

National Buddy Day

Last Friday our school was involved in National Buddy Day. National Buddy Day is an initiative of NAB and The Alannah and Madeline Foundation created to show the importance of friendship and raise awareness of the issue of bullying amongst primary school-aged children. National Buddy Day focuses on the ways in which kids can help other kids to learn positive behaviours, ultimately helping to reduce instances of bullying.

At Wagaman Primary School we believe our Buddy Program is very important. All classes are connected with a buddy class. Activities between buddy classes occur frequently and include:

- Shared reading times
- Working together on craft projects
- Shared learning opportunities
- Classroom assistance where the older buddy becomes the teacher
- Shared excursions

The benefits of these activities are many:

- Students look out for each other in the playground
- Builds friendship
- Instils responsibility
- Students exposed to positive role models
- Reduces bullying



As part of the Buddy Program at Wagaman Year 2 Ramsay along with Year 5/6 McLean enjoyed morning tea at Jingili Water Gardens. The Buddies had a fabulous time playing together, helping each other on a picture hunt and sharing in morning tea which included an enormous fruit platter.

Here are some comments from the students:

Joshua: - *At the Jingili Water gardens, I played with Ace. I went on the dizzy wizzy and I felt sick.*

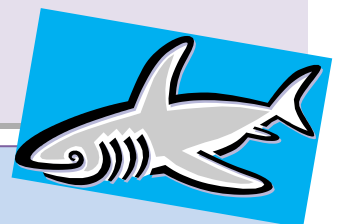
Shereeda: - *The waterfall was fabulous.*

Darius: - *I enjoyed eating all the delicious fruit.*

Hafsa: - *I really liked it when the bubbler sprayed in my face!*

Teubiti: - *I had a fantastic time playing tip with Keyshawn, Antwone and the others.*

Maria: - *Grace and I had an awesome time playing on the swings.*



Wagaman Sports Day

Come along and join in the FUN of Wagaman Sports Day. Whole school athletics carnival on Friday the 15th June with Thursday being the field events for Years 3 - 6.



Helping Children Learn To Cope

It takes time and effort for children to learn new coping skills.

Things to take into account:

- Younger children usually learn best when you do it with them.
- Though older children may be able to use coping skills independently, they still need your support when scared.
- All children feel more secure and confident when they have regular quality time with parents and carers.
- Bedtime is often when children's fears surface. Try to ensure that children have calming time before bed to unwind. A **regular bedtime routine** or ritual helps children feel a sense of safety and security.

Child's difficulty	Some suggestions on how to support
Feels scared and worried	Acknowledge feelings: e.g., "You're having trouble going to sleep because you're worried something might happen."
Feels unsafe	Reassure: e.g., "That storm was only on TV. It's not going to happen here."
Feels overwhelmed by scary thoughts	Label: e.g., "That's just a scary thought. You don't have to keep it."
Lacks skills for coping	Demonstrate coping skill: e.g., "Let's blow the scary thoughts away. Take a deep breath and together we will blow them all away." This example uses a simple idea and makes a game of blowing away all the scary thoughts. Using skills and images the child relates to, as well as making it fun, helps best.
Doesn't feel confident about managing fears	Encourage helpful thinking: e.g., "Tell those scary thoughts 'I know I am safe and I won't let you scare me!'"
May not believe in own ability	Praise and encouragement: e.g., "You did it. You're getting braver and braver!" or "You're trying really hard to be brave. Good on you!"



Cross Country - ONLY 1 LEFT!



What: Stroll, jog or run a 2 or 3km course and get points for our school. The whole family can join in! Bring the dog for a walk! Even siblings in prams can gain points!

Where: Dripstone Lions Park

When: 5pm, Wednesday