



White Gum Valley Primary School
Tuesdays – Senior Block teacher prep room
Fridays – Music Room
Email: bronwen.speedie@education.wa.edu.au

February 2021

Welcome Back for 2021!

Welcome back to all of our WGV families, and a particularly warm welcome to families joining us for the first time!

I know it was a particularly difficult start to the year for many children, who were excited and geared up to start school and suddenly had everything put on hold. As a parent, you weren't alone if you had to deal with tears and meltdowns.

It's not easy to be a little person dealing with big emotions. You might recall when your child was a baby, the Child Health Nurse introduced you to the concept of the "Circle of Security" (the image below may be familiar). As children grow and become older, they still need us as parents to be that safe base/safe haven, giving them the security they need to be able to cope with challenges and to step confidently into new situations.

MAKE NEW FRIENDS



"I've got no-one to play with." Most parents hear this at some point during their child's school life. The new school year is a great opportunity for children to get off on the right foot with others to build and develop new friends.

Encourage your child to:

- Be brave – take the first step. Say hi and introduce herself.
- Be an inviter - "come play with me" are powerful words!
- Be kind – how he treats others can have a big effect on how others treat him.

As a parent:

- Be an investigator - remember that you only hear one half of the story from your kids when problems arise.
- Be involved – when children start to develop new friendships, cement them by organising a play date. Get to know your child's friend's parents.
- Be a skill-builder – assist your child to build friendship skills, perhaps by role-playing skills like introducing themselves to others or having a conversation (not just a monologue!).

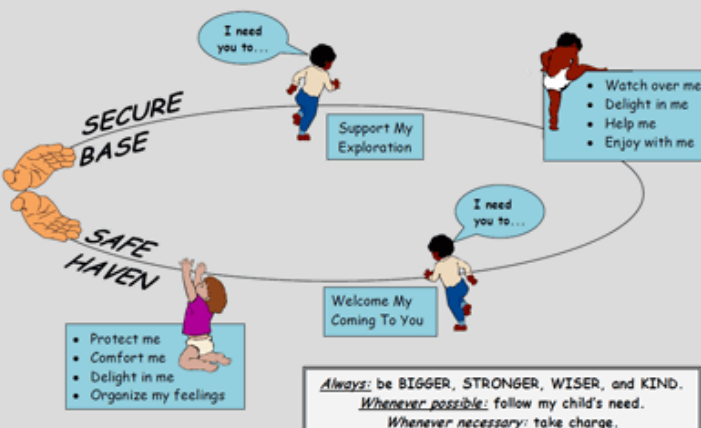
Accessing Chaplaincy Support

Many children self-refer to the chaplain, and other children are referred by the school. Parents can also request chaplaincy support for their child. You can either catch me in person before or after school on Tuesdays or Fridays or send me an email at bronwen.speedie@education.wa.edu.au.

Some of the reasons you might seek support would be for friendship matters, grief and loss, emotional regulation (anxiety, anger, etc.), bullying, changes in family life, etc. Please be assured that support is provided in a non-religious way, with a strong focus on helping children to build skills to be able to meet life's challenges.

CIRCLE OF SECURITY®

PARENT ATTENDING TO THE CHILD'S NEEDS



How you provide that security changes as they grow older, but the advice to "Always be bigger, stronger, wiser and kind" never loses its relevance. As children move into new stages of development, sometimes you need extra help to be the best support you can be for your children. Don't hesitate to contact me if you would like information about parenting courses and other support services.