Tyers Primary School
Newsletter

From the Principal

Inverloch Excursion
A reminder that the whole school is going to Inverloch tomorrow for our Environment day. The bus will be leaving at 8am sharp and returning to school around 5.00pm. Please ensure students are in full school uniform and bring a cut lunch, snacks, plenty of water, hat, sunscreen, bathers, towel and spare change of clothes.

Glengarry and District Sports
A big congratulations to all our students on their behaviour and efforts last Wednesday at the Glengarry and District Sports Day. We have several students going onto zone sports.

A big thankyou to all the parents/carers who assisted in the food van throughout the day. It was very hectic but we raised approximately $650 for school resources.

Royal Children’s Hospital/Anzac Day Appeals
Envelopes for the Good Friday Appeal are due back to school this Thursday. We have items available for purchase for the Anzac Day Appeal with prices ranging from $1 to $5.

Boardies Day
Thankyou to everyone who donated a gold coin for Boardies Day. Money raised goes to supporting Life Saving Victoria.

School Times
This Thursday is the last day of term 1 with a dismissal time of 3pm. Term 2 commences on Monday 11th April.

Ground shake!

By Rylee Stockdale

Once in an old and dusty land there lived a little but not very young girl named Erica. Her dad had died of cancer in 2011 when Erica was 7 years of age. She knew her dad but did not see him very often.

Erica loved to draw she remembered that her dad had told her that she should be an artist when she grew up.

Erica didn’t have any brothers or any sisters but she did have relatives. She only knew one of them and that was her grandma she had only met her last weekend at the hay shed in Brisbane.

On day when Erica was drawing a very detailed picture she felt a palsy type of movement in her left heel. Then another than the ground began to shake. “mum!” “mum!” there was no answer Erica was so scared, that she had fell to the ground rocking back and again.

Then she heard a voice calling out her name it was her mum she was here Erica was not by herself she was saved.

Mum Mum! Is that really you yes darling! Her mum had whimpered its okay I mean it we are fine. The shake started to calm down while it was still going the two innocent loving people had hid under the table. It had finally stopped. They were saved. They lived happily ever after.
How well does your family communicate?

"The best communication happens in families when no one is working at it."

Studies have shown that members of strong families communicate differently than members of troubled families.

In strong families, parents and children get comfortable with each other so that important issues are raised and help is asked for free from judgements. Members of troubled families are often critical in their communication and either speak to each other in accusatory ways or they avoid conflict altogether.

Members of strong families don't always reach agreement but they speak directly and honestly with each other without blaming and they often end up agreeing to disagree. They also have processes in place such as regular shared meals that ensure people speak to each other on a regular basis.

Studies have also shown that members of strong families are generally good listeners. They use their ears more than their mouths and they ask questions rather than rely on reading other people’s minds. Parents also have a way of engaging children in discussions about interesting, challenging and personal subjects while maintaining privacy of thought.

Strong families also like to laugh. The stronger the family the more likely they are to use humour to maintain a healthy outlook on life. Humour is an important ingredient in communication. It is used to express warmth, reduce tension, gain conversations going and help deal with anxiety and difficulties.

The busyness of life can inhibit open family communication. Traditionally, strong families enjoyed spending time together and communication occurred in natural, unfurled ways. Today families need to work hard at communicating and don't leave it to chance.

Strong families find a way of carving out time to be with each other. They recognise those opportunities that afford effective communication and they guard these assiduously.

Strong families also use technology to aid communication rather than interfere with it. Mobile phones are used to stay in touch, television offers opportunities for discussion and emails help keep conversations going when people are separated by distance.

What's your family like?

How well does your family communicate?

1. Do you get together as a family each week so everyone has an opportunity to talk?
   - Yes 2 No 0

2. Is humour a feature of your family?
   - Yes 2 No 0

3. Do most people in your family listen to and take an interest in each other?
   - Yes 2 No 0

4. Do you have effective processes to resolve conflict between siblings such as family meetings?
   - Yes 2 No 0

5. Do children talk openly to you or each other about problems or issues that may bother them?
   - Yes 2 No 0

SCORE:
1-2: Remarkable, communication is tricky so it is hard to have all bases covered.
3-5: Good stuff, you need to continue to work at it.
6-4: You may need to focus on ways to talk so children will listen and listen so they will talk.

Try This...

PUTTING IT INTO PRACTICE

To promote open communication in your family:

1. Make mealtime more than a refueling pit stop. Sharing a meal provides an opportunity for parents and children to talk, exchange views, swap news and have a laugh or two.

2. Talk with children on their turf. Places such as bedrooms and cars can be safe havens for open communication. Identify where your children talk the most and make the most of those places.

3. Talk about the stuff that children and young people want to talk about. Find out what interests your children and use that as an entry point to conversations.

4. Write it down. Sometimes conversational claims respond best to notes or letters. So if you have something important to say or an issue you want to discuss put pen to paper (or start up the computer) and get it down in writing.

Action Plan

First Step....

Next Step....

For more ideas about communicating effectively with children and others in your family visit
www.parentingideas.com.au

Quote

‘Communication is a skill that you can learn. It’s like riding a bicycle or typing. If you’re willing to work at it, you can rapidly improve the quality of every part of your life.’
Brian Tracy

Published by Michael Grose Publications Pty Ltd. P.O. Box 161, Balwater, 3928 Australia

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