

NEWSLETTER

May 2014

A WORD FROM OUR PRINCIPAL

Well, here we are in the middle of term 2 already and this term looks like another busy one. So far, some of the students have taken part in NAPLAN testing, and the Senior students have been having a taste of working life with some work experience at local businesses, plus there has been plenty of other things going on.

A big thankyou to all of the parents, grandparents and guardians that took the time to attend our morning tea and family dinner last week. We hope you enjoyed yourselves. These times spent with parents give us the opportunity to have an informal chat and a general socialise. It's great for the staff to be able to mix with the students and their families in a casual setting.

The Doxa Cafe is up and running again every Tuesday morning from 10am until 11.30am. Coffee, hot chocolate and a small selection of tasty goods will be available to purchase. We invite you to come in and support our Senior class.

Applications for Semester 2 are now open. If you have any questions about your child continuing at Doxa or returning to their school, please speak to staff during the scheduled ILP meetings in the coming days.

If you have any queries or concerns regarding your child, please ring the office to book an appointment with Peter or me.

John Russell
Principal

Senior Program Work Experience

Many senior students have just completed their first work experience for the year. Students have experienced a variety of trades and businesses including, motorcycle mechanics, tyre fitting, Op shop assistant, childcare, building and construction, retail and IT. It was very satisfying to speak to employers during workplace visits and hear about the excellent work our students were involved in. We are all very proud of the excellent commitment these students made to work experience.

We are delighted to announce that Tom Costello from Senior 1 class has been signed into a Building and Construction Apprenticeship in Melbourne. Tom has been clearly focused on gaining an apprenticeship in Building and Construction and organized his own work experience. Tom was offered the apprenticeship after completing three weeks of work experience. We congratulate Tom and wish him every success in his career as a carpenter.

I'd encourage all students to give thought to gaining work experience. Being in a workplace gives you the best opportunity to gain employment.

Peter Carr
Vocational Program Co-ordinator



Tom Costello and his very proud dad, Peter

IMPORTANT DATES TO REMEMBER

Thursday 29th & Friday 30th May - ILP/Transition Meetings (both days will be student free)

Monday 9th June - Queens Birthday Public Holiday.

Tuesday 24th June - students finish at 1pm due to staff training

Thursday 26th June - Last day Term 2



GOVERNMENT CHILD DENTAL BENEFITS SCHEME

New government dental scheme – one thousand reasons to smile!

Have you heard about the new government dental scheme “Child Dental Benefits Schedule”? From January 1st 2014, it is providing eligible kids with \$1000 to spend on selected dental services over a 2 calendar year period. This great initiative expects to help around 3.4 million Australian kids between the ages of 2-17 years.

To benefit from this scheme, children must be eligible for Medicare and the family must be in receipt of Family Tax Benefit Part A or receive a relevant Government payment. Services that will be covered include: examinations, x-rays, cleaning, fissure sealing, fillings, root canals and extractions. Benefits will not be available for services carried out in hospital, or for orthodontic or cosmetic dental work.



To see if your kids are eligible, call your local Dentist who can look up the information for you.

Helping Kids with Worries



What is anxiety?

Anxiety is a normal part of a child's development, and is defined as 'apprehension without apparent cause'. It usually occurs when there's no immediate threat to their safety or well being, but the threat feels real. Worry and fear are different forms of anxiety. Worry usually occurs when a child thinks about past and future situations. Fear usually occurs in the present. Eg: a child might be fearful when a dog approaches them in a park and may worry about visiting a friend with a pet dog.

What do kids worry about?

In most cases for kids fears in childhood are transient and short lived and different anxieties develop at different ages and developmental stages.

- Babies and toddlers might fear loud noises, heights, strangers & separation from parents & carers
- Preschoolers might start to show fears of being on their own and of the dark.
- School age children might be afraid of social situations, failure, criticisms, tests, physical harm or threats, changing bodies, and fitting in with friends.

For children to be worried they must be able to imagine the future and bad things that might happen, so worries become more common in children over eight years of age. As they get older the focus becomes less concrete ie war, economics, politics, pollution and family relationships. Almost all children will experience anxiety at some time but around one in ten will experience anxiety more intensely and more often than other children.

Ways to support your child:

Find out what is on their mind Be available and take an interest in what's happening for them. Take casual opportunities to ask how it is going for them and listen to their thoughts and feelings about what is going on. If they appear worried about something ask them about it, encourage them to talk about it and put it into words. If you talk about it, it can become less powerful.

Show you care and understand Be interested in your child's concerns, reassuring comments after listening can help them feel supported and understood. Be sure to hear about the good things that are happening too, tell them what you think about their successes and achievements.

Guide kids to solutions You can help reduce worries by helping kids learn to deal constructively with challenging situations, come up with a solution together to help them deal with a problem. Resist the urge to jump in and fix a problem for them.

Keep things in perspective If your child is worrying about something that has already happened you can offer some of the big picture perspective. Without minimising their feelings point out that many things are temporary or resolvable, that there will be better days and other opportunities.

Make a difference Older children can worry about big issues, like global warming and terrorism. Working through & talking with accurate information of what's being done to keep them safe may help.

Other reassurance and comfort At times kids need reassurance and comfort from parents and carers showing that whatever happens they will be supported and loved.

Be a good role model A powerful lesson we can teach is by demonstrating how we respond to our own worries and everyday challenges. Set a good example, be optimistic in situations you face rather than being rattled angry and stressed. Bouncing back with a can do attitude will help your kids do the same.

References: www.kidshealth.org "Helping Kids Handle Worry". www.parentline.com.au "Anxiety". www.raisingchildren.net.au "Anxiety and Fear".