

Assistant Principal Message:

Dear Parents and Guardians,

This week the staff at Melton West Primary have been learning about the SAFEMinds resource available to both parents and teachers.

What is SAFEMinds?

SAFEMinds is a learning and resource package for schools and families that aims to:

- enhance early intervention mental health support for children and young people in schools; specifically regarding mild mood disorders (anxiety and depression) and self-harm
- increase engagement of parents and carers with schools to more effectively support their child's mental health; and
- develop clear and effective referral pathways between schools and community youth and mental health services.

It provides a suite of online materials for the whole school community, including teachers, school support staff and parents and carers, as well as a range of targeted face-to-face professional learning opportunities. The package is underpinned by an early intervention approach, NIP it in the bud!

Emotional distress affects children and young people and school communities every year. This may include mental health issues such as anxiety and depression and self-harm behaviours. These issues have a significant impact on the health and wellbeing of children and young people, including their educational, development and wellbeing outcomes.

To support school communities to effectively identify and respond to the mental health needs of children and young people, the Victorian government has partnered with headspace, the National Youth Mental Health Foundation to deliver SAFEMinds: Schools and Families Enhancing Minds.

How can SAFEMinds help me?

- **SAFEMinds Online** uses an immersive, video-based experience, to tell a series of personal stories of children and young people, their families and teachers. There are targeted videos for primary school staff, secondary school staff and parents and carers, which aim to develop knowledge and understanding about the many different forms of emotional distress children and young people may experience, and how these might be presented. .
- **SAFEMinds: At Home** will offer a series of parent information forums in various locations across Victoria to support connections between parents and carers and schools and local mental health services. Parents and carers will be invited to attend forums in which headspace will provide useful information about supporting children and young people experiencing emotional distress, along with a panel of local mental health agencies who will provide information and answer questions from families about the services they provide.

To access the full suite of SAFEMinds resources, please go to the [SAFEMinds website](#). When prompted for a password, enter "SAFEMinds-Guest". Once you are in the SAFEMinds site, click the 'SAFEMinds Online' tab to access the parent and carer videos and toolkit resources.

Kind regards
Jennifer **O'Connor**
Assistant Principal MWPS
Prep-2 Learning Community



Message from our School Vice Captains

Hello everyone,

This week is the last week of Body Safety. Next week we have the LSV Water Safety program for grade 5/6's at the Melton Wave pools. A big thank you to all staff members that ran the school disco last week on Friday, we had a great time! A big thank you to Miss Henaway for being the DJ.

Thank you

School Vice Captains
Brooklyn and Sherhrish

Getting it right in reading!








The benefits of listening to books

True or false, listening to books on cd or mp3 is not really reading? If you answered false then give yourself a pat on the back.

Reading is not just being able to decode or work out the words on the page. Reading is about; understanding the meaning behind those words, interpreting the author's purpose and understanding how those words come together to create a fluent and comprehensive story or piece of information. That is why it is also important for children to listen to stories just as much as it is for them to individually read them.



Here are just some of the benefits for children listening to books:

-  It gets kids **excited** about reading
-  Allows children to 'read' text beyond their decoding (ability to work out and read the words) ability
-  Develops listening and concentration skills
-  Allows children to hear more advanced and extensive vocabulary and develop meaning
-  When a book is read well, it can help the child learn about punctuation, enunciation, and emphasis
-  Allows children, particularly those with an English as a Second Language (EAL) background to hear clear pronunciation and native speech patterns
-  Can expose children to genres or types of books that they might not have read themselves.

Here are two websites that provide visual and auditory books for students to listen to and read online. Or you can always check out the audio book section at your local library.

<http://www.storynory.com/>

<https://www.oxfordowl.com.au/>

Marvelous Math's

The Importance of Place Value

Place value is important because it helps children understand the meaning of a number. If people just used numbers randomly, no one would know which numbers people meant. Place value is needed to understand the order of numbers as well, for example, if someone offered you \$30 or \$99, you would need to know that 99 is more than 30 if you wanted the greater amount of money. Place value knowledge is developed by representing (with materials such as unifix sticks and MAB) numbers in terms of their place value parts, naming the numbers and recording the numbers.

Place value is the idea that each digit in a number represents a certain amount, depending on the position that it occupies. Therefore, a number like 465 has a **4** in the hundreds place, a **6** in the tens place, and a **5** in the ones place. The digit 4, in the hundreds place, does not represent 4 – it represents **400**. This idea is introduced to students in order to help them manipulate numbers and solve problems. If a child understands that 465 is actually $400+60+5$, they can play around with this number more easily.

The concept that numbers can be broken apart and put back together gives the student a more solid understanding of how different operations work. Not only that, but the student can also figure out how to solve problems independently by playing with the numbers. Once a child has a good understanding of place value, he or she will have an easier time with addition, subtraction, multiplication, division, expanded notation, etc.

Place value is the “why” behind the basics of mathematics.





Building parent-school partnerships

WORDS Michael Grose



The pitfall of using other children as benchmarks

Benchmarking children's progress with that of other children is not a wise parenting strategy. Inevitably, it will lead to parent frustration as there will always be a child who performs better than your own on any scale you use.

Have you ever compared your child's behaviour, academic progress or social skills with a sibling or your friend's children?

Comparing your child with others is a stress-inducing and, ultimately, useless activity.

But it's hard to resist, as we tend to assess our progress in any area of life by checking out how we compare with our peers.

When you were a child in school you probably compared yourself to your schoolmates. Your teachers may not have graded you, but you knew who the smart kids were and where you ranked in the pecking order.

Now that you have kids of your own do you still keep an eye on your peers? Do you use the progress and behaviour of their kids as benchmarks to help you assess your own performance as well as your child's progress? Or perhaps you compare your child to yourself at the same age?

Benchmarking children's progress with that of other children is not a wise parenting strategy. Inevitably, it will lead to parent frustration as there will always be a child who performs better than your own on any scale you use.

Kids develop at their own rates

Each child has his or her own developmental clock, which is nearly impossible to alter. There are slow bloomers, early developers, bright sparks and steady-as-you-go kids in every classroom. The slow bloomers can cause the most concern for parents who habitually compare children to siblings, their friends' kids and even themselves when they were in school.

The trick is to focus on your child's improvement and effort and use your child's results as the benchmark for his or her progress and development. "Your spelling is better today than it was a few months ago" is a better measure of progress than "Your spelling is the best in the class!"

Gender matters

It's no secret that boys' and girls' brains were developed by different architects. One major difference lies around timing, or maturity. The maturity gap between boys and girls is anywhere between 12 months and two years. This gap seems to be consistent all the way to adulthood.

Quite simply, girls have a developmental head start over boys in areas such as handwriting, verbal skills and relationship skills.

Boys benefit greatly from teaching strategies designed for their specific needs. They also benefit from having teachers and parents who recognise that patience is a virtue when teaching and raising boys, as it seems to take longer for many boys to learn and develop.

more on page 2 >>

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.

parentingideas.com.au



Parentingideas INSIGHTS

Building parent-school partnerships

... The pitfall of using other children as benchmarks ...

Kids have different talents, interests and strengths

So your eight-year-old can't hit a tennis ball like Novak Djokovic, even though your neighbour's child can. Avoid comparing the two as your child may not care about tennis anyway.

It's better to help your child identify his or her own talents and interests. Also recognise that the strengths and interests of a child may be completely different to those of his or her peers and siblings.

Avoid linking your parenting self-esteem to your child's performance

As a parent you should take pride in your children's performance at school, in sport or their leisure activities. Seeing your child do well is one of the unsung pleasures of parenting. You should also celebrate their achievements and milestones, such as taking their first steps, getting their first goal in a game or getting great marks at school.

However, you shouldn't have too much personal stake in your children's success or milestones, as this close association makes it hard to separate yourself from them. It may also lead to excessive parental pressure for kids to do well for the wrong reasons – to please you!

The maxim "You are not your child" is a challenging but essential parental concept to live by. Doing so takes real maturity and altruism, but it is the absolute foundation of that powerful thing known as "unconditional love".

Michael Grose



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.

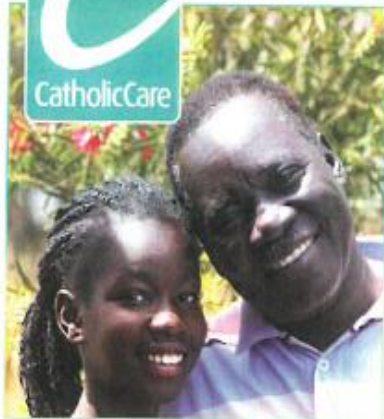
parentingideas.com.au

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AFRICAN DADS AND KIDS CAMP

21-23 October 2016 – Camp Marysville



My culture is African, my child is Australian ...

CatholicCare invites dads to bring along one of their children between the ages of 8–16 for a **FREE** fantastic camp experience - which acknowledges and celebrates the importance of fathers in a child's life.

Our camps provide fun activities for dads and kids to enjoy together, in a relaxed setting, where open discussions can be had and fathers can spend quality one-on-one time with their child.

Discussions include:

- Respecting traditional cultures
- The challenges and differences between parenting in Africa and parenting in Australia
- Ways to strengthen the father-child relationship
- Understanding each other's strengths

These weekend camps always receive great feedback ... most importantly, you enjoy a memorable experience together!

To register

Please complete the form below and send to:

African Dads & Kids Program
CatholicCare
PO Box 196
East Melbourne, VIC 3002

For camp enquiries please contact:

Michael O'Keeffe on 0417 340 773 or
email: africandadsandkids@ccam.org.au

*Meals, accommodation and transport provided
*Bus leaves from Footscray at 1pm

PLACES ARE LIMITED SO DON'T MISS OUT ... REGISTER NOW!

REGISTRATION FORM | AFRICAN DADS AND KIDS CAMP | 21-23 October 2016, Camp Marysville

DETAILS OF FATHER

Name _____
Address _____
Suburb _____ Postcode _____
Telephone B/H _____ A/H _____
Mobile _____
Email _____
What year did you arrive in Australia? _____
How many of our camps have you attended? _____

DETAILS OF CHILD

Name _____
Age of child _____ Male/Female _____
Address _____
Suburb _____ Postcode _____
Has this child attended before? YES NO



xda

www.ccam.org.au



Any Inquiries please contact Tolley Cacavas at Melton West Primary School on 9743 5818.

