

Student Wellbeing Newsletter

Welcome to Issue 23 of Insight Magazine. This term the students have continued to be given opportunities to explore a variety of school expectations along with our **5 Keys to School Success of Resilience, Confidence, Getting Along, Persistence and Organisation.**

Students have engaged in learning around the following topics:

- Revision of our 3 school rules (Be Friendly, Be Proud, Be Respectful)
- Playground rules and routines.
- How to deal with challenges and problems.
- How to transition to and from class safely and respectfully
- Exploration of strategies to use to calm down when feeling sad/worried/angry.
- Valuing diversity and accepting that everyone is different.

Some of the above topics and values were also reinforced during a visit from **Brainstorm Productions** in Week 6, where students attended the live performance of Sticks and Stones. Please see pg 4 for photos from this incursion.

Also in Week 6, Robina SS marked **National Day of Action Against Bullying and Violence** with all students making a pledge to be kind, respectful members of our school community who take steps to ensure our school is a safe and supportive place to learn and play.

Students have been busy continuing to *Spend and Save* their Stars received throughout Term 3. Congratulations to all students for the effort they have put into following our School Rules of: *Be Friendly, Be Proud, Be Respectful.*

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

See you in Term 4.



INSIGHT MAGAZINE

Term 3 2023, Issue 23

In this issue...

Friendships

Setting an example for emotional coping skills

Term 3 at a glance

Student Wellbeing Journals

School Holidays

External resources



Friendships



positive partnerships

Working together to support school-aged students on the autism spectrum



Friendships are about:

Enjoying spending time with each other, whether online or in person. Teenagers are more likely to spend time with their friends online on a daily basis, than to meet up in person (Pew Research Centre, 2018).

Interacting in a way that is comfortable. Some autistics are more likely to have friendships that are based on chatting or texting, and other autistics may prefer friendships that are focused on a shared activity.

Being able to interact with others who share your passions and interests can foster a sense of belonging as well as develop confidence and skills. It may be easier for some autistic children and young people to find others who share their passions or interests online.

Having opportunities to be or play alongside others. Many friendships develop this way. Professionals call this parallel play.

Developing confidence and improving wellbeing. Healthy friendships naturally nurture these (Narr, 2019).

Characteristics of healthy friendships:

- Kind
- Caring
- Loyal
- Sharing
- Supportive
- Respectful of each other
- Valuing each other and the friendship

In a healthy friendship, a child or young person should feel:

- Comfortable to be themselves
- Valued
- Cared about
- Heard
- Understood
- Able to share their passions and interests, likes and dislikes

Where can friends get together?

Online: social media, gaming, video chat, watch parties etc.

In person: school, home, clubs or groups based on the child or young person's interest or passion (e.g. dance, judo, art class, band), having a meal or going to the movies or another event, youth groups, lego clubs etc.

Keeping Friends

It can be hard to keep friendships going for many children and young people. They may need support with how and when to contact or interact with friends to maintain a friendship. However, individuals may also need support to understand why and when to end a friendship. If friends become unkind or disrespectful, then they should no longer be seen as friends.

Tips for supporting successful friendships

- Provide opportunities to do things the individual likes
- Express interest in the child or young person's interests
- Help them to find age appropriate people who share some of their interests to connect with, either online or in person
- Help the child or young person to understand the difference between healthy and unhealthy friendships
- Role model and talk about healthy friendships

WHEN KIDS LOOK UP, WHAT DO THEY SEE? (SETTING AN EXAMPLE FOR EMOTIONAL COPING SKILLS)

3

BY: Triple P Articles

Small children can easily become too cold or too hot. It's because they're not able to regulate their body temperature very well. It takes time for the body and brain and all the nerves, muscles and systems involved to develop. And in the meantime, parents have to help young children to keep warm or cool. ("Yes, you do need to take your jumper!")

Keeping the body at a regular temperature is a physical development issue. It isn't something that can be learned or practiced. Regulating emotions, however, is something children and teenagers can actively learn to do, with support from you.

LEARNING BY OBSERVATION

Children naturally look up to those around them — literally and metaphorically. Parents are role models for their children, whether or not they realise it. This is how adults teach their children all kinds of things (even when they don't mean to). When you demonstrate to a child how to brush their teeth, you're doing that on purpose. But what about when you demonstrate attitudes, beliefs and ways of reacting and responding? Children can learn ways of reacting to strong emotions very easily without adults being aware of it.

Think back over the last week to when you felt annoyed, worried, or stressed. What did your kids observe? It's normal and healthy for children to see that parents feel these emotions every now and then. However, there are different ways this can look. Children benefit most from seeing parents expressing emotions appropriately and dealing with them calmly and constructively. This is something we can work on ourselves. We may not always get it right, but we can always improve.

EMOTIONAL COPING SKILLS TAKE TIME TO DEVELOP

Helping children learn to manage uncomfortable emotions isn't a one-off conversation. It's a set of skills we help teach our children in various ways, repeatedly, over a long period of time. When you successfully cope with difficult emotions and your child sees you doing so, it's a way of showing them how to do it themselves. (Learning to accept that children have these emotions, and encouraging them to talk about it, is also important.)

None of us react perfectly to every situation and we can always learn new ways of handling situations. If you'd like to make changes, one thing that really helps is understanding more about how thoughts and feelings are connected.

[Strengthen your child's coping skills. Learn more about positive parenting.](#)

SET AN EXAMPLE BY LEARNING TO THINK MORE FLEXIBLY

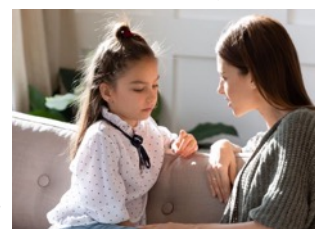
Learning to **think** in more positive ways can make parenting, and life, a lot more enjoyable. Flexible thinking starts with being aware of what thoughts run through your mind, especially when things aren't going exactly according to plan.

Imagine how you'd feel if you weren't included in a friend's or relative's online event, without knowing why. You could become quite upset if you believed, or convinced yourself, that you were deliberately left out. But what if you found out later the invitation was sent to the wrong email address?

In other words, it's to do with the connection between thoughts and feelings. What you believe about **why** something happened can result in a strong emotional reaction. The key is learning to ask yourself: "What am I telling myself?". Depending on how you interpret a situation, you may overreact and say or do something you regret later. And while children can't see your thoughts, they do see and hear your actions and words.

It's not so much what happens but **how you interpret it** that leads to how you feel. Learning to think flexibly and find other explanations for what has happened can really help.

Once you start to understand this, you can use it and practise it to help you deal with situations calmly. You can begin to teach the concept to your children. You can also try to become more aware of the example you set. Perfection isn't possible, but positive changes are. It's just one way to help your children develop good emotional coping skills as they get older.



Term 3 at a Glance

Student Wellbeing

4

Fortnightly Positive Culture for Learning Assemblies to acknowledge the achievements of students.



Whole school incursion
Brainstorm Productions



Lunchtime activities for students to access each week.

	Monday	Tuesday	Wednesday	Thursday	Friday
1 st Break	Reading - Year 1 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 2 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 3 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 4 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 5 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 6 Mrs. Lally Jan Brown (Book of the Week)	Reading - Year 1 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 2 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 3 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 4 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 5 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 6 Mrs. Lally Jan Brown (Book of the Week)	Reading - Year 1 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 2 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 3 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 4 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 5 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 6 Mrs. Lally Jan Brown (Book of the Week)	Reading - Year 1 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 2 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 3 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 4 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 5 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 6 Mrs. Lally Jan Brown (Book of the Week)	Reading - Year 1 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 2 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 3 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 4 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 5 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 6 Mrs. Lally Jan Brown (Book of the Week)
2 nd Break	Reading - Year 1 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 2 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 3 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 4 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 5 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 6 Mrs. Lally Jan Brown (Book of the Week)	Reading - Year 1 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 2 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 3 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 4 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 5 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 6 Mrs. Lally Jan Brown (Book of the Week)	Reading - Year 1 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 2 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 3 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 4 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 5 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 6 Mrs. Lally Jan Brown (Book of the Week)	Reading - Year 1 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 2 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 3 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 4 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 5 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 6 Mrs. Lally Jan Brown (Book of the Week)	Reading - Year 1 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 2 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 3 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 4 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 5 Mrs. Lally Jan Brown (Book of the Week) Reading - Year 6 Mrs. Lally Jan Brown (Book of the Week)

Attendance Reward – Pizza Party for the class with the best attendance.

Every day counts

MOST STUDENTS ATTEND SCHOOL EVERY DAY

It's important that children are at school all day, every day

OK reasons to stay home from school

sick natural disasters

It's NOT OK to skip school to shop, sleep in, finish an assignment, go on holidays

EVERY DAY AT SCHOOL COUNTS

Missing even 1 day can make a difference

1 day off school each fortnight = Missing more than a year of learning over 12 years

Each day's learning builds on what has been learnt before

Good attendance begins in Prep It's where good habits begin

ATTEND ALL DAY, EVERY DAY

Each 1% increase in student attendance may result in 2-3 NAPLAN scale score points

What parents can do

Promote the importance of school Get to know the teacher Go to school events Ask about your child's day Read the school newsletter Be organised at home Supervise homework Volunteer to help at school

Get involved in your child's school

For more information Go to the Every day counts website: <https://education.qld.gov.au/initiatives-and-strategies/initiatives/every-day-counts>

National Day Against Bullying and Violence



Reach for the Stars Program



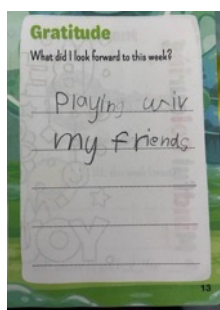
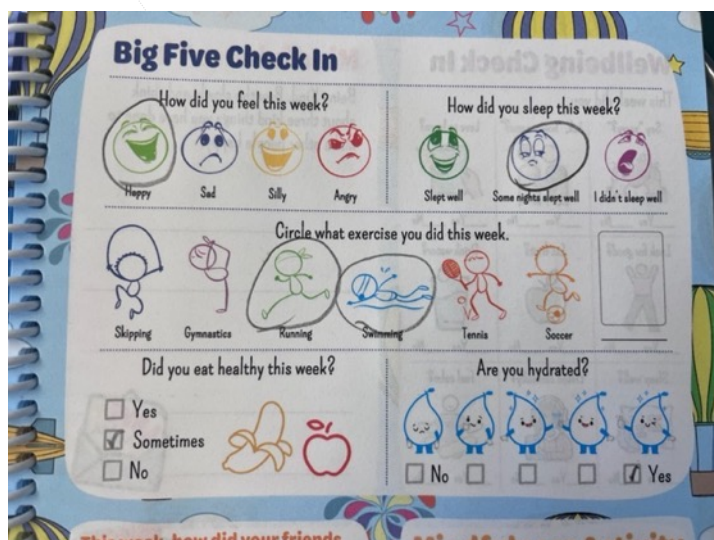
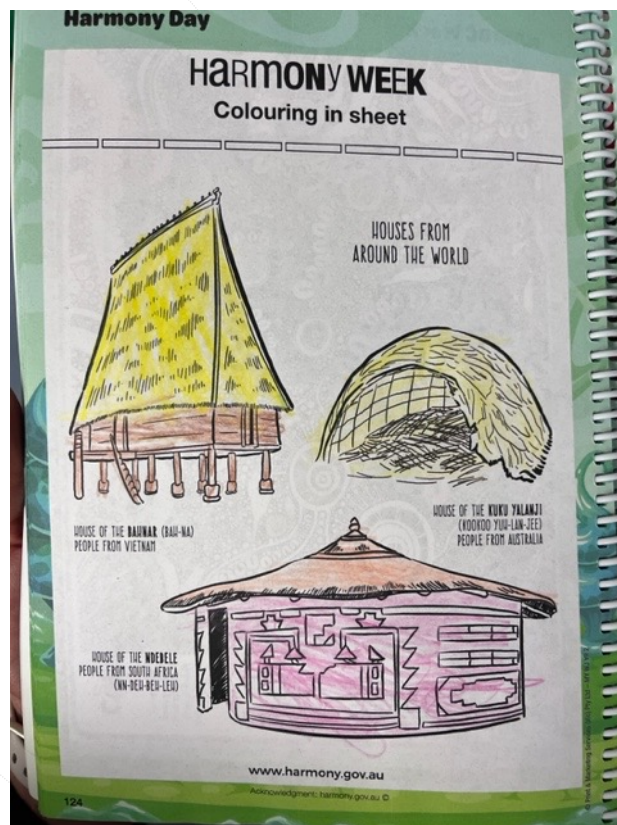
Weekly Positive Culture for Learning focus areas.



STUDENT WELLBEING JOURNALS

5

Classes have been working hard on their student wellbeing journals. These journals provide a safe space to download thoughts, to influence positive mindsets and to celebrate special days. Here are a few samples of student work this term:

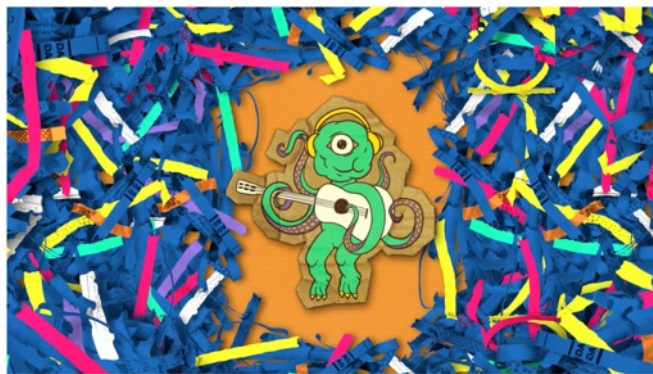


School Holidays



KIDS TAKE OVER

27 Sep - 1 Oct



Kids Take Over is HOTA's mini fest taking place during the school holidays. With a program bursting indoors and out, Kids Take Over is designed for kids and by kids, and features a combination of free and ticketed workshops, visual arts experiences, performances, and everything in between. It's the ultimate memory-maker, boredom-buster, and creative play festival for kids on the Gold Coast. Stand back, and watch the next generation unleash their imaginations and take charge as kids take over HOTA.

Explore the full program at: <https://hota.com.au/whats-on/live/festivals-and-series/kids-take-over>

City of Gold Coast event schedule:

<https://www.goldcoast.qld.gov.au/Things-to-do/Gold-Coast-Events-Calendar>



18
SEP
2023

Children's Bike Skills (Nerang)

📍 Glennon Park Netball Courts, 143 Pappas Way, Nerang 4211

Unleash your child's biking potential! Fun and interactive session teaching kids aged 6+ to ride confidently and safely.

Tagged as: Family friendly, Sports, Talks & workshops



19
SEP
2023

Dragons & other wildlife of the Botanic Gardens

📍 Gold Coast Regional Botanic Gardens, 230 Ashmore Road, Benowa 4217

Discover the huge array of wildlife at the Gold Coast Regional Botanic Gardens.

Tagged as: Family friendly, Nature, Seniors, Youth



22
SEP
2023

Adventure Beach Day with Raft Building

📍 Tarrabora Reserve, 945 Gold Coast Highway, Palm Beach 4221

Attend a raft building activity on the beach these school holidays.

Tagged as: Family friendly, Nature, School holidays, Youth



26
SEP
2023

Birds of the Botanic Gardens guided walk

📍 Gold Coast Regional Botanic Gardens, 230 Ashmore Road, Benowa 4217

A wonderful opportunity to learn about the many species of birdlife that have made the Gold Coast Regional Botanic Gardens their home.

Tagged as: Family friendly, Nature, Seniors, Youth



28
SEP
2023

NaturallyGC Kids - Become a Wildlife Vet

📍 Currumbin (map is an indication of SUBURB ONLY), Further location details provided within confirmation email as you scroll down, Currumbin 4223

Come and enjoy a free NaturallyGC workshop!

Tagged as: Family friendly, Nature, Talks & workshops

EXTERNAL CONTACTS

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

7

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



 **open 7 days**
1300 853 437

<https://parentsbeyondbreakup.com/>