



Newsletter No. 24 9 August 2018

Important Dates

19-21 Sept	Year 3 Camp
22-23 Oct	Year 2 Camp
5-7 Dec	Year 4 Camp

Canteen Roster

August	
9	Help needed
10 th	John, Help needed
15 th	Suzie
16 th	Help needed
17 th	Kirsten, 1 x Helper needed

Uniform Shop

Tuesdays	8.45am - 9.15 am
Thursdays	3pm – 4pm

Student Banking

Wednesday: hand in books via classroom
Thursday: books processed and returned.

QKR will continue to be the 'go to place' for Canteen, Uniforms, Fees and any other activities that **DO NOT REQUIRE CONSENT.**

CompassPay for parents to pay electronically for Excursions or any activity that requires **PAYMENT AND CONSENT.**

WoodendPrimarySchool

647 High Street, Woodend 3442

Tel: 5427 2455

Email: woodend.ps@edumail.vic.gov.au

Newsletter: woodendnewsletter@gmail.com

Compass: <https://woodend.vic.jdlf.com.au>

Carlsruhe Annexe: 5422 2744

Website: www.woodend.vic.edu.au

FB: www.facebook.com/woodendps

FROM THE PRINCIPAL, DIANA ELLIS

Book Week

During the week of August 20 -24 - its Book Week. As communicated at the start of the year, we have made a commitment this year to having more whole school celebration days.

To celebrate Book Week and our school-wide priority on reading, we will be having a whole school dress up day on Friday August 24.

Although the theme is Find Your Treasure, we are asking students to just dress as their favourite book character.

Due to our building project and constraints with our spaces we have not decided on the logistics for a parade. We will inform parents prior to the day regarding having a parade or not.

Throughout the week, teachers and students will be doing activities based on a number of the short listed books. The list of short listed books can be found on the link below.

<https://www.cbca.org.au/short-list-2018>

The importance of reading to your child

Research tells us that reading to your child daily is one of the most important things you can do in setting them up with literacy skills for life. By reading quality literature, children can learn rhyme and repetition and build an extensive vocabulary. These skills support spelling. Through books, children can experience places and concepts that may not be a normal part of their life. Many books are underpinned by maths, science or social justice themes. Social and emotional skills can also be taught by talking about characters and their feelings and responses to their feelings.

Below I have put a link to an article written by well know author Mem Fox about the importance of reading to children.

<https://www.bubhub.com.au/hubbub-blog/importance-of-reading-to-children/>

Mem Fox's 10 read-aloud commandments

- Spend at least ten wildly happy minutes every single day reading aloud.
- Read at least three stories a day: it may be the same story three times. Children need to hear a thousand stories before they can begin to learn to read.
- Read aloud with animation. Listen to your own voice and don't be dull, or flat, or boring. Hang loose and be loud, have fun and laugh a lot.
- Read with joy and enjoyment: real enjoyment for yourself and great joy for the listeners.
- Read the stories that the kids love, over and over and over again, and always read in the same 'tune' for each book: i.e. with the same intonations on each page, each time.
- Let children hear lots of language by talking to them constantly about the pictures, or anything else connected to the book; or sing any old song that you can remember; or say nursery rhymes in a bouncy way; or be noisy together doing clapping games.
- Look for rhyme, rhythm or repetition in books for young children, and make sure the books are really short.
- Play games with the things that you and the child can see on the page, such as letting kids finish rhymes, and finding the letters that start the child's name and yours, remembering that it's never work, it's always a fabulous game.
- Never ever teach reading, or get tense around books.
- Read aloud every day because you just love being with your child, not because it's the right thing to do. This is as important for fathers as it is for mothers!

Environmental Warriors at Woodend Primary

Due to very popular television program we have a spike in the interest of many of our children to do something about rubbish in their school and local environment. In the last week I have been approached by students from nearly every level in the school asking if we can change our straws from plastic to paper, asking if we can do waste audits, asking if we can get new bins or develop an environmental strategy.

Although this planning was already underway in our school in regards to working with the Ecosmart group, it is great to see our students being empowered and their voices being heard.

Yesterday two of our year 6 students presented their concept to staff at our staff meeting about a change project they would like to do in regards to rubbish and raising awareness about being environmentally friendly.

As mentioned in last week's newsletter, Jen has already purchased paper straws for our canteen and this is a great step forward.

People often hound us as a school to make changes on many levels. I often wonder how many people implement those practices in their own homes. It would be great if we get consistent practices occurring at home, at school and in the community.

French at Woodend Primary School

I would like to thank families for the overwhelming positive response we have had, thanking our staff for their commitment to implement our French Program in each classrooms in the absence of our French teacher.

This was particularly apparent to me this week, when I was teaching in a Year 3 class and the lesson that had been prepared by the class teacher was for the students to write a personal profile on speech bubbles about themselves including statements such as:

My name is, I am ... years old, my favourite color is etc.

This work was then going to be made into a class display with each child's profile written on a speech bubble and accompanied by their photo. To complete the lesson, the class then played Bingo in French. It was great to see our students so competent and I certainly learnt a lot in the lesson that I was meant to be teaching. It is a great reminder also of the power of children to also teach adults.

I congratulate our staff on their willingness and commitment to continue this program within their classrooms.

Student Attitudes to School Survey

Each year the Department of Education requires all students in Years 4, 5 and 6 to complete a survey about their perceptions of school. Until this year the students have completed the survey as a hard copy and this was the first year it was done online.

The students had to answer over 60 questions under headings relating to Effective teaching practices, Teacher student relations, Learner characteristics, Social engagement. Our results were very positive with some of the results listed below from the Effective Teaching Practices component.

90% of our students said: My teacher helps me to do my best.

94% of our students said: My teacher sets clear rules for classroom behaviour.

99 % of our students said: My teacher expects me to pay attention.

87 % of our students said: My teacher tells us what we are learning.

Social and emotional learning

All children go through friendship conflicts. Even usually popular children experience rejection sometimes. The information included comes from KidsMatter.

Diana Ellis

Principal

Friendship patterns in the primary school years

Children choose friends who have similar interests and enjoy similar activities. During primary school close friendships are most often with a child of the same sex. This is related to children's preferences in play.

Boys tend to prefer active kinds of play in groups, whereas girls typically prefer gentler games in pairs or threes and use talk more than action. Such preferences may be especially strong around the ages of eight and nine when many children become more aware of social expectations regarding girls' and boys' behaviour.

These expectations can create difficulties for boys who are interested in gentler kinds of play and for girls who prefer the kind of active play that is usually associated with boys.

Friends cooperate and communicate more with each other than with other children. They also have conflicts more often, but usually manage to settle them without upsetting the friendship. Friends influence each other's behaviour. Over time they may take on similar mannerisms, language and preferences. Although friendships usually have positive effects, friends who have behavioural problems may encourage problem behaviour in one another.

As children's interests and developmental needs change, their friendship patterns may also change. By the middle of primary school it is common for children to form small friendship groups based around similar interests. These groups often establish their own rules about who can join them. Setting rules and learning to negotiate them is important for helping children to develop their understanding of social relationships. However, when children lack cooperative relationship skills it can lead to friendship groups being dominated by some children and excluding others.

2018 CALENDAR

Thurs 9/8	Carlsruhe Thursday Activities commence	Year 1/2 Museum excursion – MU1, MU2, MU5	
Mon 13/8	School Council meeting at 7pm	Tues 11/9	Year 1/2 Museum excursion – MU3, MU4
Thurs 23/8	Prep Tours 9.30am and 2.30pm	Wed 12/9	NO Keyboard lessons
Fri 24/8	Year 1/2 Frog Outreach incursion	Thurs 13/9	Prep Tours 9.30am and 2.30pm
	Whole School dress up day as your favourite book character	Mon 17/9	Division Athletics, Bendigo
Mon 27/8	Choir rehearsal at SHC at 6-6.45pm	Wed 19/9 – Fri 21/9 Year 3 camp	
Thurs 30/8	CDSA Athletics (Bendigo) selected 3-6 students	Wed 19/9	Canteen Footy Lunch
Wed 5/9	PFA meeting at 7.30pm	Fri 21/9 LAST DAY OF TERM 3. 2.30PM DISMISSED	
	NO Keyboard lessons	Mon 8/10 Term 4 begins	
Sun 9/9	Choice & Resonance Strings Performance at SHC (Mary Maloney) 1.30-4.15pm	Wed 10/10	PFA meeting at 7.30pm
Mon 10/9	School Council meeting at 7pm	Mon 15/10	School Council meeting at 7pm
		Mond 22/10 – Tues 23/10 Grade 2 Camp	

FROM THE OFFICE

New Attendance Requirements - Same-Day Notification of Unexplained Absences

Thank you to those parents who are using Compass or phoning the school to advise student absences.

We are aiming to have no names on the 'unexplained' list in the near future but we need your help.....!

Parents are required to:

- Notify the school **BEFORE 10AM**, for each day your child is absent and the reason – phone or Compass
- Sign your child in at the office if they arrive late to school

Schools are required to:

- Notify parents on the day, if their child is absent from school without explanation

BUS LOADING ZONE

Parents, the Bus Loading Zone on Owen Street is not a car parking area or quick drop off/pick up area **during 8-9am in the morning and 3-4.30pm in the afternoon**. This zone is specifically for the WPS bus, the Secondary School bus and the After School Care bus.

We have had quite a few incidents where parents are pulling in, in front of, or behind school buses leaving the bus driver to maneuver around or wait until the parent moves his/her car. This is putting students and families at risk.

If it continues, we will have no choice but to start taking license plate numbers and informing the police.

ALEX BRYCE – GUITAR TEACHER

Alex is presently unwell and on doctor's orders, is required to rest completely until further notice. Alex sends his apologies for the inconvenience and disruption to student lessons and when he recovers, will advise details of lessons resuming. Thank you for your understanding.

CHICKEN POX

We have been notified of a case of Chicken Pox within the School.

Symptoms: Sudden onset of slight fever, runny nose, feeling generally unwell and a skin rash.

The rash usually begins as small lumps that turn into blisters and then scabs. The rash appears over three to four days. Symptoms usually occur two weeks after exposure to the virus.

Exclusion from school until fully recovered or for at least 5 days after the rash first appears.

SENIOR UNIT NEWS

Basketball

On Tuesday the 7th of August 18 kids from grades 5 and 6 went to Sunbury to play in inter school basketball. Everyone did an amazing job and we had a very successful day.

We arrived at quarter past nine and settled into our places. We warmed up and had a quick practise before our first game. In our first game we played Kyneton and both the mixed and girls team had a very successful game. They played well as a team and also got the win in the end. Our second game was against St. Ambrose and it was a tough game. The boys had an upset with a two point loss and unfortunately the girls also had a loss. From that point the mixed team won all their other eight games.



The girls won another seven but had an unfortunate loss against O.L.O.R. In the last game for the girls then took on Newham in a game of whoever won went into the grand finale. Unfortunately for the girls, Newham won that game and got into the Grand finale. The mixed team made it into the Grand final in a nail biting win against Saint Mary's.

In the grand final it was goal for goal. In the last minute we scored a three and we were three points ahead with thirty seconds to go and we all thought we had it. Then out of nowhere a St. Ambrose player swooped in and scored a three with fifteen seconds to go! The buzzer went for full time. It was still a draw. It went into extra time and there were 2 two minute halves. On the first half it was still goal for goal and the scores were once again level. In the dying seconds of the game we got a foul called against us. St Ambrose had two free throws and they had to make them count. The first free throw went in. The second shot rebounded but it was too late, the buzzer sounded meaning we had lost by one point. In the end neither teams came out with a win but we all tried our best and had an awesome experience.

Healthy Change

Recently the grade 6's in SU2 have been working together with data and graphs to promote healthy eating around the school. The grade 6's intend to extend their work out to the community to promote more healthy eating. "It has been an awesome experience" said Zack. They are thinking about making an ad showing how to eat healthy. It will be displayed at Bourkies in Woodend. The grade 6's will keep on promoting healthy eating.

Thailand Soccer Boys

Recently in the Grade 6 classroom, the Grade 6's have been watching and learning about what happened in Thailand with the soccer boys which you may have heard about. The Soccer boys are a group of boys that after training went into a cave near the beach, unknowingly they went in to look around. When they went to get out they realized that the water had filled up and the exit was covered. They had to stay in the cave with the very little things they had for 10 days until the 5 British Navy came and got them. Sadly one of them dying in action saving them. The boys and coach are very grateful for the Navy's help. The Grade 6's watched and learned about the things that happened as they came and went.

Len Williams

On Thursday the second of August an inventor came to the grade six classrooms and taught us about all of his inventions. His name was Len Williams and his first invention was called the Xtractor. It was a device that you could clip to the wheel of your four wheel drive and it will help get you unbogged. There were four rubber flaps connected to a steel frame, this meant the flaps will cause traction in the mud and help pull you out. When he invented something he always start with a problem and his inventions were the solutions. Another one of his inventions was called Blackriver. It was strips on the side of the road that directs the rainwater on the road towards collection tanks. This invention that would help some of the droughts in N.S.W and N.T. His biggest invention was called the Elbo. In a show he went on to present this invention they described it as adult LEGO. Below there will be the website and poster for an inventing competition that Len was involved in. In some of his inventing clubs he worked with really amazing inventions, including the man who invented the black box! Everyone had an amazing time listening to his stories and thinking of inventions that they may invent.

- MAC

SU1 Math Art illusions

This year Su1 (Thanks to Ms. Mann) on Mondays have be mixing Maths and Art to make some incredible work. This week in particular they were experimenting with illusions using stencils, checkers and loads of amazing colours to make a piece of Math Art that literally rose off the page. -Gemma

Good Luck Elsie

Elsie, a Year 6 at our school had the amazing victory of making it on to the state basketball team. She went through a series of trials eliminating people as she went. She got into the last trial against another 63 basketballers with only 10 making the team. Elsie had done it! Next week she will be travelling all the way up to Darwin to play for Victoria against the other states in Australia. We are all very excited for her and wish her really good luck and we really want her to go out there and play her best and have fun!



Inventor Association of Australia (Vic) 

Whitelaw Inventors Competition 2018

www.inventoraustralia.com



Have you got a great idea, win great prizes and a trophy.

Seniors \$4000

Juniors \$2500

Hurry the competition closes August 31st.



CARLSRUHE NEWS

Thursday Activities

Thank you to all of the parents who volunteered to help out at our Thursday Activities program, which started this week. The students had great fun cooking, gardening, sketching, practicing calligraphy and making wrist bands and artwork from natural materials.

The activities will run for the next 6 weeks starting at 1:45pm until 2:45pm at the Karlsruhe Campus. If you are able to help, please let the school know via you child, by phone or email. Helpers are welcome to arrive any time after 1:30pm so that we can explain the activities.

Chook news

We are looking to rehome one of our roosters, Brownie as we now have three with only 11 hens. This is causing a little bit of friction which we obviously want to avoid. Please let us know asap if you can rehome this lovely rooster.



MIDDLE UNIT NEWS

Year 1 and 2

This term we are learning to write and follow procedural texts. MU4 braved the freezing winter air to follow a procedural text teaching us how to brush and care for our teeth. We even got a wave and big smile from our friendly workmen when they looked up to see 26 students brushing their teeth!



As part of our Change Unit, MU4 created two time machines. The old-fashioned machine is filled with the student's baby photos and the new fancy time machine is filled with photos of the students now. We then had to guess who each baby was! An incredibly entertaining afternoon.

MU4 – Show and Tell

Riley and his lamb came for a visit this morning.



Year 3

This week Year 3's were visited by Joan Davies who shared her wealth of personal history. Students enjoyed listening to Joan discuss change over 50 years at Woodend Primary School from her perspective of teacher, mother and community member. Year 3 appreciate Joan giving up her time to come in and students are looking forward to writing to her with further questions.

I didn't know how much change the school had been through- Charlie.

I didn't know there were five teachers to begin with- Rhys.

She was born around the end of World War two and it was a struggle in those times to live- Felix.

I found it interesting how the Karlsruhe was bought to give the students more room- Mitchell.

I didn't know that everyone celebrated when the first telephone was connected- Nina.

I didn't know that they had the oval here when Mrs. Davies started teaching- Ella F.



In Mathematics students have begun to revise their understanding of Multiplication, showing connections between groups of, repeated addition, arrays and skip counting in preparation for moving onto times table facts next week.

Writing this week students continued with researching information about the Gold Rush in Australia on a wide range of topics; women on the goldfields, Chinese miners and Gold Nuggets. Once students finished researching they typed their Information Reports and printed a good copy. Next they have chosen a topic to research and write an Information Report about. Some of these chosen topics have included; The Tudors, Dolphins and Acrobatics.

Students have been practicing the Synthesizing strategy in Reading, thinking about what they already know before reading a non-fiction text and what they know after reading the text. They have made changes to their understandings when necessary.

In French students had a *magnifique* lesson, writing simple French sentences into a speech bubble and adding them to a display in the corridor. They enjoyed French number bingo too.

UNIFORM SHOP

Just a reminder to check lost property... we have so many winter coats/jackets that are un-named. If items are named, especially non-uniform items, you will have more chance of getting them back. If you are missing anything please come and have a look.

Also, due to supplier price increase, our hats are now \$11 each.

Please keep in mind hats are to be worn from early September.

Michelle Wearne

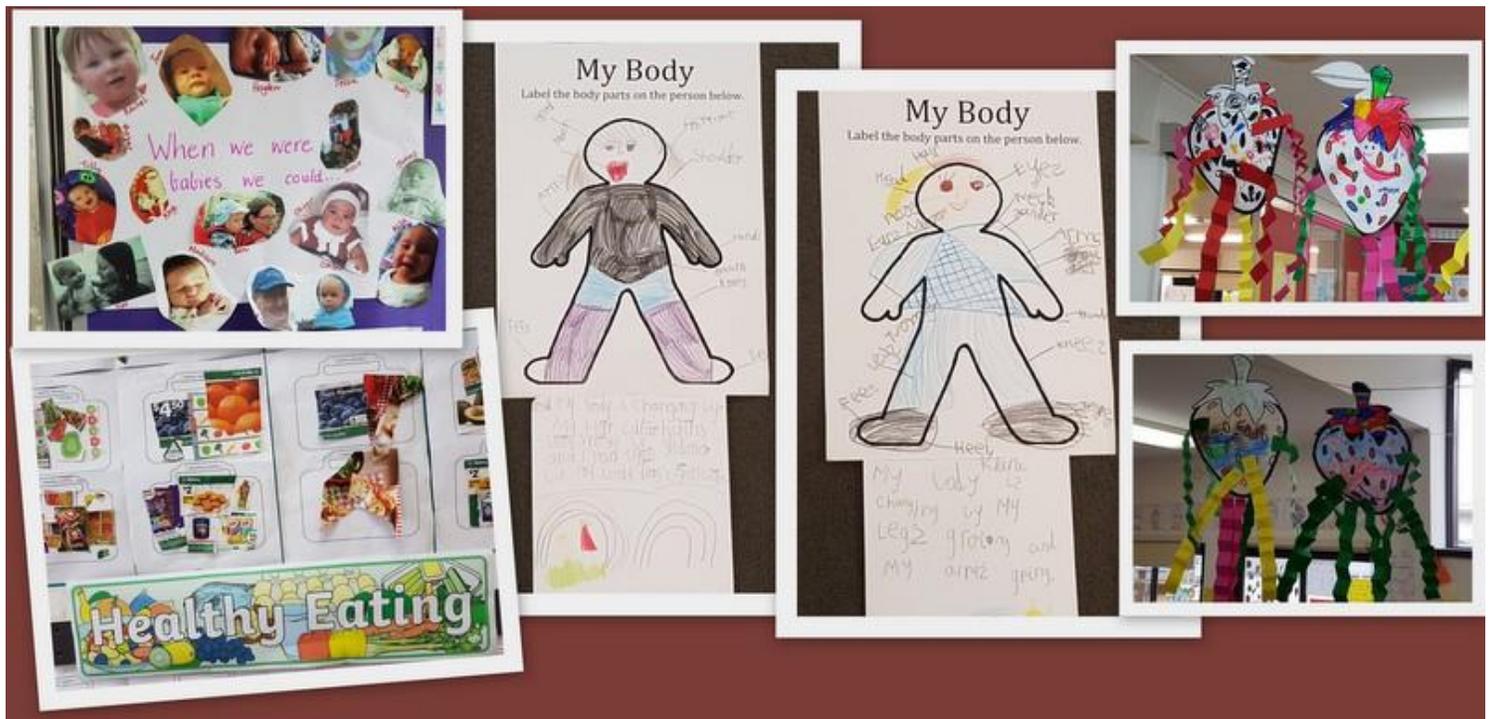
Uniform Shop

SCHOOL BANKING

CHOOSE YOUR REWARD (8TH DEPOSIT) NOTE SENT OUT WITH BANK BOOK	REWARD ORDERED (9TH DEPOSIT) NEED 1 MORE DEPOSIT TO RECEIVE REWARD	REWARD DISTRIBUTED (10TH DEPOSIT)
Lucas, Remy, Catherine, Ethan	Kayla, Madison, Liam, Atticus, Isabell, Archer, Peter	Zoey

JUNIOR UNIT NEWS

This week in the Junior Unit the children have been learning about how to keep healthy. We have learnt about healthy foods and how our bodies change as we grow from babies into school children. In a few weeks our school nurse Trina will be visiting the school to carry out health checks for the Foundation children. More information about the health checks will be coming home soon.



SCHOOL NURSE VISIT

Trina Douglas (Ph: 0408 177 814), our Primary School Nurse, will be visiting Woodend Primary School in the next few weeks.

Foundation Health Assessments: All parents/carers of Foundation grade children are requested to complete a Health Questionnaire and return the form to the school office by the due date. The Health Questionnaires will come home with your child in the next week.

Referrals (All Grades): Parents and/or teachers may refer children from any grade for assessments of vision, hearing, basic speech, toileting problems, general health or any parental concerns. Please see your classroom teacher and sign a referral form at the school office.

Children cannot be seen without a signed consent from a parent or guardian.

There is no cost for the service.

Trina can be contacted at any time throughout the year.

CANTEEN NEWS

- o URGENT HELP NEEDED TOMORROW, 10th AUGUST. 1 X PARENT HELPER PLEASE.
- o Welcome to the canteen team, Louisa.
- o Footy Lunch Packs coming soon.
- o Lunch bags need to be ordered and paid for as part of your lunch order if you do not supply one.
- o Volunteers are needed in canteen over the next few weeks. Please contact me ASAP if you can help at woodendcanteen@gmail.com
- o Please update your child(ren) classroom on Qkr as we are still having lunches going to incorrect classrooms.
- o Remember – from the beginning of Term: 4 ALL LUNCH ORDERS WILL BE VIA QKR ONLY. NO CASH ORDERS WILL BE ACCEPTED. Please see the office staff for help loading Qkr.

Jenny Rossi, Canteen

ASSEMBLY AWARDS: 3 AUGUST 2018

ARTISTS OF THE WEEK

Year 1

Year 1 students used bags + paper to create a little cottage with a garden. Great Work Grade 1.

Year 5

Year 5 students have been learning to mix shades with paint. They painted a terrific picture of winter trees in the moonlight by mixing many shades of blue. Great work Grade 5

OTHER AWARDS

Congratulations to Eli from 1st Woodend Joey Scouts who achieved his Promise Challenge Badge award recently. To attain the top award in Scouting reflects initiative in tackling this challenge, sustained effort over many months, plus self-discipline, teamwork and leadership.

STUDENTS OF THE WEEK : 3RD AUGUST 2018

JU1	Madison For working hard to make improvements in her handwriting. Well done Madison!
JU2	Zoe Using her 'Zest' strength during writing to produce beautiful neat handwriting.
JU3	-
MU1	Hannah For being a kind and thoughtful member of MU1 who always helps others.
MU2	Damon For his efforts to stay focused and complete set tasks to a high standard.
MU3	Jack Using technical language when creating your 'Life as a butterfly' diagram.
MU4	Saffron For successfully completing her fact family cards and being a Maths Superstar!
MU5	James For answering question in guided reading with great detail and making wonderful text-to-text connections.
MU6	Lucas Persevering with his symmetry tasks this week. Well done Lucas!
MU7	Harrison For persisting with his research about the three eras of mining and writing it in his own words. EXCELLENT EFFORT!
MU8	Jasper For his outstanding PowerPoint presentation about his trip to Vietnam.
CU1	James For showing super persistence and hard work during our times tables challenges.
CU2	-
CU3	Jack For his initiative in volunteering to clean up the yard and for his fantastic work with multiplication and division.
CU4	Tenzin For showing improvement in the quality and quantity of his written work. Keep up the good work Tenzin.
SU1	-
SU2	Kate For always having a positive attitude towards her work, bringing zest to the classroom and just getting the job done. Keep up the AWESOME work!

COMMUNITY NEWS



Join the fun of Scarecrows in the ranges
 Make a Scarecrow and display it during this year's Daffodil & Arts Festival

Scarecrow making workshop
 When: Sat 25th August from 2-4pm
 at The Old Auction House, Mollison St, Kyneton

Cost: \$12.00 (Includes entry for one scarecrow into the competition)
 Bookings for the workshop are essential: RSVP before August 24th by calling 5422282 or email: daffodil@kynetcon.net.au



Available at workshop: Frames, some assorted clothes, straw and accessories, (BYO additional bits and pieces for creation. Entry forms and conditions for the competition are available on the Festival website: www.kynetconanddaffodils.org.au

“GLIMPSES OF JAPAN”
 PHOTOGRAPHS, GLASS JEWELLERY, GLASS OBJECTS & CARDS BY MARGARET CHANDRA



**GALLERY 40 ON 9 PIPER ST
 KYNETON**
 Open: 11am - 4pm
August: Sat - Sun: 18, 19 & 25, 26 & Fri 31



September: Sun, 2 & Fri - Sat 7, 8
 Ph 0438 356 025 www.gallery40.com.au

Important Public Meetings at Kyneton Mechanics Institute.

1. Sunday August 19th at 2 p.m.
Co-Op Constitution Seminar.

2. Sunday August 26th at 2 p.m.
Town Square Co-Op Formation Meeting.



Something REALLY BIG is happening in Kyneton.... something that will breathe new life and energy into our community!

For more info go to our website: kynetonline.org

Macedon Ranges Community Halls



A hall for every occasion

 Hayton Town Hall 51 Darlington Road, Baynton, 3444	 Bolinda Hall 9 Mulryns Road, Bolinda, 3432
 Bullengarook Hall 683 Barchus Marsh Road, Bullengarook, 3437	 Clarkefield Hall 33 Station Street, Clarkefield, 3430
 Gisborne Community Hall 63 Howey Street, Gisborne, 3437	 Jubilee Hall 52 Smith Street, Macedon, 3440
 Lauriston Hall 400 Lauriston Road, Lauriston, 3444	 Malmesbury Town Hall 91 Mollison Street, Malmesbury, 3446
 Old Kerrie School 7 Cranston Road, Kerrie, 3434	 Tylden Hall 5 Tylden-Woodland Road, Tylden, 3444

Bookings and enquiries:
macedonrangeshalls.com.au
 Macedon Ranges Community Halls

MICHAEL GROSE INSIGHTS

The power of gratitude for a happier life

More than just a nice feeling, gratitude is integral to happiness. If we can inspire and cultivate gratitude in our children, we're doing so much more than teaching them to be polite by saying 'thank-you'. We're helping them develop a strength that will positively affect their mental health and wellbeing over a lifetime. It's that powerful.

Remember how many times you had to remind your kids to use their manners all those years ago? I know, probably too many! Still reminding? You're not alone! In the same way good manners eventually become a part of daily life, sincere gratitude will too. It's worth persevering.

Benefits of a grateful mindset

The science tells us that compared with those who don't, people who practice gratitude are more enthusiastic, more determined, perform better at school, are more likely to avoid risky behaviours, experience less depression and envy, are more kind and helpful, sleep better and are 25 per cent happier.

Adolescents with a grateful mindset are more optimistic and experience greater social support, which is essential to their health and happiness. They experience more fulfilling friendships and family relationships, are more content in themselves and with their school, have higher grades

and are less focused on material possessions.

There's simply no down side!

Practicing gratitude is a sure-fire way to boost happiness, something we absolutely want for ourselves and for our children. In addition, teaching our children genuine appreciation helps them develop strong relationships over the course of their lives, and we know that strong relationships are critical to our overall happiness.

Gratitude isn't just good for the giver either. It's wonderful for the recipient too. Do you remember how you felt the last time sincere gratitude was expressed to you? It lifts our spirits, boosts our mood and inevitably strengthens our relationship with the person expressing their thanks.

Where do I start?

The best way to teach gratitude is for us as parents to role model it. When you're feeling grateful, tell your kids and explain why. If you do something kind for someone to thank them for helping you, share your story over the evening meal. Like all values we want for our kids to embrace, it's 'monkey see, monkey do'.

Different families teach gratitude in different ways. The trick is to introduce a gratitude practice that doesn't feel like a chore. Even if there's a little resistance at first, don't give up. It feels good to be grateful, so it should eventually become something that doesn't need too much of a nudge.

Supporting your child to become more grateful begins with teaching three fundamental ideas:

1. Awareness that someone has purposefully done something to benefit them.
2. Awareness that taking action to provide you a benefit cost that person in some way.
3. Understanding that the benefit of that person's actions is valuable to them.

There are loads of fun ways to practice gratitude. Here are a few to get you started:

- Regularly express sincere gratitude to your partner and to your children, explaining why.
- Prompt your kids to note things they're grateful for in colourful textas on poster paper on the fridge.
- Paint a wall in chalk paint for your family to artistically (or not!) express their gratitude using chalk.
- Stop to savour and appreciate the little things like a beautiful flower or a colourful sunset.
- Find the silver lining in difficult circumstances.
- Hold hands at the dinner table and thank the person who prepared the food.
- Ask the kids to take photos of the things they're grateful for.
- Keep thank-you notes at the ready and let the kids know when you write one and why. Encourage them to do the same.
- Encourage a contribution from your kids' pocket money towards something they want.
- Start a gratitude journal and invite the kids to make contributions.
- Encourage your kids to help others.
- Help your kids reflect on what they're grateful for, last thing at night.
- Start a gratitude jar and each weekend spend time reading over the notes within.

It's really about finding the right fit for your family. You may need to try a few different ideas. You don't even have to do it every day, even just a few times a week works well, though it is good to get into a routine with it.

Lastly, Associate Professor Jeffrey Froh, a leading authority on gratitude in young people, tells us that "the deepest sense of gratitude in life comes from connecting to a bigger picture, to an issue that matters to others, and doing things that contribute to society down the road."

Knowing this we can also be on the lookout for opportunities to fan the flames of our childrens' passions and yearnings to make a difference in the lives of others. Step-by-step, day-by-day, we can raise grateful young people who are happier because of their perspective, and who lead rich and fulfilling lives because of what they do for others.

By Jodi Richardson