



## St Brendan's NETMA

Week 9, Term 2  
Monday, 25 June 2018

***"I know the plans I have for you, says the Lord,  
plans for your good and not for harm,  
to give you a future with hope."***

*Jeremiah 29:11*

### Some important notes:

- ◆ We are finalising dates for the **Term 3 Calendar** which will be emailed to all families next week.
- ◆ Come and look at our **Celebration Wall** this week! It is covered with photos celebrating the wonderful learning experiences happening at St Brendan's.
- ◆ **Semester 1 Reports** will be sent home on Wednesday.
- ◆ **Mrs Townsend** has officially started her Maternity Leave! We wish her all the best as she prepares for the birth of her baby girl.
- ◆ Parents and carers are warmly welcome to join **Years 5 and 6 for Mass** on Wednesday at 9:00 am.
- ◆ Please join us at our **K-6 Assembly** this Friday as we celebrate the **Spirit of St Brendan's Award** recipients.
- ◆ Please remember next **Friday, 6 July is a Staff Development Day (Pupil Free Day)**.
- ◆ We are finalising dates for the **Term 3 Calendar** which will be emailed to all families next week.
- ◆ Please find attached the FLO Newsletter and information regarding **Grandparent's Day**.
- ◆ Members of our community have recently lost loved ones. Please continue to keep them in your **prayers**.

Enjoy the last two weeks of Term 2!!

**Kellie Prendergast**  
Acting Principal

# 6 Ways To Reduce Anxiety in Children

## 1. Validate Their Anxiety

Although it may not be the end of the world to you, a child might feel differently when ill-equipped or lacking sufficient experience to cope with a stressful scenario. Dismissing their anxieties can be extremely harmful, as it may cause a sense of shame, and discourage them from sharing these feelings with you in the future. Our top tip is to ensure your child is aware of your support, and to make sure they have a clear plan to resolve similar instances in the future.

## 2. Good Role Modelling

Parents tend to avoid allowing kids to see them in an unhappy or stressed state out of fear that it will project those negative feelings upon them, however when that same child starts to develop similar emotions throughout their development, they will never have seen an example of helpful coping mechanisms. This can lead to a belief that they are unable to be resilient. To avoid this happening, make it known to your children when and how you deal with anxiety, not only so that they can learn from your wisdom, but also to encourage mutual consideration amongst emotional sensitivity.

## 3. Comfort Zone

One of the best things you can do to prepare your child for the real world is to encourage them to try new things, even if they induce slight anxiety. Of course, we are not saying to force them into traumatic situations, but rather a chance for them to learn something unfamiliar to them. Words of encouragement can go a long way in a new, and possibly scary environment.

## 4. Baby Steps

Start with the little stuff. Sometimes a child can only see the enormous black cloud forming above them, but with your help, they can see the tiny drops of water that cloud is made up of. Rather than tackling the whole cloud, encourage the child to tackle each droplet at a time. Each time a small problem is resolved, the overwhelming feeling of anxiety gets increasingly smaller. Try engaging them with their favourite game, physical movement or some reading for calm stimulation.

## 5. Praise the Child

Positive reinforcement results in changes in brain chemistry, which can affect long-term behaviours positively. By allowing a child to see that overcoming fear and anxiety is a success and that is deserves celebration, it will build their skills in the management of anxiety in future. By offering encouragement, you will positively be shaping their future in the right direction.

## 6. Avoid Using Labels

Anxiety can be difficult and debilitating, but labelling a child according to any given condition can be dangerous. It can lead to your child believing that they are their condition, which can inhibit or slow their recovery. Your child is "overcoming anxiety", "managing anxiety" or, in serious cases, "living with anxiety" (as opposed to suffering, which has negative connotations). Your child should not be anchored by something they didn't ask for but is something they can learn skills to cope with and sometimes avoid.

Adapted from

<http://www.lifeskillsgroup.com.au>



### IMPORTANT DATES FOR YOUR CALENDAR:

- Tue 26 Jun:** Circle of Security (8:30am - 11am)
- Wed 27 Jun:** Yrs 5 & 6 - Stage 3 Mass (9am)  
Semester 1 Reports
- Thu 28 Jun:** CCC Soccer Gala Day
- Fri 29 Jun:** K-6 Assembly &  
Spirit of St Brendan's Awards (8:20am)
- 2 - 5 Jul:** Parent Sharing Week
- Tue 3 Jul:** Circle of Security (8:30am - 11am)
- Thu 5 Jul:** K-6 Athletics Carnival (*Warnervale Oval*)  
Last Day of Term 2
- Fri 6 Jul:** Staff Development Day (*Pupil Free Day*)
- Mon 23 Jul:** **FIRST DAY OF TERM 3**
- Fri 27 Jul:** Grandparent's Day
- Fri 3 Aug:** Storytime (8:50am - 9:30am)
- Fri 28 Sept:** Last Day of Term 3



	Class	Class	Rose
<b>K Red</b>	Cleo R	Jayah W	Emerson M
<b>K Blue</b>	Matilda E	Liam H	Chloe R
<b>K Green</b>	Lachlan S	Sunni W	Chevy B
<b>1 Red</b>	Bethany F	Ebony M	Harris T
<b>1 Blue</b>	Mia S	Marshall L	Parker B
<b>1 Green</b>	Jamieson C	Ella S	Brax M
<b>2 Red</b>	Kye S	Macy P	Ryan B
<b>2 Blue</b>	Ella-Rose	Alexander C	Amelia D
<b>2 Green</b>			
<b>K-2</b>		Cruz B	Hayden C

**PLEASE NOTE:**  
**There were no student awards presented for  
Year 3, Year 4, Year 5 and Year 6**