**STRONG ROOTS – TALL TREES**

A 5 week program using **creativity** and **meditation** to develop and integrate 5 core foundational qualities that support children's wellbeing.

Each week in a fun, creative, safe, small group setting we will explore a different foundational quality of wellbeing:

- **Respect** – week 1
- **Trust** – week 2
- **Playfulness and Joy** – week 3
- **Courage and Resilience** – week 4
- **Kindness and Compassion** – week 5

Using the tools of **meditation** and **art making** each child will explore and discover their relationship to these qualities within themselves and practise ways to integrate these qualities within their everyday lives.

**WHEN:** 5 weekly sessions beginning Thurs March 3 until Thurs March 31.

**TIME:** 3pm to 4.30pm.

**WHO:** Children in years 1-3

**WHERE:** St Kieran’s, Manly Vale. The Lighthouse room.

**COST:** $200 includes all art materials.

This program will be guided by 1 or 2 facilitators depending on group size. To maintain the integrity of a small group space numbers are limited. **Louise Kissane** is a Personal Development and Meditation teacher at St Marys Manly and **Clio Doughty** is a Transpersonal Art Therapist who also runs Creativity for Self Expression lunchtime groups at St Mary’s. Together they have created this fun and creative Wellbeing and Social/Emotional learning program for children.

To book or for further information please email Louise on lkissane@optusnet.com.au or Mob: 0438 679 041
Are you on the Right Track?

**Event Description**
* Are you on the right track for 2016?
* Do you know where you are heading?
* Why are you going there?
* What is your destination?
* Are you in the driver’s seat or sitting up the back?
* Are your family / team onboard with you?

If you answered ‘no’ or ‘don’t know’ to any of these questions then this 3 hour workshop is for you!

Let Anne McKeown, Master Coach and NLP Practitioner, take you on a journey of your life. Using her T.R.A.M.S Model, find out what drives you to succeed and what holds you back from achieving what you desire. Understand the benefits of rapport and how to form positive relationships, especially with yourself. Uncover your values, beliefs and strengths. Learn techniques to break bad habits and enjoy resolutions with real results.
2016 Canteen Menu

Hot Food/Sushi
$3.50 Chook’d breast meat patty chicken burger with lettuce and mayo
$3.20 Chook’d crumbed chicken breast nuggets (6 pieces)
$1.60 Chook’d crumbed chicken breast nuggets (3 pieces)
$2.50 Mrs Macs 120g “Good Eating” pie
$2.50 Mrs Macs 120g “Good Eating” sausage roll
$3.00 Sushi rolls (Tenyaki chicken/Avocado/Tuna/Tuna and Avocado/Salmon)
$3.00 Mini Sushi boxes (Avocado/Tuna/Cucumber)
$4.50 Homemade Fried Rice
$4.00 Homemade Spaghetti Bolognese
$3.00 Homemade “Taco Thursdays”, wrap, beef mince, lettuce, tomato, carrot, and cheese
$3.00 Homemade Pizza, Baker’s Delight base with either ham, cheese, or pineapple (available Fridays only)
$1.20 Homemade Garlic bread, Baker’s Delight roll with garlic butter
$1.20 Baker’s Delight bacon and cheese roll (available Friday’s only)

Sandwiches/Wraps
$2.50 BBQ shredded chicken (add salad for a $)
$2.50 Ham (add salad for a $)
$2.50 Tuna (add salad for a $)
$2.50 Salad
$2.00 Cheese (add salad for a $)
$2.00 Vegemite
$2.00 Honey

Toasted
$3.20 Ham, cheese, and tomato
$3.00 Ham and cheese
$2.20 Cheese

Salads
$4.50 BBQ shredded chicken
$4.50 Ham
$4.50 Tuna
$3.50 Salad
$2.50 Mini Salad

Fruit
$1.00 Slinky apple
$0.10 BYO Slinky apple

Snacks
$0.30 Homemade choc chip muffins (contains eggs)
$0.70 Fruitwise fruit straps – 100% fruit
$0.80 Ovalteens
$1.00 Piranha Veggie chips (honey soy)
$1.00 Red Rock chips (plain)
$1.00 Koala Popcorn (lightly salted)
$2.00 Yoplait vanilla yoghurt pots

Drinks
$2.00 Flavoured Milk (Chocolate/Strawberry)
$1.80 Full Cream Milk 300mls
$1.50 Nudie Juice (Apple/Tropical)
$1.00 Spring Water 350mls

Frozen
$0.50 Seasonal frozen fruit (Grapes/Pineapple/Watermelon)
$0.50 Quelch sticks – 99% fruit juice
$0.70 TNTs (Lemonade Fizz)
$1.00 Homemade frozen mixed berry yoghurt
$1.00 Bulla Ice cream bucket – 98% fat free
$1.50 Paddle pop (Chocolate/Rainbow)
$1.80 Yoghurt Tropical Paddle pop

Sauces
$0.30 Tomato
$0.30 Balsamic vinegar and olive oil
$0.30 Italian
# 2016 St Kieran's Canteen Roster

<table>
<thead>
<tr>
<th>Week</th>
<th>Names</th>
<th>Dates</th>
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<tbody>
<tr>
<td><strong>WEEK 1</strong></td>
<td>Karla Beamer</td>
<td>Feb 3, Apr 7, Jul 21, Oct 15</td>
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<td>Sarah Bourke</td>
<td>Apr 28, Jul 21, Oct 15</td>
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<td></td>
<td>Julie Smith</td>
<td>Apr 22, Jul 19, Oct 16</td>
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<td>Rosie Nikolic</td>
<td>Apr 22, Jul 19, Oct 16</td>
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<td>Sami Steddy</td>
<td>Apr 22, Jul 19, Oct 16</td>
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<td><strong>WEEK 2</strong></td>
<td>Rachael Woodland</td>
<td>Feb 19, May 12, Aug 13, Oct 28</td>
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<td>Nysera Harvey</td>
<td>Feb 11, May 3, Aug 13, Oct 28</td>
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<td></td>
<td>Sami Steddy</td>
<td>Feb 11, May 3, Aug 13, Oct 28</td>
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<tr>
<td><strong>WEEK 3</strong></td>
<td>Lauren Bulfin</td>
<td>Feb 10, May 13, Aug 20, Nov 1</td>
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<td></td>
<td>Jessica Hoey (M)</td>
<td>Feb 10, May 13, Aug 20, Nov 1</td>
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<td></td>
<td>Jane Smith</td>
<td>Feb 10, May 13, Aug 20, Nov 1</td>
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<td></td>
<td>Kristy Hiady (M)</td>
<td>Feb 10, May 13, Aug 20, Nov 1</td>
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<td><strong>WEEK 4</strong></td>
<td>Joanne O'Reilly</td>
<td>Feb 28, May 10, Aug 16, Nov 2</td>
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<td>Chayma Skik</td>
<td>Feb 28, May 10, Aug 16, Nov 2</td>
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<td>Cavana Reddy</td>
<td>Feb 28, May 10, Aug 16, Nov 2</td>
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<td><strong>WEEK 5</strong></td>
<td>Santa Steddy (M)</td>
<td>Mar 2, May 26, Aug 17, Nov 9</td>
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<td>John Schaffeld</td>
<td>Mar 2, May 26, Aug 17, Nov 9</td>
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<td>Nicole Condie</td>
<td>Mar 2, May 26, Aug 17, Nov 9</td>
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<tr>
<td><strong>WEEK 6</strong></td>
<td>Cath Hamer (M)</td>
<td>Mar 9, Jun 1, Aug 24, Nov 16</td>
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<td>Cadya Connor</td>
<td>Mar 9, Jun 1, Aug 24, Nov 16</td>
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<td>Susan Niola</td>
<td>Mar 9, Jun 1, Aug 24, Nov 16</td>
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<tr>
<td><strong>WEEK 7</strong></td>
<td>Nicole Wells</td>
<td>Mar 10, Jun 8, Aug 23, Nov 23</td>
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<td>Jennifer Wyne</td>
<td>Mar 10, Jun 8, Aug 23, Nov 23</td>
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<td>Bob Burton</td>
<td>Mar 10, Jun 8, Aug 23, Nov 23</td>
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<td><strong>WEEK 8</strong></td>
<td>Lucie Hanss</td>
<td>Mar 10, Jun 16, Aug 8, Nov 29</td>
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<td>Joelle Russo</td>
<td>Mar 10, Jun 16, Aug 8, Nov 29</td>
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<td></td>
<td>Rose Nikolic (M)</td>
<td>Mar 10, Jun 16, Aug 8, Nov 29</td>
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<td><strong>WEEK 9</strong></td>
<td>Diana Steady (M)</td>
<td>Mar 21, Jun 23, Aug 31, Dec 7</td>
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<td>Rosie Eades</td>
<td>Mar 21, Jun 23, Aug 31, Dec 7</td>
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<td>Nancy Simer</td>
<td>Mar 21, Jun 23, Aug 31, Dec 7</td>
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<td><strong>WEEK 10</strong></td>
<td>Sami Steddy</td>
<td>Apr 9, Jun 21, Aug 16, Dec 14</td>
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**FULL DAY:** 8:50AM - 1:45pm  
**MORNING:** 8:30AM - 11:15AM  
**AFTERNOON:** 11:15AM - 1:45PM  
**RECESS:** 11:00am - 11:15am  
**LUNCH:** 1:00pm - 1:50pm

*Volunteer required: Mar 10.*
Making sense of children's emotions

Ten year old Tom, his friend Louis and Tom’s six year old brother, Josh, were trying out Tom’s new skateboard. Louis already knew a bit about skateboards, and he offered to show Tom and Josh how to do turns.

It was harder than it looked. Tom slipped off and tumbled over. The others laughed.

“Show me again,” Tom said to Louis. After watching Louis carefully and trying again, Tom was starting to get it. “I just need to keep practising,” he thought.

Then it was Josh’s turn.

“I can help you if you like,” said Louis.

Josh wanted to do it by himself, but he couldn’t get the hang of it. When he tried to turn, the skateboard kept going straight and Josh landed on his bottom.

The boys laughed, but Josh didn’t think it was funny. He got really angry at them. Then he ran inside to tell his mother how mean the two older boys were.

Understanding emotions

Children’s emotional reactions may be more complex than they appear. In the story Josh blames his hurt and angry feelings on the other boys. But was their behaviour the main problem for Josh? Or was it really that he was frustrated and disappointed over not being able to handle the skateboard as well as he would have liked?

Learning to manage feelings and emotions is a very important part of children’s development. Emotions affect children’s ability to learn and relate to others, as well as their overall wellbeing.

Emotions and self-concept

Children’s emotions are not just a response to things that happen. They are influenced by what children think, especially by what they think about themselves and their abilities. Children often need support from parents and carers to manage their feelings effectively, particularly when they are young.

Showing that you understand and accept children’s feelings is very important for supporting their emotional development. When children feel understood it is easier for them to learn to think through their feelings and work out effective ways to handle them.

In the story, when Tom fell off the skateboard he told himself he could do it if he kept practising. This helpful thinking allowed him to put aside feelings of frustration and embarrassment, and keep trying.
How parents and carers can help

Parents and carers can support children’s emotional development by tuning into feelings, helping children understand feelings, and encouraging them to work out ways to manage feelings effectively. The following suggestions may be helpful.

- Tune into children’s feelings and try to understand things from their point of view. This allows you to help them identify their feelings and the ways that feelings work.
- Show that you accept and respect children’s feelings. Accepting feelings is necessary before working out a way to manage them.
- Remember that it’s not always easy for children to know what is bothering them, and they may not always want to talk about it.
- Show children how you manage your own feelings effectively. If you act calmly it will help to reassure children they can manage even difficult feelings.
- Acknowledge children’s efforts to manage feelings. This helps them see their progress and motivates them to use the helpful strategies they are developing in other situations.

Everyone has feelings. It takes time to learn how to manage them effectively.

Something to try:

- Observe your child and take note of the situations that seem to trigger a particular emotional response.
- Think about how your child might be feeling given his/her age and stage of development.
- Talk and listen to your child about how he/she is feeling. Acknowledge both your child’s feelings and his/her efforts to cope.
- Talk about helpful ways of managing feelings and encourage your child to try out different options.

Further information about children’s emotional development, including how parents and carers can help children learn to manage feelings, are available in the accompanying resource sheets and on our website:

www.kidsmatter.edu.au/resources/information-resources

This resource is part of the KidsMatter Primary initiative. We welcome your feedback at www.kidsmatter.edu.au
Celebrating Forgiveness in Family Life

Choosing to forgive and reconcile presents challenges and opportunities for families at all stages of life because families find themselves in so many situations where forgiveness and reconciliation are required. We can assist our children in this time of preparation in the following ways:

- Establishing a habit of forgiveness between parent and child. Say the words “I am sorry for…” , “I forgive you”, “I accept your apology” as often as necessary.
- The word reconcile comes from the Latin, meaning ‘seeing eye to eye’. Express forgiveness or sorrow by looking straight at the other person, touching their shoulder or hand, or hugging. Body language speaks as loud as or louder than words.
- Encourage but don’t force children to apologize. A forced apology, given in resentment, is not sincere. Give children a little time and space to think about the consequences of the hurt they caused, and allow them to choose their own words and actions of forgiveness.
- Rather than jumping in with a solution, give children the opportunity to heal relationships on their own terms, e.g. “Your brother was really hurt by what you said. What do you think you can do to make things right again?” If time lapses and you don’t see any action, you might come back with a reminder: “What have you decided to do to make things right with your brother?” Affirm their steps to forgiveness.
- Establish family and individual rituals of forgiveness in the home. Choose a space at home where you can go to reconcile differences. Places your family finds forgiveness- dinner table, kitchen, bed room, walking ... any place. Also choose suitable times for reconciliation (bedtimes, trip in car, etc). Make forgiving one another a part of your family’s everyday life.
- Help your child examine his/her conscience on a daily basis. Follow it up by talking about ways to change bad habits.
- When a serious hurt has been forgiven between family members find a way to celebrate together: go out for a treat, do a puzzle together, or read a special story. Time together heals hearts when words aren’t enough.
- Children need to watch adults forgiving each other and resolving conflicts. It helps if parents can share examples of forgiveness such as: “I was very angry with ....... for what she said, but I have forgiven her.”
- Practice the adage, “Never let the sun set on your anger.” Make it a practice to deal with any problems, annoyances, the ‘cold shoulder treatment’ before you go to bed at night. Talk things out, give each other a hug, smile or offer works of acceptance even if you didn’t completely solve the problem. Agree to put aside and revisit it in the morning. Children may need some parental help and modeling with this.

This is part of a series of handouts on Nurturing Faith in Families published by the Parish Support Unit, Diocese of Broken Bay. For further information please contact Janette Davidson, Diocesan Coordinator Family Life Ministries janette.davidson@dbb.org.au