

## From the Principal's Desk

### Dear Parents & Caregivers,

Welcome to our last newsletter for the term and semester, one that has been historical in terms of the stoppage of schooling for four weeks due to a historical pandemic and historical floods.

It's been a couple of very, cold weeks, so thanks for ensuring that your child/children have stayed nice and warm. Fortunately, our rooms can be heated up pretty quickly, therefore, we get on with learning and having fun.

### Sports Day for 2022

Unfortunately, this will have to be moved to the start of next term, when it's a bit drier and a lot warmer. Getting our oval ready with line marking, etc. requires a number of dry days.

### School Watch

I know this is stated every holidays, however, it's necessary due to the damage that's caused to many schools during the holiday period. Call 13 17 88, if you see or hear of any suspicious activities in our school or any other school.

### Thank You for Breakfast Club

Thanks again to Mrs Millard, Chappy, Amanda, Cindy, Lauren and Justyna. Thanks for the difference it makes each morning.

### Guidance and Speech Language Support

I'm very pleased to inform you that Mrs Sippel will be returning, as our guidance officer, in term three. Ms Vaheesan will be continuing as our speech-language pathologist in term three. She'll more than likely be working on a Wednesday.

I can assure you, that our guidance and speech-language support personnel have both been flat-out, this semester.

### School Annual Report (SAR) for 2021

At the end of every financial year, each school publishes their SAR for the previous year. This will be available, for viewing, on our website, by the end of the term.

### Quote of the Week

**"It's not that I'm so smart. It's just that I stay with problems longer."** Albert Einstein

*Take care, stay warm and all the best for the upcoming holidays.*

Regards,  
**Denny Taylor - Principal**

## Kentville Kids...



Seniors

Playgroup

Juniors

Our intrepid seniors learn about highjump

## Calendar of Events

**Term 3 starts:** Monday, 17 July.

**Ekka Day:** Monday, 8th August. Week 5.

**Student-Free Day:** Friday, 2 September. Week 8.

**Camp:** 14 to 16 September. Week 10.

## EMOTIONALLY INTELLIGENT PARENTS

Emotionally intelligent parents don't dismiss children's behaviour and let them do as they please. There are times when they should focus on a child's behaviour. A child who is rude in public should be reminded in no uncertain terms that poor manners are inappropriate.

However, there are times when smart parents need to look beyond the obvious behaviours to get a good understanding of what is happening to their child, and to help a child better understand and manage their emotions.

So what does an emotionally intelligent parent look like? And importantly what is the impact on kids, parents and families of this approach?

### Emotionally intelligent parents have the following attributes in common.

They will usually:

#### Listen more and judge less

There is nothing better than being understood. Parents who operate from an emotionally-smart mindset are more likely to listen to their kids when emotions are high, trying to access what may be going on, rather than clamping down their behaviour or closing them down with well-meaning advice.

**Impact:** Better, more open relationships.

#### Accept strong emotions

Anyone who lives with teenagers will know that emotions can run very high. They can say the worst possible things to each other and, at times, to you. Ten minutes after their tirade they can be cuddling up to the person who was the butt of their anger, frustration or anxiety. Emotionally intelligent parents know that feelings need to be expressed rather than bottled up, and allowed to fester. They also believe there is nothing so bad, as a child can't give a voice to in a family, however there are behaviours that are not acceptable.

**Impact:** A healthy expression of emotions.

#### Focus on the present

Most parents are rightfully future-focused. We focus on the homework that needs to be handed in tomorrow; the washing that needs to be done; the meal that needs to be cooked. That's part of everyday life. Children generally focus on the here and now. That of course can be frustration to a task-orientated future-focused mother or father. However, when we lower our gaze we are more likely to pick up how kids are feeling, and importantly help them understand and manage their moods and emotions.

**Impact:** Happier families and less stress felt at home.

#### Use rules rather than their moods to determine discipline

Some parents discipline according to their moods. If they feel good then they give children plenty of lenience. If they feel bad then they pick their kids up on every little thing. It's better to stick to the family and house rules; that makes you more predictable, which kids really crave.

**Impact:** More consistent parenting.  
By Michael Grose author of 'Parenting Ideas.'

## Chappy's Corner

Hello, Kentville!  
Here we are in week 9 and the final newsletter for the semester. This semester has certainly been an unprecedented one and a semester we will not soon forget.

A massive congratulations to all our students for getting through the last two terms. A massive well done to all the parents/siblings/careers/guardians and everyone else who supported the students and staff physically, emotionally or mentally. This semester couldn't have happened without all the extra support and work from everyone, so thank you.

We only have one school week left for the semester and I'm sure everyone is counting the days down. Have a well earned rest, spend time with your loved ones and relax before we get into the next semester.

I look forward to hearing all the great stories in the next term.  
Chappy

## Birthday Celebrations

Thomas PJ turned 11 on June 14th, Amber turned 9 on June 17th, Joyce turns 10 on June 19th and Logan turns 11 on June 20th.

## Students of the Week

**Benjamin (P-3)** - for being respectful by staying on task and using beautiful manners.

**Amber (4-6)** - for excellent behaviour during this term's basketball lessons with Cameron.

## Weekly Awards

**Junior Class:** Alex, Braxton, Harry, Jordan, Marcos, Parker, Penelope, Sam P, Zale

**Senior Class:** Isabella M, Isabella P, Jessie, Levi, Logan, Mavrick, Peter

