Dear Parents and Friends

We received a lovely letter from a past parent who attended the McClelland College Presentation Night last week and was excited at the number for past FEPS students that were presented with awards. We work hard at preparing our students for the next stage of their education and it is very gratifying to see our students succeeding. The staff always appreciates the positive feedback we receive and we appreciate people taking the time to give it to us. Congratulations to the following past students:

- Jake Baumann
- Jayde Edwards
- Jasmine Manly
- Isaac Reville
- Gabriella Raciti
- Natasha Green
- John McClutchie

Some of these students received multiple awards on the night.

FEAST DVDs

The final FEAST DVDs have gone home this week. It is quite a time consuming process to produce the DVDs and we appreciate your patience during this time. We hope you enjoy reliving the 2015 FEAST for many years to come.

Cybersmart Outreach – Internet Safety Awareness

Last week you would have received a note about the Internet Safety Awareness presentation for parents to be held on Monday November 9th at 6pm in the Karingal Heights Primary School Library. This is a great opportunity for parents in the Frankston East/Karingal area to access this great resource. There is no cost to attend, but we do ask that you return the form to our school so we can let the facilitators know how many people will be attending. This form needs to be returned by Friday October 30th (this coming Friday).

Kinder visits

Over the next few weeks, our Year 5 students will be visiting both the Joy Street and Karingal Place kinders to undertake some activities with the students there. Most of our 2016 prep students come from these kinders and Year 5 students will start to build relationships with these kids as they will be ‘buddies’ in 2016. It is great to watch how the kids interact with each other on
these visits. They all have a great time.

Have a great week,

Brian McFall (Principal)

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**Happy Birthday**

Oct. 31st  Molang M.  5/6S

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**Student of the Week**

**Monday 2nd November**

P/1M—Madeline H.—For her great work on questions.

P/1S—Dylan C.—For great, interesting reading.

1/2W—Tamika C-I.—For always challenging herself with her Maths.

2/3H—Matty W.—For always being a great worker in Maths groups.

3/4B—Maurice P.—For being a good sport in P.E.

3/4S—Blake S.—For staying focused during reading groups.

5/6O—Sam C.—For being an outstanding leader at F.E.P.S.

5/6S—Paul D.—For the best defensive effort at soccer we have ever seen.

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**Uniform Shop**

**Operating Hours**

The operating hours are:

**TUESDAY – 3:15pm – 3:45am**
FRIDAY - 8:45 – 9:15am and 3:15 – 3:45pm

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**Student Attendance**

**last week**

Percentage of students at school: **92.6%**
Percentage of students on time: **91.6%**
PARENT CORNER

Anxiety is an inherent response to a perceived threat and normal levels of anxiety can assist people to be more focused and motivated, and to solve problems more efficiently. Everybody experiences anxiety sometimes, especially when faced with unfamiliar, dangerous or stressful situations. Most of the anxiety that children and young people feel is relatively mild, however if your child is experiencing high levels of anxiety Michael Grose provides some useful tips to assist them to manage these feelings.

What to Say When Kids Become Anxious

Anxious
7 practical things to say to kids to help them when they feel anxious.

Anxiety has a way of making everyone feel helpless - those experiencing anxiousness and those trying to help. It’s hard to know what to say when a child becomes overwhelmed with anxiety, but it’s most important to be a strong, steadying influence. You may not be able to take their anxiousness away, but your emotional support and your calmness makes a difference.

Children take their cues from their parents so your trust that they can cope when they become overly anxious will send a powerful message that they’ll come out the other side safely. The language you use will convey your trust and also offer your child the comfort they need to feel safe, as well as the courage to find their own solutions to their anxiousness.

When you see anxiousness take hold here are some things that you can say that will help your child cope:

‘You’re okay. I’m here and I won’t be going anywhere.’

Such statements indicate warmth, safety and comfort. Your child may not believe you straight away but that’s okay; your presence will get the message across.

“You don’t have to do anything right now. Just breathe.”

A big part of the stress of anxiety comes when children don’t know what to do. They don’t have to fight the feeling of anxiousness, but let it pass. The less children fight anxiousness, the more likely it is that the feeling will go.

“Let’s go for a walk and see if we can take some big breaths.”

Physical activity is the best antidote to an anxiety attack as it helps burn up the adrenalin that prepares a child’s body to fight or take flight. Try to help them take some strong breaths while they walk, which will be easier if they’ve practised when they aren’t anxious. Practise by breathing in to the count of three, holding for one, breathing out for three and holding for one.

“Take some big, deep breaths. I’ll do it with you.”

Anxiety comes from the fight or flight response when the brain perceives a threat. It doesn’t matter whether the threat is real or not, the brain thinks and acts as if it’s true, leading to tenseness, hyperventilation and confused thinking. Breathing triggers the relaxation response which, like the fight or flight response, is hardwired in all of us.

When children are calm explore different approaches to empower them to better manage their anxiousness. You might say

“I’d like to understand what your worry feels like for you. Can you teach me?”

The ability to accurately identify a feeling when it occurs is at the heart of emotional intelligence so encourage your child to verbalise what their anxiety feels like. Greater self-awareness increases your child’s ability to manage their feelings.

“What would you say to a friend who was going through what you go through?”

Invite your child to take a more objective look at their own anxiety to help them gain a different perspective and level of understanding. This approach also gives parents a greater insight into what a child is going through.

“Your brain is amazing. Every time you breathe through your anxious feelings you’re teaching your brain how to manage your anxiousness.”

Brains have an amazing capacity to adapt and
learn new ways of coping. By helping your child understand that he is, in effect, training his brain to better respond to anxiousness you empower your child to positively manage their feelings. Help children manage their difficult emotions, including anxiety, by validating their feelings and encouraging them to experiment with different ways of coping. Encourage kids to come up with their own solutions when anxiousness threatens to overcome them. Kids are usually adept at solving their own problems when they have loving, supporting and positive adults in their lives.

I have also included in the newsletter information about a free 3 week course, at Karingal Primary School, that is being offered to parents who are dealing with challenging behaviour from their children. If you are interested please ring the contact number to book a place.

Barb Heeney – Student Wellbeing Manager

OLD GOODS

As part of the ‘Inventions’ topic grade 5/6 will be pulling apart items to see how they’re made.

If you have any old computer components, electrical goods (with the cord cut off please), phones, radios, dvds players, keyboards etc. please bring them to the office or Science room over the next 3 weeks.

Thank You
Jill Stanszus
News from the 3/4 B & 3/4S

Our integrated topic this term is “Celebrations”. We have learnt about American Independence Day and made our own hats and fireworks. Independence Day is celebrated every year on the 4th of July and is important because this was the day that lots of people signed the Declaration of Independence. Fireworks, parades and parties are how Americans celebrate Independence Day.

Week 2 we looked at Bastille Day which is celebrated in France on the 14th July every year. Did you know the Eiffel Tower was built to celebrate the 100th anniversary of the storming of the Bastille? This event was the start of The French Revolution.

Week 3, Diwali is the Indian “Festival of Lights” it is celebrated on the 15th of the Hindu month which is in October or November. Diwali means “Rows of Lighted Lamps” the festival lasts for 5 days. People give each other gifts of sweet and candles and the houses are decorated with lamps. Fireworks are used to help celebrate the festival. It is called the “Festival of Lights” because everyone lights oil lamps and put them around their homes, streets and in gardens.

Week 4 we will be learning about Hanukkah.
PARENTS BUILDING SOLUTIONS

DEALING WITH CHALLENGING BEHAVIOUR


Join us in a free 3 week program to share parenting tips and strategies for dealing with children’s challenging behaviours.

WHO: Parents and carers of children age 5 – 10 years
DATE: Wednesdays 11th, 18th and 25th of November 2015
TIME: 1.00 – 3.00 pm
VENUE: Karingal Primary School (Meet at the office)
Mallum Ave, Frankston

Hosted by Karingal Primary School