



LAP FACTS

FRIENDS AND CHILDREN TOGETHER

Founded in 1994

Patron: Christopher McCabe M.A., Dip. T., F.A.C.E

Issue: March 2021

From the Chair

Wow, as we reach the end of another term and prepare for the one ahead, there is as always, even as the world grapples with the ongoing effects of the pandemic, extreme weather events, and social unrest, much to be grateful for. We are so lucky to have the opportunity to connect with children 1:1 and help them to grow in their learning journeys and personal wellbeing. We are lucky to work in caring schools, and we can cherish the moments of good news in the world around us. Especially in uncertain times, tuning in with students and noticing the moments in our interactions when we experience positive emotions, can strengthen the brain pathways that build and respond to positive emotions. I invite you, as you approach your upcoming interactions with students, to be a positive emotions spotter. Be on the look out for emotions such as:

- Joy
- Contentment
- Curiosity
- Wonder
- Gratitude
- Humour
- Pride
- Excitement
- Awe
- Compassion
- Forgiveness

Notice, as you start to catch these emotions in everyday interactions, the broaden and build effect of positive interactions and experiences. Positive emotions can also have a positive effect on physical health, learning readiness and the creation and embedding of positive memories to sustain us in dark times. What an amazing gift to share and grow together in LAP!

Yours in LAP,

Lisa Kettler

Chairperson of the LAP Association Inc

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Welcome

by Jacinta Fry

Welcome to the Term 1 LAP facts for 2021! After the rollercoaster of 2020, it is so wonderful to hear the stories of mentors and their students reconnecting and being able to spend time together. I have been pleased and impressed by the enthusiasm shown by our LAP mentors, getting back into the program as quickly as

possible after their enforced separation. It is easy to see the efficacy of the program in the delight of the students when they hear their mentors will be returning to meet with them.

The LAP committee extends to you their best wishes for a fruitful and happy year. We hope to see LAP grow within the community and to continue to hear heartwarming stories of connection and relationship building between mentors and students. Here's to a wonderful 2021!

Co-Ordinators Corner

Helping students overcome their labels

By Jacinta Fry

One of the commonalities that I have noticed between the students involved in the LAP program is the way that they describe themselves, or the way that others describe them. Often they are students who, because of learning difficulties, will describe themselves as 'stupid' or 'dumb'. They are aware that they find some subjects more challenging than other students and so internalise that difference as a deficit in themselves. Often they are children who struggle to make social connections, and will describe themselves as a 'loser' or talk about how nobody likes them. Many of these students don't even have the low self-esteem that you would normally associate with these terms; they just believe these terms to be facts about themselves as much as their talent for sport, or singing or video games are a part of their personality.



The beautiful thing about the LAP program is watching these students change their internalised opinion of themselves. I have seen mentors nurture the strengths of their students and build their confidence and self belief. Due to the consistently warm and positive relationships being built, I have seen labels change from 'stupid' and 'alone' to 'loved' and 'special' and 'appreciated'. Often the mentors are doing nothing more than connecting and spending time with their students in one of the only encouraging interactions the students have all day. And that is enough. That small amount of time, building, growing and learning together can help a student move their self opinion from one of negativity, to one of personal strength and value.

Looking for opportunities to praise the strengths of your students, and helping them to reframe any negative thinking can have a long lasting impact on the student's opinion of themselves and what they can achieve. Help them to change some phrases from: I am terrible at maths, I am stupid - to - My brain works differently, I need to approach the problem differently. I am a loner - to - I take time to build friendships, but they are so special when I achieve it, I can be such a good friend. Helping a student to view the areas they struggle with, as areas for growth, or part of a bigger, positive personality can help them to not see these factors as dominating their personalities. The LAP mentors have an amazing opportunity to be an agent of change in how students see themselves. Take every opportunity for positivity and encouragement.

Training

The Association continues to work towards providing training opportunities to support mentors and LAP coordinators in schools.

Contact Lisa Kettler or Sheralyn Farley if you would like information about any of the following training workshops or opportunities that the Association can provide:

- Knowledge in Your LAP
 - The perfect introductory workshop for learning about LAP and how to introduce LAP at your school
 - Usually run as a 1/2 day for an individual school or small group of schools in any one area
- Creative strategies to support one-to-one learning
- A visit to your school by a member of the Association Committee, to discuss your programme and support you to develop it further.

ARKABA
HOTEL

The Executive Committee would like to acknowledge the support of the Arkaba Hotel, who are generously allowing us to use their Boardroom for our meetings over the years.

The Arkaba Hotel has four state of the art Function Rooms that cater from 6-600 people. We specialise in conferences, product launchers, weddings, cocktail parties and private functions and have free undercover parking.

We also have 62 spacious and luxurious rooms if you require accommodation.

Please contact our Functions Manager on 8338 1100 or visit www.arkabahotel.com.au for further information.



Tanya and some of her LAP students celebrating being together in 2020

Get to know your Executive Committee

Tanya Stephen
Reynella Primary School

How did you first get involved in LAP?

I am a single Mum with 4 daughters and at times life has been very challenging for my girls. My daughter Aisha's teacher approached me and she suggested that Aisha might benefit from being part of the Learning Assistance Program. I immediately noticed a change in Aisha when she began her weekly sessions with her mentor. She was eager to go to school on "LAP days" and came home happily sharing stories about her sessions with her volunteer. Aisha's social and emotional wellbeing improved each week and over time, there was a significant improvement in her grades too, due to her concentration levels increasing in class. Aisha continued to flourish and her friendship with her Mentor has continued through her high school years!

A few years later, I was approached by Leadership, to see if I would be interested in becoming a LAP Coordinator, as part of my SSO role at Reynella Primary. I immediately agreed and have loved seeing LAP continue to grow from strength to strength at our school.

What have you liked most about your involvement with LAP?

I have loved seeing the friendships made between my LAP students and their mentors. The ongoing positive connections has not only made a profound difference to the students' lives, but has enhanced the lives of the mentors too.

What is your best/proudest LAP moment?

One of my students had a very close relationship with their mentor. Sadly, the volunteer developed bowel cancer and was gravely ill in hospital. The student asked to send a card and wrote a heartfelt message, sharing how the love and support they offered had meant so much to them. Months later, the volunteer shared with me how much the card had meant to her. She kept it on her bedside in hospital and read it every day. She said it was a huge part of what "kept her going" on her bad days. When I shared this with her student, the positive glow was event and their bond continues to this day.

What is your biggest hope for LAP in the future?

It is my hope that LAP continues to grow and change the lives of the students and mentors in my school. Being an accredited "LAP In Action School" I am also passionate about conducting LAP Tours...as my BIGGEST hope is that I can encourage Leadership to have LAP running in EVERY school.



Executive Committee

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Print Post Approval: PP536729/0021

If you would like to become a committee member and help to carry on the values of the LAP Program, please contact Lisa Kettler or any of the other committee members to discuss your involvement further.



RESOURCES AVAILABLE FROM THE LAP ASSOCIATION INC.

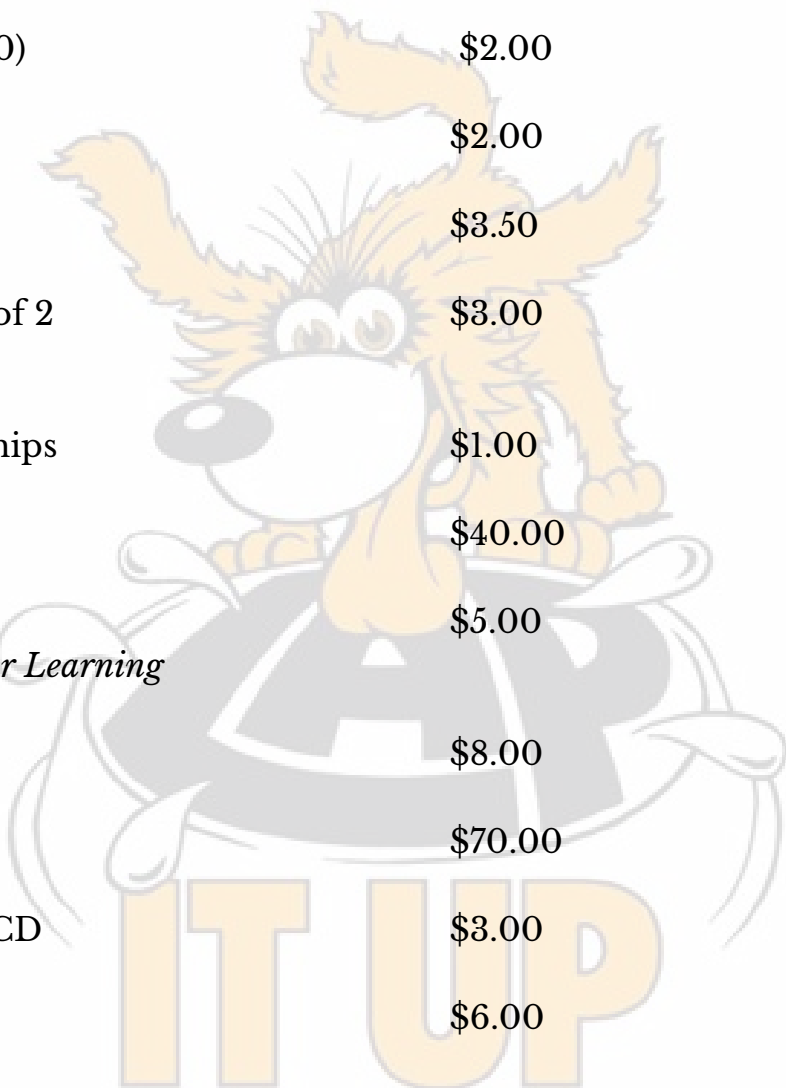
Tax invoice ABN 75 411 200 857 - All prices include 10% GST

HANDBOOKS

Item number	Name	Member Prices
1	Building Bridges with LAP – Coordinator's Handbook	\$12.00
2	The LAP Companion - Volunteer's Guide	\$4.00
3	The LAP Companion - Volunteer's Guide Pack of 10	\$30.00

THE FUN STUFF

Item number	Name	Member Prices
4	LAP is Cool stickers (2)	\$1.00
5	LAP Logo Stickers (sheet of 20)	\$2.00
6	Smidge Stickers (sheet of 10)	\$2.00
7	Smidge Bag Tags	\$3.50
8	Smidge Greeting Cards Pack of 2 <i>Thank you, Let's Catch Up</i>	\$3.00
9	Magnets - Building Relationships	\$1.00
10	Big Smidge	\$40.00
11	LAP Posters (set of 2) <i>Hungry for Challenge, Thirsty for Learning</i>	\$5.00
12	2GB Wrist Band	\$8.00
13	2GB Wrist Band (set of 10)	\$70.00
14	LAP Song and Smidge Story CD	\$3.00
15	LAP Association Satchel	\$6.00





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FOR VOLUNTEERS

Item number	Name	Member Prices
16	LAP Volunteer's Care Badges	\$3.50
17	LAP Logo Pens - <i>Thank you for making a difference</i>	\$3.00 each
18	Loyal Service Award Badge	\$5.00

POSTAGE AND HANDLING

POSTAGE AND HANDLING WITHIN AUSTRALIA

PRICE

2-3 Items (eg. stickers/badges/books/magnets)

\$5.00

3-4 Items (eg. books/bags/posters/CD)

\$8.00

2-4 Items (e.g books/Smidges/bags)

\$10.00

(For interstate please aff \$2.00 to each of the above)

+ \$2.00

NEW PRODUCT!



NEW PRODUCT!





RESOURCES AVAILABLE FROM THE LAP ASSOCIATION INC.

Tax invoice ABN 75 411 200 857 - All prices include 10% GST

ORDER FORM

Please submit orders by emailing this completed form to admin@lap.org.au

Item number	Quantity	Price

SUB TOTAL _____
MEMBERSHIP FEE _____
(IF APPLICABLE)
POSTAGE _____

TOTAL _____

CONTACT DETAILS

Name: _____

Name of School and Address: _____

Email: _____

Payment details: Cheque or
EFT Payment: LAP Association INC
BSB: 065140
Account number: 10009517