Catholic Life and Mission, Kevin Coote, Religious Education Coordinator

Sunday, 9 Feb 2014: Gospel


Reflection:
This Sunday’s Gospel comes from Mark’s Gospel and Jesus asks this question of his disciples: ‘You are the salt of the earth. But if salt becomes tasteless, what can make it salty again?’

Pope Francis describes the salt that the Lord gives us as ‘the salt of faith, hope and charity. But, he warned, we must be careful that this salt, which is given to us by the certainty that Jesus died and rose again to save us, “does not lose its flavour, does not lose its strength.” This salt, he continued, “is not for keeping, because if the salt is preserved in a bottle it does not do anything: it is good for nothing”: “Salt makes sense when you [use] it in order to make things more tasty. I also consider that salt stored in the bottle, with moisture, loses strength and is rendered useless. The salt that we have received is to be given out, to be given away, [in order] to spice things up; otherwise, it becomes bland and useless. We must ask the Lord not to [let us] become Christians with flavour-less salt, with salt that stays closed in the bottle. Salt also has another special feature: when salt is used well, one does not notice the taste of salt. The savour of salt— it cannot be perceived! What one tastes is the flavour of the food: salt helps improve the flavor of the meal.”

From our Principal, Nicole Cumming

Welcome back to another wonderful year of learning and personal nurturing at St Patrick’s! I hope everyone enjoyed a restful and rejuvenating break over Christmas and the New Year, enjoying quality time with family and friends. A very special welcome to the 40 new families who have joined our school community this year. We hope and trust that your association with us will be joyous and rewarding. We have started the year with a student population of 375 students.

Mathematical Assessment Interviews
A huge thank you to all the parents who ensured your child/ren turned up for their MAI. The information gleaned from this assessment is imperative to the teachers’ planning and the subsequent mathematical learning of the children. Your cooperation is greatly appreciated! A letter containing feedback on your child’s results will be sent home next Monday. Please check your child’s bag for it.

Staffing

Please find staffing for 2014 as follows:

Principal: Ms Nicole Cumming
Assistant Principal: Miss Michelle Perry
Religious Education Coordinator: Mr Kevin Coote
Coordinators: Ms Fiona Bolton
Ms Cherriene Turnbull
Mrs Lauren Lewis
Class Teachers 2014:

Kinder  
Mrs Melanie McCallum  
Mrs Adele Toomey

Y1  
Mrs Maureen Mandell/Mrs Eliesha Starkey  
Ms Cherie Murray

Y2  
Mrs Kim Osling  
Miss Jan Shanahan

Y3  
Mrs Rhonda Jenkins  
Mrs Julie Brewer

Y4  
Mr Kevin Coote/Mrs Jenny Jenkins  
Mrs Lauren Lewis/Mrs Libby Howard

Y5  
Mrs Cherriene Turnbull/Mrs Louise Brown  
Mr Gary McCarthy/Mrs Jenny Jenkins

Y6  
Ms Fiona Bolton  
Mr Damian Mitchell

Learning Support Teacher:  
Mrs Veronica Duckett

Teacher Librarian:  
Mrs Carmen Hartz

Italian Teacher:  
Mrs Christine Ryan

Music Teacher:  
Mrs Suzie Morris

Learning Support Assistants:  
Mrs Maria Smith  
Mrs Lyn Miles  
Mrs Colleen Carey  
Mr Peter McLean

School Administration Staff:  
Mr Greg Wallington  
Mrs Maryann Wallington

Maintenance/Cleaning:

Grounds people:

Holiday Happenings
During the holidays the following were carried out:
- new carpet in Y1 rooms
- new display fabric in all infants rooms
- new bag hooks and fabric along infants’ verandahs
- pest inspection and spray
- all gutters cleaned out
- all verandahs/stairs pressure cleaned
- fence near the corner traffic lights painted

Opening School Mass
Thank you to the many parents who were able to join us for our Opening School Mass and morning tea this morning. At this mass, our 2014 student leadership team were formally given their office. Congratulations to:

School Captains 2014
Alex Bailey  
Charlie James  
Jessica Sawyer  
Phoebe Seymour

Sport Captains
Gold  
Mia Burton  
Aidan Chambers
Red  
Eliza Williams  
Tom Collins
Green  
Tyla-Belle Orr  
Jonathan Avalon
Blue  
Sophie Williamson  
Marcus Sparacino

The Student Representative Councillors, for each class Yrs 3-6, were also given their badges at mass. Congratulations to:

3JB  
Tara McMenamin  
Tom Conroy

3RJ  
Emma Cormack  
Noah Nakagawa

4CJ  
Parker Kearton  
Gemma Lavings

4LH  
Michael Holmes  
Mia Whighan

5TB  
Dylan Foster  
Sophie Holliday

5MJ  
Dominic Biscan  
Charlie Duffy-Sykes

6FB  
Gusieppie Pirrotina  
Ella Robinson

6DM  
Kalvin Bisetto  
Bridgette Pizzata
**Dinner Dance**

Tickets, $35, are now available at the office for our annual Dinner Dance to be held on Saturday 15th March. This night is always lots of fun. Tickets are limited so get in quickly.

**Parent Information Night**

On Thursday, the 20th February, a Parent Information Night will be held at 6.30pm. This is a good opportunity to meet your child’s teacher and find out about the learning and procedures for the year. This night will begin in the hall for 20 – 30min followed by grade meetings of 30min; all meetings will be held on the PRIMARY campus. Please come along.

During the holidays I was extremely fortunate to have the opportunity to travel for three weeks to assist with an orphanage and school in the remote north east hills of India. I will give a very brief (I promise) presentation on my trip at the start of the Information Evening.

**Positive Behaviour for Learning**

PBL (Positive Behaviour for Learning) continues this year. This program emphasizes positive behaviour with lessons being taught every week on the expected behaviour here at school. Managing behaviour will be further explained at the Parent Information meeting. The cards, which map each student’s weekly behaviour, will be sent home for the first time today.

**P & F Meeting**

Our first P & F Meeting for this term will be held on Thursday, 27th February at 7.30pm in the LARC on the primary campus. Please come along!

**Uniform**

The beginning of the year is always a good time for a reminder about uniform. It is expected that all children will wear full school uniform without variation, including hats, shoes, bag etc… Remembering that the uniform is a symbol of the school, hence the wearing of a correct and tidy uniform (eg. shirts tucked in) is a reflection, not only of the pride one takes in oneself but of the standards of the school as well. This extends to hair style also. Colour in hair is not permitted nor are “rat tails” etc… In advance, I thank you for your cooperation in this matter.

**Communication**

Communication is the key to a good relationship between school and home. I ask, then, that you contact your child’s class teacher sooner rather than later if there is some concern regarding your child’s schooling. It could be that the teacher is not aware of the issue and if left it may escalate into a big problem whereas if caught early it can often be easily rectified.

**Hours of Supervision**

Supervision of students commences at 8.10am daily. It concludes at 3.15pm for students being collected by car and when the last bus departs for students travelling home by bus. We ask for your cooperation in collecting your children promptly after school. At all times outside of these hours no supervision will be provided and no responsibility will be taken by the school for any consequences of the activities of pupils. Please assist the school, in the interest of the pupils’ safety, by ensuring that your child or children do not attend, or remain in the precincts of, the school outside these hours. We do offer before and after school care, see below, if you cannot drop off and pick up within the hours of 8.10am and 3.15pm.

Catholicare, which provides before and after school care, operates from the Trinity room on the Infants’ campus. Access to the Trinity room, for dropping off and picking up, will be through the Melbourne St gate (beside ‘Victoria Court’ units). Times are: morning 7 – 9am and afternoon: 3 – 6pm.

**Late Arrivals/Early Departure**

There is a form to fill out if you drop your child off to school later than bell time, similarly if you pick them up earlier than bell time in the afternoon. Please ensure this form is filled out. A reminder that it disrupts not only your child’s learning but the whole class when a child arrives late or leaves early.

**Fruit Break**

This year we continue with fruit break during the morning session where the children bring in fresh fruit or vegetables only, to eat. We ask that fruit/veg be peeled and/or cut up, particularly if your child is in Years K, 1 or 2 and if the fruit is juicy.

**Class Pastoral Parent**

Once again we are calling for a parent in each class to undertake the position of Class Pastoral Parent. This position involves being the point of contact for the class and ‘rallying the troops’ for social events, eg. Dinner Dance etc…. Please contact your child’s teacher or the school office if you feel you can take on this important position.

**Sunsmart Policy**

Our school has a Sunsmart Policy which means that every student needs to wear a school hat whilst outside. Parents are asked to assist by making sure that their child/ren has a school hat to wear at school. Any student without a hat will be asked to play in the shade.
Permission Notes
Notes for swimming carnival, asthma, bridge crossing and internet usage have all been sent home. Please ensure these are filled out and returned immediately.

School Improvement Plan 2014
Please find below our goals for this year:

Teaching and Learning:
To improve the valued learning outcomes of English and Maths:
- By Jan 2014, the number of students identified as vulnerable on MAI measures will decrease within the cohort.
- By Nov 2014, increase the number of students in PAT Maths stanine 7-9 within the cohort.
- By Feb 2014, the number of students identified as vulnerable on reading levels will decrease within the cohort.
- By Nov 2014, increase the number of students in PAT Comprehension stanine 7-9 within the cohort.

Pastoral Care:
To improve the mental health and wellbeing of students

Catholic Life & Mission:
To provide a rich contemporary prayer and liturgical experience for students

Coming Up
10th  Kinder photos taken
18th  School Swimming Carnival & Infants’ Water Fun Day
20th  6.30pm Beginning Year Information Evening in hall
21st  2pm Assembly
23rd  9am Family Mass
24th  CC Swimming Carnival
27th  NRL clinic
  7.30pm P & F meeting in LARC

Let us remain open to the work of the Holy Spirit in our lives and show one another the face of God through our words and actions.

Nic

Nicole Cumming

GREETINGS FROM FR TADUESZ
As your newsletter goes to press today we will be celebrating the school’s Opening Mass and I am sure it will be a great liturgy to start off the year, driven by all the energy the children have to give!
May I take this opportunity to encourage you to promote our Pint Sized Paddies youth group to your children in Years 5 to 8? It’s a great way for your children to have fun together in a Christian environment.
Fr Dariusz, our new Assistant Priest, is going to guide our ‘On the Way’ youth group for those 16 & over, commencing with a meeting after the 6pm Youth Mass this Sunday, February 9, so if you happen to have children 16 & over, please suggest this to them as well.
The 2014 Sacramental Programme will be released next week, so please check your children’s bags.
We look forward to a wonderful year working together, parish and school as a team, commencing with the St Patrick’s Dinner Dance to be held on March 15!

CATHOLICS RETURNING HOME PROGRAM
Are you, or do you know a Catholic who now feels separated from your/their Church? Would like to feel at home in the Catholic Church again? Would like to know more about the Church today? No matter how long, or why the estrangement, we invite you to renew your relationship with the Catholic Church.
St Patrick’s Parish will be holding a program commencing with an Information Evening on Monday March 3, 7.30-9pm at the Jordan Room, and continuing each Monday evening until March 31.
For more information, please contact the Parish Office on 4325 1042, or Neil on 4325 0416.

FOR YOUR DIARIES!
PINT SIZED PADDIES
for kids in Years 5 to 8
held in the Hall, 7pm only $2 a session!

DATES IN 2014
Feb 14 & 28
Mar 14 & 28
April 11 & 25
May 9 & 23
June 6 & 20
July 4 & 18
Aug 1, 15 & 29
Sept 12 & 26
Oct 10 & 24
Nov 7 & 21
Dec 5 & 19
The Apollo Netball Club
East Gosford established in 1972 by some St Patrick’s Mums is currently accepting players to play in the GNA 2014 Season.
We have vacancies in 7s, 8s, 9s, 10s, 11s, 13s and Seniors.
New and experienced players of all ages are welcome. We offer qualified coaches, training and a wealth of experience.
For more information and registration form please refer to www.apollonetball.net.au or phone
Secretary - Wendy Kiss 0419 975 376
President - Colleen McLean - 0425 206 374
Registrar Joy - Dasan 0412 959 981

SPORT REPORT, Fiona Bolton, Sport Co-ordinator
Sport at St Patrick’s is very busy this term. The first event is the school swimming carnival for the primary students on Tuesday, 18th February at Gosford Pool. A note went home this week and I’m hoping for parent volunteers to help on the day. The week after our school swimming carnival, on the 24th February, is the CCC swimming carnival at Mingara and this year St Patrick’s is the organising school for this event and again I will be in need of some parent helpers. More details about this as it draws closer.
The school’s Cross country event will be on the 7th March at Adcock Park and there is a an NRL Gala Day organise later in the term for Years 5 and 6 boys and girls. Other gala days will follow.
Today one of our school captains, Alex Bailey, in Year 6 is at Newcastle representing the Diocese of Broken Bay in Basketball. We wish him lots of luck!!!!

Sports Uniform is to be worn every Friday in Term 1

Microsoft Powerpoint Volunteers Please!
If you are comfortable using MS Powerpoint, St Patrick’s Parish would love some extra volunteers to help us prepare our Masses. There are three types of volunteer:
1. Create Powerpoint slides at home, inserting readings and Mass parts from an online Liturgy. One or several weeks Masses can be prepared in advance, depending on how much time volunteers can offer. Please call Karen Hayhurst on 0414 510950 for further information.
2. Come into the Parish office on a Thursday morning (once a month, or more if you have time) and insert the Hymns into the Powerpoint slides for that weekend’s Masses. Please call Bob Smith on 0410 476100 for further information.

Community News

The Apollo Netball Club

GOSFORD RUGBY UNION HEY KIDS! BE A DEVIL! PLAY RUGBY FOR GOSFORD!
A great family club where you can play in a fun, safe & friendly environment. $90 fees including shorts, socks & training shirt, plus discount for siblings.

REGISTRATION DATES:
Saturday 8th February Wyoming McDonalds, Wyoming Shopping Centre & East Gosford Shops 10am – 2pm
Saturday 15th February Wyoming Shopping Centre, West Gosford McDonalds & East Gosford Shops 10am – 2pm
Saturday 22nd February Wyoming McDonalds and Wyoming Shopping Centre 10am – 2pm

Not sure about playing rugby? Come along to our “Come & Try” Nights on Friday 14th February, 21st February, 28th February & 7th March from 5-6pm at the Gosford Showground

"Yoga in the Park" Your body will thank you for it!
Every Thursday Morning 9am at The Lions Park, Masons Pde, Point Frederick. $10 for all St Patrick’s Mums and Dads.
For more info call Amy 0433 307 791.

Kids Matter
Please find ‘Coping with fears and worries’ with this week’s newsletter.

2014 Classes
- Ballet - RAD
- Pointe
- Commercial Jazz
- Broadway Jazz
- Contemporary / Lyrical
- Tap - Glenn Wood
- Hip Hop
- Technique
- Boys Only Hip Hop Class
- Fit Ball
- Strength Training
- Musical Theatre Stage Craft
- Singing Classes & Private Lessons
- Career Management
- Performance Technique
- Tumbling / Aero
- Fitness
- All age group & Style - Performance Teams
- Exams
- Private Lessons in all styles of dance
- Recreational to Professional Level
- 2yrs to Adults

Contact:
www.simones.com.au
(02) 43 34 7766
0424 412 974
info@simones.com.au

Located at: Tumbi & East Gosford
Bring this flyer in for your first lesson free!!!

St Patrick’s Annual Dinner Dance
Saturday 15th March 2014 7.30pm
at Royal Prince Alfred Golf Club
$35 per head includes 3 course meal (VFC)
Book individual tickets, or tables of 6 or 10 at the school or parish office
Hi all,

The 2014 canteen menu has been issued with a few new items. Products include –

* Gluten Free Flavoured snacks
* LOL flavoured drinks (already a big hit on Wednesday!)
* Yogo Snapz Strawberry - it's a frozen yoghurt in a tube!

For Friday lunch in both canteens we are pleased to offer

* Gluten free nuggets
* Spaghetti Bolognaisre

And in the primary canteen we are pleased to trial fresh

* Potato Pie
* Chicken and Vegetable Pie

We have decided to retire Yummy Drummies this year to make way for some new items.

Your feedback is most welcome.

Our volunteers do their very best to keep things fresh and interesting for the children.

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**Canteen Volunteers**

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Thanks to all those who have volunteered their time this term to work in the canteen. It is great to have mums, dads and grandparents on board.

We need help to run the canteen successfully and if you could consider helping out just once a term, it would share the load. If you can help out or would like some more information please contact Michelle Cormack 0408 412 408 or email michellecormack@bigpond.com or call into the office and fill in a canteen volunteers form.
ST. PATRICK’S 2ND HAND UNIFORM SHOP

Opening dates for 2014

11Feb-11Mar-8Apr-13May-10Jun-8Jul-
12Aug-9Sept-14Oct-11Nov-9Dec

8.30am – 9.30am

NEAR THE PRIMARY SIDE UNIFORM SHOP.

PLEASE CONTINUE TO SEND CLEAN
UNIFORM INTO
THE SCHOOL OFFICE

"CASH ONLY"

For any inquire please call Fadia on 0412 635 371
OR THE SCHOOL OFFICE 43251159
Hi all,

The 2014 canteen menu has been issued with a few new items. Products include –

- **Gluten Free Flavoured snacks**
- **LOL flavoured drinks** *(already a big hit on Wednesday!)*
- **Yogo Snapz Strawberry** - it's a frozen yoghurt in a tube!

For Friday lunch in both canteens we are pleased to offer:

- **Gluten free nuggets**
- **Spaghetti Bolognese**

And in the primary canteen we are pleased to trial:

- **Fresh Potato Pie**
- **Chicken and Vegetable Pie**

We have decided to retire Yummy Drummies this year to make way for some new items.

Your feedback is most welcome. Our volunteers do their very best to keep things fresh and interesting for the children.

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FOR OUR MOB TO FEEL FINE,
GIVE YOUR KIDS THEIR SHOTS ON TIME!

THE FACTS
Vaccines work best if they are given when they are due. If a child’s vaccine is given late they are at risk of catching the disease. Even if children are not feeling well on the day most children can still have their vaccinations, for example if they have a runny nose or cold, they can still have their shot. Waiting until they feel better means that they could become sick with the infections we are trying to prevent.

WHY VACCINATE
- Vaccination is the best way to protect your child from serious diseases such as measles, whooping cough and hepatitis B.
- By vaccinating you are protecting your child and other children in your community.
- The more children that are vaccinated in a community the less risk of spreading serious disease.

WHEN TO VACCINATE
The NSW Immunisation Schedule recommends that children are vaccinated at the following ages:
- Birth
- 6-8 weeks
- 4 Months
- 6 Months
- 12 Months
- 18 Months
- 3½ - 4 Years

So don’t put it off, book ahead and save the date to vaccinate!

SIDE EFFECTS
Vaccines are safe and work really well. However, like other medicines, a vaccine can sometimes cause side effects, which are usually mild, such as slight pain, swelling and redness at the injection site and they don’t last long. Serious side effects are very rare.

If you are worried about possible side effects speak with your Aboriginal Immunisation Health Worker, Aboriginal Medical Service, Community Health Centre or local Doctor.

WHERE TO VACCINATE
Your child can get their vaccinations from:
- Aboriginal Medical Services such as Ngiyang – Aboriginal Pregnancy, Child & Family Health Service ‘Drop in clinic’ each Wednesday 9am to 11.30am at 277 Mann St Gosford Ph: 4325 9200
- Local Doctors
- Child & Family Health Clinics

If you are unsure about what services are available to you in your area, you can contact

Carlie Gray, Aboriginal Immunisation Health Worker,
Central Coast Local Health District Public Health Unit on
Ph. 43209 730

KEEPING RECORDS
You will need to keep your child’s Immunisation History Statement record of vaccination as it will be needed when you enrol your child in child care, preschool and school.

If you are unsure if your child’s immunisations are up to date for their age, please contact Carlie Gray, Aboriginal Immunisation Health Worker at Public Health on 43209 730 or you can contact the Immunisation Register on 1800 653 809 to ask for an Immunisation History Statement for your child.
St Patrick's Canteen

2014

Snacks & Drink Menu

served between:
Recess: 10:55am to 11:20am each Wed & Fri
Lunch: 1:00pm to 1:50pm Friday only

Canteen opens pending volunteer availability!

Snack Food | Drinks | Ice-Creams
---|---|---
20g Cool Popcorn | Nippy’s Strawberry Milk 250ml | Paddle Pop varieties
Red Rock chip varieties | Nippy’s Chocolate Milk 250ml | Paddle Pop Icy Twist
Jumpy’s snack/chips | Quench 300ml Fizzy Varieties | Mini Callippo
Variety of healthy snack bags each | LOL Carbonated juice varieties | 98% FF Vanilla Cups
Mammee Twist 'ems Gluten Free | Focus Flav’d Water 300ml | Frozen Yoghurts
Fresh Bakery items - variety each | Juice - apple/orange/bcurrant 200ml | Quech Fruit Ice Sticks
Pkt Tissues - pocket pack | Bottled water | Yoga Snapz Strawberry

Lunch Order Menu

Lunch: 1:00pm to 1:50pm
Friday Only

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<th>Hot Food</th>
<th>Hot food cont’d</th>
<th>Sandwiches</th>
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<tr>
<td>Chicken Fingers/goujans each</td>
<td>Meat Pie (175g) Large</td>
<td>Chicken</td>
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<tr>
<td>Chicken Dinosnacks - (Infants)</td>
<td>Chicken &amp; Vegetable Pie (175g) - P</td>
<td>Ham</td>
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<tr>
<td>Chicken Nuggets - Gluten Free</td>
<td>Potato Pie (175g) - P</td>
<td>Cheese</td>
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<tr>
<td>Spaghetti Bolognese 200g</td>
<td>Snack Meat Pie 90g (Infants)</td>
<td>Vegemite</td>
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<tr>
<td>Lean Meat Lasagne 200g</td>
<td>Sausage Roll 160g (Primary)-P</td>
<td>Extras @30c each</td>
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<tr>
<td>Macaroni Cheese 200g</td>
<td>Sausage Roll 125g (Infants)-I</td>
<td>Tomato, lettuce, mayo, cheese</td>
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<tr>
<td>Pizza slice - ham &amp; pineapple</td>
<td>Tomato Sauce</td>
<td>Toasted</td>
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<tr>
<td>Pizza slice - Margarita</td>
<td>Paper bag - if not supplied</td>
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Please note:

***Pies & Sausage rolls are being trialled fresh from the bakery! Let us know your thoughts.***

Sandwiches - are made fresh at a local cafe - Thanks to Maria at Burger Bug'R cafe for helping us out with her services. Please allow children to purchase ice blocks, chips, lollies, separately, not via lunch order, as the stock will be regularly rotated, supply will vary.

Drink and ice block products may vary in flavour availability due to stock orders.

We are a small school with split canteens as you are aware, stock levels and variants will require some flexibility. Thank you for your understanding.

Forgotten lunches - children will be given a sandwich from canteen.

Please register all canteen feedback (positive or constructive) to: renee@imaginefs.com.au

Volunteers please contact: Michelle Cormack on mb: 0418 412 408 or michellecormack@bigpond.com

3/02/2014
The following examples are for families to use at home. They are most suitable for early primary aged children, but can be modified for use with older ages. The methods described can also be adapted by school staff to help children cope with fears and worries at school.

Parents and carers are usually the first people children look to for support and reassurance when they are scared or worried. Providing reassurance such as hugs and encouragement helps to restore children’s sense of safety and confidence. Giving children a sense of safety includes limiting their exposure to frightening situations, such as violence – whether real or on TV. Parents and carers can also play a leading role in helping children learn skills for managing their fears.

**Things to take into account**
- It takes time and effort for children to learn new coping skills.
- Younger children usually learn best when you do it with them.
- Though older children may be able to use coping skills independently, they still need your support when scared.
- All children feel more secure and confident when they have regular quality time with parents and carers.
- Bedtime is often when children’s fears surface. Try to ensure that children have calming time before bed to unwind. A regular bedtime routine or ritual helps children feel a sense of safety and security.
The following example shows some possible ways a parent or carer might help Jessica, a six-year-old child who has difficulty going to sleep because of fears that something might happen to the house.

<table>
<thead>
<tr>
<th>Child's difficulty</th>
<th>Some suggestions on how to support</th>
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<tbody>
<tr>
<td>Feels scared and worried</td>
<td>Acknowledge feelings: “You’re having trouble going to sleep because you’re worried something might happen.”</td>
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<tr>
<td>Unsafe</td>
<td>Reassure: “That storm was only on TV. It’s not going to happen here.”</td>
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<tr>
<td>Can’t think through logically</td>
<td>Reality check: “The wind would have to be really, really strong to blow the roof off. We don’t get those kinds of winds here.”</td>
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<tr>
<td>Feels overwhelmed by scary thoughts</td>
<td>Label: “That’s just a scary thought. You don’t have to keep it.”</td>
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<td>Lacks skills for coping</td>
<td>Demonstrate coping skill: “Let’s blow the scary thoughts away. Take a deep breath and together we will blow them all away.” This example uses a simple idea and makes a game of blowing away all the scary thoughts. Using skills and images the child relates to, as well as making it fun, helps best.</td>
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<tr>
<td>Has trouble relaxing</td>
<td>Teach relaxation: Younger children often respond well to relaxation techniques that help them to visualise calming images (eg a waterfall or clouds floating gently across the sky).</td>
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<td>Doesn’t feel confident about managing fears</td>
<td>Encourage helpful thinking: “Tell those scary thoughts ‘I know I am safe and I won’t let you scare me!’”</td>
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<td>May not believe in own ability</td>
<td>Praise and encouragement: “You did it. You’re getting braver and braver!” or “You’re trying really hard to be brave. Good on you!”</td>
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This resource is part of a range of KidsMatter Primary information sheets for families and school staff. View them all online at [www.kidsmatter.edu.au](http://www.kidsmatter.edu.au)
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STAY COOL AT SCHOOL THIS SUMMER

Win a CommBank Marquee for your school and $50 for a student just by depositing to your CommBank School Banking account in Term 1.

The school with the highest percentage of active students at the end of Term 1 will win a marquee. Every student who completes a minimum of three school banking deposits in Term 1 will be in the running to win one of two $50 credits into their School Banking account.

For more information, simply contact your School Banking Specialist or the School Banking Helpdesk on 1800 674 496.