

Grace Notices

Friday, 5 May 2017 | Term 2, Issue 1



Psalm 47 : 1-2 NLT "Come, everyone! Clap your hands! Shout to God with joyful praise! For the Lord Most High is awesome. He is the great King of all the earth."

Coming up

WEEK 3

Monday, 8 May

- * Parent Prayer Group 8.45am
- * Year 6 Bike Ed (8-12 May)

Tuesday, 9 May

- * Little Library 9am
- * NAPLAN: Language Conventions
- * Cross Country Assembly 2.20pm

Wednesday, 10 May

- * NAPLAN: Reading
- * Year 8 Immunisations

Thursday, 11 May

- * NAPLAN: Numeracy
- * School Tour 10am
- * Mothers Day Afternoon Tea 1.30pm (Kindy & Pre-Primary)

Friday, 12 May

- * Year 12 Exams commence
- * Year 10 English JOLT - selected students (Bunbury)
- * Junior Assembly 2.20pm
- * Year 6 Bike Ride Excursion

WEEK 4

Monday, 15 May

- * Parent Prayer Group 8.45am
- * Year 12 Exams (12 - 19 May)
- * Scholastic Book Fair in the Library (15 - 26 May)

Tuesday, 16 May

- * Little Library 9am
- * PR Bunbury Excursion
- * School Board Meeting 5.15pm
- * Annual General Meeting 7.30pm

Wednesday, 17 May

- * Incursion: Gabriel Evans (Illustrator) Year 4 - 6 (17 & 18 May)
- * Big Science Competition Year 7 - 10

Friday, 19 May

- * Middle School Assembly 2.20pm

Contact Information

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Skoolbag- Grace Christian School

From the Principal's Desk

I would like to share the below article with you which I came across recently.

Emotional intelligence remains a work in progress throughout our lives and the article '**BFF Forever: When friendships go sour**' by Dr Jenny Brockis, offers parents tips to help their children deal with emotional pain.

The four girls, or the 'Four Musketeers' as they called themselves, had been really close friends since Primary School. They did everything together. They shared the good times and the bad; they slept over at each other's houses (frequently at ours), and seemed really happy. Then one day it all fell apart.

Noticing our daughter seemed unusually quiet I asked, "Is everything OK, you seem a little down?" Then it all came tumbling out.

One of the four had decided it was time to say goodbye. She didn't want to be part of that friendship group anymore and had already made overtures to another group that she wanted to be best friends with instead.

But rather than explaining her decision, she chose to break all contact with her former best friends and spread rumours that they had been mean to her and it was they who had outed her from the group. Bewildered and hurt the three girls attempted to rebut the accusations, to no avail. Their frustration led to resentment and anger along with grief that the happy band of four was no more.

Helping our kids deal with relationship issues is an important part of growing up; at any age. As adults we have our previous experience, logic, and reasoning which helps us to keep things in perspective, without resorting to catastrophising or experiencing those intense emotions that can be difficult to contain. That's because the fully mature adult brain uses the pre-frontal cortex (PFC), the thinking part of our brain to help regulate emotion and behaviour.

But a child does not attain full brain maturity until approximately the age of 24 when cognitive development is complete (boys can be a bit later!). This means our kids see their world through a predominantly emotional lens, they feel emotions more intensely than we do and they react more strongly to those emotions because they lack the regulatory mechanisms of a fully developed PFC.

Helping a child through a difficult time helps them develop a higher level of emotional intelligence (EQ), which helps them to handle those more complex interpersonal relationships as they get older.

It's hard seeing your child in pain, whether emotional or physical, and it's natural as a parent to want to fix it. What matters though is to not intervene with all guns blazing, as this can make matters worse and doesn't teach our children how to work through a tough time and find their own solutions. It's difficult too if we have a pre-existing relationship with the other parents involved, because the fallout from our children's friendship issues impacts everyone.

Helping your child deal with emotional pain

Allow them to grieve

Pain hurts and that's normal. Social pain hurts as much as physical pain because they share common neural pathways. Share with your child that you're sorry they are hurting to help them learn that emotions are normal, and that it's normal too to feel that their whole world has temporarily turned upside down.

Encourage them to step away from the situation

When up close it can get very personal. Encourage your child to look at the situation from the other person's perspective to ease their pain; even though they may not fully understand why the other person acted in the way they did or said those horrid things. This helps them to **reframe** what happened, elevates **empathy** and builds **resilience** to future hurts. What doesn't work is returning fire with fire or blocking communication routes. A nasty comment on Facebook is best not responded to. However, telling your child to not

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1 Corinthians 15: 57 NIV "Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain."

From the Principal's Desk cont.

use social media or to ban access to Facebook or their phone isolates them further and means they can't reach out to their other friends for support.

Offer time and an open ear

Sometimes what helps the most is to just be there. Offering support so they know you care with a kiss or a cuddle and encouragement to do some 'normal' things is what counts, as well as being available to just listen when required. It's about understanding, not interrogation. They don't necessarily want our advice!

Move forward with respect and dignity

A great friendship is a thing of joy, but many will wax and wane for a variety of reasons. Helping your child to celebrate what makes them feel good about any relationship leads to greater acceptance and tolerance of difference.

Emotional intelligence remains a work in progress throughout our lives. It's something that can always be built on and added to. Helping our children develop their EQ equips them to know they will survive when a relationship goes pear shaped, and increase resilience to life's knocks. This has to be one of the greatest gifts as parents we can give to our kids.

Article from www.parentingideasschools.com.au by Dr Jenny Brockis author of *Future Brain: The 12 Keys to Create Your High-Performance Brain*

Blessings,

Hugo de Ridder

Notices

Drop off and Pick Up Times—Student Safety

A reminder that no students are permitted on school grounds unsupervised. Parents are to ensure students are only dropped off after 8.15am and collected from school before 3.30pm as no supervision is available before and after those times.

Parents are encouraged to utilise the services of Camp Australia for before and after school care, which is available from 6.30am to 8.40am and from 2.50pm to 6pm.

Please call Camp Australia directly for any queries or bookings on 1300 105 343 or email info@campaustralia.com.au

Car Park / Exiting the Car Park

To alleviate traffic congestion in the car parks at pick up time in the afternoon, parents are urged to turn left when exiting the car park. If you are heading towards the by-pass, please turn left and utilize the round about. This will considerably reduce the backup of traffic within the car park.

Give a Can Promotion 2017

The 'Give a Can' promotion run by the Rotary Club of Bunbury and Leschenault is back on.

A collection bin is located in Reception if you wish to donate non-perishable food items for those in need in the local community.

School Photos Days

School photos will be taken on Monday and Tuesday 29-30 May 2017.

Every student will have their photo taken, whether you purchase photos or not, for school records.

Your child has received an ordering instruction sheet, which contains the shoot key code you will need when ordering online.

Family photos will again be taken this year before the start of the school day. Family photo envelopes are available from Student Services should you wish to order family photos, and must be handed directly to the photographer on the day of the photos.

School Fees

A friendly reminder that fees for Term 2 are due today, Friday 5th May for families not paying via direct debit. Please contact the Bursar, Mrs Fiona de Ridder if you have any queries relating to fees or would like to set up a direct debit.

Kindergarten 2018

Limited spaces are still available in Kindergarten for 2018. If you are planning on enrolling your child, please contact the Enrolment Officer, Mrs Leanne Brooks as soon as possible to secure a spot.

Alpha Course—Do you have questions about life?

Alpha is a course organised around informal weekly get-togethers. The sessions are interactive with discussion designed to encourage, debate and explore the basics of the Christian faith in a friendly, honest and informal environment, with no pressure, follow up or charge.

Alpha commences Thursday 11 May—22 June from 6.30pm. To register email bunbury@dreambuilders.church or for more information, please contact Mrs Sharyn Harris in the admin office via email shharris@grace.wa.edu.au or call 9726 4200.

Free Dress Day "Jeans and Jumpers"

The 2017 Prefect Team is holding a "Jeans & Jumpers" themed free dress day on Wednesday, 24 May to raise funds (gold coin donation) for the End of Year Carnival. Following the resounding success of the inaugural event at the end of last year, we will again celebrate the end of the school year with a Fun Day on 14 December. Your support of this initiative is appreciated.

Calendar of Events

Please check the calendar regularly for updates.



Proverbs 15 : 31-32 NLT " If you listen to constructive criticism, you will be at home among the wise. If you reject discipline, you only harm yourself; but if you listen to correction, you grow in understanding."

Monday	Tuesday	Wednesday	Thursday	Friday
Week 3 8 May * Parent Prayer 8.45am * Year 6 Bike Ed	9 * Little Library 9am * NAPLAN - Language Conventions * Year 6 Bike Ed * Cross Country Assembly 2.20pm	10 * NAPLAN - Reading * Year 6 Bike Ed * Year 8 Immunisations	11 * NAPLAN - Numeracy * Year 6 Bike Ed * School Tour 10am * KI/PP Mothers Day Afternoon Tea 1.30pm	12 * Year 6 Bike Ride Excursion * Year 12 Exams * Year 10 JOLT English Excursion * Junior School Assembly 2.20pm
Week 4 15 * Parent Prayer 8.45am * Year 12 Exams * Scholastic Book Fair in the Library (15-26 May)	16 * Little Library 9am * Year 12 Exams * PR Bunbury Excursion * School Board Meeting 5.15pm * AGM 7.30pm	17 * Year 12 Exams * Big Science Competition (Year 7—Year 10) * Library Incursion: Illustrator Gabriel Evans (Year 4—Year 6)	18 * Year 12 Exams * Library Incursion: Illustrator Gabriel Evans (Year 4—Year 6)	19 * Year 12 Exams * Middle School Assembly 2.20pm
Week 5 22 * Parent Prayer 8.45am * Scitech Incursion (Year 9 & Year 10)	23 * Little Library 9am	24 * Secondary Assembly 2.20pm * Free dress day (Jeans and Jumpers)	Ascension Day 25 * Little Library 9am * Kindy Tour 9.30am	26 * Year 10 JOLT English Excursion
Week 6 29 * Parent Prayer 8.45am * School Photo Day	30 * Little Library 9am * School Photo Day * Year 11 & 12 SIDE Exams	31 Careers Expo (Year 10) @ BCC	1 June * Year 11 Exams * Interschool Secondary Cross Country * Kindy Health Screening * School Tour 10am	2 * Year 11 Exams * Junior Assembly 2.20pm
Week 7 5 * Labour Day	6 * Little Library 9am * Year 11 Exams	7 * Year 11 Exams	8 * Year 7 - Year 11 Exams	9 * Year 7 - Year 11 Exams

2017 TERM DATES

Semester 1

Term 2: 26 April to 23 June

Semester 2

Term 3: 18 July to 22 September

Student Free Day: 21 August

Term 4: 10 October to 14 December

2018 TERM DATES

Semester 1

Term 1: 31 January to 13 April

Term 2: 30 April to 29 June

Semester 2

Term 3: 23 July to 21 September

Student Free Day: 17 August

Term 4: 9 October to 13 December

UNIFORM SHOP OPEN TIMES

Monday and Friday

8.15am—9.00am

Wednesday

3.00pm—3.45pm

dreambuilderschurch

BUILDING LIVES | TRANSFORMING COMMUNITIES

Friday Evening | 7pm

Sixth Youth from 5.30pm

Family Service starts at 7pm

Crèche and Kids Program available

More Info: Tel. 9726 4201 or email bunbury@dreambuilders.church

Sunday Morning | 10am

Family Service starts at 10am

Crèche and Kids Program available