

Wednesday 29 July, 2009 Issue 24

From The Principal - Helen Kenworthy

Prof. Paula Barrett Information Evening

Last night, a large number of parents and staff (100 people) attended a parent evening in our school hall. The evening was a presentation by Prof Paula Barrett about strategies we can use as parents to help our children develop skills to cope with the ups and downs of life. Prof. Barrett outlined a list of "preventative" strategies all parents should use to help their children learn to cope with stressful situations, conflict, emotional upset, etc. Some of the strategies include: daily exercise (reduce time in front of TV or computer); sleep (primary age children need 8 hours sleep each night, sleep deprived children are less attentive at school); diet (reduce sugar based foods, use wholemeal bread, make soft drinks and sweet foods "treats" for the holidays); relaxation (teach children how to relax—controlled breathing, squeezing and relaxing muscles, listening to music); organising school work (help children to plan and manage school work/homework); goal setting (help children to set small achievable goals and work towards them, acknowledge when they are successful).

Prof. Barrett is recognised as a prominent scholar and researcher in the field of child psychology and has a distinguished international reputation as a keynote presenter. She completed her Clinical Masters Degree at University of Qld in 1991 and her Doctorate in 1995. Prof. Barrett is the Director of the innovative research-based clinic, Pathways Health and

Research Centre. She explained how important it is for families and schools to be proactive in teaching our children social and emotional skills rather than only addressing problems when they arise.

Prof. Barrett has offered to come again next year to talk about ways to prevent cyber bullying, or give more information to parents about ways to assist children to build resilience at home, etc. If you have a topic you would like to hear more about, please contact our office or let your child's teacher know.

Prof. Barrett recommended the following books: "Parenting from Inside Out" by Siegal, 2007.

"Play and How it Shapes the Brain, Opens the Imagination and Invigorates the Soul", Brown, 2009.

In the next few weeks, we will provide parent information evenings on our school social skills programs—Friends and Rock and Water.

Sex Education Classes-POSTPONED

Unfortunately our presenter for this weeks Sex Ed classes is unable to attend. The sessions will be re-scheduled. We will let you know of the new date as soon as it is available.

Please note: My choice of title "Sex Education" is probably not the best choice of title for this excellent program. It should really be called "How my body is changing" as it is more about the changes boys and girls experience as they move towards puberty. My first exposure to a program such as this was here at Brookfield some years ago when the course was first

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