Dear Friends

Our five new Kinders for 2016 thoroughly enjoyed their first taste of “Big School” yesterday. Charlie Brown, Austin Pastor, Selina Kerin, Riley Emms, Will Lees have settled beautifully to the routine of school life and are very excited about returning next Tuesday. Dakota Bunning, Simon Brown, Tyson Harvey, Tom Kerin and Patrick Vaughan certainly kept us “on the hop” in class yesterday as they had a taste of what’s to come when in the Primary Room.
Today is Remembrance Day. This Remembrance Day marks 97 years since the guns fell silent at the end of The Great War. The Great War was the crucible in which our nation’s identity was forged”.

“At that time, from a population of under 5 million, 417,000 enlisted, 332,000 served overseas, 152,000 were wounded and 61,000 never came home.

Today we too, pause to acknowledge all current and former members of our defence forces – the brave men and women who represent our country on a daily basis. No Australian is left untouched when a member of our defence force is killed in action.

“They shall grow not old, as we that are left grow old;
Age shall not weary them, nor the years condemn. At the going down of the sun and in the morning
We will remember them.”

Merit Awards

Congratulations to the following students who received Merit Awards this week:-

Primary : Molly, Tyrone, Dakota, Patrick, Simon
Tom, Tyson
Infants: Fergus, Patrick

Just An Hour Concert

Our Primary Students have been given their scripts for this year’s Just An Hour Concert. The students are very excited about presenting their play on Thursday 3rd December at 6.30pm. Your assistance in helping your child learn their lines at home is most appreciated. More details regarding the evening will be given in the coming weeks.

Swimming for Sport

The Yeoval Swimming Pool opens this coming Saturday. St Columba’s will begin attending the pool for sport on Friday 20th November. Students must have a rashie for swimming. More information regarding pool admission will be given next week.
Lunch Orders
This week’s special is tacos. Please complete the attached form and return by tomorrow for this Friday’s lunch.

School Mass – Tuesday 24th November 10.15am

TUESDAY 24TH NOV
11am – 1pm
Morning Tea for visitors

Kind Regards
Glen Brown
Principal
It seems strange to talk about promoting good mental health in children.

Shouldn’t all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that come hand in hand with adulthood.

Sadly, it doesn’t seem that way. According to the Australian Psychological Society one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common.

Having good mental health doesn’t mean kids don’t experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life’s curve balls that come their way. They also don’t let their emotions overwhelm them. As a result they learn better and have more friends as well.

As a parent it’s useful to reflect on the mental health habits that you promote in your kids. Here are ten ways to promote good mental health and wellbeing in kids:

1. Model good mental health habits: If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation exercises. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. It’s worth remembering that kids learn what they live, so make sure they see good mental health habits first hand.

2. Make sure they get enough sleep: Sleep is the one of the building blocks of mental health and wellbeing. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well! Children need between 10 and 12 hours’ sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the single most powerful strategies to improve kids’ abilities to cope with stressful or changing situations is to ensure they get enough sleep.

3. Encourage your kids to exercise: When my mum would tell me all those years ago to turn the television off and go outside and play, she didn’t know she was promoting good mental health. She just knew that physical activity was a good thing for an active growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour’s movement per day seems the minimum for kids. How much exercise does your child receive?

4. Encourage creative outlets: Kids should practise creativity if for no other reason than it helps them experience the state of ‘flow’. This is the state of getting so immersed in an activity that you forget about time and place. Writers and other creatives understand the concept of flow. It’s energizing and helps take stress and worried kids out of themselves.

5. Provide a space of their own: Children of all ages benefit from having some space of their own where they can think. Quiet time and down time give boys the chance to let their thoughts wander around inside their heads. It also helps them get to know, and even like, themselves. Boys will often do their best thinking on their own, so they tend to retreat to their caves (bedroom) when things go wrong at school or in their relationships. They need to go within to find their own answer.

6. Talk about their troubles: A problem shared is a problem halved. Talking about what’s worrying you is a great way to remove the burden of worry and reduce anxiety. Some kids bottle up what’s inside, while others will catastrophize a situation, which can make matters seem worse. If your child has a problem let him know that his