THE BENEFITS OF TEACHING MINDFULNESS

In times when NAPLAN results dominate discussion at school reviews, it’s worth reflecting on those other important areas of the curriculum for which comparative, systemic measures are difficult, if not impossible to find. Student wellbeing is one of those areas and quantitative measures of the value mindfulness programs, measures which can justifiably enable comparative judgements across schools to be made remain elusive. Sadly, this limitation results in the value of mindfulness programs and the like to be downgraded by decision-makers. Nonetheless, such programs are important and our school certainly values them. A recent study undertaken at the University of Wollongong by Cagla Dincsoy and published in The Educator Online is well worth reading.

The pressures of modern schooling can often take a toll on a child’s health and mental well-being – an issue that schools are working hard to address through a range of well-being programs and initiatives. International research shows that one of the most effective ways to ensure that children are relaxed, happy and focused is through the practice of mindfulness. Mindfulness is a mental state achieved by focusing one’s awareness on the present moment, while calmly acknowledging and accepting one’s feelings, thoughts, and bodily sensations, used as a therapeutic technique. And given the busy, and often stressful role, of teachers, this practice can have various benefits for them also.

Studies have shown that when teachers learn mindfulness, they not only reap personal benefits such as reduced stress and burnout but their schools do as well. Brain-imaging studies at Harvard and Mass General Hospital have shown that long-term mindfulness training can even help thicken the cortical regions related to attention and sensory processing, and may offset thinning of those areas that typically comes with aging. And the positive effects of mindfulness are not only limited to behind school gates. People randomly assigned to mindfulness training are more likely to help someone in need and have greater self-compassion.

Continued...
So with the benefits of mindfulness clear, how should schools go about developing this behaviour in students? A study, titled: ‘Start Early: Promoting Mindfulness in Primary Schools to Delay the Onset of Stress’, cautioned that mindfulness is “not an innate state of being, nor does one instinctively produce mindful patterns of behaviour”.

“Mindfulness needs to be learnt and repetitively practiced in order to sustain long-term effects,” the study’s author, Cagla Dincsoy from the University of Wollongong, said. “Teachers, as part of the educational setting can fulfil this role as they have a duty of care, which goes beyond a solitary focus of catering to students’ academic needs.” Dincsoy added that whether it is assisting professionals in delivering the intervention or integrating it into the curriculum as an extra curricula activity, teaching mindfulness is of great value. “Teaching mindfulness equips students with the coping mechanisms to confront psychosocial stressors and overcome distressing circumstances later on in life,” she said.

FREQUENTLY ASKED QUESTIONS (FAQ’s)

Q. How many questions should I ask of my child about their school day?
A. Not too many, but certainly not none. To some degree the questions you ask depend on how you perceive your child’s mood to be after school. Open ended questions are best, simply because questions that lead to one or two word answers usually invite a follow-up question, one which could have been asked in the first place. Most children are happy to speak to you about their day at school, but generally can spot when they are being grilled over a topic, and it’s not surprising that in such circumstances they may well clam up. Intuition is a great attribute to use when questioning your child, and after all, you know your child best.

QUOTABLE QUOTE

‘Memories are what you make of your life for others – let them not be nightmares’

Henry Grossek

DIARY DATES

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>Wednesday 22nd - 24th August</td>
<td>Numeracy week - World of Maths Roadshow</td>
</tr>
<tr>
<td>Wednesday 29th - 30th August</td>
<td>Grade 1 “Hands on Science”</td>
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<tr>
<td>Wednesday 29th August</td>
<td>Edwin Flack District Athletics competition</td>
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<tr>
<td>Thursday 30th August</td>
<td>Father’s Day Stall</td>
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<tr>
<td>Monday 3rd September</td>
<td>Grade 1/2 Hoop Time Basketball competition</td>
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<tr>
<td>Wednesday 5th - 6th September</td>
<td>Grade 2 Hands on Science</td>
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<tr>
<td>Wednesday 5th September - 6th September</td>
<td>Grade 3 camp - CYC Phillip Island</td>
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<td>Monday 17th September</td>
<td>Grade 5/6 Film Festival - Drum Theatre Dandenong</td>
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<td>Tuesday 23rd - 31st October</td>
<td>Grade 5/6 Somers School camp</td>
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<tr>
<td>Monday 29th - 31st October</td>
<td>Grade 4 camp - CYC Forest Edge</td>
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NOTICES DUE BACK

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<tr>
<th>Date Range</th>
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<tr>
<td>Friday 24th August</td>
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<td>Wednesday 29th August</td>
<td>Fathers Day Stall</td>
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<tr>
<td>Friday 31st August</td>
<td>Student Details Update</td>
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<tr>
<td>Friday 31st August</td>
<td>Grade 2 Hands on Science</td>
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BOOK WEEK
It was fantastic to see so many children dressed up as characters from stories at our Monday morning assembly. There were many colourful and amazing costumes which sparked conversations about favourite stories. We look forward to welcoming Hazel Edwards and Marc McBride to our school next week to complete our literature festival.

WORLD OF MATHS
This week, all students across the school have had the opportunity to participate in a hands on “World of Maths” session. The students enjoyed using their knowledge to solve problems and engage in maths through different activities. Maths is all around us and we encourage all families to regularly play games, count items, read timetables, calculate change and use mathematical skills for everyday life situations.

DAFFODIL DAY – JUNIOR SCHOOL COUNCIL
Today and tomorrow the JSC have organised some activities in support of Daffodil Day which is Friday 24th August. The JSC have items for sale to raise awareness and money to contribute to cancer research. All money raised will be donated to the Cancer Council. The Prep students will be planting daffodil bulbs with their grade 6 buddy and other grades will be able to participate in a range of activities within their classrooms. If you would like to purchase items, please speak to your child’s teacher or Ms. Seow.

GRADE FOUR CAMP – PARENT HELPERS NEEDED
If you have a child who is attending the grade four camp and would like to be considered as a parent helper, please speak to your classroom teacher as soon as possible as we still need extra parents to assist. This year the Grade 4 camp will be held over three days at Forest Edge in Neerim East from Monday 29th to Wednesday 31st October 2018.

HEAD LICE
We currently have a lot of children who are presenting at sick bay with head lice. Head lice are an ongoing problem and we would appreciate parents assistance by regularly checking your child’s hair and if lice or eggs are found, treating them appropriately and removing all eggs and lice. Please speak to your pharmacist for the recommended treatment solutions and process.

HOMESTAY ACCOMODATION REQUIRED
Our Mandarin assistant teacher (Languages Assistants Programs) Cathy Xu is looking for a homestay family in and/or around Berwick Lodge Primary School and Kambyra College. She wants to experience Aussie life and culture, and share her own Chinese culture too! She works at both schools until the end of December this year, and would require a family who lives close to either school – with the option to car pool. Cathy is looking for a single room with meals provided. Kambyra College will cover the cost up to $230 per week. If you are interested or require further information, please contact the office or our Mandarin teacher, Ms Mao.

Sandra McCrum and Angela Maskery
The 2018 Berwick Lodge Film Festival will be held on Monday 17th September 2018 At The Drum Theatre, Dandenong

Please come along and “walk the red carpet” before watching new, exciting films produced by our Grade 5/6 students.

Tickets on sale
Monday 20th August 2018 from 7.00am
Cost is $18.00 per adult & $12.00 for children under 15 years (tickets sell out very quickly so save the date)

For tickets contact
www.drumtheatre.com.au
or Drum Theatre on 8571 1666
J.S.C. DAFFODIL DAY

Friday 24th of August 2018!!!

For Daffodil Day, the JSCS will be coming around to your classroom and will be selling Daffodil items like keychains, badges, pens and other cool things!!!

Items will range between $2 - $10

By Ella and Jacob

for the Cancer council
Berwick Lodge Primary School
‘Books & Nooks!’
2018 Literature Festival

To be held during weeks 5, 6 & 7 of term 3
Monday 13th August - Friday 31st August 2018

Hazel Edwards  Ben Wood  Marc McBride

As part of our 2018 Children’s Book Week and Literacy / Numeracy Week celebrations, Berwick Lodge Primary School will have a number of Australia’s exciting authors and illustrators visit our school for a three week - ‘Books & Nooks’ Literature Festival. **Mitch Vane and Hazel Edwards** will talk to the Prep- 2 students and **Ben Wood and Marc McBride** will conduct workshops with the Grade 3-6 students. BLPS Literacy Coordinator and children’s author **Mark Carthew**, will also present grade level sessions for all students P-6. The Literature Festival will occur during Weeks 5, 6 and 7 of this Term.

All students in Prep-Grade 6 will have three author/illustrator experiences over the three weeks.

A separate permission form and notice has been distributed to all students regarding the dates for these sessions. Please return the permission form to the school as possible.

The 2018 Festival overlaps with Children’s Book Week and will be an exciting celebration of reading, writing, books, illustration and design. These author illustrator talks and workshops are sure to inspire students to explore their imaginations and world of ‘Books and Nooks!’

**Literacy and Library Teams – Prep to Grade 6**
Parent Opinion Survey

Thank you to the families who have already completed the Parent Opinion Survey. Your feedback is most appreciated as we take all comments and suggestions seriously. The results of the Survey assist Berwick Lodge Primary School in making future decisions to make positive changes. This is your chance to have your say and influence important school/student based decisions.

There are still several families who have not submitted their survey, therefore I kindly ask you to please ensure you complete the short survey by 26th August 2018. If you have misplaced your login details, please do not hesitate to contact the office on 9707 1766.

Your Opinion matters

Birthday Treats

Parents may bring in food treats to celebrate their child’s birthday. However this treat must be individually commercially packaged with ingredients (ie: fun-size chocolate) and distributed to students at the end of the day. Please no peanuts or tree nuts.
The Community garden is in need of lots of newspapers so if you have any that need a new home, please drop them into the office.

Are you collecting the Coles Mini Collectables?

For every $30.00 you spend in Coles, you are given the Mini Collectables for free. Our Junior grades would love these if you would like to donate them to our school.

Thank you
Mrs McCrum
BUSINESS ADVERTISING

www.lynnslearning.com.au | 03 9796 8779 | 0490 213 089

LYNN’S LEARNING

Maths & English Tuition
KINDER TO YEAR 10 REMEDIAL TO ADVANCED

Berwick:
Tuesdays 4:00 - 7:00pm
10 Raymond McMahon Blvd

Endeavour Hills:
Mondays 3:45 - 6:45pm
10 Raymond McMahon Blvd

Hampton Park:
Wednesdays 4:00 - 7:00pm
1 Coral Drive

Narre Warren:
Thursdays 3:45 - 6:45pm
59 Webb Street

- Increase English and Maths skills
- Boost confidence
- Improve concentration
- Raise motivation for learning
- Individually personalised learning programs
- Increase comprehension, essay writing & creative ability
- Develop and enhance problem-solving techniques
- Strengthen areas that require improvement
- Working with your child’s natural ability and strengths

Call us to book your complimentary assessment and learn how we can help your child 0490 213 089
www.lynnslearning.com.au

COMING THIS SEPTEMBER...
HOLIDAY PROGRAMS LIKE NO OTHER

This two-day, two-part epic, will challenge explorers to think creatively and learn new skills to help Captain Pugwash through mindboggling adventures.

Part 1 includes: Code-breaking, problem solving, investigation & collaborative work embedded with related math skills.

Part 2 includes: Creative writing, creative comprehension, team writing, embedded with related English skills.

Students do not need to participate in both programs, however their experience will be enhanced greatly with full participation.

Location: 59 Webb Street, Narre Warren
To book a seat call 0490 213 089
or via email: travis@lynnslearning.com

Codes and Problem Solving Experience
Program A (younger students)
2 day experience.
Mon 24th & Tues 25th: 9:30-1:00

Program B (older students)
2 day experience.
Wed 26th & Thurs 27th: 9:30-1:00

Creative Writing Experience
Program C (younger students)
2 day experience.
Mon 24th & Tues 25th: 1:30-5:00

Program D (older students)
2 day experience.
Wed 26th & Thurs 27th: 1:30-5:00

Sessions have restricted student numbers!
150 Year Anniversary of the Shire of Berwick

FREE community celebration

Come along for some old-fashioned fun!

Date: Saturday 1 September 2018
Time: 10.00 am – 1.00 pm
Venue: Pioneers Park, Lyall Road, Berwick

Commemorate the 150-year anniversary of the Shire of Berwick, with historic displays, wood chopping, live performances and free activities.


Contact City of Casey
03 9705 5200
NRS: 133 677 (for the deaf, hearing or speech impaired)
TIS: 131 450 (Translating and Interpreting Service)
caseycc@casey.vic.gov.au

casey.vic.gov.au
facebook.com/CityOfCasey
CityOfCasey

Customer Service Centres
Hanne Warren
Bunil Place
Patrick northeast Drive
Cranbourne
Cranbourne Park
Shopping Centre
COMMUNITY ADVERTISING

Come and Try Day
Friday 28th Sept 2018 (Grand Final Eve)
Edwin Flack Reserve, Manuka Road, Berwick
Free event including coffee and show bags
10am to 12noon
berwicklac.com.au
#berwicklittleaths #cometry

SOFTBALL FUN FOR ALL AGES
Berwick Braves Softball Club – Registration / Training/ Come & Try Day
Saturday the 1st of September 2018 from 10.30am – 12.30pm
Sweeney Reserve – Cnr Melzac Drive & Dempster Way Berwick
Berwick Braves Softball club caters for players aged from 6 to 96 both Male and Female in a fun, friendly, family oriented environment
No Experience Necessary – EVERYONE WELCOME to come down and try.
Contact: Tania Hoare 0412 544 580 / tania@tankweld.com.au
or find us on Facebook https://www.facebook.com/Berwick.Braves
Moonlit Sanctuary Keeper Club

Kids enjoy environmental activities, animal encounters and native animal care. Day includes: interactions with dingo, python, off-limits animals, feeding animals & food prep, animal enrichment activities. Learn about our animals, their conservation and the environment. For ages 7-14 years.

Spring 2018 school holiday dates:

- Week 1: Mon 24th Tue 25th Wed 26th Thu 27th September
- Week 2: Mon 1st Tue 2nd Wed 3rd Thu 4th Fri 5th October
- 10am–4pm

Cost: $80.00 per day, or $220 for 3 days (pro rata for additional days). Maximum 16 children per day.

Bookings essential as spaces are limited

Dress for the weather and wear closed-toe shoes, long pants and remember your hat or raincoat. BYO lunch or purchase at the café.

Moonlit Sanctuary

550 Tyabb-Tooradin Rd, Pearcedale
Phone 5978 7935
Web: www.moonlitsanctuary.com.au
Open daily between 10am and 5pm
COMMUNITY ADVERTISING

BERWICK BASEBALL
COME-N-TRY
SAT 8TH & 15TH Sept
from 10am to 12pm.
Boys/Girls - Ages 5 - 18 yo
Womens Baseball - 13yo - adult

Cyril Molyneux Res. Mansfield St. Berwick
Next to Berwick Lodge P.S.
www.berwickcitycougars.com.au
Mob: 0412 336 402

Recruitment Registration Drive
Robert Booth Athletic Track
Clow Street, Dandenong
Saturday 22nd September
&
Saturday 29th September 2018
10:00am to 12:00 Noon
Welcome New & Returning Members
Under 6 to Under16

Registrations on line
Ph: 0417 744 992 (Peter)

Try Summer Sports
Season Starts 6th October 2018
Track & Field Events Every Saturday Morning
Robert Booth Reserve Dandenong
Starting at 8:30am until Noon