



SECOND STEP[®]

Warners Bay Public School K-2 participation in *Second Step*

Term 4 2021

**Delivered by class teachers as part of class activities
Includes parent support with home activities**

Second Step is a classroom based program designed to increase students' school success and decrease problem behaviors by promoting social-emotional competence and strategies for emotion regulation.

The **GOT IT!** Team, from the local Health Service who have been working in the school, have recently trained the teachers at Warners Bay Public School to be accredited facilitators for *Second Step*. The teachers will now be able to begin the program as part of their classroom activities during Term 4, 2021.

Students in Kindergarten, Year 1 and Year 2 will be doing activities in class time giving them the opportunity to further build their social and emotional skills while helping them to improve their self-confidence, problem solving skills, ability to get along with others, make new friendships, identify support people and to effectively cope with new or difficult situations. It engages children through games, role plays, puppets, stories and discussion.

The program also includes home practice tasks for the parent/carer and child to work on together, taking approximately fifteen minutes each week. Setting a time aside on a particular day is a great way to manage this special time for you and your child. Parents/carers will have access to a parent portal which will enable you to keep up to date with what your child is learning in *Second Step* and online access to the home activities. Your child's teacher will provide you with further details of how to access this online portal.

*"Children who are emotionally and socially skilled relate better to other children, teachers and parents.
They are more competent in dealing with stress and school work."
(Aber, Jones, & Cohen 2000)*



Thank you, from The *Got It!* Team

(Getting on Track in Time!)



Health
Hunter New England
Local Health District

TIPS during home schooling

Coping with New Norms

The world has become a very different place in the past few months. Everyone everywhere is trying to adapt while waiting for positive solutions. A parent's own coping style and mental wellbeing can have a big influence on how well a child adapts to this new environment.

Self-Care Strategies for Caregivers

- ❖ A good night sleep → this can be difficult for busy parents, however there are great resources available recommending tips and strategies.
- ❖ Make time for physical activity → a short walk in the sunshine or some yoga are great for reducing stress.
- ❖ Look after your dietary needs → healthy eating is proven to help mood and overall wellbeing.
- ❖ Connecting with friends and families → staying in touch virtually is so important for human connection.
- ❖ Strengths and gratefulness → focusing on the positives is proven to benefit wellbeing, lowered stress and better sleep
- ❖ Seek support for your mental health → your local GP can link you in with counselling and support services.



OFFICIAL CORONAVIRUS INFORMATION

NSW COVID-19 Website

www.nsw.gov.au/covid-19

Australian Government National Coronavirus Helpline

1800 020 080 (24 hours, 7 days a week)

Useful Contacts

Domestic Violence Line	1800 65 64 63
Mental Health Line	1800 011 511
Lifeline	13 11 14
Mensline	1300 78 99 78



Health
Hunter New England
Local Health District

Helpful Resources

- Tips for a Good Nights Sleep



- Breathing exercises to reduce stress



- Looking after your wellbeing



- Connecting with the parenting community



- Positive thinking activity



Think Happy, Be Happy!

Research shows that people who express **gratitude** & focus on **positives** have increased wellbeing, lower, stress levels and better sleep.

You don't have to think big, positive thoughts and gratitude can be about the very small things.

These **little 'happies'** stack up to help us cope!

Understanding Your Child's Behaviour

Children are resourceful and adaptive and can often take change in their stride however, children's reactions to stressful times can also often be misunderstood as 'difficult' or 'naughty' behaviour. It's normal to find this frustrating, but expressing anger, or blaming the child for this behaviour might make things worse.

Instead, try the following strategies.

- Reassure the child that he or she is safe and cared for.
- Listen and talk to the child about the situation. Like adults, children often find what they don't know to be more frightening than the reality.
- Give the child special attention; for younger children, prioritize attention at bedtime.
- Encourage the child to express their emotions – expressing emotions is helpful in sorting one's feelings, and can happen through a variety of creative ways, like drawing or play. This helps in the important step of validating a child's emotions.
- Find enjoyable activities to do together as a family.
- Help your child understand why there are changes to their routines (e.g. school, playing at the park, seeing friends/family), talk to them about new approaches and reassure them that the hope is to get back to their usual routines in the near future when it is safe to do so.



Support for Caregivers

Parent Line is open 9am-9pm weekdays and 4pm-9pm on weekends

Ph: 1300 1300 52 | <http://www.parentline.org.au/>