Dear Parents, Carers and Grandparents

The nice cool weather has arrived at last! It is timely to remind parents to ensure that your child has an old jumper they can keep at school over the next couple of months.

Most classes will be going on a reward excursion at the end of this term. This excursion is only for students who have earned this through excellent behaviour and attitude at school. Students who are in danger of losing this reward will be spoken to by the teacher so they understand what they will need to do in order to win the reward excursion back again. However, if your child is excluded from the reward excursion you will be contacted by the teacher. We would appreciate it if parents could discuss this with your child.

There are still children riding bikes and scooters to school and not locking them up in the bike racks. Please ensure that your child has a lock and is using it to lock up their bike or scooter. It is very distressing for children if they finish school at the end of the day and their bike or scooter has been stolen because it was not locked up.

Also can I please ask parents to ensure that valuable items such as Ipads, Iphones, Ipods do not come to school. We cannot guarantee the safety of these items and they do cause distraction issues in the classroom.

We are looking for casual tutors who are interested in working in the school next Semester. The hours do vary as does the work. If you are interested please bring in a copy of your Resume and a copy of your Ochre Card to Sharon Chin.

Another reminder to parents to please ensure that your child has healthy recess and lunches every day. The connection between lots of sugary food and aggressive behaviour is very real and we like to avoid this if possible. Therefore lollies, chocolates, soft drinks should not be brought to school by any child. If parents want to supply a birthday cake at school for their child, please seek approval from the class teacher two days beforehand, so that allergies can be checked against all children. Thanks.

Have a wonderful week—Sue Beynon, Principal and Sharon Chin, AP

Black shorts are now part of Gray School’s compulsory uniform. Please ensure that your student/s comply with our uniform policy, per the Parent Handbook (below).

“School Uniform is mandatory for all NT schools. Uniforms support self-esteem, promote school team spirit and are designed for economy and convenience. Uniform items are sold at the Front Office. When representing the school, and on excursions, uniforms must be worn. If this presents difficulties, they can be borrowed from the school for the day under special circumstances. The uniform consists of a royal blue polo knit and crew neck shirt and black skirt or shorts. Covered shoes must be worn.”
What a wonderful performance we had last Wednesday! Last Wednesday Gray primary took part in the National Simultaneous Storytime. The NNS—National Simultaneous Storytime is an incentive from an organization called ALIA—which stands for Australian Library and Information Association. This is the 13th year that NSS has been running and every year more and more schools and libraries join in. The idea is that children right across Australia at the same time and the same day were listening to, or reading, the same book. Over 415,000 children, in over 2500 locations across Australia including Gray School, participated in this event.
Good Beginnings Australia is a National charity, building better outcomes for children in vulnerable communities through a range of early intervention programs for families.

These programs include: Play2 Learn, Family Support, Community Connections and Toy Library.

**Play2Learn**

Play2Learn is a supported play session where play based learning is designed around what the children are interested in, to help their development. The sessions are facilitated by an Early Childhood worker and Family support worker.

At Play2Learn we believe that by providing children with a secure and happy environment, where they are supported to develop their intellectual, social, emotional and physical skills, they will become confident and competent individuals.

Children and parents can participate in experiences together, strengthening relationships between children, parents and caregivers.

Good Beginnings will support you to build on your existing knowledge, skills and the resources that are available to you. Create connections and relationships in the community, both with other parent and community supports and services.

**Monday:** 9am – 11am Moulden Primary School (OSHC Building)

Play2Learn Birth—4yrs (Please bring a piece of fruit to share)

**Tuesday:** 9am—11am Gray Primary School (Good Beginnings Demountable)

Play2Learn Birth—4yrs (Please bring a piece of fruit to share)

**Wednesday:** 9am —11am Gray Primary School (Good Beginnings Demountable)

Baby Play2Learn which is run in conjunction with Maternal Health Nurse, who will answer any questions you may have in regards to your Child’s health and development Birth—12 months.

(Morning tea provided)

**Toy Library**

**Thursday:** 9am – 11am

The Toy Library aims to provide a service to families and children in the Palmerston area, by providing a mobile and outreach support service/s. Parents will be able to borrow toys from a mobile toy library that operates from at least 2 locations, including but not limited to, parks and the Gray Op Shop with the flexibility to adapt locations depending on the needs of families.

**Friday:** 9am – 11am (Dream Time Kids) A Play2learn group for Indigenous families with children Birth—4yrs

Venue: Gray Primary School Good Beginnings Demountable.

(Morning tea provided)

All Good Beginnings programs are provided free of charge.

For more information please contact the office on 0889327022 Mobile 0417200170

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**Scholastic Book Club**

Due Date for Issue 4 - Scholastic Book Club – This Friday 31st May

Please return your order by the due date above.

Please ensure the student’s name and class is written clearly on the order form and is sent with the money.

All orders and money are to be taken to the Library.

Thank you – Sue Fisher – Library

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**WATER**

**THE BEST THIRST QUENCHER OF ALL!**

Even with the onset of cooler weather, it is still just as important for kids to drink plenty of water throughout the day. Water is not only lost from their bodies on hot days when you notice them sweating, but can also be lost through urine, perspiration and breathing during the cooler months.

Water is the best drink to replace the water lost from the body throughout the day. Tap water is best of all because the added fluoride also helps to protect teeth from decay.

Many drinks, including soft drinks, cordials and fruit juices, are mainly water but they also tend to be high in sugar. Teas and coffee contain caffeine, so these are not suitable drinks for children. Energy drinks (such as “Redbull”) are inappropriate for children as they are high in caffeine and may interfere with sleep patterns, increase the amount of calcium and water lost by the body, causing further dehydration.

Freeze a bottle of water to add to your child’s lunchbox every day. It will help to keep the foods cool and will be refreshingly cool to drink as it melts. A second bottle can be packed separately from the lunchbox. Freeze a full bottle of water or freeze it half-full, then top it up with water from the tap in the morning. They’ll have cool water all ready to go from the start of their day.
GRAY - DROP IN CHILD HEALTH CLINIC
WEDNESDAY 0830 – 1030
0 – 4 year Olds
GRAY PRIMARY SCHOOL

DEVELOPMENTAL ASSESSMENT
CHILD HEALTH INFORMATION
PARENTING SUPPORT
No appointment required – drop in
For more extensive consultations, clinic appointments can be booked.

Phone: 8999334

NB: Gray Drop-In Clinic is available only during school terms – on school holidays the service is NOT available.

LOST PROPERTY
We have a collection of jumpers, water bottles, hats, bags and left over items from school camp. If you have misplaced something please come in and check our Lost Property basket as any items not claimed by the end of term will be donated to the Red Cross.

SPORT HOUSE BADGES
Preschool will be selling sport house badges for $2 each. They can be purchased at recess, lunch & after school from the Preschool

Commerce-PINTS Hockey Club
More Players Wanted
New players, all ages and all abilities welcome.

Tuesdays, 5.30pm for juniors under 16; 6.30pm for seniors

Marrara Hockey Centre
Looking for a fun, friendly and family-oriented club?
Come and meet our players and have a try.

Start-up pack - stick, shin pads and ball for new U8 & U10 players. Great, feel-good, spider uniform!

Contact: Robert Northcote on 0897 6621
e-mail: robertnorthcote@ozemail.com.au

BABY BARRAS SWIM SCHOOL

AUSTSWIM CERTIFIED INSTRUCTOR

Heated Salt Water pool at Private Residence
83 KOOKABURRA DRIVE
HOWARD SPRINGS NT

Infants to Early Primary School Age

LESSON TIMES

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8 WEEK TERM
$15 per 1/2 hour Lesson Total for Term $120

From Monday 8th April for every $10 spent at Woolworths you will receive 1 Woolworths Earn and Learn Point. Please start collecting your stickers from Woolies.

We have an Earn & Learn collection point at the Front Office please drop off your stickers and/or sheets.
Thankyou

115TH PHILIPPINE INDEPENDENCE DAY
The Filipino Australian Association of the NT invites you to come along for the 115th Philippine Independence Day Dinner Dance- featuring dinner, cultural performances and dancing!

Saturday 8th June 7pm
Filipino Community Centre
Batten Road, Marrara

For tickets contact:
Oscar – 0414964768 or Judith - 0448886701

Ticket Prices:
Members $40
Non-members $45
Senior members $30
Senior non-members $35
Children 12 and under $15

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10 ways to promote good mental health & wellbeing in kids

This year make mental health a parenting priority. Kids with good mental health feel better, learn better and are better equipped to handle life’s curve balls.

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 stressed 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 anxiousness. Some kids bottle up what’s inside, while others will catastrophise a situation, which can make matters seem worse. If your child has a problem let him know that his
Concerns are important to you. Kids often can’t tell you what may be wrong, so be observant and gently ask questions to help gain a clearer picture of how kids may be feeling.

7. Help them relax: Make sure your child has a hobby or activity that relaxes them. The ability to relax and get away from the stresses of everyday life is essential. Some children who have real difficulty switching off may benefit from practising meditation or mindfulness, but most kids just need time to chill out so they can relax naturally. (I personally practise mindfulness and have found it a really helpful way to turn off my brain for a while.)

8. Have two routines – weekday and weekend: Most households are pretty highly scheduled these days. There are routines for getting up, coming home, eating meals and going to bed. These structures are necessary when we’re busy. Families need a second, more relaxed weekend routine that helps kids relax and unwind. It’s important to have this release valve if families are flat out busy during the week.

9. Foster volunteering and helpfulness: Social isolation is a huge predictor of poor mental health. Encourage your child to be connected to and help others in any way possible. Helping others reinforces social connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition.

10. Bring fun and playfulness into their lives: Kids should be the kings and queens of play; however, some children live such full-on, organised lives that much of the natural fun and spontaneity has been stripped from their everyday life. Mucking around, which is code for having fun, is something many children of this generation don’t have time for. If you see your child constantly stressed or overwhelmed by events, change the mood by going to a movie, joining them in a game or seeking other ways to have some fun.

These ideas are basic common sense. However, as kids’ lives get busier these essentials get squeezed out. Here’s my recommendation to ensure that mental health habits aren’t overlooked or neglected.

First, see these habits as the building blocks of mental health. Don’t ignore or trivialise them. Talk to your children and tie these activities to their mental health. Do this in your own way and on your own time.

Second, assess which of these habits need your attention and make some adjustments over time to push the pendulum back in favour of your child’s mental health.

**FREE Michael Grose parenting resources to help you promote good mental health in your kids.**

- **Coping eBook**: 12 essential coping strategies every child can use when life gets hard
- **Poster**: 10 ways to promote good mental health & well-being in kids
- **Poster**: 25 Great Parenting Ideas (to stick to your fridge)

These great resources are waiting for you at parentingideas.com.au/ParentingIdeas-Newsletter. They’re available for a short time only, so be quick!