

Chaplain's Chat

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Greetings White Gum Valley Primary School Community,






Well we are nearly at the end of term three and it has certainly flown by! During this time as it's getting closer to school holidays I thought I would share how important it is to create a positive mind frame, especially on Mondays to be able to set us up for a great week. This is so important for adults but also for children too. These weekly practices which I will suggest below will help with stress management for your children:

1. Applying the Smart Approach:

2. Writing A Gratitude List

SET GOALS INTELLIGENTLY WITH THE SMART APPROACH.

Learn how small steps forward can lead to long-term success.

S	M	A	R	T
				
SPECIFIC	MEASURABLE	ACHIEVABLE	REALISTIC	TIMEBOUND
What do I want to accomplish?	How will I know when it is accomplished?	How can the goal be accomplished?	Does this seem worthwhile?	When can I accomplish this goal?

#DeStressMonday DeStressMonday.org **DeStress MONDAY**

THIS MONDAY, TACKLE STRESS WITH GRATITUDE.

Feeling grateful can relieve stress, lift your mood, and strengthen connections with others.



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As the school term is drawing to a close I wanted to suggest some fun activities and cooking ideas for you and your children (or by themselves if old enough) to do in school holidays. It's a great idea for the whole family to do during the school holidays, but also in the next school term as a great family building time. As we know life can get busy, and can be a struggle sometimes to fit quality time in with our family members. So this is a great way to fit quality time in as you get to cook dinner whilst spending time with your kids all in one hit! There is an online website I can recommend called "The Kids Cook Monday", they have some great cooking ideas and dining experiences that are fun and educational for the whole family. They also provide a free newsletter you can subscribe to that comes out every Friday. The newsletter includes recipes, cooking tip of the week, a featured video, activity sheets to help kids learn more about cooking and nutrition, and finally family dinner conversation starters.

Have a great school holiday! From your Chappy