

GLADSTONE PARK PRIMARY SCHOOL

From The Principal

23rd March 2017

EMOTIONAL INTELLIGENCE

I came across a terrific article which I thought I would share in this week's newsletter. We all play a part in assisting our children build their emotional intelligence. This article resonated with me and I hope it helps and builds everyone's overall knowledge.

Emotional Intelligence- 5 Ways to Be More Aware of Your Emotions

As we grow up, we get better at knowing what we are feeling and why. This skill is called emotional awareness. Understanding our emotions can help us relate to other people, know what we want, and make choices. Even emotions we consider "negative" (like anger or sadness) can give us insight into ourselves and others.

Emotional awareness comes more easily to some people than others. The good news is, it's a skill that anyone can practice. Here are a few ways to become more in touch with your emotions:

1. Notice and name your emotions. Start by just noticing different emotions as you feel them. Name them to yourself. For example, you might say, "I feel proud" when a class presentation goes well, "I feel disappointed" at not doing well on a test, or "I feel friendly" when sitting with a group at lunch.
2. Track one emotion. Pick a familiar emotion — like joy — and track it throughout the day. Notice how often you feel it and when. Whenever that emotion shows up, you can simply make a mental note to yourself or jot it down in a journal. Notice where you are, who you're with, and what you're doing when that emotion is present. Note whether the emotion is mild, medium, or strong and if it has different intensities at different times.
3. Build your emotional vocabulary. How many emotions can you name? Try going through the alphabet and thinking of one emotion for each letter.
4. Think of related emotions that vary in intensity. For example, you might be irritated, annoyed, mad, angry, irate, or fuming. See how many of these "emotion families" you can come up with.
5. Keep a *'feelings'* journal. Take a few minutes each day to write about how you feel and why. Journaling about your experiences and feelings builds emotional awareness. You also can express an emotion creatively. Make art, write poetry, or compose music that captures a specific emotion you're feeling.



There's lots more you can try, of course. For example, you can try identifying the emotions an artist is trying to convey as you read poetry or listen to music, then recognize how you feel in response. The more you're aware of your emotions, the more they'll help you to know yourself and understand the people around you.

JUNIOR SCHOOL COUNCIL

Our Junior School Council members received their badges recently and are wearing them with pride. It is really good to see them taking their leadership roles seriously and being part of the Gladstone Park Primary School community in such a positive way.

In our last newsletter, I published their photos but unfortunately left out the JSC representatives from 6C. My sincerest apologies to all the students in 6C. Here are the JSC reps from 6C:



Deegan



Sofina

Tony Malgioglio, Principal

DATES TO REMEMBER FOR TERM 1 & TERM 2 2017

FRIDAY 31ST MARCH	End of Term 1. Whole School Assembly 2.00pm School dismissed 2.30pm
TUESDAY 18TH APRIL	Term 2 Resumes 8.55AM
TUESDAY 25TH APRIL	ANZAC day Public Holiday NO STUDENTS REQUIRED AT SCHOOL
WEDNESDAY 3RD MAY	Whole School Photos
WEDNESDAY 10TH MAY	Mother's Day Stall
FRIDAY 12TH MAY	Mother's Day Stall

YEAR SIX SPECIAL UNIFORMS

Tomorrow 24th March is the last day for students to order their special year 6 windcheater and polo shirt. This is an attractive addition to our uniform at a very reasonable cost. \$40.00 for a windcheater or \$75.00 for both the windcheater and a polo shirt. The front of the windcheater and shirts will have the school logo on them and the back will list all the Year 6 student's names.
NO LATE ORDERS CAN BE ACCEPTED, so tomorrow is your last day to complete your order.

PAYING MONEY TO SCHOOL BY DIRECT DEPOSIT

Parents have the option to now Direct Deposit into the School Council Account to pay for Students Excursions/Camps/Fees etc.

Details are: **BSB: 033 024** **Account No: 188264** **Description: Family Name/Fees**
(In the Description please put your Surname/ what you are paying eg Ex, Fees etc.)
Receipts will be sent home next day. Please send in permission notes to the grade/office.

COMMUNITY NEWS

On Saturday March 25th 2017 the **GLADSTONE PARK CRICKET CLUB** will be holding a fundraiser supporting the Zivkovic family. All the fun starts at 1pm at the Ginifer Reserve, Carrick Drive, Gladstone Park (Opposite Gladstone Views Primary School) They will be local bakers, craft, cake and jewellery stalls. A live band will be providing entertainment and an auction will be held with items such a signed cricket bat by Dave Warner and other hot ticket items will be auctioned. A charity cricket match will be held, as well as a sausage sizzle, raffles, jumping castle and MORE...



ANGLICARE VICTORIA

If you are interested in becoming a foster carer and can provide a safe home for vulnerable children in your local area, please call Anglicare Victoria on 93012 5200 for details, or go along to their information night on April 26th at 6.30pm.

More details can be found at Anglicarevic.org.au/foster-care.

