**Supporting Your Child in Developing Friendships**

It is not always easy for children to know how to manage friendships. Problems with friends can affect how children feel about themselves and their enthusiasm for activities that involve others. Parents and carers can help children learn the kinds of friendship skills they will need as they grow and develop.

Learning how to make and keep friends involves a number of skills. Children learn more complex social skills from those around them as they develop.

Home life has an effect on the development of social skills. A child who has an adoring little sister is likely to have more leadership skills. A child who is the little sister may be more used to fitting in with what others want to do. These children are likely to react differently when they go to school and meet other children with different life experiences and social skills.

**How Parents and Carers Can Help**

First and foremost you can help children by listening to them talk about the everyday joys and troubles that arise out of their friendships. Asking what might have led to others’ reactions can help the child, with your assistance, to think of possible solutions. Try not to take sides and keep an open mind.

**Try a Problem-Solving Approach**

When problems arise in friendships it is important not to blame children but to show them how to find a solution. A problem-solving approach is often helpful.

1. Encourage the child to describe what has happened.
2. Ask about how they felt.
3. Ask them how they think the other person might see it and how they might be feeling.
4. Get them to think of ways they could do things differently next time.
5. Encourage them to try the new approach - get them to practise with you so they feel more confident.
6. Check back with your child to see how things turned out.
TOILETS

We have raised some concerns with our students about the continual misuse of our school toilets. Currently every unit has their own toilet block and we are concerned about the condition of them throughout the day due to some students using them incorrectly which is leading to a poor unhygienic environment.

As a school we will address this through revisiting the toilet tactics program to raise awareness of proper toilet use in order to maintain a satisfactory standard. We will be talking to our students, outlining the expected standard of hygiene for our school toilets and promoting healthy habits amongst our students.

We will be asking some of our students to fill out a survey about our toilets which will help us find out what our students think about the toilets and identify what needs improving.

In particular we are experiencing issues with the state of the boys toilet. If you have a son you can further support by discussing the correct use of a urinal, particularly if they have not come across one before.

An area of concern is students transitioning from Junior Primary toilet blocks with urinals to toilet blocks with normal toilets. There are issues with urinating in drains, over toilet seats and on the floor. These issues will be addressed at school as well.

To reinforce this we are asking for parents to discuss the proper use of toilets with your children. Thank you for your support.

SCHOOL PHOTOS

The school photos have arrived from MSP Photography and been sent home. If you have not received your photo or have a query please contact them on 8132 1148.

OSHC

Once again the April vacation care was successful, catering for the interest and age groups of the children who attended. Among some of the activities we offered were excursions to 4 Oaks Farm at Littlehampton, bowling at Bowland Salisbury, movies at Semaphore Odeon, the museum of South Australia, as well as Farmer Darcy, Games 2 U, bouncy castle, and a wheels and music day at the centre.

CURRICULUM

The curriculum for this term, after discussions with some of the children, is learning about animals, their habitats and how their extinction can be avoided.

RECEPTION STUDENTS

Since the beginning of the year, the reception children have been escorted to and collected from the Sea Star unit by OSHC Educators. However, for the children’s progress to independence, responsibility and per Service Information, we will be encouraging children, who have attended before school care, to walk to their unit themselves, allowing them to organise their school bag and contents after which our staff will check they are in their classroom.

Reception children attending After School Care will not be collected from their unit. OSHC Educators will meet them at the courtyard where their arrival will be checked. If a child, who has been booked in has not arrived we will follow our normal procedure by looking for the child, speaking to the teacher and then making phone calls. This will commence Tuesday 30/5/17.

RESPONSIBILITY OF STUDENTS

We encourage children to be responsible for taking care of their belongings such as clothes, books, etc. OSHC Educators are not expected to be responsible for children's items, their priority is for the safety and wellbeing of children who attend the Centre, and to support children to complete tasks they are capable of achieving.

OSHC AT CAPACITY

Some days we are full to capacity regarding places for Before and After School Care. Please see Judy or Jackie regarding available places.

PUPIL FREE DAY AT OSHC FRIDAY 9/6/17

We are open between 7am and 6pm. to ensure the correct child/staff ratio. We require families to book prior to Monday 5/6/17. You can contact us by e-mail at wissoshc@adam.com.au or 82423141.

FIDGET SPINNERS

We have had many enquiries about the use of the latest craze, fidget spinners, at school. Although we have not banned them it is the student’s responsibility to maintain the care of these throughout the school day including if they go to OSHC. We encourage you to discuss the use of the spinners with your child, some of the risks of bringing them to school and the importance of looking after them.

PEN PALS

SD7 are pen pals with students all the way from England! Ms Clancy organised this with a teacher named Mrs Baker.

The plan was to write them an introductory letter and have them reply to us and our questions! So we did! However, somewhere along the way someone must have gotten confused and our pen pals also sent us an introduction letter.

After the long wait we finally received them in the mail! We read the letters and they were so cool. I was put with a girl called Lydia and one called Stacy! (They have more students in their class then us so some people had two.)

Because out pen pals wrote their letters in Book Week, and the book the school focused on was called Flat Stanley, they sent us a little Flat Stanley with their letters. Flat Stanley travels
everywhere so they asked us to write about Australia on them, which was a good idea!
We can’t wait to reply to them and see what else they have to say! I hope we can send and receive a lot more letters in the future.

GIVE AWAY UNIFORM ITEMS

On the first Friday of every month we place a second hand uniform give away rack outside the Canteen. This rack is provided as a service for parents to have access to second hand uniforms free of charge. The next time it will be available is Friday the 2nd June. Please help yourself.

SPARE CLOTHES

Please ensure that your child has spare under wear and track pants/shorts stored in their school bag in the case of a toilet accident. In particular students in our younger years. Unfortunately due to high demand we are running out of spare clothing at the front office.

WEST LAKES SHORE KINDERGARTEN

The Kindy is currently taking enrolments for 2018. If your child is turning 4 before 1st May 2018 please come to the kindy to complete a preliminary enrolment form. Offers of placement will be sent out at the beginning of Term 3.

SAPSASASA SPORT

We have had many of our students try out and be selected for SAPSASA sporting teams representing the Port Adelaide district this term. Congratulations to all of the students who went through this process and gained selection in the sports of Football, Netball, Hockey and Soccer.

In addition to this we are currently involved in SAPSASA knockout matches in Football and Netball and have reached the second round in both these competitions after having victories over Woodville Gardens Primary. Unfortunately we were knocked out of the soccer competition going down to the same school.

SCHOOL FOOTBALL RESULTS

SATURDAY 6TH MAY

2/3 WLSS 3-4 (22) vs Nazareth 15-8 (98 )
Goals: Tyreece B (2) Jack M (1)
Best: Kai H, Lachlan T, Tyreece B

4/5 WLSS 8-6(54) vs Nazareth 5-2 (32)
Best: Cy H, Jack M, Darcy C

6/7 WLSS 10-16(76) vs Nazareth 0-0-(0)
Best: Dylan P, Jett B, William H

SATURDAY 13TH MAY

2/3 WLSS 1-4(10) vs Star Of Sea 10-11(71 )
Goals: Lachlan T (1)
Best: Edwin B, Joshua S, Jack M

4/5 WLSS 5-8(38) vs Star Of Sea 2-4(16)
Goals: Connor R, Owen H (2), Darcy C (1)
Best: Brody W, Haydn E, Ryder B

6/7 WLSS 15-8(98) vs Star Of Sea 3-5(23)
Best: Deacon D, Callum F, Brodie H

SATURDAY 20TH MAY

2/3 WLSS 3-5(23) vs Fulham North 7-5(47)
Goals: Dylan J, Mason H, Jack M (1)
Best: Dylan J, Mason H, Addison E

4/5 WLSS 20-10(130) vs Lockleys North 0-0(0)
Best: Angus R, Robert B, Mitchell R

6/7 WLSS 5-12(42) vs Fulham North 10-11(71)
Goals: Deacon D(2) George F, Lachlan F, Liam H(1)
Best: Izaak O, Oscar R, Mick O

COMMUNITY NEWS

We are happy to support local organisations and groups however, please understand that we take no responsibility for any of the programs and products included in our Community News.

PIANO VOICE LESSONS

Experienced teacher Ira Henkel (B.MUS Dip.ED) is offering after school lessons for piano or voice. She graduated from the Elder Conservatorium of Music. Currently employed as a Choir Teacher with the Primary Schools Festival of Music. Piano lessons: note recognition, technique and music literacy. Using the latest materials to make learning enjoyable and fun including games. Voice lessons: pitch placement, aural and tone quality development. Specialising in training students for auditions. Fee $25 per half hour.
For further information email riverwattle@yahoo.com

WESTERN ADELAIDE SHORES COMMUNITY LEARNING

Understanding your child’s temperament

This presentation is about how to support and encourage parents in helping children to be the best people they can be. The session will be led by Donna Broadhurst-DECD Family Services Coordinator.
Venue: West Beach Kindergarten, 13 Winston St
Date: Tuesday 13th June at 7:00 – 9:00pm
Register Online: http://shorestart-communitylearning.eventbrite.com.au
for further information email: WA.Shores287@schools.sa.edu.au

KIDS TAEKWONDO

Resilience, Confidence, Discipline, Respect.
- Olympic Sport Martial Art
- Children start at age 5
- Experienced qualified instructors
- Beginners welcome
Henley Beach Town Hall, 378 Seaview Rd, Henley Beach. Tuesday or Thursday 6:30-7pm.
Enquiries phone 0412209 500 or email info@worldtaekwondo.com.au
Anxiety is normal and part of everyday life. There’s no better time than childhood for learning how to cope with anxiety.

For those with no personal experience of anxiety it can be hard to understand how debilitating it can be. “Come on, get on with it,” seems so obvious. Of course, this response is nowhere near adequate.

Most kids experience some anxious moments or have fearful thoughts and feelings from time to time about certain events. These thoughts and feelings prompt them to proceed with caution.

But anxiety and fear can be paralyzing. Some kids simply can’t stop their ‘bad thoughts and feelings’. They can’t silence the voice of fear that whispers to them continually.

**Staying calm**

Anxiety is a normal part of life and can be managed, but it takes time. It’s also contagious so it’s the job of parents to stay calm, think clearly and role model confidence when kids get anxious.

**CALM** is created through your words, voice and facial expression. When children become anxious, help them recognise what’s happening. Some kids get angry, some become upset and others withdraw. Work out the pattern for your child and help them recognise when they are anxious.

**ACCEPT** your child’s anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It’s hard sometimes to differentiate between what may be a bad case of negative thinking and true anxiety.

Is a child being negative when she doesn’t want to join a new club because she thinks no one will like her, or is there something more going on? Try to confirm whether there is any validity in their fears. If not, point out diplomatically, that they may be catastrophising. If you feel there is reason for concern, help them to overcome their anxiety.

**CHALLENGE** the validity of your child’s fears and anxiety, using logic and rational thinking. Don’t allow kids to wallow in self-pity. Move their thoughts towards the future rather than allow them to mope around.

**Making a plan**

**ENCOURAGE** your child to overcome their anxiety through action. Vanessa came up with a creative solution to help Ruth, her seven-year-old daughter, overcome her reluctance to attend birthday parties without her. Initially Vanessa attended parties with her daughter so she wouldn’t miss out, but Ruth was becoming too reliant on her, so it was time to make a change.

The next time Ruth was invited to a party, Vanessa put a plan into action. First, she set up a little birthday party scenario at home using dolls and teddies as friends, so her daughter would know what to expect. Vanessa explained that she would leave her at the party for a short time. Vanessa let her daughter know that she had no doubt that she’d cope.

The little plan worked a treat. Vanessa arrived at the party an hour after the start to find Ruth involved in a game. She acknowledged her mum, but she didn’t leave the game. Later, at home Vanessa made a fuss over her daughter for being brave. Ruth agreed that next time she was invited to a party she would go for the whole time without her mum.

**Anxiety is normal** and part of everyday life. However, it can be debilitating unless it’s managed. Anxiety management takes time for kids to learn, but it’s one of those valuable life skills that parents can teach their kids.