

NEWS FROM BEHIND THE SHELVES



EXMOUTH PUBLIC LIBRARY

www.exmouth.wa.gov.au

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Mental Health starts with our
CHILDREN



WA Mental Health Week 9-16 October



Given how critical the early years are for lifelong brain development and functioning, learning, and wellbeing, the theme for Mental Health Week 2021 in Western Australia will be:

MENTAL HEALTH STARTS WITH OUR CHILDREN.

The theme recognises how a person's mental health reflects the interaction of a lifetime of individual and lifestyle factors with a range of environmental, community and family risk factors. Visit the Mental Health website mentalhealthweek.org.au to access resources, research, factsheets, support, strategies, tips, advice and ideas plus spread the word with our downloadable designs to promote Mental Health Week 2021.

The library have put together some excellent books on Mental Health and well being, call in and see us.

TIPS TO BUILD EMOTIONAL RESILIENCE IN KIDS

Spend quality time with kids. When they feel loved and supported, children develop emotional strength.

Talk about feelings so your child learns to share their worries and fears with people they trust.

Instead of rushing to solve problems, give kids time to work things out themselves.

When children experience failure or disappointment, it's important to praise their effort and encourage them to try again.

Acknowledge your own mistakes to teach kids that mistakes are essential for learning and growth.

If your child can't find a solution to a problem, use gentle questioning to guide them towards it.



Ensure kids are eating well and getting enough sleep and exercise.



COLOURING - IN FUN at Exmouth Library

Fill the Visitor Centre's fish tank with Ningaloo sea-life

- choose a colouring-in sheet from Exmouth Library
- you can colour your sheet at the library or at home
- write your name on the back of your artwork
- hand your completed artwork in at the library
- our staff will cut out your work & add it to the tank
- pop back another day to see your art on display

NINGALOO CENTRE • EXMOUTH

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INTRODUCING Sadie James

CHILDREN'S BOOK WEEK & BETTER BEGINNINGS PROGRAM

As part of Book Week, Exmouth Public Library proudly presented our talented local author/illustrator Sadie James at a series of workshops for the students at Exmouth District High School (EDHS). Sadie guided the students through the creation of a mini-book.



Pic: Thomas (our sound effects man) and Sadie James.

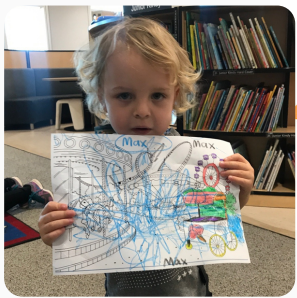


Click Here: [For more information on Sadie James.](#)

As part of our Better Beginning's 4 years of age program, we were lucky enough to have our talented local Author Sadie James visit Exmouth Public Library and read her book "Bubble" to the EDHS "Kindy Kids".



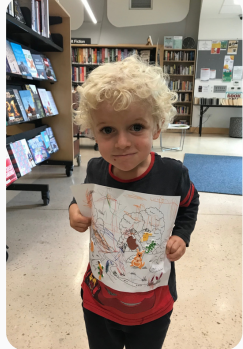
October Campaign Titles are now available on BorrowBox & Libby



Story Time
Storytime sessions are taking a break over the school holidays and will be back with more rhymes, craft and stories commencing from:
9:30am, Tuesday 12th October 2021



Board games and puzzles will be available for use in our airconditioned library over the holidays, if you are looking for some indoor activities as the days warm up.



WORK EXPERIENCE

Exmouth Public Library recently hosted a local Exmouth District High School work experience student, Shannon McGurk. Shannon was a diligent worker and we loved having her as part of the team. We wish her well in her future endeavors.



Here are some happy snaps of some of our little visitors enjoying recent storytimes

CAN YOU SPEAK TEEN??

This is the sort of column teens roll their eyes at – some old foggy writing a piece on teen life. As much as we try to keep up, it is so painfully obvious that most of us are "noobs" (novice or newbies) to screen slang and online gaming slang.

Next time you "dm" (direct message) with the teen in your life throw a few of these in...

- | | | | |
|-----------------------------------|-------------------------------------|---|--|
| TBH (to be honest) | BRB (Be Right Back) | I'm weak (from laughter) | |
| Lit (cool) | Bruh (bro, brother) | Hundo P- (100 percent) | |
| Dope (same as lit) | BF/GF- (boyfriend girlfriend) | Gucci, wig, savage (cool or good) | |
| Thirsty (attention seeker) | Cap/ no cap (fake/no lie) | FOMO (fear of missing out) | |
| Snatched (Looking Good- on point) | Crashy (crazy trashy) | Woke (socially aware) | |
| Shook (shaken up, shocked) | Flex (show off) | Salty (bitter, angry, agitated) | |
| Yeet (exclamation of enthusiasm) | This ain't it Chief (taken too far) | SKSKSKSK (a way of expressing excitement) | |