



NEWSLETTER

Week 8 Term 3 2013



Diary Dates

**SCHOOL CLOSURE
DAY TOMORROW**



**Wednesday 18th &
Thursday 19th
September
Musical Showcase
nights**

**THERE WILL BE
NO ASSEMBLY IN
WEEK 9 DUE TO
THE MUSIC
SHOWCASE**

**Thursday 26th
September
School Assembly
2.25pm**

**Friday
27th September
Last Day of Term 3
Assembly 1.45pm
Early Dismissal
2.15pm**

School Surveys

School & Preschool Surveys have been posted out to all families.

Have you returned yours?

Boxes to return are available in front office of school and preschool foyer to place your surveys in.

The Language of Resilience, Advice to Families from Michael Grose

Resilient families develop their own words and phrases to help each other get through the inevitable tough times that each person experiences. The language of resilience generally refers to coping strategies outlined in my book *Thriving!* such as empathy, humour and acceptance. Following are 8 examples of the language of resilience that you can bring to your family:

1. **“Come on, laugh it off.”** Humour is a great coping strategy and a powerful tool for resilience as it heightens feelings of control. Some children and young people will naturally crack jokes or make fun of seemingly serious situations. This is a fantastic way to release stress and handle feelings of helplessness. As a parent you may need to lighten up tense situations by introducing humour of your own, which is something that many dads do really well.
2. **“Don’t let this spoil everything.”** The ability to compartmentalise bad events and keep them from affecting all areas of life is a powerful coping skill. Sportspeople, politicians and others who work in the public arena need to be adept at it. When something unpleasant happens during recess, for example, kids need to park their thinking about that event so they can get on with the rest of the day. The ability to compartmentalise is a fantastic life skill kids can learn within their family.
3. **“Let’s take a break.”** When kids are troubled by events or spend too much time brooding it helps to do something to get their minds off things for a time. Playing games, spending time together, watching some TV, going out – are all good distracters for worried, anxious or stressed kids. Self-distraction is healthy, providing some welcome perspective. It also prevents kids from replaying awful experiences in their heads, blowing them out of proportion.
4. **“Who have you spoken to about this?”** Resilient people seek solace in the company of others when they experience difficulty. That’s why social connection is such a strong preventative strategy for young people. The promotion of help-seeking behaviours is one of the best coping strategies of all. Even if kids don’t overtly talk about what’s bothering them, it can be immensely reassuring to spend time around others who are empathetic, understanding and willing to listen and help.
5. **“I know it looks bad now but you will get through this.”** There are times when parents can do nothing else but keep their children’s chins up and encourage them when life doesn’t go their way. Being the ‘hope’ person can be hard work, that’s why parents need to be supported by resilient people and workplaces too. It helps to be mindful that a child or young person’s resilience is nurtured by the presence of at least one supportive adult. You may have to be that person!
6. **“What can you learn from this so it doesn’t happen next time?”** One of the common attributes of optimistic people is their ability to find a learning, or look for a message, in difficult or negative situations. Parents can help kids reframe events to help them see things differently. For instance, rather than regarding a public speaking opportunity as problematic and a chance to look foolish it’s better to reframe it as a challenge and a chance to shine. It also helps when parents model reframing so kids see you changing how you view seemingly negative or worrying situations.

This article is by Michael Grose, and is used with permission. More parenting ideas can be found at www.parentingideas.com.au/Blog?



Congratulations to our Tournament of Minds Teams

Our three Tournament of Minds teams competed against more than one hundred other teams at Flinders University on Sunday 8th September.

Two teams competed in the Social Sciences Challenge, in which they created a play to demonstrate the difficulties that secrets cause in society, entitled, "Shh... don't tell".

The third team competed in the literature challenge, in which they used well known characters from literature to create a story, and present it in dramatic form. Congratulations to Team 3, who achieved an honourable mention for their "Sh! don't tell" presentation, which means they placed in the Top 7 for their category.



Congratulations too to Debbie Taylor the facilitator teacher, who has worked with these teams during the last month, allowing them the time, the space and minimal advice so that they can solve their problems and create their solutions themselves.

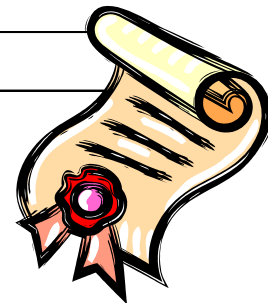
Assessment and Treatment of Fears and Anxiety in Children Griffith University

Parents is your child fearful of certain situations or do they seem to experience ongoing feelings of anxiety? At Griffith University, we are conducting a large-scale study for children (7 to 13 years of age) with anxiety that includes a thorough assessment and a novel, home-based treatment using computers and telephone contact from a trained clinician. We are providing this service at no cost to families. To find out more about this project please contact our team on 07-3735 3418 or email cadrp@griffith.edu.au.

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Principal's Awards

At our Week 6 Assembly the following students received Principal's Awards. Well done to all students:



KINDNESS: Tayla Collingwood, Jesse Amos, Valentino Fimmano, Jamison Henke, Thomas Streng, Mikyla Gerrard, Tyler Usher, Katie Thompson, Niamh Hill, Mia Bishop, Seth Ormandy, Rafael Sallis, Ella Pollard, Jackson Heinicke, Priya Samwell, Charlotte King, Katie Watters, Hannah Gray, Stella Wright and Imogen Metcalfe

RESPECT: Kai Zinchiri, Liam Lucas, Patrick Littlewood, Cooper Hough and Taylah Wallace

INCLUDING OTHERS: Saxon Eades and Lucy Hannam

POSITIVE ATTITUDE: Patrick Forbes, Takoda Meerbach, Owen Hart, Riley Parr and Hayden Hill

Congratulations

Congratulations to:

- Georgia Bannister who was selected for the State calisthenics development team to compete in Darwin in September this year. Georgia's club team Marden were crowned State Champions in the junior championship section, last month, winning by 1 point

The following girls recently competed for the Mount Barker YMCA Gymnastics Club:

- Summer Henderson, whose gymnastic team, Mt Barker YMCA Under 7 team placed first in the interclub pennant competition.
- Zara McCauley who finished first overall in the Open Level 3 State Stream competition.
- Jorja Heineke whose team Under 9 Level 2 finished 4th.



Who is the mystery staff member appearing in this German paper?

Tattoo-Abstecher nach Freiburg

BEGISTERUNG → Grosser Andrang in Freiburg: Die Parade der 400 Musiker des Basel Tattoos auf ihrem Ausflug nach Deutschland hat gestern in der Freiburger Innenstadt 25 000 Schaulustige angezogen, wie das Tattoo heute meldet. Die Formationen spielten nach dem Umzug auf dem Stühlinger Kirchplatz ein Mini-Tattoo. Das diesjährige Tattoo geht morgen mit der Parade durch Basel (ab 14 Uhr) zu Ende. eg

7. **“Don’t worry – relax and see what happens!”** If you’ve ever been driving to an important event only to be stuck in traffic then you would know that there are some situations you just can’t control. The only way to cope is to accept what’s happening because worrying and fretting won’t get you anywhere. Similarly, parents with a resilience mindset can help kids understand what’s worth worrying about and what’s not, and that some things won’t change no matter how much kids fret or beat themselves up!

8. **“This isn’t the end of the world”** While most of us catastrophise at times, jumping to the worst possible conclusion, it is a habit that only exaggerates anxiety. When kids constantly think the worst case scenario, challenge their views. “Yes, you could end up not knowing anyone at camp but you won’t be the only one. Besides you’ll probably end up making new friends like you generally do.”

9. **Bring resilience into your every day language**
Resilient parents focus on building children’s and young people’s strengths for the future, while helping them cope with the present difficulties and challenges they experience. The key to promoting resilience lies in the language that parents use. My challenge for parents is to make resilience an integral part of your family’s proprietary language. You’ll know you have succeeded if your children as adults remind you, when they hear any complaints or whinges from you in your dotage, to ‘hang in there’, ‘this too will pass’ and ‘find the funny side’. Granted they may be phrases you don’t want to hear, but at least you know that you’ve drummed into your kids some important core messages that have stayed for life.



***Music Showcase Evening
Reminder***

**Wednesday 18th
September and
Thursday 19th September
6.30pm to 8pm
in our gymnasium.**

All classes from Reception to Year 5 will be participating as well as our school band and choir.

Notes were sent to parents/caregivers to advise them of our new format as well as which nights your child's class will be performing on.

Father’s Day Stall THANK YOU

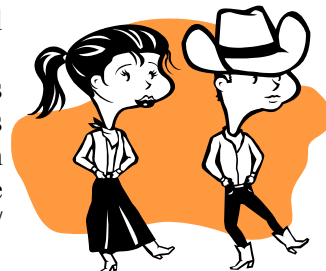
A big thank you to Brianna McAvaney and Cassy Caire for all their hard work in organising, setting up and running the Father’s Day Stall in Week 6. We also thank all the other parents who were able to come and help on the day of the stalls. All of the students really appreciate the many hours they spent making gifts for them to purchase for their dads to make their day special.

Hot Food Day Thank you to the wonderful P&F helpers who helped at the Hot Food Day on Friday 6th September. There were 284 students who ordered.

Anna Bell co-ordinated the day. Helpers were Paul Amos, Cassie Hogben, Lisa Davis, Jessica Szilassy, Maureen Liebelt, Lisa Hutchinson, Rebecca Pollifrone, Karin Bryson & Tabitha Eades.

Disco The annual P&F Disco ‘Country & Western’ theme is on Thursday 12th September. **\$5-00 includes entry, chips, drink & fruit.** We have approximately 20 helpers who will be supervising on the night.

The disco will be run on the lines of a ‘Blue Light Disco’. Parents will need to sign their child/ren in and out at each session. Please be prompt in collecting your child/ren.



Year R-4- 5.30-7pm

Year 4-7- 7.30-9pm

The Year 4 children can choose what session they will come too. There are lots of prizes to give away on the night.

A big THANK YOU to **Cheap as Chips, Mount Barker** who donated \$20.00 towards prizes for the disco as well as **Wallis Cinemas** who have donated some prizes also. **Nick Hall** has also donated some prizes. Please support the businesses who support our wonderful school

If you are interested in tennis there will be a Nick Hall Tennis Camp in the 2nd week of the school holidays .

Tues-Thurs 8th – 10th October 9am-12noon. For more information: nick@nickhalltennis.com 0430 366 433.

Thank you to Lisa Hutchinson and Darlene Hall for helping to clean the outside of the Gymnasium in preparation for our school disco night. Thank you for your support.

We are a Nut Aware School

Parents are reminded that our school has a nut aware policy, and parents are asked NOT to send nuts or products containing nuts to school with their children.

A copy of our Nut Awareness policy is given to parents on enrolment. Reminder notes will be sent home to parents of children with nuts or nut products in their lunch.

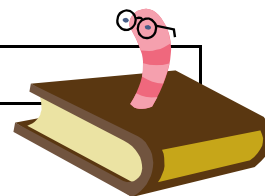
Note there is a child in our school who has a Fish Allergy

We are **NOT** asking parent to refrain from sending fish in children’s lunches but we are asking that children with fish in their lunches sit away from the child with the allergy, wash hands after eating their lunch, and that fish tins and other packaging be placed immediately in the bin.

Lemons Needed for Kitchen Classes

Do you have a lemon tree overflowing with lemons? If so, we can use them in our kitchen classes. We are planning to make lemon cordial next week. If you are able to leave any that you can spare on the wooden bench in the kitchen.

Premiers Reading Challenge



Congratulations to the following students who have recently completed the Challenge.

Jay Meulengraaf
Emilie Haylock
Sophia Jeitner
Denis Henke
Max Culp
Joel Parker-Boers
Zoe Marshall
Karly Taylor
Caitlyn Payne
Jack Wilson
Olivia Stone
Sophie Hughes
Jarrah Taylor
Sophie Medlin
Bailey Camp
Aedden Rees
Alex Lynch
Tahlia Rowe
Tiahna Rice
Patrick Jeitner
Brooke Badenoch
Chester Wright
Baylee Pashley
Kai Zinchiri
Jordan Gatt
Brodie Pool
Emmy Roach

Ava Roach
Zachery Bell
Riley McCune
Theo Bell
Caitlin Gore
Thomas Wilmott
Torrin McGill
Stella Wright
Joshua Thompson
Takoda Meerbach
Jaxon Scholz
Caitlin Bushby
Jaiden van den Ende
Blake Cordes
Emily Bands
Katelyn Scroby
Isabella Pollifrone
Zac Lambe
Peter Kalecinski
Will Lanes
Rania Northey
Brianna Fimmano
Beau Smith
Angus Schmidt
Georgie Wotton
Henry Hincks
Jimmy Lynch

Tarkyn Little
Matilda Schmidt
Lachlan Warhurst
Evie Clarke
Imogen Cherry
Toby Graham
Coben Marsden
Trey Ward
Tyler Searl
Callum Taylor
Evelyn Gill
Saxon Eades
Jesse Amos
Conrad Jeitner
Liam Lucas
Riley Lucas
Alex Vignera
Alexander Vivian
Tyler Baugh
Daniel Fimano
Lateisha Holt

Jessica Forbes
Keaton Riddle
Xavier Ormandy
Lucy Bubner
James Galettis
Jamison Henke
Jacob Horrocks
Sithuki Kalugala Hewage Don
Jonty Longbottom-Burzacott
Charlie Pallant
Darcy Pallant
Ella Pollard
Abigail Schmidt
Brandon Simpson
Isaac Taylor
Sienna Van Den Ende

LAP & MULTILIT



What a great Celebration!!! Everyone had a great time! Thanks to all volunteers and parents for making our afternoon a success.