

Dear Families,

I sincerely hope you are all continuing stay safe and healthy. This week I thought I would share with you the scientifically proven benefits of practising **Kindness**. Many articles have been written about this subject and I have summarised some key points from the various articles and books I have read on the subject of **Kindness**.

Kindness and empathy help us relate to other people and have more positive relationships with friends, family, and even perfect strangers we encounter in our daily lives. Besides just improving personal relationships, however, kindness can actually make you healthier.

### **What are the Benefits of Kindness?**

Here are six science-backed ways to improve your health through kindness.

#### **Kindness releases feel-good hormones**

Have you ever noticed that when you do something nice for someone else, it makes you feel better too? This isn't just something that happens randomly—it has to do with the pleasure centers in your brain. Doing nice things for others boosts your serotonin the neurotransmitter responsible for feelings of satisfaction and well-being. Like exercise, altruism also releases endorphins, a phenomenon known as 'helpers high'.

#### **Kindness is good for your heart**

Being nice to others can also affect the actual chemical balance of your heart.

Kindness releases the hormone oxytocin. According to science "oxytocin causes the release of a chemical called nitric oxide in blood vessels, which dilates (expands) the blood vessels. This reduces blood pressure and therefore oxytocin is known as a 'cardioprotective' hormone because it protects the heart (by lowering blood pressure)."

Kindness strengthens your heart physically and emotionally.

#### **It can help you live longer**

You may be shaking your head at this one, but we're not just saying this—there's science to back it up. According to research you're at a greater risk of heart disease if you don't have a strong network of family and friends. When you're kind to others, you develop strong, meaningful relationships and friendships.

#### **It reduces stress**

In our busy, always-on-the-go lives, we're constantly looking for ways to reduce stress. It may be easier than we think. Helping others lets you get outside of yourself and take a break from the stressors in your own life, and this behavior can also make you better equipped to handle stressful situations.

#### **Kindness prevents illness**

Inflammation in the body is associated with all sorts of health problems such as diabetes, cancer, chronic pain, obesity, and migraines. According to a study of adults aged 57-85, "volunteering manifested the strongest association with lower levels of inflammation." Oxytocin also reduces inflammation, and even little acts of kindness can trigger oxytocin's release.

*"Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you."*

Warmest Regards,  
Kathy Cvitkovic - Assistant Principal  
(3-6 Learning Community)

### **3/4 KANGAROOBIE CAMP RE-MINDER**

Refund forms were sent out via email or mail Friday 31<sup>st</sup> July. Thank-you to those who have returned forms, these will be processed shortly. For those who are yet to return your form, please do so ASAP via reply email or in person at the office.

In the event you cannot print the form to sign it please return to [melton.west.ps@education.vic.gov.au](mailto:melton.west.ps@education.vic.gov.au) and we will accept the email as your permission to refund instead of your signature.



## Getting it right in English!



Discussing the content and meaning of books is an important part of reading. Book chats are an important strategy to help your child to reflect more deeply on the content and meaning of their favourite books. During remote learning, this is a perfect opportunity to engage with your child around the online texts that they are reading.

### ***Book Chats in Grades P-2:***

Chat about the book before, during and after reading, and encourage your child to share their ideas and to ask questions about the book.

#### **Here are some questions you can ask before, during and after reading the book:**

- >>> Look at the cover. What do you think this book might be about?
- >>> How would you describe the character at the beginning of the story?
- >>> How does the place the book is set in make you feel?
- >>> What is happening in the pictures?
- >>> What do you think is going to happen next?
- >>> Why might a character have done this? What would you do in the same situation?
- >>> Who was your favourite character in the story? Why did you like that character?
- >>> What was your favourite part of the book?
- >>> Can you retell the story in your own words?

### ***Book Chats in Grades 3-6:***

In Grades P- 2, book chat questions relate mainly to recalling information on plot and character. These questions are still very important to ask when your child is in primary school. As your child moves through primary school, add more questions when discussing the book you are reading together, or when discussing the book your child is reading independently.

#### **Some further questions might include:**

- >>> Does the main character change in the story? How does the character change?
- >>> If you could change the ending of this book, what would it be?
- >>> What do you think is the story's main message?
- >>> What is your opinion about the story's main message?
- >>> Can you relate the story or message to another event or issue?
- >>> How could other people see it differently?

\*Ideas taken from 'Literacy and Numeracy tips to help your child every day' by the Department of Education and Training.

*Sarah Mills*

Leading Teacher- Literacy

## Maths at our house: shopping

Hopefully, we will soon be able to shop together again and a trip to the supermarket is a perfect opportunity to do some maths together no matter what the age your children. If children can't shop with you at the moment then writing a list and unpacking the groceries together is another opportunity!

There is the opportunity to:

- compare prices and talk about “more than” and “less than”
- to add, subtract, divide and multiply
- and talk about the shapes and sizes of items as well.

Comparison shopping and budgeting is a way to support the development of financial literacy and reading labels is a way for children to use their knowledge of percentages and weights within the context of reading charts and tables.

Making good decisions based on understanding maths in a real life context is what numeracy is about.

## Middle shopping activities

For children in the middle primary years, the ability to apply their new mental strategies for solving problems is very important. The practice in using maths in everyday contexts will help them become mathematical thinkers as they start to look for opportunities to figure things out for real reasons but also just for fun.

### **Money:**

While solving money problems requires a child to work with decimals and this may be too difficult, one money problem that is easily done at this level is comparison shopping. The ability to compare two amounts and use place value knowledge to know that you compare the dollars first and then the cents is an important skill. Another skill is estimation, so you can round a price to the nearest dollar and ask them to figure out how much for several items. This helps with times table practice.

*Which package is more expensive: \$2.45 or \$2.75? How do you know?*

*We need a kilo of cheese. Which cheese block is the best deal this week?*

*Well if we can get 3 cans for \$4, how much will 9 cans be?*

*This cereal is \$4.50, that's 4 and half dollars. How much will 2 of them be?*



## Measurement:

Comparison of weights and volume provides practice and helps a child begin to build up the experience that will help with estimation.

*So if these potatoes are 5 kg, how much do you think this watermelon is?*

*This box of cereal looks bigger than this one. Do they weigh the same or different? What's the difference?*

*How many litres are in the big orange juice bottle? Is that cheaper than buying 1 litre boxes?*



## Solving Problems:

*How many eggs are in 3 dozen? How do you figure that out?*

*How much yogurt do you actually get in a 6 pack? How much is in the big container?*

*If you unrolled the whole roll of cling wrap about how far would it stretch?*

*If we spend \$180 for a week's groceries, about how much per day do we spend on food?*



*Look at the receipt; what part of our food bill is the most expensive?*

Enjoy and have fun. (With thanks to [nzmaths.co.nz](http://nzmaths.co.nz) for the ideas)

Jennifer O'Connor

Assistant Principal Prep-2 Learning Community

## Melton West Primary School is a Child Safe School

### PROTECT

Everyone has the right to be safe and be protected from abuse. No one should behave in a way that makes you feel unsafe or afraid, including anyone in your family, anyone at school or anywhere else in the community. Tell a teacher or any adult at your school if you feel unsafe.



We hold the care, safety and wellbeing of children and young people as a central and fundamental responsibility of our school and base all our decisions on what's best for the students. Please talk to a staff member if you have any concerns about a child's safety at any time.

It is the mission of Melton West PS to work collaboratively to ensure high levels of learning for all.

## INSIGHTS

### Encourage kids to occupy themselves



A child's ability to fill in their own time and cope with moments of boredom are important independence skills to develop. Children have less practise at keeping themselves occupied than those of past generations. You have many jobs as a parent, but constantly entertaining your child, should not be one of them. These ideas will help:

#### Invite them to keep themselves busy

When your child tells you that he or she is bored they are bringing you a problem to solve. Boredom is your child's problem, not yours. If this happens, encourage your child to keep themselves busy by asking questions such as "How can you keep yourself amused?"

#### Make a list

If your child is stuck for ideas make a list of activities that they can refer to when they're bored. Include a variety of activities such as creative tasks, performance tasks, crafts, sports, indoor and outdoor games, music activities, reading and helping. Place the list in a convenient place with easy access and visibility.

#### Make a boredom buster jar

Cut up a list of boredom busting activities and place them in a jar. When your child is stuck for an idea to keep him or herself amused invite them to select an activity from the boredom buster jar. Ask your child to add enjoyable activities to the jar over time.

#### Encourage plenty of green-time

Today's children spend more time in front of screens, and less time outdoors than those of previous generations. Not only is time spent in natural environments refreshing, relaxing and rejuvenating, but it's also a wonderful way for kids to relieve boredom. Encourage your child to spend some of their free time outside in natural environments to promote good mental health and develop their confidence.

#### Help find their interests

If your child struggles to keep him or herself occupied, consider helping them identify a hobby or interest that they enjoy. Often finding that one activity a child loves or excels in makes a huge difference to their self-esteem and wellbeing, and can become the driver for future career choice.



## Build in downtime

A trait common among healthy families is the propensity for everyone to enjoy spending downtime or unstructured time together. It's during downtime that parents and children share activities together, which promotes better relationships and helps children's informal learning.

Most children when given unstructured time will rise to the occasion (even after some complaining) and will find interesting things to do. By encouraging them to find something "to do", other than filling their time with screen-based activities, you are promoting a fabulous life-skill in your kids.



### Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

## Vacation Care Program SPRING 2020



### Program Details

#### Who

The program is open to all primary school aged children.

#### Program Hours

6.30am – 6.30pm.

Monday to Friday, during school holidays.

#### Location

Bridge Road Children's & Community Centre  
260 Bridge Road, Strathulloh.

#### Cost

\$72.50 per day (prior to Child Care Subsidy being applied)  
Excursions and Incursions will incur an additional cost.

#### Enrolment Opens

8.30am Monday, 24 August 2020

#### Enrolments Close

5.00pm Friday, 11 September 2020

Bookings submitted after this date will only be accepted at Supervisor's discretion and incur a \$22 late enrolment fee

#### Contact

E: [vaccationcareprogram@melton.vic.gov.au](mailto:vaccationcareprogram@melton.vic.gov.au)

Ph: 9747 7200

Website: [melton.vic.gov.au/vaccationcare](http://melton.vic.gov.au/vaccationcare)

#### Monday, 21 September

##### Mindfulness Day

Let's learn all about being mindful and having a Growth Mindset!

#### Tuesday, 22 September

##### Spring Delight

Today we are making our very own Herb Heads to take home, grow and help a grown up cook with!

Incursion Charge \$23

#### Wednesday, 23 September

##### Get Wild – Zoo Day

Create your own zoo today with the chance to explore animals and helping the environment.

#### Thursday, 24 September

##### Disney Celebration

Come dressed as your favourite Disney Character (including Marvel) and have lots of fun!

#### Friday, 25 September

##### Terrific Toys

Imaginations running wild today! Make your own toys to enjoy!

#### Monday, 28 September

##### Perfect Pets

Today we are going to learn about the important things our pets need to survive and we are even going to make our own pet.

#### Tuesday, 29 September

##### Gadgets Galore

Bring in your own device at your own risk! We will have opportunities throughout the day to enjoy playing on them!

#### Wednesday, 30 September

##### Travel In Style

Make your very own wooden plane and boat to take home as we explore different ways for us to get around!

Incursion Charge \$23

#### Thursday, 1 October

##### Footy Madness

Come dressed in your favourite footy team colours! We will have face paint to help you get in the spirit.

#### Friday, 2 October

##### Princess or Pirate for a Day

Come dressed as a Prince, Princess or Pirate for the day and enjoy making your very own treasures!

\* Activities are subject to change



[melton.vic.gov.au](http://melton.vic.gov.au)

9747 7200

cityofmelton

BOOK EARLY! Don't miss out!

