



Dear Parents and Pupils,

Life will always throw us a curve ball but as we have learnt over these last 18 months, we have put plans and support in place to help us navigate this new era we have entered into. Our school week can change overnight but we will push forward to do the best for our children. Again, we want to re-assure our Wendon Parents that we will do everything in our power to keep your children safe and to complete our school curriculum.

IMPORTANT NOTICE

PUPILS RETURNING TO WENDON FOR 2022

Last week you would have received letters requesting confirmation regarding your child returning to Wendon Academy for 2022. Reply slips are attached to the letters which you are to complete and send back to school no later than Wednesday, 25th August 2021. Thank you.

Misbehaviour: Your Child's Desperate Call For Help! Real Solutions for Better Behaviour at School And at Home.

By Victoria Prooday

Today's children are in a devastating emotional state. Many are tired, fidgety, bored, impulsive, inattentive, anxious, and angry. Parents and teachers struggle to manage kids' behaviours.

Why?

Because children are stressed! You would ask, 'How can they be stressed if they have everything they want?' That is the exact problem and the major source for their stress. They have everything they WANT, but not enough of what they truly NEED for a healthy development!

Today's children are being offered:

- digitally distracted parents
- endless stimulation and digital overload
- sedentary indoor lifestyle
- limited unstructured play and social interaction
- unclear boundaries and limited responsibilities
- inadequate sleep, unbalanced nutrition

Wouldn't you be stressed if you had this kind of childhood? Would you be emotionally available for learning under such lifestyle conditions? None of us would and neither do our children!

A well balanced, natural childhood has been stolen away from our children and replaced with inferior substitutes. Children's' nervous systems are not designed for such an unbalanced childhood, leaving them stressed. Fidgeting, anxiety, impulsivity, inattention, anger, tiredness, and boredom are kids' ways of screaming to us: 'My brain is out of balance! I need your help!' Their cry outs can't be ignored any longer.

Are we looking for solutions in the right places?

No, we are not!

A teacher's job becomes extremely challenging as more and more children come to school with an excess of unutilized physical and emotional energy and are not available for learning. For many children, even the simplest task of sitting on a chair is a challenge. Within the classroom environment, teachers are trying to do whatever they can to compensate for the children's lack of a well-balanced childhood. "Flexible sitting" is the schools' latest attempt to bring movement into the classrooms by allowing kids to bounce on the balls, sit on wobbly chairs, ride a stationary bike, instead of sitting on chairs during classes.

Would it really help?

No! "Flexible sitting" alone is powerless if kids come to school after spending hours in sedentary, indoor "play" in front of computers/laptops/iPad/T.V./video games, going to bed at 11pm and coming to school without a proper, nutritious breakfast. It cannot compensate for the lack of a well-balanced connected childhood.

What is the solution?

As parents, we should start recognizing our contribution to our children's' challenges. We can't continue to expect that the lack of a well- balanced childhood would not affect a child's overall functioning ability at school and home. Today's children nervous system is out of shape to a point that a bandage philosophy will not resolve their issues. It is OUR responsibility to give them what they NEED, not only what they want. Children need us to put a conscious effort into bringing childhood back to them:

Bring back connection:

- Put your phones aside until children are in bed to avoid digital distraction
- Surprise them with a flower, share a smile, tickle them, put a love note in their backpack or under their pillow, surprise them by taking them out for lunch on a school day, dance together, crawl together, have pillow fights
- Have family dinners, shared reading times, board game nights

Bring back movement and outdoors:

- Make exercise a family time: biking, hiking, fishing, gardening, dancing, swimming, ball games, climbing trees
- Incorporate movement into day to day life: minimize the use of strollers; get them walking to the school, library, mall, friend's house instead of driving them; park farther away to get them walking; take the stairs instead of elevators; encourage children to push a shopping cart, carry groceries

Bring back boredom and calmness:

- Don't feel responsible for being your child's entertainment crew and do not use technology as a cure for boredom
- Set limits and routines for technology use
- Children need to have an unstructured time to learn to "self-entertain"
- Help kids create a "boredom first aid kit" with activity ideas for "I am bored" times.
- Avoid using technology during meals, in cars, restaurants, malls. Use these moments as opportunities to train their brains to function under "boredom"
- Implement consistent sleep routine to ensure that your child gets lots of sleep in a technology-free bedroom

Bring back responsibilities:

- Involve children in daily chores, such as folding laundry, tidying up toys, hanging clothes, unpacking groceries, setting the table, making lunch, unpacking their lunch box, making their beds, vacuuming, taking out the trash
- Don't pack your child's backpack, don't carry her backpack, don't bring to school his forgotten lunch box/agenda, and don't peel a banana for a 5-year-old child. Teach them the skills rather than do it for them.

Our children are our legacy and our future. If we want to set them up for success in life, we have to listen to their calls for our help and make deep changes. It is never too late to change the course of their lives!

Calendar of Events

August

Wednesday 25 th	Pupils returning to Wendon Academy 2022	Reply
Saturday 28 th	Wendon Luncheon – Grade 12	

September

Friday 3 rd	Celebrate the 'Gift of a Day' with Ice Cream Cones	No charge
Friday 10 th	Grade 12 Seminar	
Monday 13 th – Wednesday 15 th	Parent Interviews	
Thursday 16 th	Celebrate the 'Gift of Friends' Civvies & Pancakes End of Term 3	R20
Monday 27 th	Start Term 4	

Please check the newsletter weekly for any changes to the calendar

“The greatest gift that you can give to others is the gift of unconditional love and acceptance.”
– Brian Tracy

Be safe and please take care. Our warm thoughts are with you all.

Special regards,

Mrs Wendy Hicks
Managing Director

EVERYBODY IS SOMEBODY

GIVE A GIFT

The gift of **Work**

The gift of **Money**

The gift of **Friends**

The gift of **Learning**

The gift of **Family**

The gift of **Laughter**

The gift of **Dreams**

The gift of **Giving**

The gift of **Gratitude**

The gift of **a Day**

The gift of **Working through problems**

The gift of **Love**