999230573	BR
Sat 9 Dec	4pm-8pm 	CAROLS BY THE LAKE Come celebrate Christmas at a truly unique festive celebration at the lakeside stage. Enjoy live stage entertainment, Christmas carols, Santa, a fireworks finale over Lake Orr and so much more. There promises to be something for everyone!	All ages	Varsity Lakes Varsity Promenade Varsity Parade	Free No bookings required City of Gold Coast Councillor Hermann Vorster P: 5581 7282 E: division11@goldcoast.qld.gov.au	
Wed 13 Dec	9am-10.30am  	COLOUR BLAST OBSTACLE COURSE Looking for colour and fun well we have it! This theme is an explosion of water and colour as we have some serious fun with a range of water-based games and challenges intended to prepare the kids to be sprayed in coloured powder during our colour games and challenges, obstacle course zone and colour blast tag game. Our event finishes with an awesome photo opportunity using our colour to create a long-lasting memory.	From 6 years	Miami Pizzezy Park Bardon Avenue Meet near Netball Courts	Free Bookings required via website Gecko Sports W: eventbrite.com.au/o/active-and-healthy-cogc-34999230573	BR
Thu 14 Dec	7pm-9pm 	MOVIES UNDER THE STARS - ELF What a better way to spend an evening than outdoors watching a movie under the stars? This is a free, family-friendly event for everyone.		Carrara Gold Coast Sports and Leisure Centre 296 Nerang Broadbeach Road	Free No bookings required City of Gold Coast P: 5581 5286 Wet Weather Hotline P: 5581 7016	



EXTERNAL CONTACTS

Never know who to contact? Here is a list of external agencies ready to assist :

6

parentline

1300 30 1300

Free counselling + support for
parents & carers in QLD & NT

<https://parentline.com.au/>



raisingchildren.net.au

Free, reliable, up-to-date, independent info to help your family grow & thrive together. Provides ad-free parenting videos, articles and apps backed by Australian experts. Backed by science. Regularly updated.



for every parent

Need help fast? Find out why proven positive strategies change child behaviour. Start now. Every child's different - you tailor your Triple P program to suit you, your values. 1 Million+ Aussies Helped. Stay Calm Under Pressure

<https://www.triplep-parenting.net.au/>

 **Lifeline**
We're here for you

 **131114** lifelineqld.org.au



ParentsBeyondBreakup

Parents Beyond Breakup is a charity that supports parents experiencing trauma related to family breakdown and separation

**Australian Time Change Apr'23
NEW HELPLINE HOURS**



ParentsBeyondBreakup



<https://parentsbeyondbreakup.com/>