



# Mallacoota P-12 College

## Newsletter

Wednesday, 30th April 2014

Week 2 of 10

### Birthdays

6th - Marc Sammut

### Dates to Remember

April 30th - Artists in Schools trip to Gabo Island  
April 30th - School Council meets  
May 7th - VCE OE Bushwalk  
May 8th - State Team Surfing Titles at Phillip Island  
May 8th - Melbourne Careers Expo  
May 8th - Big Screen

### From your Principal



*'Music can change the world  
because it can change people.'*

Bono

This week some of our very lucky VET and Band Music Students head for Gabo Island under our "Artist in Schools" Program driven by our vibrant Arts Sub Committee. Musicians, Padma Newsome and Nick Fisher are our resident experts – Lisa Broome has been and is doing an extraordinary job (as per usual). This is a once in a lifetime opportunity. We encourage our students to really have a go and make their very best efforts.

### Healthy ways for kids to manage their emotions ...

What training did you get from your parents in recognising or regulating your feelings – in other words, in managing your emotions? If you are like me, you didn't get much really constructive help at all. "Don't worry! It will all turn out right!" was about the extent of the emotional management in my house, and I suspect in most other houses at that time. I guess that's why many people automatically default to ineffective ways of dealing with their feelings – such as avoidance, denial and straight-up worrying – when difficult

### In the Future

May 12th - East Gippsland Shooting Comp  
May 13th - NAPLAN testing begins  
May 15th - Yr 11 Youth Driving Course in Bega  
May 21st - School Council Meeting  
June 9th - Queens Birthday Public Holiday  
- no students required at school

emotions emerge. Those ineffective strategies are then passed on their children. Little wonder that anxiety, anger and apathy are commonplace among today's children and young people, even though we live in affluent times. Sometimes, despite what we were taught, it's better to find ways to deal with negative feelings rather than avoiding them. Avoiding them can allow them to overwhelm us or cause us to act out. Here are seven healthy ways to manage your emotions that you can pass on to your children:

#### 1 Breathe deeply

The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight). Count to 3 quietly while breathing in through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little 'heady', which indicates deep (and low) breathing.



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### **2 Find a favourite relaxation exercise**

There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for 3 seconds and then relax. Repeat this a number of times and you can't help but feel calmer. You can isolate part of your body such as your shoulders and arms to release the tension around your neck. There are plenty of quick techniques you can use to relax.

### **3 Use a positive reappraisal**

Emotions are caused not by an event, but by the way we look at an event. To one person, giving a wedding speech is a chance to strut their stuff (so they feel excited), while to someone else it is nothing but a nightmare (so they feel anxious). Change the way you view something and you'll better be able to manage your emotional response. "This is a challenge, not a problem" is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

### **4 Use positive, REALISTIC self-talk**

Ever talked yourself out of doing something exciting, new or challenging before you've even started? Maybe you've said something like: "I'll never be able to do that" or "This will stress me out big time" or "I'm no good at...."? I know I have. Next time you catch yourself talking yourself (or something else) down, replace the negative with something realistic but more positive. Something like "I've done it in the past and I survived. So I should be able to do it again." Repeat this a few times and your emotional state will shift to a better one.

### **5. Exercise**

Exercise releases endorphins, nature's feel-good chemical, which will move your mood to a better state. The paradox is that we often don't feel like exercising when that's exactly what we really need. Don't let those feelings

stop you. Going for a run, walking the dog or even a playing a game outside with the kids is the very thing you need to feel better.

### **6 Distract yourself**

A healthy distraction, such as phoning a friend, reading a novel or watching a comedy is a way many people use to manage difficult emotions. It's a highly recommended strategy for natural worriers! It's amazing how much better a situation will seem after giving your mind a short break from it.

### **7 Have constructive habits and hobbies**

One of the tenets of good emotional health is that a person needs hobbies and interests that lift them up and make life enjoyable. Single-tracked lives – all work and no play – are recipes for emotional disaster. If you can relate to this, then I suggest you take the time to find a hobby or interest that juices you up. The same, of course, holds for kids. All work and no play makes ... well, it's hard to hold it together if you are feeling stressed all the time. It's important that as parents and teachers we practise good emotional management techniques ourselves so we are better placed to pass them on to kids. The upside is that'll we'll feel better, make better decisions and be more effective as parents and teachers as well. This is an extract from "15 right ways to manage emotions", a special report available at [Parentingideasclub.com.au](http://Parentingideasclub.com.au). Emotionally intelligent children, like their parents, know a range of healthy ways to manage their feelings. Healthy ways for kids manage their emotions.

Have a great week  
Tim



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### THANK YOU

- Mallacoota Foreshore Caravan Park for allowing the school to tin rattle for the State surfing titles and Springwood trips.

Your support is much appreciated.

### Reminder

- checkout out school web site for news and awesome colour photos.

### Feel Good Day

Mallacoota P-12 College is celebrating 'feel good day' on Tuesday the 6th of May.

It's all about the whole school celebrating their own and each other's individual style, strengths and talents. Loving their own uniqueness compared to no one else.

Planned activities for the day include a free dress day where students are encouraged to wear a 'feel good' article of clothing celebrating their own individual style.

During lunch planned physical activities for fun and health. Developing skills in positive self-awareness.

Helen Bryan  
School Nurse

### Springwood fundraiser



## Egg and Bacon Rolls for sale

*This Thursday lunchtime (1<sup>st</sup> May)*

*\$4 each*

*Must be pre-ordered. Return this slip and money to the office on Thursday morning*



My student ..... of year ..... would like

to order 1 egg and bacon roll for lunch on Thursday 1<sup>st</sup> May. Please find enclosed \$4



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### Term 2

<b>WEEK 2</b>	April 28 P12 Assembly (P 4)	April 29	April 30 <u>Artist in School-Gabo</u>  School Council	May 1 <u>Artist in School-Gabo</u>  SRC Meeting	May 2 <u>Artist in School-Gabo</u>
<b>WEEK 3</b>	May 5	May 6  eSmart meeting	May 7 VCE OE Bushwalk	May 8 -VCE OE Bushwalk - <i>State Team Surfing Titles – Phillip Is</i> -Melb Careers Expo	May 9 -VCE OE Bushwalk - <i>State Team Surfing Titles – Phillip Is</i> -Melb Careers Expo - <b>BIG SCREEN</b>
<b>WEEK 4</b>	May 12 <i>EastGipp Shooting-Bairns</i>	May 13 NAPLAN – Language & Writing <i>Year 8&amp;10 Testing</i>	May 14 NAPLAN - Reading <i>Year 8&amp;10 Testing</i>	May 15 NAPLAN - Numeracy <i>Year 8&amp;10 Testing</i>  <u>Y11 Youth Driver course – Bega</u>	May 16
<b>WEEK 5</b>	May 19 <i>Y10 + Swifts OE Prog.</i>	May 20 <i>Y10 + Swifts OE Prog.</i>  P12 Assembly (P 3)	May 21  School X-Country?  School Council	May 22 <i>Arts Council Performance</i>  SRC Meeting	May 23
<b>WEEK 6</b>	May 26 <i>EastGipps X-Country</i>	May 27 <i>VCE Top Arts/Museum trip - Melb</i>	May 28 <i>VCE Top Arts/Museum trip - Melb</i>	May 29 <i>VCE Top Arts/Museum trip - Melb</i>	May 30 <i>VCE Top Arts/Museum trip - Melb</i>
<b>WEEK 7</b>	June 2	June 3  eSmart meeting	June 4  P12 Assembly (P 4)	June 5  SRC Meeting	June 6
<b>WEEK 8</b>	June 9 XXXXXXXXXXXXXX  Queens B/day  XXXXXXXXXXXXXX	June 10 <i>Mid Year VCE Exams</i>	June 11 VCE GAT – All students doing 3/4 studies	June 12 <i>Mid Year VCE Exams</i>	June 13 <i>Mid Year VCE Exams</i>
<b>WEEK 9</b>	June 16	June 17 Y5/6 Somers Camp  <i>EastGipps - Netball/Boys Soccer</i>	June 18 Y5/6 Somers Camp  <i>VCE Student/Parent info session for 2015 selections</i>	June 19 Y5/6 Somers Camp	June 20 Y5/6 Somers Camp
<b>WEEK 10</b>	June 23 Y5/6 Somers Camp	June 24 Y5/6 Somers Camp	June 25 Y5/6 Somers Camp  <i>2015 VCE selections due</i> EastGipps Girls Soccer  School Council	June 26  P12 Assembly(P 4)	June 27  2.30 Finish