

Bronwen Speedie—Chaplain, White Gum Valley Primary School

Tuesdays—Senior Block, Fridays—Music Room

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Chaplain's Reflection...

"So-and-so is mean to me." "My friend wants to play with someone else." "I don't like their rules, so I don't want to play the game, so I sit by myself at lunch."

Sometimes we forget how challenging childhood friendships can be. I often say that when it comes to social and emotional skills, a school is like a freeway where about 90% of the cars are driven by learner drivers—it's not surprising that they have the occasional "bump" along the way! But we can be part of helping to teach them skills to avoid any "accidents" along the way or to deal with the inevitable, occasional bingles without them turning into "road rage."

Here are some tips:

- Model good conflict resolution (in your home, with your kids *and* your partner: be calm, listen to the other person, seek common ground, agree on a solution.
- When friendship issues come home, try to calm it down rather than inflaming the issue.
- Remember: you only hear ONE side of the story.
- Encourage self-reflection. "How could you have responded differently that might have had a different result?" (Have some suggestions up your sleeve!).

If your child needs extra support for ongoing friendship problems, please feel free to get in touch with me.

Until next time,

Bronwen

We're Friendship Growers At WGVPS

I'm enjoying getting into the classroom with Year 2s and the Year 3s from Room 11 (Mrs Wright/Ms Foster) to run a couple of different programs about friendship.

Year 2 parents: Ask your children about the stories *You're Mean*, *Lily Jean* and *Enemy Pie*. They're both available on YouTube if you'd like to watch them together and discuss. And look out for some "friendship growing" plants on their way home to you in Week 6!

Room 11 parents: Ask how Monkey and Elephant got into their "Worst Fight Ever," how it affected them and others, how the problem was solved and what they learned. Sadly, *Monkey and Elephant's Worst Fight Ever* (a terrific story that really hits the sweet spot of kids' sense of humour) isn't on YouTube, but I'm sure they can tell you *all* about it! They'll also be able to tell you all about the 5 tools in the Friendship Fixing Toolkit.

"Oh No...I Forgot My Lunch!"

All kids occasionally have those days when they realise their lunch has been left on the bench at home. As a parent, I also know that sinking feeling when I've sometimes discovered too late to duck to the shops that the bread has gone mouldy and there's nothing else at home to make a school lunch. Or "I dropped my sandwich and it got stepped on," or "ants have got into my lunch box!" (Trust me, we've heard it all!) And in these tough times, there may be days when you find the cupboard is looking bare but you've no money. A hungry kid isn't a learning kid.

Well, on those days...we've got you (or more accurately, your kids) covered. We have emergency morning teas (fruit and snacks) and lunches (cheese sandwiches) available in the Pre-Primary, staff room and senior block. All your child needs to do is ask me, Natasha (AKA "Miss M" - our fantastic Aboriginal & Islander Education Officer) or



any teacher and we will make sure they don't go hungry.

TIP: You might like to have a chat with your kids about "if you ever forget your lunch..."

Brekky Club Needs YOU!

Cheese toasties (or sometimes omelette on toast), fruit and Milo—woohoo, it's time for Brekky Club! Every Tuesday in the canteen, together with my fantastic parent volunteers, I run the free Brekky Club for any interested students at WGVPS.

We would love to run an additional Brekky Club on Thursdays—one day really isn't enough. If you are interested in helping and are free for about 45 minutes to 1 hour on Thursday mornings, I'd love to hear from you. If we can get at least 2 reliable volunteers, we'll get this up and running. Interested? Please catch me before or after school on a Tuesday or Friday or flick me an email (address above).

