



**Chilwell**  
Primary School



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✉ chilwell.ps@edumail.vic.gov.au Website: www.chilwellps.vic.edu.au

School Council Email: schoolsCouncil@chilwellps.vic.edu.au Facebook: www.facebook.com/ChilwellFair

**Out of School Hours Child Care Program Coordinator (0417 014 973)**

## NEWSLETTER No.22- 25th July 2017

Jul 25	Tue	Puberty information session will be held TONIGHT
Jul 26	Wed	Public Speaking competition Fyans Park PS 1.30pm selected students
Jul 27 –14 Sep	Each Thur	Grade 5/6 Book Club
Aug 1—Aug 15	Each Tue	Grade 5/6 Puberty
Aug 2	Wed	Nude Food Day (see inside newsletter for more details)
Aug 2	Wed	Bravehearts
Aug 3	Thu	Hat Day - Gold Coin Donation
Aug 4	Fri	Prep 100 Day Celebration—Teddy bears Picnic
Aug 5	Sat	Trivia Night
Aug 9	Wed	Debating (Away)
Aug 16	Wed	District Athletics—Landy Field
Aug 16	Wed	Grade 6 BioLab
Aug 18	Fri	Grade 5 BioLab
Aug 21-25	Mon	Book Week
Aug 21	Mon	School Council —6.30pm
Aug 22-Sep 12	Each Tue	Gr 5 & 6 Golf 9-11.30am
Aug 23– Sep 13	Each Wed	Gr 4 Golf 11.30-1.30pm
Sept 6-11		Life Ed
Sep 8	Fri	Esmart Multi-age activity day
Sept 12	Tue	Division Athletics
Sept 13	Wed	Concert @ The Arena
Sept 15	Fri	Curriculum Day—PUPIL FREE DAY
Sept 18	Mon	School Council—6.30pm
Oct 23	Mon	School Council—6.30pm
Nov 6-Nov 8		Gr.4 Lady Northcote Camp ( <i>advance notice</i> )
Nov 20	Mon	School Council—6.30pm
Dec 11	Mon	School Council

### Puberty Information Night Grade 5 & 6 Parents

A parent information session will be held on **TONIGHT Tuesday the 25th of July at 7pm** in the school library. Kim Thomas, educator and nurse, will be highlighting the content which will be covered during her sessions and answering any questions.

Reminder to parents: Puberty sessions will commence on Tuesday August the 1st (Week 3) and will run for all Grade 5's until the 15th and all Grade 6's until the 22nd.

Nikki Robertson

Dear Families,

**First Week:** Although the weather was fairly challenging we had a very smooth start to the term. The children are excellent at refocusing after the break and enjoying their learning. More challenges to meet and more enjoyment at meeting these!

**Morning Arrivals:** Last week emphasized the need for children to either arrive at school between [8.45-9.00](#) or if much earlier, book into Out of School Hours Care. The temperature has been and will continue to be very low - it's cold!! Let's encourage children to stay warm at home until they can coordinate to arrive after 8.45.

**Parent Opinion Survey:** Shortly we will be sending out the 2017 Parent Opinion Survey. The program randomly selects families who we ask to give feedback on the school under various headings. Feedback is always welcome in any organisation, this survey is one of many ways to supply thoughts and positive comments to the school, staff and School Council.

If your family is selected, the survey takes approximately 10-15 minutes to complete. Returns are via the office foyer and are confidential.

If you are not selected we will have forms in the office foyer for you to complete and return. These will be used by the school to supplement those randomly selected surveys which form the Department's requirements.

Thanks to all for taking the time to supply the feedback.

**Valuables at School:** Just a reminder that if your child is bringing any valuable item to school for show and tell etc. that they either leave these in the classroom or with the teacher. **This includes mobile phones.** If your child needs to have a phone for after school we request that these are either kept by the teacher or at the office and collected after school.

**Prep Numbers:** We are in the process of finalising our numbers for next year. Offers have sent out to all in the zone and siblings to ascertain available positions. We have also sent out limited offers to families outside our area based on geographic criteria. We have requested all parents who have not been offered a position to indicate if they would like to be kept on a waiting list. At the moment we plan to have two 2018 Prep grades.

**Fundraiser:** Hugh H 4JS has been fortunate and talented enough to be chosen to represent Victoria in the National cross country championships in Hobart in 2 weeks. The school community has always supported students who achieve at a high level ( in this case representing our State).

In previous years this has taken the form of a fundraiser for travel, accommodation etc. The Nationals are in 2 weeks therefore the timeline is short. We are planning to conduct a "Hat Day" next **Thursday 3rd August** for a **gold coin donation** children can come along dressed with your favourite hat eg. Beanie, Top Hat, Bonnet, or homemade hat. Be inventive and look for different hat there is the challenge! And" Good luck ...."



**Public Speaking competition:** Good luck to our 3 speakers Sarah Cole, Georgia Phung and Archer Vague representing Chilwell Primary tomorrow in this competition. We know that they will represent our community extremely well.

Regards,

Gavan Welsh, Principal

# Happy Birthday !

Tue 25 July	Bede D	1MW
	Susannah C	2JO
	Hayden K	6JC
Thu 27 July	Daniel L	POD
	Lachlan	6SW
Fri 28 July	Satsuma D	2JO
Sat 29 July	Qixuan M	PJS
Mon 31 July	Eden N-G	5NR



# CHILWELL TRIVIA NIGHT

SATURDAY 5 AUGUST 7.00PM—11PM

GEELONG RACECOURSE

99 Breakwater Road Breakwater



Only one week to go!

The Chilwell Trivia Night proudly supported by Geelong Audit Services is nearly sold out! We already have 18 teams of clever clogs ready to take home the first trophy and intellectual prestige so don't miss out. Gather a group of friends to form your own table or pop your name down at the office and we'll get you a team. Run, don't walk as we only have a few tables left!

Our trivia master Stephen Horman is ready to bring you a night of interactive trivia, fun games and entertainment to keep you on your toes. We have an incredible Silent Auction (check out the list in this newsletter), a fabulous Live Auction with guest auctioneer Will Ainsworth from McGrath Estate Agents and a raffle to win a bottle of 2005 Dom Perignon. Cheers! Tickets on sale Friday at the Office.

The Chilwell Trivia Night promises to be a night of laughs, socialising and of course, fundraising for our wonderful school. We hope to see you there!

Bring your own food or purchase a catering package for \$10 per head when booking your table. Drinks at bar prices.

Please note: the booking system is set to a minimum of 10 people for both tickets and catering, see link below. Please talk to other parents in your class to gather a table of ten or email Sara or Helen at [chilwell.ps@edumail.vic.gov.au](mailto:chilwell.ps@edumail.vic.gov.au) to register your name for a compiled shared table if you'd prefer.

<https://www.eventbrite.com.au/e/chilwell-trivia-night-tickets-34313518658>

We are thrilled with the generosity of local businesses but we need some help with gathering donations. If you'd like to support the Silent Auction held at the Trivia Night then please contact Sara Baulch 0419 358 387 or [sara.baulch@hotmail.com](mailto:sara.baulch@hotmail.com). This will not be a big commitment we promise.

## TRIVIA NIGHT SILENT AUCTION 2017

DESCRIPTION	VALUE	DONATED BY
<b>LIVE AUCTION</b>		
1. Family Portrait Artist Photography Session in Richmond or Geelong studios and a 30x40cm Colour or Black & White Wall Portrait. This portrait comes mounted, matted and signed by the photographer, ready to frame.	\$1,000	Artist Photographer
2. Weekend at 'Beachside at Breakers' - Weekend (2 nights) off season only. Contemporary 4 bedroom townhouse, sleeps 10, close to beach.	\$600	Miranda Boddington
3. Framed photograph and personally signed mini bat of Mitchell Johnson player of the Ashes Series 2013/14 & 2014 Allan Border Medalist.	Priceless	CBA
4. 15 minute Aerobic Warbird Flight with Adventure Flight Co.	\$285	Adventure Flight Co.
5. TBA		
6. TBA		
<b>EAT DRINK ENJOY</b>		
Party Pack to the value of \$100	\$100	Pakington Bakery
Busters Bar & Grill - \$50 voucher	\$50	Busters Bar & Grill
Pakington Cottage - \$50 voucher	\$50	Pakington Cottage
Born & Bread - \$25 voucher	\$25	Born & Bread
Born & Bread - \$25 voucher	\$25	Born & Bread
Rosey Joans - \$25 voucher	\$25	Rosey Joans
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Rosey Joans - \$25 voucher	\$25	Rosey Joans

## TRIVIA NIGHT SILENT AUCTION 2017

DESCRIPTION	VALUE	DONATED BY
<b>EAT DRINK ENJOY</b>		
The Food Purveyor hamper valued at \$200	\$200	The Food Purveyor
Bakery 64 Portarlington - voucher \$50	\$50	Bakery 64 Portarlington
Geelong Confectionary - \$20 voucher	\$20	Geelong Confectionary
Geelong Confectionary - \$20 voucher	\$20	Geelong Confectionary
<b>BE ACTIVE</b>		
Unlimited Pilates for 1 month at Waterfront Health Studio & a foam roller.	\$129	Waterfront Health Studio
Unlimited Pilates for 1 month at Waterfront Health Studio & a foam roller.	\$129	Waterfront Health Studio
Strapper 6ft Surf Board	\$249	Strapper
<b>FAMILY FUN</b>		
Family Pass to Fred Williams in the You Yongs at the Geelong Art Gallery. Plus \$50 voucher to the Gallery Shop. Includes 3 children, valid 19 August - 5 November 2017.	\$100	Geelong Art Gallery
Family Pass to the Art Gallery of New South Walse' Archibald Prize. Plus \$50 voucher to the Gallery Shop. Includes 3 children, valid 28 October - 10 December 2017.	\$100	Geelong Art Gallery
Tickets for 2 people to a 2017 season performance at Geelong Performing Arts Centre - show TBA	\$120	Geelong Performing Arts Centre
<b>TREAT YOURSELF</b>		
Piccoli Portraits, International Photographer of the Year 2015 - a personalised planning session followed by a bespoke portrait sitting with a mounted portrait of your choice.	\$845	Piccolio Portraits
Prissy Nail Bar - gift voucher, Prissy concrete candle, 3 x Prissy polishes, nail polish remover & thinner.	\$154	Prissy Nail Bar
Berdi - hair cut.	\$50	Berdi - Geelong West
Blo Out Bar - blow dry.	\$50	Blo Out Bar - Geelong West
Royal Doultton Gordon Ramsay Maze Buttermilk Serving Set.	\$90	Sassica and Salter
Royal Doultton Gordon Ramsay Maze Chilli Red Beverage Set.	\$90	Sassica and Salter
Sant & Abel Men's & Women's Boxer Short Set.	\$110	Sassica and Salter
Balance - voucher \$50	\$50	Balance
Mayfield - voucher \$50	\$50	Mayfield
Peak Pharmacy - pamper pack	\$60	Peak Pharmacy
Salts of the Earth Newtown - 4 week 'Intensive Plan'.	\$208	Salts of the Earth Newtown
Rixons Pakington - Kerastase Haircare pack: Kerastase 1 litre Shampoo, Kerastase 1 litre Condition and Kerastase Mask 500ml.	\$300	Rixons Pakington
1 hour massage at Waterfront Health Studio & a foam roller.	\$125	Waterfront Health Studio
1 hour massage at Waterfront Health Studio & a foam roller.	\$125	Waterfront Health Studio
Salted Starfish - Milky boys pack	TBA	Salted Starfish
Salted Starfish - Milky boys pack	TBA	Salted Starfish
Elegance Skin Clinic treatment voucher to the value of \$260.	\$260	Elegance Skin Clinic
<b>HOUSE AND GARDEN</b>		
Roller blinds, block out and/or sun screen to the value of \$500	\$500	Victoria Blinds
Hip Pocket - voucher \$200	\$200	Hip Pocket
Childrens Printspace Prints x4	\$80	Printspace
Childrens Peter Rabbit Bunting	\$40	Anna Spurling
Newtown Veterinary pack includes; A dog or cat vaccination, A bag of food, A worming treatment, A bag of savour-life treats (or cat gummies), A dog lead or cat toy, One hydrobath (not appropriate for cats).	\$220	Newtown Veterinary
Lillian Sprague Painting 50cm x 50 cm from a series of works titled 'Tranceddance'.	\$200	Lillian Sprague
Deborah Fisher Water colour painting.	\$200	Deborah Fisher

## Chilwell Portraits

A portrait is a drawing, painting, photo or sculpture of a person. The image not only shows what the person looks like but also may reveal a bit about their personality as well.



*'Henry Penny' by Oscar Jarman 2015*



*Australian Artist Vernon Ah Kee working on his Portrait of William Barak*

Each year we love engaging the local community for our portraiture unit which coincides with the Geelong Galleries Who's Who Portrait Prize

This year is even more exciting with Geelong Gallery hosting the Australian prestigious Archibald prize for the first time.

Starting next week we will be hosting special members of our school community to be sitters. It will be held in the Art Room at lunchtimes. We are lucky enough to have an Olympian, a Cats player all the way from Ireland and a host of others joining us.

Keep an eye out on the for dates on skoolbag APP. All materials supplied and all students welcome but recommended for Grades 3 and up.

Please see Deb Fisher for any other information.

## Geelong Mums Winter Clothing Drive

Many of our families would be familiar with the fantastic work carried out by local volunteer organization, Geelong Mums. In order for them to continue to help local families facing hardship this Winter, we have decided to have a collection point here at Chilwell Primary School. We have put 2 green tubs in the Office Foyer for any donations.

The highest demand at the moment is for good quality childrens clothing, between the ages of 2 – 10 years. The website link regarding what they re-home is located below

<https://www.geelongmums.org/uploads/documents/whatcanberehomed.pdf>

If you have a cleanout and find any outgrown clothing, linen or nursery equipment please consider dropping your items to us here.

Thank you



### **ART ROOM**

**MRS FISHER WOULD APPRECIATE ANY UNWANTED APRONS FOR THE ART ROOM.**

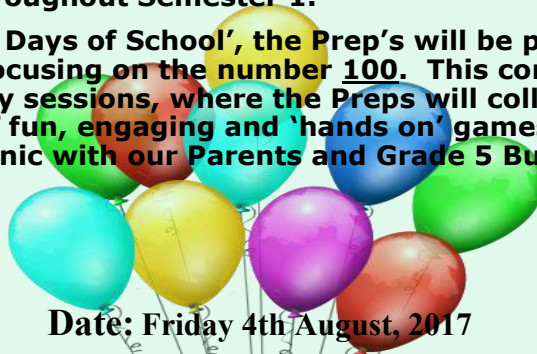
**PLEASE BRING TO THE GENERAL OFFICE.**



## PREP 100 DAY CELEBRATION

The Prep's '100 Days of School' Celebration is quickly approaching! The time has flown and it's been so pleasing to see the many successes and progress the children have made in all facets of their school life, throughout Semester 1.

As a way of celebrating '100 Days of School', the Prep's will be participating in a special 'Learning Celebration Day' focusing on the number 100. This concept will be integrated into our Literacy and Numeracy sessions, where the Preps will collaborate with their peers and work through a range of fun, engaging and 'hands on' games and explorations. We will be having a Teddy Bear's Picnic with our Parents and Grade 5 Buddies to celebrate this wonderful milestone.



**Date:** Friday 4th August, 2017

**What to Bring:** Teddy Bear, picnic rug and morning tea.

**Where:** Activities will run in the Grade Prep classrooms.

We will be meeting in the Prep courtyard for our morning tea

We hope to see you there.

Prep Teachers

## School Concert – 7pm. Wednesday, 13<sup>th</sup> September at The Arena

Rehearsals have begun for this year's School Concert. Please mark the date on your calendar. Tickets for the concert will go on sale in a few weeks – details in later newsletters.

### Preps – "Bathtime"

Shower caps, towels, slippers, scrubbing brush, rubber duckies etc.

### Grade 1 – "Around the World"

National costumes from around the world – small flag from that country.

Grade 2 – "Under the Sea". Underwater characters (The Little Mermaid), fish, crabs, mermaids, King Neptune, starfish, seaweed, sharks, octopus, etc.

### Grade 3 – "The Wild Wild West"

Cowboys, cowgirls, Indians, dancing girls, horses etc.

Grade 4 – "Let's Get Physical". Martial arts costumes, gym gear – tights, leg warmers, headbands, sporting teams, cheerleaders etc.

### Grade 5 – "Outer Space"

Astronauts, Star Wars/Star trek characters, aliens, stars, moons etc.

Grade 6 – "The Movie Hits". Cool characters from movie blockbusters – Footloose, Flashdance, Dirty Dancing, Bring It On, Pitch Perfect.

As always, feel free to use your own creativity to provide a great bright visual effect and make your child feel special. The kids and we are really excited and looking forward to the big night in September.

KAI MANN-ROBERTSON & HOWARD DANDY.

Our You Can Do It! focus for term three is Organisation

Congratulations to the following students who received an award this week.

Prep D	Ella Zhao	2 JO	Freya Howley	4JM	Neve Van Der Sant
Prep J	Archie Sleep	2JS	Max Biskup	5MA	TBA
Prep B	Genevieve Wells	3KH	Alex Jelenko	5NR	Daisy Bain
1MW	Jemma Grenfell	3 PD	Bride Witcher	6JC	Harry Kanellos
1BH	Evan Wuite	4 JS	Tahlia Kurul	6SW	Audrey Neal

The YCDI! focus this term is Organisation. Organisation means to return all your assignments and projects on time and to have all the things that you need ready. Organisation can also mean being ready for an upcoming event like the concert.

YCDI Committee.

## VICTORIAN STATE CROSS COUNTRY CHAMPIONSHIPS

On Thursday 20 July, Mia Kemp, Michael Rudd and Hugh Haebich competed in the Victorian State Cross Country Championships at Bundoora Park. It was freezing cold and the conditions were harsh with two thirds of the course being uphill and extremely muddy.

All three students placed in the top half of the 96 competitors in each race and achieved personal best times. Michael ran 41st in 9.24 over 3km. Mia ran 9th, just missing out of the Team Vic squad, in a time of 9.37 over 3km. Hugh ran 5th in 7.06 over 2km and qualified for the National Championships in Hobart in August.

We would all like to say thank you to our parents for driving us up in the freezing weather, not just to this round but also Divisions and Regionals. We wouldn't have been able to do it without you. We also wish Hugh the very best of luck for Nationals.

Mia Kemp

## Environmental Report— Nude Food Day

The environment committee would like to inform you that we will be having a Nude Food Day coming up on the 2nd of August. Nude food day is when you don't bring any wrappers or glad wrap so your food must be in containers or just inside your lunch box.

We will also be getting a composter so your food scraps will go in there, however no citrus fruits can be composted.

The composter will help put compost all along our gardens and make our gardens flourish.

Harry Kanellos and Mitchell Quick



2017 GEELONG  
**FATHER OF THE YEAR**  
AWARD

• Celebrating positive male role models •

**Who is your special guy?**

He could be your dad, step-father, grandfather, uncle...or any man who is special to you.

Tell us why this person should be the 2017 Geelong Father of the Year.

There are great prizes to be won, and everyone will get a certificate for participating!

**Tell us about him!**

- How he makes you happy
- Things you like to do together
- How he is caring and respectful
- How he helps others
- What makes him fun

**Here are some tips:**

- Be creative! use words and pictures
- Write about 150 words or less
- You could write prose or a poem
- You could do a drawing or a collage
- Check your work
- Remember to have an adult fill out the entry form and attach it to your work



Bethany Community Support Inc.  
18 Sallers Road  
Hamlyn Heights VIC 3215  
t: (03) 5278 8122  
e: info@bethany.org.au  
www.bethany.org.au



2017 GEELONG  
**FATHER OF THE YEAR**  
AWARD

• Celebrating positive male role models •

Tell us why a special guy in your life (your dad, step-father, grandfather or someone who is special to you) should be the 2017 Geelong Father of the Year.

Describe how he is a special person. How is he helpful and caring? What activities do you like doing together?

Write your entry in about 150 words or less (use pictures if you like), attach it to this form and send to: Geelong Father of the Year Award, Bethany Community Support, PO Box 324, North Geelong VIC 3215

Additional forms and more information available at [www.bethany.org.au](http://www.bethany.org.au)

NB: Unfortunately multi-media entries cannot be accepted.

**CHILD'S PARENT OR GUARDIAN TO COMPLETE**

(PLEASE PRINT CLEARLY)

NOMINEE'S* FIRST NAME		NOMINEE'S SURNAME	
NOMINEE'S ADDRESS			
SUBURB/TOWN		POSTCODE	
NOMINEE'S PHONE		NOMINEE'S RELATIONSHIP TO CHILD	
CHILD'S FIRST NAME		CHILD'S SURNAME	
CHILD'S AGE	GRADE	SCHOOL	
SIGNED (CHILD'S PARENT/GUARDIAN)			YOUR PHONE
YOUR NAME			

\*Nominee is the special man being nominated.

**Conditions of entry:** By signing this form, you agree that you and the Nominee can be contacted by the Award organiser, and that the Nominee's name can be published in the Geelong Advertiser. The Award winner and Honourable Mention winners, and their child Nominators, will be announced at a breakfast event on 31st August 2017. Their names, images and submitted nominations may be published in the Geelong Advertiser. The Award winner may be required to attend the event and his family will also be invited. Bethany Community Support Inc. respects your privacy and is compliant with privacy legislations. For more information call us (03) 5278 8122.

The 2017 Geelong Father of the Year will win a prize package which includes:

- A family holiday to the Gold Coast valued at \$2,500 thanks to the Rotary Club of Geelong
- A family rail pass courtesy of V/Line
- A framed family portrait courtesy of the Geelong Advertiser
- A year's supply of dapper men's socks thanks to SIRSOCK

The child who writes the winning nomination will win a \$200 Bendigo Bank savings account, and honourable mention winners will also receive a prize.

**ENTRIES CLOSE: 5PM, WEDNESDAY 16 AUGUST, 2017**





## Canteen News

Orders must be into your grade teacher by 9.30am on Thursday –

**NO LATE ORDERS WILL BE ACCEPTED.**

**Each option \$5.00**

<b>OPTION 1</b>	Chicken Schnitzel Burger + Chocolate Muffin + Fruit
<b>OPTION 2</b>	Hawaiian Pizza + Chocolate Crackle + Fruit
<b>OPTION 3</b>	Vegetarian Sushi + Choc Chip Cookie + Fruit

### Canteen Roster. - Fridays – 12.45pm

Fri 28 <sup>th</sup> July	Amanda Lovell
Fri 4th Aug	Victoria Barton
Fri 11th Aug	Amie Cox

## Chilwell P.S. Outside School Hours Care

Term 3 –JULY 2017

To book or cancel care please call Cheryl on 0417 014 973

Wednesday 26 July	Making Paper Planes
Thursday 27 July	Dress Ups
Friday 28 July	Card Games
Monday 31 July	Cars/Dolls House
Tuesday 1 August	Board Games

Bookings are essential for both before and after school care.

EFTPOS facility is available – for payments over \$10.00.

Form available at the office or from OSHC.

**IMPORTANT!!!** School Council encourages families to keep their account in credit.

We issue Weekly Accounts .

Just a reminder to all those who have a permanent before/after school booking.

If unable to attend please cancel before 7.00am for mornings and 2.00pm for afternoon to assist staff or avoid session fees being charged to your account.

Amount:            Visa    Mastercard    \$ .....

Card Number:    \_\_\_\_\_

Cardholder's Name:.....                      Expiry Date :    \_\_/\_\_/

Cardholder's Signature:.....

Payment for OSHC



## Wellbeing tips for primary school kids

by Dr Jodi Richardson



*It's time for parents to have a clear understanding of wellbeing and how we can support our kids to cultivate their own.*

Wellbeing – it's a word we hear a lot these days. We understand that it's important for our kids; but it's not always clear exactly what it is, how we know if they've got it, and how we can help them to get more!

Since the Slip! Slop! Slap! campaign of the early 80s, the media has helped to spread messages about the importance of protecting our skin from the sun, regular exercise and a diet rich in nourishing wholefoods to promote and protect our own health and that of our families.

Now it's time for us as parents to have a clear understanding of wellbeing and how we can support our kids to cultivate their own.

Put simply, our kids' wellbeing is a combination of their physical, mental, emotional and social health. And because a range of different elements contribute to their wellbeing, there are a bunch of activities we can do with them, role model for them and teach them, to improve it.

Developing wellbeing is more than ensuring the absence of ill-health, it's about taking action to adopt thinking and behaviour patterns that researchers have shown to foster flourishing physical and mental health.

It's evident from the *Australian Child and Adolescent Survey of Mental Health and Wellbeing* that it's never been more important for us as parents to do so. Among 4- to 11-year-olds, 1 in 100 are depressed, 7 in 100 suffer with anxiety and 8 in 100 struggle with ADHD. Add to those worrying statistics the knowledge that 1 in 4 Australian children are overweight or obese, and it's easy to see why working on wellbeing matters.

Here are 5 practices that you can put into action to enhance your kids' wellbeing:

### 1. Get them outside and moving

Australian kids are some of the least active in the world, with as few as 1 in 5 meeting the recommended 60

minutes of daily exercise. There's so much we can do! Park further from school at drop off and pick up - ease the traffic congestion (cos' we all know what school parking is like!) and increase their daily exercise at the same time; stay a while after school to let the kids play; stop at the park on the way home or head outside after bags are unpacked and have a bounce on the trampoline. Yes, I know, it's going to take some effort, but this is what really matters - and it's good for you too!

### 2. Create plenty of opportunities for your kids to foster positive connections with their friends, family and of course with you!

Positive social relationships not only enhance kids' wellbeing, but are key to their future wellbeing as adults as well. Time spent with friends helps our kids to develop social skills including sharing, compromise, listening and conflict resolution.

### 3. Keep screen time to a minimum

I know, easier said than done! Kids love screens, but we're the parents and we can work with our kids to create clear and consistent limits. Kids aged 2-5 are recommended to have one hour of screen time per day and two hours a day max for 5-12-year-olds. Assuming kids are watching appropriate material and lying on their tummies to use tablets (helps reduce neck strain), the risks of screen time largely relate to what kids are NOT doing while using them such as being active, chatting, reading, playing creatively and sleeping. Kids also need to get bored!

### 4. Help your kids develop mindfulness skills

Mindfulness is about paying attention in the present moment, letting thoughts come and go without getting caught up in them. That's it. Sounds easy, but like any skill it takes time and practice. It gives kids' overstimulated minds a rest! A regular mindfulness practice will also help them to regulate their attention and their emotions; and teaches them to create a lifelong practice of taking time out to become calm, content, relaxed and in the moment. I highly recommend the **Smiling Mind app** for age appropriate mindfulness meditations; also, a lovely mindfulness practice is to lay down with the kids, eyes closed, and take time out to breathe naturally while everyone tunes in their 'Spidey senses' to all of the sounds around them.

### 5. Last but not least - ensure your kids get ample sleep

Primary school kids need 10-12 hours per day. Often, what helps enormously is establishing clear and consistent routines including no screen time one hour before bed, a 'wind-down' routine which may include a bath/shower, being read a book and then quiet reading before lights out. Taking time to chat with your kids before bed or encouraging them to reflect on what they're grateful for is also a great way to help them decompress and get a restful night's sleep.



#### Dr Jodi Richardson

Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at [drjodirichardson.com.au](http://drjodirichardson.com.au) and say hello on [facebook.com/DrJodiRichardson](https://www.facebook.com/DrJodiRichardson). Enquiries to [jodi@drjodirichardson.com.au](mailto:jodi@drjodirichardson.com.au)