# Term 2 **Week 1**

***A COMMUNITY-FOCUSED PUBLIC SCHOOL VALUING A PROUD TRADITION AND SHAPING A POSITIVE FUTURE***

**Telephone**

- 9427 2155 or 9427 1024

**Email**

- lanecove-p.school@det.nsw.edu.au

**Website**

- https://lanecove-p.schools.nsw.gov.au/

**School Council President**

- Luke Andrews

**P&C President**

- Darshini Heaney

## Welcome Back Term 2

Welcome to Term 2. I hope you all had an enjoyable Easter Break!

I am excited to formally be taking on the role as Relieving Principal while Mr McKinnon is on leave until the end of 2022. I look forward to meeting the LCPS community whether it be through P&C meetings,

school events or during morning and afternoon pickup. I have already been made to feel so welcome and cannot wait to get involved in the students' learning in the classroom and playground.

It was nice to come back to an email outlining the easing of more Covid Restrictions in our schools. The changes includes the following:

- Physical distancing is now recommended rather than required where practicable.
- When visitors/parents arrive on school grounds they are to check in at the office. A strong focus is to be maintained on accurate record keeping to support contact tracing in case there is an outbreak given the relaxation on other restrictions.
- No restrictions on group work or any school related activities.
- No capacity restriction in offices.
- Children can bring cupcakes or individually wrapped lolly bags to share with the class on their birthday. (Please note other items at this stage will not be accepted)

***Students should not attend work or school if unwell, even with mild symptoms of COVID-19 or the flu. Any person with any COVID-19 symptoms should be sent home and should not return until they have received a negative test result and are symptom-free.***

## Building Work Update

During the school holidays we had School Infrastructure NSW, Safe Work NSW, an accredited asbestos contractor and occupational hygienist and our construction company working on the demolition and clearing of the surrounding areas of the hall and canteen site.

The good news is that not only is the clearing of the area well underway now but the Clearance Assessment Report concluded that after soil and air testing the work area is suitable for re-occupation.

Please rest assured that the safety of students, staff and the community is our most important priority and we will continue to update you as the project progresses.

## Staff Development Day

Monday 19 April, the LCPS staff took part in the Visible Learning Foundation Day. The staff were all very engaged and interested in discussing the latest research by John Hattie and other educational leaders and researchers.

This Foundation Day marks the beginning of a three year journey into the introduction, implementation and evaluation of Visible Learning. This model involves staff shifting from a focus on teaching to a focus on learning through the use of measureable outcomes and evidence when making decisions that will impact student learning.

The main areas of discussion during our first Foundation Day included:

- Visible Learning Research
- Impact of Learning Intentions and Success Criteria
- Effective Feedback

## NAPLAN- Year 3 and 5 Students

Between 11 and 21 May 2021, students in Year 3 and 5 will participate in NAPLAN Online. Students do not need to be computer experts to take the NAPLAN test online. There are 4 tests that every child will sit.

- Writing (Year 3 on paper. ***Please note Year 5 will do the writing test online***)
- Reading (Year 3 and 5 online)
- Language Conventions (Year 3 and 5 online)
- Numeracy (Year 3 and 5 online)

Making sure students have computer skills is part of our school curriculum, and our teachers have been familiarising your child with the online format. To see the types of questions and interactive features of NAPLAN Online, visit the public demonstration site. https://www.nap.edu.au/online-assessment/public-demonstration-site

Please avoid making appointments for your child during this two week period between 9-1pm. If your child misses a test we will endeavour to have them catch up but this may not always be possible as tests have to be completed in a certain order.

If you have any questions about NAPLAN Online, please contact your child's teacher.

*For more info click on the links below:*

- How to support your child during NAPLAN
- Information for parents and carers
- Subscribe to ACARA's monthly parent newsletter, Parent Update

## Smiling Mind For Mental Health and Wellbeing

Lane Cove Public are really excited to be officially launching The Smiling Mind School Program in Term 2.

Last year in Term 4, a pilot group of teachers trialled The Smiling Mind School Program with their classes and the feedback was overwhelmingly positive. During Term 1 this year, all teachers trialled The Smiling Mind Curriculum and starting this term we will be incorporating Mindfulness more officially into every day school life including classes undertaking fortnightly lessons, daily mindfulness practices in class and short practices at the start of school assemblies and staff meetings.

The program is fully evidence based and non-secular.

Smiling Mind is a 100% not for profit organisation, with a mission to provide accessible lifelong tools to support healthy minds. It is an evidence based, whole school approach to support student mental health and wellbeing via a range of programs and resources designed to make mindfulness accessible, easy to practice and as common as brushing your teeth. Thanks to the generous investment of $2.4m from the NSW Department of Education and the Buildcorp Foundation, Smiling Mind has introduced our

comprehensive whole-school mindfulness program to roughly 450 NSW public schools, and continues to support teachers as they bring the program to their students.

**Source:** https://www.smilingmind.com.au/nsw-schools-program

Researchers from Deakin University and InsightSRC surveyed 12 schools, 104 teachers and 1,853 students to assess the impact of the Smiling Mind mindfulness program.

The results of this mindfulness in schools study indicated that by implementing our mindfulness program in schools you can directly assist with;

- improved mental health of students
- reductions in classroom disruptions
- emotional benefits for at-risk students
- early childhood development
- student engagement
- and even childhood anxiety

Source: (https://blog.smilingmind.com.au/6-tips-from-teachers-on-how-to-implement-mindfulness-in-schools)

For more information please read the 'Guide for Parents' at the end of this newsletter, or contact Ms Belinda Fay our Smiling Mind Program coordinator: belinda.fay@det.nsw.edu.au

**Talia Morgan** | Relieving Principal

## Applying for year 5 entry to an opportunity class in 2022

Applications for year 5 entry to an opportunity class in 2022 open on Tuesday 20 April and close on Friday 7 May 2021.

**Parents must apply online at:**

https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-5

All applicants are required to sit the Opportunity Class Placement Test to be held on Wednesday 21 July 2021.

The department has introduced a new application system that will give parents a more interactive experience. The new system enables parents to make updates and add attachments even after an application has been submitted. Parents can also communicate directly with the team through the system's new 'messages' feature.

Anyone having difficulty completing or submitting an application, can contact the team on 1300 880 367 or email ssu@det.nsw.edu.au

Keep updated on the opportunity class process at:

https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes

All year 4 students received information about the opportunity classes on Monday 29 March.

**Christine Scully** | Deputy Principal

## ICAS Assessments Years 3-6

Lane Cove Public School will once again be participating in the ICAS assessments for Years 3 to 6. ICAS is designed to target students' higher-order thinking and problem-solving skills in English, Mathematics, Science and Spelling. All ICAS assessments will be held in Term 3.

ICAS Assessments are now online, a move that reflects a sector-wide transition to computer-based assessment. This allows greater accessibility for students and faster delivery of results.

These globally renowned assessments give students the opportunity to challenge themselves and receive recognition for academic achievement. The assessments are suitable for students wishing to

extend themselves academically and take up the personal challenge of competing in an international assessment.

If you would like your child to participate in the ICAS assessments in Term 3 this year please use the **Parent Payment System** to register and pay.

**Parent Payments can be made at** https://shop.icasassessments.com/pages/pps **using the school's unique access code: KBE673**

## Community Contact Parents

We are looking for parents and carers in the Lane Cove Public School community to help new families from a similar language background who have limited English. This will form as a network for families who are new to our school.

As a Community Contact, you will help inform new parents about basic procedures of the school whenever the need arises. This can be done informally in the school playground, over a cup of coffee or a scheduled meeting.

You will be providing a much needed service to our school community. Please consider becoming a Community Contact!

Please follow the link below to complete the survey: https://docs.google.com/forms/d/e/1FAIpQLScj8Zq-kjcs2h7uWLMO2lJR7bGU1QbvGaAYVqnF28Ww1q9mfQ/viewform

**Meera Sunderam** | EAL/D Teacher

I hope you all had a refreshing break over the Easter holidays, and are ready to plunge into Term 2. I would like to extend a very warm welcome to our new Principal, Miss Talia Morgan, from the parents of Lane Cove Public School. I look forward to continuing the productive partnership the P&C have always had with school executive.

We will have our first P&C General Meeting with Miss Morgan next Tuesday, 27 April at 7pm. Please join us if you are able - the Zoom link is https://au01web.zoom.us/j/67088264588?pwd=d2o2K3NVR21tbmVHeWFZZjhLVUluZz09Meeting ID: 670 8826 4588Passcode: 891257

The purpose of the P&C continues to include fostering a strong community spirit - events like the two Outdoor Movie events held last term. Thank you to Bryan Buedeker and Priscilla Hunt for organising these lovely nights. Also, thank you to the Patterson/Mildwater and the Nolan family for their ongoing help with all aspects of set up and clean up. The movie held on the last night of the term was made even more fun by the provision of delicious pizzas by Mr Commensoli.

Another example of wonderful community spirit is the donation of $250 toward a Kindergarten Playground by Jonathan Auld, one of our Kindy kids. He and his mother, Sarah, decided to ask for donations rather than presents at his recent birthday party. Thank you, Jonathan, for your generosity!

In the same spirit we are holding a Trivia Night to raise money for this playground. It will be held on Saturday 29 May at The Alcott, our new Gold Community Partner. There will be lucky door prizes, and a fantastic hamper will be drawn from all the tickets purchased. Come along and have some fun!

Tickets for the Trivia Night ($50 a person for a night of fun and frivolity) can be purchased via this link: https://www.trybooking.com/BQBGM

If you can't make it, you can buy a raffle ticket (only $10). https://www.trybooking.com/events/landing/739059

Finally, the Canteen needs more volunteers. This is a great way to get involved with the school - shifts are generally 9.15am to 1.30pm. Volunteers are particularly needed for Fridays this term. http://www.signup.com/go/tCMZPVx

That's all for this week!

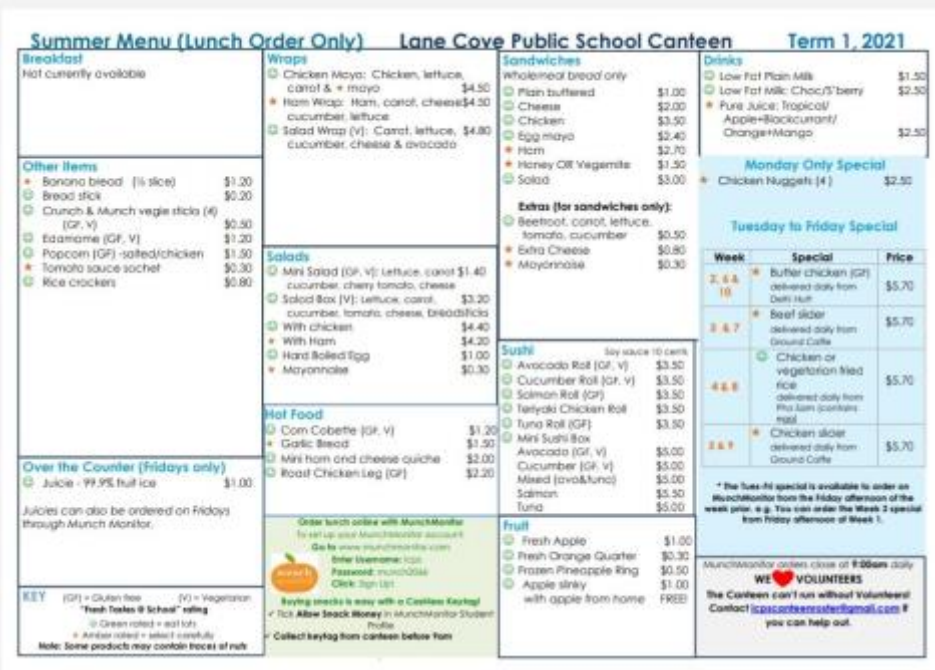
**Darshini Heaney** | LCPS P&C President

president@lanecovepublicpandc.org.au

With the cooler weather upon us, beef pies and sausage rolls are available to purchase on Tuesdays through munch monitor. 'Juicies' will not be on offer this term. The canteen would appreciate volunteers old and new to lend their time this term as we will need all hands on deck to cover staff absences. Shifts are available on signup https://signup.com/go/tCMZPVx

The special this week is butter chicken from Delhi Hutt.

**Kailee McDonald** | Canteen Convener



## Summer Menu (Lunch Order Only) Lane Cove Public School Canteen Term 1, 2021

### Breakfast
Not currently available

### Other Items
- Banana bread (½ slice) $1.20
- Bread stick $0.20
- Crunch & Munch veggie sticks (4) (GF, V) $0.50
- Edamame (GF, V) $1.20
- Popcorn (GF) -salted/chicken $1.50
- Tomato sauce sachet $0.30
- Rice crackers $0.80

### Over the Counter (Fridays only)
- Juice - 99.9% fruit ice $1.00

Juices can also be ordered on Fridays through Munch Monitor.

KEY (GF) = Gluten free (V) = Vegetarian
"Fresh Tastes @ School" rating
Green rated = eat lots
Amber rated = select carefully
Note: Some products may contain traces of nuts

### Wraps
- Chicken Mayo: Chicken, lettuce, carrot & + mayo $4.50
- Ham Wrap: Ham, carrot, cheese cucumber, lettuce $4.50
- Salad Wrap (V): Carrot, lettuce, cucumber, cheese & avocado $4.80

### Salads
- Mini Salad (GF, V): Lettuce, carrot cucumber, cherry tomato, cheese $1.40
- Salad Box (V): Lettuce, carrot, cucumber, tomato, cheese, breadsticks $3.20
- With chicken $4.40
- With Ham $4.20
- Hard Boiled Egg $1.00
- Mayonnaise $0.30

### Hot Food
- Corn Cobette (GF, V) $1.20
- Garlic Bread $1.50
- Mini ham and cheese quiche $2.00
- Roast Chicken Leg (GF) $2.20

Order lunch online with MunchMonitor
To set up your MunchMonitor account
Go to www.munchmonitor.com
Enter Username: lcps
Password: munch2016
Click: Sign Up!
Buying snacks is easy with a Canteen Keytag!
✓ Tick Allow Snack Money in MunchMonitor Student Profile
✓ Collect keytag from canteen before 9am

### Sandwiches
Wholemeal bread only
- Plain buttered $1.00
- Cheese $2.00
- Chicken $3.50
- Egg mayo $2.40
- Ham $2.70
- Honey Off Vegemite $1.50
- Salad $3.00

Extras (for sandwiches only):
- Beetroot, carrot, lettuce, tomato, cucumber $0.50
- Extra Cheese $0.80
- Mayonnaise $0.30

### Sushi
Soy sauce 10 cents
- Avocado Roll (GF, V) $3.50
- Cucumber Roll (GF, V) $3.50
- Salmon Roll (GF) $3.50
- Teriyaki Chicken Roll $3.50
- Tuna Roll (GF) $3.50
- Mini Sushi Box
  - Avocado (GF, V) $5.00
  - Cucumber (GF, V) $5.00
  - Mixed (avo&tuna) $5.00
  - Salmon $5.50
  - Tuna $5.00

### Fruit
- Fresh Apple $1.00
- Fresh Orange Quarter $0.30
- Frozen Pineapple Ring $0.50
- Apple slinky with apple from home $1.00 FREE!

### Drinks
- Low Fat Plain Milk $1.50
- Low Fat Milk: Choc/S'berry $2.50
- Pure Juice: Tropical/ Apple+Blackcurrant/ Orange+Mango $2.50

### Monday Only Special
- Chicken Nuggets (4) $2.50

### Tuesday to Friday Special

| Week | Special | Price |
|---|---|---|
| 2, 6 & 10 | Butter chicken (GF) delivered daily from Delhi Hutt | $5.70 |
| 3 & 7 | Beef slider delivered daily from Ground Caffe | $5.70 |
| 4 & 8 | Chicken or vegetarian fried rice delivered daily from Pho Sam (contains nuts) | $5.70 |
| 5 & 9 | Chicken slider delivered daily from Ground Caffe | $5.70 |

* The Tuss-N special is available to order on MunchMonitor from the Friday afternoon of the week prior. e.g. You can order the Week 2 special from Friday afternoon of Week 1.

MunchMonitor orders close at 9:00am daily
WE ♥ VOLUNTEERS
The Canteen can't run without Volunteers! Contact lcpscanteenroster@gmail.com if you can help out.

# UNIFORM SHOP NEWS

# UNIFORM SHOP NEWS

Wow, Term 2 already! We hope you all had a great break.

As you would already know, it's winter uniform in Term 2 and the start of term is always busy in the uniform shop, so we thank you in advance for your patience.
The Uniform Shop is open, opening hours are:
***Tuesdays 8:30-9:30pm***
***Wednesdays 8:45-10am***
***Thursdays 2:30-3:30pm***
***Bookins are preferred, please use the below link:***
**https://signup.com/go/FFOPSbh**

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**Volunteering at school not only gives back and helps keep services open for the school community, but is a great way to meet other parents and carers and provides a connection and sense of belonging within the school community.**

If you would like to know more about volunteering in the Uniform Shop, please email the Manager, Michelle at uniformmanager@lanecovepublicpandc.org.au

All Volunteers must complete a Working With Children check, this must be submitted to the Uniform manager. Forms can be collected from the school office or the Uniform Shop.

Term 2 and 3 are Winter Uniform Terms. Below are all the options we have available for school and sports day uniforms.

Parents & Citizens Association

# LANE COVE PUBLIC SCHOOL
# WINTER SPORT UNIFORM

**SPORT POLO WORN WITH GREEN SPORT SHORTS OR TRACKPANTS**

**WIDE BRIM SUNSAFE HAT**

**SPORTS JACKET (OPTIONAL)**

**SHORT OR LONG SLEEVE SPORT POLO**

**MACQUARIE**

**PHILLIP**

**HUNTER**

**KING**

NB - SPORT HOUSE COLOURS ARE ALLOCATED ON ENROLMENT

Contact: Ph 94272155, ext 164,
E: Uniform Shop Manager, Michelle Tannous
uniformmanager@lanecovepublicpandc.org.au

Welcome to Term 2!

**Outdoor rehearsals:**

I’m pleased to let you know we will be having outdoor rehearsals again this term giving each group an opportunity to perform as students arrive at school.

We will be looking for parent volunteers per group and will send out signup information shortly.

Outdoor rehearsals will be on your group's usual rehearsal day/time on the following dates:

| Outdoor rehearsals will be on your groups usual rehearsal day/time on the following dates: | |
|---|---|
| Senior Concert Band | 4th May |
| Senior Guitars | 5th May |
| Jazz Band | 10th May |
| Continuer Guitars | 11th May |
| Intermediate Strings | 12th May |
| Beginner Recorder | 18th May |
| Intermediate Guitars | 19th May |
| Intermediate Concert Band | 20th May |
| Cello Group Beginners | 25th May |
| Junior Strings | 26th May |
| Rock Band | 31st May |
| Beginner Guitars 1 | 1st June |
| Senior Strings | 2nd June |
| Cello Group Continuers | 3rd June |
| Beginner Guitars 2 | 4th June |
| Beginner Violin/Viola 1 | 15th June |
| Continuer Violin/Viola | 16th June |
| Training Band | 18th June |
| Beginner Violin/Viola | 22nd June |

**SAVE THE DATE: Senior Music Camp: 17 - 18 July 2021.**

Location: LCPS (day event only – not sleeping over).

Planning for camp is getting underway and lots of fun will be had! Please put these dates in your diary and we will send out more information throughout the term.

**Saxophone Instrument Officer**

Sadly, our wonderful saxophone instrument officer needs to step down in June. We are looking for someone to work alongside him from now so they are ready to take over the role from then. Please email if interested.

**Rehearsal Arrival time**

Just a reminder to please make sure your child arrives at their rehearsal(s) on time and preferably a few minutes early to ensure they are ready to start.

Have a great week everyone!

**LCPS Music Committee** | lcpsmusicnsw@gmail.com

# COMMUNITY ANNOUNCEMENTS

SYDNEY ACADEMY OF CHESS

**Level 1 30A George St, Burwood 2134**
Office: (02) 9745 1170

## CHESS!!

Learn to be a chess champion! Coaching for students at Lane Cove Public School is held on:

Beginner/Rookie: Thursdays from 3:00pm to 4:00pm, starting on 22 April 2021

Intermediate: Thursdays from 3:00pm to 4:00pm, starting on 22 April 2021

Learning and playing chess helps children develop their logical thinking and problem solving skills, improves their concentration and focus, while also being a great source of enjoyment. Activities include group lessons on a demonstration chess board or interactive whiteboard, puzzle solving and fun practice games.

Students earn merit awards by making checkmates, or by displaying skills and positive qualities, which all good chess players strive to develop.

If your child is interested in taking part, you can collect an enrolment form from the school office, or email enrol@sydneyacademyofchess.com.au for a copy. For all enquiries, please contact Sydney Academy of Chess on (02) 9745 1170.

# *Learn Music on Keyboard at School*

(Enrolment for Term 2)

*Great songs! Musical activities!*
*Cool music knowledge!*

- Convenient at-school venue
- Small group, 45-min weekly lesson
- Competitive rate
- Instrument not required initially
- Fun introduction to music

CREATIVE KIDS
REGISTERED PROVIDER
NSW

**To enrol: www.learnmusicatschool.com.au**
**(02) 9411 3122**

VIP Music acknowledges awareness & compliance with the health advice regarding COVID-19.

**VIP *Music*** est. 1984

# Guide for parents and carers

Primary School

SMILING MIND

# Creating mindful generations.

Imagine if every young person was taught the skills they need to be resilient, emotionally aware and mentally healthy as a standard part of their education? We think this is possible and important for the mental health of future generations.

We want to see generations of young people thrive — and that means doing things a bit differently.

**About Smiling Mind**

Smiling Mind is a 100% not-for-profit organisation with a bold ambition - we want to change the way we all look after our mental health. Smiling Mind offers a range of programs and resources designed to make mindfulness accessible, easy to practice, and as common as brushing your teeth.

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The Smiling Mind app provides free mindfulness-based programs for any age. In schools we offer a range of resources and training programs to support mindfulness across the whole school community. We also offer a range of mindfulness programs for adults in the app and a workplace wellbeing program designed for all types of workplaces.

**Our Vision**

To help every mind thrive.

**Our Mission**

To provide accessible, lifelong tools to support healthy minds.

# Mental Health & Mindfulness

Keeping children happy and healthy not only involves taking care of their physical health but also their mental health.

Mental health and wellbeing is important as it underpins the way children feel about themselves, how they think, learn, and relate to others.

With good mental health, research shows children are happier, more confident, more resilient learners and able to build positive relationships. Good mental health in childhood sets young people up for positive mental health in the future.

Mindfulness is a state of being fully awake to life, being aware and undistracted in the present moment and observing life as it unfolds without analysis or judgment. It is about focusing attention on the here and now, rather than thinking about the past or worrying about the future.



# Mindfulness is like gym for the mind

A good way to explain mindfulness to those unfamiliar with the practice is to compare mindfulness with physical exercise.

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Practising mindfulness is attention training, designed to strengthen the mind. The process of repeatedly paying attention is similar to activities you might undertake to build a muscle – a bicep curl for the mind!

In this way practising mindfulness strengthens the minds' ability to focus, pay attention and reduce worry — the more we practise, the stronger the mind becomes. Therefore, mindfulness is like gym for the mind.

# Mindfulness can be beneficial for learning

Mindfulness provides important skills to help young people engage and participate in learning in two ways:

01

**Mindfulness can reduce emotional distress, settle and calm students and reduce behavioural challenges.**

02

**Mindfulness enhances and strengthens the areas of the brain that are involved in learning, thinking and memory.**

# Backed by evidence

**The Science**

Research has shown us that practising mindfulness strengthens areas of the brain that control 'executive function' such as the prefrontal cortex and hippocampus.

—

For that reason, mindfulness leads to better attention, memory, regulation of emotions and self-awareness[1,2,3]. In turn, improvements in these areas leads to reduced stress, anxiety and depression, and better academic skills, social skills and self-esteem[4].

1. Hölzel, B. K., Ott, U., Hempel, H., Hackl, A., Wolf, K., Stark, R., Sabatinelli, D., Vaitl, D., Spiegel, D., Hedden, T., Vaitl, D., Lazar, S. W., & Ott, U. (2007). Interoceptive regulation of visceral oxygenation. Journal of Neurophysiology, 98(1), 62–68.
2. Hölzel, B. K., Carmody, J., Evans, K. C., Hoge, E. A., Dusek, J. A., Morgan, L., Pitman, R. K., & Lazar, S. W. (2010). Stress reduction correlates with structural changes in the amygdala. Social Cognitive and Affective Neuroscience, 5(1), 11–17.
3. Hölzel, B. K., Carmody, J., Vangel, M., Congdon, C., Yerramsetti, M. S., Gard, T., & Lazar, S. W. (2011). Mindfulness practice leads to increases in regional brain gray matter density. Psychiatry Research: Neuroimaging, 191(1), 36–43.
4. Zenasni, F., Boujut, E., & Hunsinger, M. (2011). French adaptation of the Kentucky Inventory of Mindfulness Scale and its relation to personality, rumination, thought suppression and well-being. European Review of Applied Psychology, 61(4), 173–182.

**Independent Evaluation**

We're serious about the success of our mindfulness program in Australian schools so we put our program to the test. In 2016, we completed one of the largest research programs worldwide evaluating a technology-assisted mindfulness program in schools.

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Researchers from Deakin University and InsightSRC surveyed **12 schools, 104 teachers** and **1,850 students** to assess the impact of the Smiling Mind mindfulness program.

The results indicated that our program can assist students with sleep, wellbeing, managing emotions, concentration and classroom behaviour.

# Smiling Mind at your child's school

We know that every school is different and that's why we encourage a flexible approach to using mindfulness in the school setting.

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Depending on your school's stage in their school improvement process there are many different approaches that we can support.

01

### The App

Many schools are using the Smiling Mind app to bring mindfulness into their classrooms. You might find that your child is practising mindfulness throughout the school day and we encourage schools to take this approach.

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If your child is using the Smiling Mind app at school we encourage you to download the free app and try it at home too. They will tell you what their favourite meditation is!

02

### The Mindfulness Curriculum

As a more comprehensive and structured approach to bringing mindfulness into the classroom we have developed a mindfulness curriculum for schools to use.

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This curriculum provides students with a deeper understanding of the concepts of mindfulness as well as a regular mindfulness practice. It is mapped to the Australian Curriculum and provides a framework to ensure students are developing essential social and emotional skills.

03

### Professional training

Smiling Mind often provides training to teachers, students and the whole school community to support the integration of mindfulness into the school setting. We encourage parents to come along to this training.

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# How you can support your child at home

We encourage you to get involved in your child's mindfulness journey!

**Mindfulness activities**

We know that the greatest learning actually happens at home and we hope you are excited to find ways to bring mindfulness into your home – it will benefit your child and your whole family!

If your child's school has started to use Smiling Mind, your child will have a take-home activity that they can do at home each week.

Here are some more ideas for mindful activities you can do together at home:

01

### Mindful eating

Think about how your family eats their meals – is everyone all over the place or do you sit down and enjoy a meal together?

—

Try and use meal time to savour your food, speak to each other and be present without any unnecessary distractions.

02

### Mindful awareness

Spend time inside your house or in the garden and take some time to simply pay attention to what you can see, hear and smell.

—

It's amazing how often we go about our day without noticing what's right in front of us.

03

### Mindful communication

Try and practice mindful communication by being aware when you are distracted and not paying attention, and bring your attention back.

—

Try and remind yourself to stop multitasking and simply pay attention when you're speaking to one another – really try and focus on what is being said and see if you can listen without thinking of other things – its hard, but worth it!

**How you can support your child at home**

We recommend practising a meditation with your child or as a family at least 3 times per week.

**Mindfulness Meditation Practice**

You can play any meditation in the Smiling Mind app and it will guide you through the process.

In the Smiling Mind app the meditations are age specific and you are able to choose meditations for age groups ranging from **7-9**, **10-12**, **13-15**, **16-18** and **adults**.

The language and content of these age-specific meditations are developed to suit specific topics that may relate to each group.

# Mindfulness for specific challenges

While mindfulness is designed to be a practice that is beneficial to practise regularly, it can also be a really useful tool when you or your child might be experiencing specific challenges.

01

## Anxiety or panic

If your child is experiencing anxiety, mindfulness practice can be used to reduce the physical activation that often is experienced with anxiety.

—

A body scan (The bubble journey) or visualisation (The wish tree) can be great meditations to use when you need to calm down.

02

## Sleep

If your child is experiencing difficulty with sleep, it is important to develop a routine that is calming before bed.

—

Playing a meditation before bed is a great way for children to wind down and get ready for sleep. There are many sleep meditations in the app.

03

## Disruptive behaviour

Acting out and disruptive behaviour can sometimes be a symptom of other emotional reactions and responses.

—

Supporting your child to develop the skills to manage their emotions and behaviour is important and regular mindfulness practice can help with this. Regular mindfulness will help your child learn how to be aware of their thoughts and feelings and can help them to learn how to manage their own feelings. Start with meditations that focus on emotion awareness (body scan or emotion awareness meditations).

# So, let's get started

To set up a regular meditation practice with your child at home, we suggest:

01

**Having a regular time of day for your meditation practice**

The start or the end of the day are often good times.

02

**Setting up a regular, quiet meditation space within your home**

Sometimes the bedroom is the best place for this.

03

**Practising sitting down on a chair or cushion with your child before beginning the meditation**

04

**Practise taking three deep breaths before starting the meditation**

So, get started

A big part of practising mindfulness with your children is debriefing the experience after each activity:

It's important to normalise any physical or emotional reactions they may have had and provide them with support if you think they need it.

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Here are a few questions to get the conversation started.

- **What was your experience and how did you find that?**
- **What did you notice?**
- **What did you learn?**
- **How do you feel now?**

# Your own mindfulness practice

Mindfulness can be beneficial for everyone, no matter what age we start. The Smiling Mind app has a great adult program that we recommend you try.

**Smiling Mind at work**

Smiling Mind offers a tailored workplace mindfulness program because we think that, just like schools, all workplaces need to be thinking about the wellbeing of their employees.

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Our workplace program could be a great way for you to start your own mindfulness journey. Have a look at our website for more information.

# Download the Smiling Mind app today

Our free app is available through the App Store or Google Play and can be downloaded on your phone, iPad or computer for your personal use.

More information can be found on the Smiling Mind website smilingmind.com.au.

**Smiling Mind**

info@smilingmind.com.au

smilingmind.com.au

**Illustration by Beci Orpin** | The Jacky Winter Group

**Smiling Mind is a 100% not-for-profit organisation that works to make mindfulness meditation accessible to all.**

Visit us online or download the free app to get started.

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