



Term 4 - December

WELCOME TO THE THIRD ISSUE OF INSIGHT!

# Student Wellbeing Newsletter

Welcome, parents, to the third issue of INSIGHT, Robina State School's Student Wellbeing newsletter.

### You Can Do It!

This Term the 'You Can Do It' program focused on five core Social and Emotional blockers. These are:

- Feeling Down
- Feeling Worried
- Procrastination (or lazy)
- Not paying attention
- Feeling angry

These blockers are known to 'block' people from being successful and happy during stages of their life. YCDI! Education's theoretical framework explores the habits of the mind that 'Feed the Blockers' as well as the strategies that dilute them. The students learnt what to do, what to say, self-talk and ways of thinking to tackle the mentioned blockers.

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Tips to help you get through parenting during the 'silly' season!

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Fun activities to do with the kids these holidays!

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# Why siblings fight?

By: raisingchildren.net.au

## Kids fighting: the basics

Disagreements among children are **very common** – they're just part of growing up in a family. Fighting happens when a disagreement becomes aggressive – for example, when it involves shouting or hitting.

Fights often start when children see a situation as unfair, or when children are trying to assert what they think are their rights.

Sometimes you see children fighting because they view the same situation in different ways. For example, an older child might be teasing a younger child in what he thinks is a funny way, but the younger child might not like it.

And sometimes siblings get into conflict as they compete with each other for their parents' attention or approval. The closer siblings are in age, the more they tend to fight.

## The good news about fighting kids

Disagreements and fights can be a great chance for your children to practise the social skills they'll need as adults.

When disagreements between children get worked out fairly and without anyone getting hurt, children start to build problem-solving skills like negotiating. They also learn the importance of seeing another person's point of view and respecting other people's rights, feelings and belongings.

There'll be less fighting as your children grow and develop better social skills.

Children aren't born knowing how to handle disagreements. But all children can learn how to behave so that fighting is less likely to happen. For example, fair rules, routines and praise guide your children towards better ways of resolving conflict.

“**Lots of attention might actually reinforce fighting. That's because children love any kind of attention, even attention for bad behaviour. If you're going to give children attention when they fight, try to use the opportunity to help them learn skills for avoiding fights and solving problems in the future**”

## Handling sibling fights constructively: tips

These tips can make it easier to cool things down when sibling fights break out:

- Treat all children fairly. But remember that fair treatment isn't necessarily the same treatment. For example, it might not be possible to treat a six-year-old and a two-year-old the same.
- Avoid negative comparisons. Saying something like, 'You should have known better because you're older than him' or 'You're the troublemaker' can make a child feel even more hurt or resentful.



- Identify the cause of fighting. This helps you work out the best thing to do. For example, if a child has taken a toy from a sibling, you need to step in. If you don't, the child learns that fighting is a way to get what you want. Keeping an eye on your children is the secret to knowing the reason for the fighting – and deciding on the right way to deal it.
- Use family rules to make expectations about behaviour clear. You can remind your children of the relevant family rule and follow through consistently with any consequences.
- Have a plan. This means thinking about how you'll handle small disagreements as well as big fights. For example, you can help children work out small disagreements together, but you might decide to use consequences for fights involving physical violence, or for fights that happen after you've all agreed on a solution to a problem.

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### Problem-solving after a sibling fight: steps

What you do after a fight can help children learn how to solve their own problems in the future. For best results, wait until tempers have cooled and children are ready to reason again.

1. Let children know what you plan to do. For example, 'I've decided that neither of you should use the computer until we can find a way to stop the fighting. Do you understand? Are you willing to work on solving the problem now?'
2. Ask both children to say what they think the problem is. Encourage them to try to see it from the other person's point of view as well as their own. You could tell them that two people might still disagree even when they both have valid points of view.
3. Ask both children to say what they want to happen. You can also help them think about their expectations. For example, 'Tegan, is it fair for you to have the computer all the time?'
4. Brainstorm together. Let the children go wild with ideas on how to solve the problem, and encourage them without judging their ideas. Throw in some ideas of your own, and write them all down.
5. Rate the ideas. Start by asking the children to think of which ideas won't work. Then look for the solution with the most benefits and the least drawbacks. For example, 'Does anyone think this might work?' 'What would be good (or bad) about this?'
6. If you can't come up with a solution at first, come back later. You can ask the children to go away and work out some ideas together, or ask other people who have had similar problems. Or you might look for ideas in parenting books or websites.

7. Once you've all agreed on an approach, try the solution and see how it goes. Start again if things don't improve.

### Handling your own emotions

It's normal if you feel stressed when fights break out. It's also normal if some issues bother you more than others, and some days you get upset more quickly.

But staying calm can really help. If it's safe and you don't need to step in immediately, it can help to stop, count to 10, and then act.

That extra 10 seconds is often enough to calm your emotions. If this doesn't help, you might want to ask another adult to handle things while you take some time out.



## Mindfulness for kids

Each issue of Insight will provide you with an idea of how to practice mindfulness with your child/ren.

- **Mindful dinnertime:**  
Create a time for your family to appreciate and savour their food at the start of a meal by spending the first few minutes of dinner in silence, just eating and enjoying the food. It's a surprisingly nice activity to do with the whole family, and done regularly, can become a lovely ritual.

## Triple-P Parenting

Positive Parenting Program

Register now (on the Triple P website) for these upcoming **FREE** courses:



WHAT	WHEN	WHERE
<p> <b>SEMINAR TRIPLE P (0-12) - THE POWER OF POSITIVE PARENTING</b></p> <p><b>FREE</b></p>	<p>Thu, 14/02/2019 1:00 PM - 2:30 PM</p>	<p>Coomera Springs Early Years Centre Old Coach Road, Upper Coomera QLD, Australia 24.9 km away</p> <p> REGISTER</p>
<p> <b>SEMINAR TRIPLE P (0-12) - RAISING RESILIENT CHILDREN</b></p> <p><b>FREE</b></p>	<p>Thu, 28/02/2019 1:00 PM - 2:30 PM</p>	<p>Coomera Springs Early Years Centre Old Coach Road, Upper Coomera QLD, Australia 24.9 km away</p> <p> REGISTER</p>
<p> <b>SEMINAR TRIPLE P (0-12) - RAISING CONFIDENT, COMPETENT CHILDREN</b></p> <p><b>FREE</b></p>	<p>Thu, 21/02/2019 1:00 PM - 2:30 PM</p>	<p>Coomera Springs Early Years Centre Old Coach Road, Upper Coomera QLD, Australia 24.9 km away</p> <p> REGISTER</p>

# SCHOOL HOLIDAY FUN!



## BROADWATER PARKLANDS

### Pop-up science lab\*

Come and enjoy a hands-on experiment mixing chemicals together (safe ones of course) to make some ooey-goopy SLIME

**Date: Friday 21 December**  
**Location: Beside the bouncy pillow**  
**Time: 10am – 2pm**

### Outdoor movie night – Ferdinand\*

Adopted by a girl who lives on a farm, Ferdinand's peaceful existence comes crashing down when the authorities return him to his former captors.

**Date: Saturday 29 December**  
**Location: The Great Lawn**  
**Time: Movie starts at 7pm**  
**Contact: Wet Weather Hotline 07 5581 7016**

### Pedal ride cars

Cruise around the Great Lawn on the coolest pedal cars around. With both kid's and adult's sizes available, the whole family can enjoy the fun.

**Date: Sunday 30 December**  
**Location: The Great Lawn**  
**Time: 10am – 3pm**

## Water Wars!

Make agility training more fun by adding wet sponges to cool you down as you work on your agility and balance. Ages eight to 16.

**Monday 17<sup>th</sup> Dec ROBINA COMMON**

Free. Bookings required Focus Fitness  
**E: info@focusfitness.biz M: 0422 220 468**

## Park Gym!

Offers children aged five to 12, an opportunity to try out gymnastics activities. The session is circuit-based utilising both traditional and non-traditional gymnastics equipment. The sessions incorporates balancing skills, co-ordination, strength and flexibility activities, which are vital components of fitness, required to help develop children's fundamental movement patterns.

**Justins Park, Tues 18<sup>th</sup> Dec 9am-10am Free.**  
 Bookings required Gymnastics Queensland  
**E: tcooke@gymqld.org.au P: 07 3036 5612**

## Gold Coast City Council Active and Healthy Summer School Holiday program

Click on the hyperlink below to download the full holiday guide. So much fun to be had!

<http://www.goldcoast.qld.gov.au/documents/bf/active-healthy-summer-holiday-program.pdf>

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Events		Click to
Tuesday	Wednesday	Thursday
1	2	3
8 ◊ 2:30 PM-School holiday activity - Grizzly bear and little girl mobile.	9 ◊ 2:30 PM-School holiday activity - Traditional pin wheel and chinese fan.	10 ◊ 2:30 PM-School holiday activity - Butterflies blowing in the wind.
	16 x 3:30 PM-Summer Reading Club awards party.	17
	23 ◊ 3:30 PM-STEAM for kids - Lego® Design	24 ◊ 3:30 PM-Colouring bug for children

## ROBINA LIBRARY

Bookings:  
<http://goldcoast.evanced.info/eventcalendar.asp>