



Established 1879
"With oars and sail"

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29th May 2014

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P & C
Meeting
Friday
30 May 2014

3.15pm

School hall

Participation Leads to Success

Hill Street
Eugowra 2806

Phone: 6859 2233
Fax: 6859 2581

www.eugowra-p.school.nsw.edu.au

The Link

Principals Message

This weeks newsletter is being sent home on Thursday due to students being on an excursion on Wednesday.

With this weeks newsletter is an article from Parenting Ideas which our school has subscribed to. From time to time we will distribute articles that you may be interested in reading. We hope they are helpful to you.

Welcome to Mrs Gartner who will be doing her practicum placement at EPS on the years 3-6 All-stars class. We hope she enjoys her time whilst at EPS.

Have a great week.

Regards ,

Carmel Doyle

SYDNEY SYMPHONY ORCHESTRA

Yesterday, students were treated to a workshop with the Sydney

Symphony Orchestra at the Dubbo Regional Theatre.

Apart from listening to and watching these talented musicians we were introduced to the variety of instruments within the orchestra and the family of instruments that they belonged to. Students learned about and listened to tempo and changes within the music to make music interesting. Students interacted throughout the workshop tapping rhythms and conducting along with the presenter.

Some of our students expressed an interest in learning some of the instruments that they saw at the show.



COOKING AT EAT YOUR GREENS

Next week, students will visit Eat Your Greens to have the chance to prepare cook and eat a meal, using the potatoes that were harvested from our veggie garden.

This will be a wonderful experience for our students & we would like to say a HUGE THANK YOU to Neil & Jayne at Eat Your Greens as well as staff Jess and Ben for allowing us this opportunity and dedicating their time to our students. We hope this may be the first of many visits

DISTRICT CROSS COUNTRY

Last Friday 23rd May, Sanjay, Mitchell, Jake, Katie and Lauren took part in the District Cross Country running event in Forbes. All students tried their best with some wonderful achievements.

Congratulations to Lauren Cullenward, who came 1st in her age group!

Lauren will now compete at the Western Region cross country event in Wellington. We hope that this year will not be as muddy as last year for Lauren!

Thank you to parents for transporting students into Forbes for this event.

SCHOOL DENTIST

A reminder about a dental service provided for school-aged children.

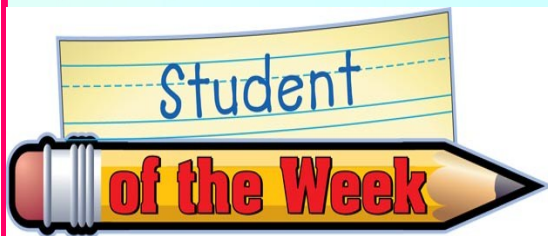
The appointments phone number is 1300 552 626

Have your Medicare card ready when you call . There are school dental clinics located close to Eugowra; Cowra Child Dental Clinic and Forbes Child Dental Clinic.

ASTHMA FOUNDATION PJ DAY

Today, students are wearing their pyjamas as part of the Asthma Foundations Awareness day. Students have kindly donated a gold coin for wearing their pyjamas. The funds will be sent to the Asthma Foundation NSW to help fund vital research as well as asthma education and support programs.

Students have also participated in activities with their buddies as part of our school's Better Buddies program.



LIBRARY STUDENT OF THE WEEK Aidee Thomas

Assembly Awards:

23 May 2014

K - 2 Sonny Bevan
Cameron Mulligan

3 - 6 Joe Valentine
Bailie Peisley

Sportsperson:

Primary: Olivia Connell
Infants: Aidee Thomas

Student of the Week : Week 4 Term 2

Year 3 - 6

Peter Valentine

K - 2

Chelsea Leonard

Miss Auld

Rianna Reeves

Week 5	26.5.14	27.5.14	28.5.14 7.00am to school Sydney Symphony Orchestra Dubbo	29.5.14 PJ Day. Bring a gold coin donation	30.5.14
Week 6	2.6.14	3.6.14 Cooking @ Eat Your Greens	4.6.14 Cooking @ Eat Your Greens Debate against Middleton PS	5.6.14 Banjo Performance	6.6.14
Week 7	9.6.14 PUBLIC HOLIDAY	10.6.14	11.6.14	12.6.14	13.6.14

Term 2

Sydney Symphony Orchestra and the Parkes Dish

Happy Birthday

Peter Valentine
Ryan Valentine
30th May



Haydan McCarthy
31st May



Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

Healthy ways for kids manage their emotions

Emotionally intelligent children, like their parents, know a range of healthy ways to manage their feelings.

What training did you get from your parents in recognising or regulating your feelings – in other words, in managing your emotions? If you are like me, you didn't get much really constructive help at all.

"Don't worry! It will all turn out right!" was about the extent of the emotional management in my house, and I suspect in most other houses at that time.

I guess that's why many people automatically default to ineffective ways of dealing with their feelings – such as avoidance, denial and straight-up worrying – when difficult emotions emerge.

Those ineffective strategies are then passed on to their children. Little wonder that anxiety, anger and apathy are commonplace among today's children and young people, even though we live in affluent times.

Sometimes, despite what we were taught, it's better to find ways to deal with negative feelings rather than avoiding them. Avoiding them can allow them to overwhelm us or cause us to act out. Here are seven healthy ways to manage your emotions that you can pass on to your children:

1 Breathe deeply

The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight). Count to 3 quietly while breathing in through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little 'heady', which indicates deep (and low) breathing.

2 Find a favourite relaxation exercise

There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for 3 seconds and then relax. Repeat this a number of times and you can't help but feel calmer. You can isolate part of your body such as your shoulders and arms to release the tension around your neck. There are plenty of quick techniques you can use to relax.

3 Use a positive reappraisal

Emotions are caused not by an event, but by the way we look at an event. To one person, giving a wedding speech is a chance to strut

their stuff (so they feel excited), while to someone else it is nothing but a nightmare (so they feel anxious). Change the way you view something and you'll better be able to manage your emotional response. "This is a challenge, not a problem" is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

4 Use positive, REALISTIC self-talk

Ever talked yourself out of doing something exciting, new or challenging before you've even started? Maybe you've said something like: "I'll never be able to do that" or "This will stress me out big time" or "I'm no good at...."? I know I have.

Next time you catch yourself talking yourself (or something else) down, replace the negative with something realistic but more positive. Something like "I've done it in the past and I survived. So I should be able to do it again." Repeat this a few times and your emotional state will shift to a better one.

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Parenting*ideas*

INSIGHTS

... healthy ways
for kids manage
their emotions ...

2

deal with negative feelings

5 Exercise

Exercise releases endorphins, nature's feel-good chemical, which will move your mood to a better state. The paradox is that we often don't feel like exercising when that's exactly what we really need. Don't let those feelings stop you. Going for a run, walking the dog or even a playing a game outside with the kids is the very thing you need to feel better.

6 Distract yourself

A healthy distraction, such as phoning a friend, reading a novel or watching a comedy is a way many people use to manage difficult emotions. It's a highly recommended strategy for natural worriers! It's amazing how much better a situation will seem after giving your mind a short break from it.

7 Have constructive habits and hobbies

One of the tenets of good emotional health is that a person needs hobbies and interests that lift them up and make life enjoyable. Single-tracked lives – all work and no play – are recipes for emotional disaster. If you can relate to this, then I suggest you take the time to find a hobby or interest that juices you up. The same, of course, holds for kids. All work and no play makes ... well, it's hard to hold it together if you are feeling stressed all the time.

It's important that as parents and teachers we practise good emotional management techniques ourselves so we are better placed to pass them on to kids. The upside is that'll we'll feel better, make better decisions and be more effective as parents and teachers as well.

This is an extract from "15 right ways to manage emotions", a special report available at parentingideasclub.com.au

Michael Grose



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