



INSIGHT MAGAZINE

Term 2 2023, Issue 22

Student Wellbeing Newsletter

Welcome to the Term 2 edition of Insight Magazine.

This term students have learned about the following topics in their regular PCL lessons:

- Working hard
- When things get tough, I ask for help, rather than giving up
- Making good choices
- Valuing diversity and accepting differences
- Using positive self-talk, nice manners and a polite tone of voice
- Calming strategies

These lesson topics are combined with our 5 keys to school success (as listed in the keys below): Persistence, Resilience, Organisation, Getting Along and Confidence.

In this issue...

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RELATIONSHIPS WITH SCHOOL-AGE CHILDREN: IDEAS AND TIPS

BY: RAISINGCHILDREN.COM.AU

Relationships and school-age children's development

Warm, stable and responsive relationships are fundamental to children's development and wellbeing. Your child will become more independent when they start school, but family relationships are still the biggest influence on your child's development. That's because your child's relationship with you helps your child feel secure and gives them confidence. Security and confidence are important as your child meets new children, tries new things and takes on new responsibilities when they're ready.

Relationships with school-age children: what to expect

Your role as a parent is just as important as ever, but your relationship with your child might change once they start school.

For example, your child might love to be independent, but they still **need plenty of your love and attention**. Your child is proud of being a 'big kid', but they want your approval. Your child might be easily embarrassed, self-conscious and even self-critical, so they'll need your help to focus on the things they do well.

Your child might not tell you as much about their day as they used to – maybe because it's hard for your child to tell you everything that's happened in a school day. But your child still **needs to know you're there** and ready to listen when they're ready to talk.

Your child's language, thinking, emotions and physical skills are developing rapidly at this age. This means that you might sometimes have quite deep conversations with your child. Or you might start sharing hobbies or interests like sport or music with your child. This can give you a lot of **opportunities for tuning in to your child's interests**, ideas, thoughts and feelings.

Peers and school friends might start to become more important in your child's life, particularly as they move towards the middle-primary years. School

friendships give your child a sense of belonging and help your child learn and practise social skills like sharing and negotiating. But if friendship problems come up, your child will turn to you for help. Your child's secure and safe relationship with you helps them to manage the ups and downs of making and losing friends.

And your school-age child might start looking for adult role models outside the family – for example, a favourite teacher. But they'll still look to you for guidance or want to know what you think about these people.

You are still important to your child and your child still needs you as they grow and develop, even if they don't always say that to you.

A strong parent-child relationship is about more than just having fun together. By tuning in to your child's feelings, praising your child and helping them to see things from other people's points of view, you can help your child learn and develop.

Building strong relationships with school-age children: tips

Children of all ages need parents and caregivers who are warm and responsive, who pay them attention and who make them feel safe. Here are ideas to help you keep building this kind of relationship with your school-age child.

Connecting

- Give your child plenty of positive attention by showing warmth and being interested in what they're doing. One way to do this is by asking follow-up questions when your child starts talking – for example, 'Really? That's funny! What did the teacher say then?' This keeps the conversation going.
- Use everyday moments and activities to build your relationship with your child. For example, driving your child to an activity might be a chance for an uninterrupted chat.
- Make time to share things you both enjoy, like cooking or kicking a ball at the park. This can also give you a chance to find out more about your child's likes and dislikes, worries and

frustrations. Some children find it easier to talk when they're doing something else.

- Tune in to your child. If you see your child is getting angry or upset, help them understand their emotions. For example, 'I can see that you're feeling angry about turning off the TV'. Understanding emotions is a key part of self-regulation, which is important for all your child's relationships.

Communicating

- Avoid asking your child a lot of questions about school when they get home from school. Your child will probably be tired and hungry. When you sense that your child is ready to talk about school, simple, positive and specific questions can start a conversation. For example, 'Who did you sit with at lunchtime?' or 'What was the best part of your day?'
- If your child asks about tough topics, answer honestly, in language that they can understand. If you encourage open communication now, your child learns that they can always talk to you.

Family life

- Set some positive family rules to guide how your school-age child treats you and other family members. Rules that describe the behaviour you expect can help everyone in your family get along better. For example, 'We say "please" when we ask for something'.
- Share regular family meals. Family meals can strengthen your family relationships and your child's sense of belonging. They're also a good chance to catch up on each family member's day.
- Keep up family rituals like birthday celebrations, family movie nights or bike rides on the weekend. Rituals create shared memories and build family relationships and bonds.

50 CALM-DOWN IDEAS TO TRY WITH KIDS OF ALL AGES

BY: [GOZEN.COM](https://gozen.com)

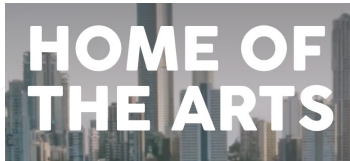
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Navigating childhood challenges can be stressful, and sometimes deep breathing isn't the solution that works for your child. When your child is in need of tension relief, try one of these techniques:



Did you know?

For centuries, Yogis have understood the calming power of bringing the head below the level of the heart, otherwise known as inversion. Whether it's relaxing in child's pose, bending over to touch your toes, or practising a headstand, inverting the body has a restorative effect on the autonomic nervous system, which controls the body's response to stress.



HOME OF THE ARTS



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.

Gold Coast Fit and Active program

https://www.goldcoast.qld.gov.au/Things-to-do/Gold-Coast-Events-Calendar?dv_GC%20OC%20Public%20Events%20listing%20Full%20Width%20Grid={dd_OC%20Event%20Categories=School%20holidays}{dd_OC%20Composite%20Date=24%20Jun%202023|09%20Jul%202023}



Bubble Play


 Peninsula Playground, Broadwater
Parklands, Marine Parade, Southport 4215

Bubble Play is a unique, mind blowing,
bubble magic extravaganza

Tagged as: Arts & culture, Family friendly, School holidays, Youth



NaturallyGC Kids - A Morning in the Mangroves

 Currumbin (Map is an indication of SUBURB ONLY), IMPORTANT: Full location details are within the confirmation email as you scroll down, Currumbin 4223

Join us for a free NaturallyGC workshop

Tagged as: Nature, School holidays, Talks & workshops, Youth



SURFACE

 Miami Marketta, 23 Hillcrest
Parade, Miami 4220

The Miami Street Art Festival, SURFACE, returns to the streets for its 3rd annual year this Winter school holidays! From 2-16 July artists from a variety of mediums will showcase their work across the many surfaces of Miami and you're invited to walk, ride, roll and stroll through the streets and witness it all unfold.



6S Netball School Holiday Workshops – Under 6 – Under 13

 Carrara Indoor Sports Stadium, 296
Nerang Broadbeach Road, Carrara 4218

Thinking of things to do in the school holidays? 6S Netball have you covered.

Tagged as: Community events & fundraisers, School holidays, Sports, Youth

EXTERNAL CONTACTS

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

parentline

[1300 30 1300](tel:1300301300)

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



open 7 days
1300 853 437

<https://parentsbeyondbreakup.com/>