

LIGHTHOUSE

HEALTH AND EDUCATION

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February, 1 2022

Vol. 3

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Ness and Louise back at the desk, with their newly potted plants for 2022!

A WORD FROM THE PRINCIPAL Jane Franke

February, despite being the shortest month of the year, is already proving to be one of our most active in the booking schedule as it marks the return of the entire team back in the practice on their respective days. It's so lovely to see everyone's smiling faces, hear their holiday stories and feel the comraderie within the practice. The sense of joy doing great work brings to the lives of all of us is something special to be a part of day in day out. This however also means an upscale in COVID safe practices with more people in the practice at any one time and an acute awareness of the impact each of us has on another when sharing the space.

We welcome new members to the team this month and are actively working toward growing our team further to be able to provide an increasing number of therapeutic opportunities to more members of our community. We are also able to do this by increasing our alignment with the Primary Health Network (PHN) Healthy Minds program which now acknowledges the skills of provisional psychologists. We encourage referrals to our service for eligible clients from local GP's through this pathway from March 2022. We also continue to work with clients who are NDIS participants, privately funded or seeing us through their GP, supported by Medicare rebates.



KEEPING KIDS ON TRACK WITH SCHOOL

<https://www.newyorkfamily.com/avoid-mid-semester-slump-tips/>

Many students begin the school year on a high note. They are organized, motivated, and ready to tackle any challenge that comes their way. Yet at some point mid-term, that motivation starts to wane. Tasks take longer than they used to, planning and time management dips, and the positive approach to academic achievement may start to decline.

Help your child prevent this mid-term slump with the ideas detailed below.

Time Management Skills

Some students excel at time management year-round, but others have very little sense of how long a task may take to complete. Help your child become more realistic with his time by teaching him to estimate how long a task may take to finish, then compare it to the actual time it takes. For instance, say he has a sheet of math problems to complete. He might think he will take 15 minutes to finish, which is his estimated time (ET). As he works on it, he should keep an eye on the clock and note how long it takes to complete, which is the actual time (AT). For students with poor time management skills, the ETs and ATs are often very different when they begin practicing this skill. Yet the more they use this technique, the closer these times will become, and the more realistic they will learn to be with their time.

Learn to Prioritize

Some students may feel at times that they have a seemingly insurmountable quantity of work to complete in a short period of time. Homework! Tests! Soccer practice! School play! Dinner with friends! The list can feel endless. It's important that your child learns to identify which tasks are more important than others, then learn to prioritize them. For example, if she has three exams, an English essay, and a project to complete by the end of a given week, and has also scheduled a dinner with her friends, she should create a list of priorities (i.e. 1. Science test, 2. History test, 3. Math test, 4. Spanish project, 5. Dinner with friends). In doing so, she may quickly realize that postponing dinner with friends to another week in order to prioritize her schoolwork or other commitments will ease the pressure.

Break studying into chunks

There may be some times during the term when students feel so overloaded that they may not even know where to begin.

This can lead to stress, anxiety, and worries about never being able to complete all of their requirements. To help combat these feelings, help your child break down tasks into smaller steps. For instance, say she has a research project that is due in two weeks. Encourage her to come up with a topic by day two, create an outline by day four, finish her research by day six, write a rough draft by day nine, edit the rough draft by day 12, and come up with a final product by day 14. She should put each of these steps into her homework planner so she has a concrete, manageable plan with individual steps for conquering what may seem like an insurmountable task.

Meditate

If all else fails and your child stills feels stressed, encourage them to try meditating. For even five short minutes, she can lie flat or sit in a comfortable position. Teach her to breathe in through her nose for four counts, hold her breath for four counts, then breathe out for four counts. Have her repeat this process over and over for five minutes (or longer), letting any thoughts that may pop in pass, without drawing any attention to them.

Many students experience the all-too-common mid-semester slump, which can leave them feeling anxious and stressed. Help your child become more motivated with these ideas and she will soon move past this phase and toward academic success.

GET TO KNOW OUR TEAM

This month, we'd like to introduce **Tunai**.

Tunai joined our team in April 2021 as a casual admin assistant working alongside Ness. With her hard working, enthusiastic, always got more to give approach, it was soon realised that this psychology student was ready to add to her expanding skill set. Tunai continues in her admin role however she is also now our most sought after therapy assistant working in the clinic rooms with some of our younger clients and their parents, preparing them for sessions with a psychologist.

An ideas woman with a zest for life and wanting to give back she is always there to lend a hand, complete the hard or more mundane tasks that arise in practice management and does so with a smile.

