



## Chaplain 's Chat

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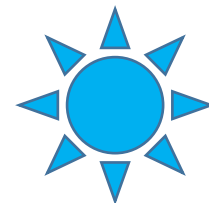


*Greetings White Gum Valley Primary School Community,*

I hope everyone is well refreshed after the school break and had a great Christmas!

Since we are in the beginning of the year and the start of Term One, it can be hard for some students to get back into the routine of school. Also for some students this year, they will be moving to new schools, making new friends, or changing classrooms/teachers. So it's very important that during this start to the school term that we as supporters, of your children including parents are finding ways to boost children's self-confidence to help cope with change. Self-confidence in one's self is so important because it helps the person in building resilience. For example, the person is more likely to try again, have a positive mindset, want to succeed, be willing to build healthy relationships with others, be comfortable in themselves, and explore the world/new things around them. So how can we boost a child's confidence a little more everyday? We can say verbal affirmations, help them by leading by example in our actions, and also activities. You can use activity worksheets from websites listed below with your child. It can offer some support in building their self-confidence. It only takes a few minutes to do together, and you can have a small discussion about their answers after, if you wish to do so. Even by doing one worksheet per week it can make all the difference!

These work sheets can be found on [TherpaistAid.com](http://TherpaistAid.com) and on [MyleMarks.com](http://MyleMarks.com). These work sheets can be copied and printed out for free. Now let's go boost that confidence together!



## Breakfast Club

I would also like to use my newsletter to inform all the parents at the school about breakfast club that runs on every Tuesday morning down in the undercover area in the canteen. We serve chesses, milo, fruit, and other yummy goodies for any student in the school to have. The best part is that it's free! I help run the breakfast club alongside my partner in crime Janet!

