



# NEWSLETTER

Week 4 Term 3 2015

## Diary Dates

Monday 17th  
August

**STUDENT FREE  
DAY**

(Staff TD Day)

Thursday 20th  
August

SAKG Soup Day

Friday 21st August  
Jump Rope for Heart  
"Jump Off"

Monday 24th  
August

Zoo Snooze Camp  
Sara Weston's Class

Wednesday 26th  
August

Zoo Snooze Camp  
Sue Close's Class

Thursday 27th  
August

Zoo Snooze Camp  
Deahnn Copeland's  
Class

School Assembly  
2.25pm

Yr 3 Narelle  
Thomas class

Wednesday 2nd  
September

Parents & Friends  
Meeting 9am

## Student Absence or Lateness :

Prior to 9 am

**Text 0427 016 460**

with LPS, Student Name,  
Student Class, Absence  
Date and Absence reason.

## IMPORTANT DATE CHANGES

LITTLEHAMPTON PRIMARY SCHOOL DISCO  
WEDNESDAY 9TH SEPTEMBER

**OUR SHOW DAY IS THURSDAY 10TH SEPTEMBER**

## Developing a Growth Mindset

We continue to work with children and staff in the area of Positive Education. Our current focus is on developing something called a 'Growth Mindset' in order to become more resilient. Resilience is an important quality for our children to develop if they are going to flourish. When our children encounter a difficult situation or a new task, they might fail the first time they try it. How do they respond? Do they bounce back like a tennis ball, or do they break like an egg?

We have been interested in the research by Professor of Psychology Dr Carol S Dweck on the effect of praise. Most people, including parents and teachers believe that praise is important. But the way children are praised is extremely important in terms of forming their beliefs about their own ability to succeed. According to Carol Dweck's research, people have two different mindsets: a fixed mindset or a growth mindset. A fixed mindset is the belief that intelligence can't be changed. A growth mindset is the belief that success is the result of practice, effort and hard work.

In a well-known study, Dweck and her team examined the effect of praise. They gave some children in Year 5 some puzzles to solve. Initially they gave the children a set of easier puzzles to do. When these nine and ten year olds successfully solved them, they were praised for either their intelligence **or** the effort they made. Next, the children were given a much harder set of puzzles to solve. Dweck and her colleagues found that the **children who had been praised for their intelligence gave up easily**, and preferred to revisit the easier puzzles they were successful at solving. They also tended to believe that because they'd struggled with the harder ones, they weren't smart at solving puzzles. This of course is the sign of a fixed mindset. However, **those children praised for their effort showed a growth mindset. They actually wanted to work on harder puzzles so they could learn how to be even more successful!** They felt smart by applying themselves to a challenging task even though they may have only made beginning steps in solving the puzzle. Dweck concludes that children and adults are very sensitive to what's going on in a situation - what other people value and how they're being judged. A child with a fixed mindset is likely to be thinking, "you better not make a mistake; you'd better look smart, people are judging you." Yet another child with a growth mindset is likely to be thinking things like, "Here is an opportunity; oh, I made a mistake here - what does this teach me about what I need to do differently?" This is why at school teachers try to give specific feedback about how to improve, encouraging students to challenge themselves to move on to the next challenge, rather than merely praising them for good work.

## What can parents do to help children develop a growth mindset?

- In order for children to gain a sense of mastery, they need to experience some disappointments and tough challenges. **Parents must try not to rescue them.**
- **Don't solve children's' problems for them.** Ask questions like, "What can you do about that?" or "What ideas can you come up with that might make things better?"
- **Praise their effort and hard work** to achieve a goal, rather than their natural abilities.



Students showing a Growth Mindset during Aquatics earlier this year: being brave to try something new, persisting when they didn't at first succeed, being determined to try hard with new challenges. Brilliant!



## Music Showcase



*Wednesday 23rd  
&  
Thursday 24th  
September*

It is getting closer to our famous Music Showcase evenings where we have a chance to show families and friends the development of musical skills and understanding from Reception through to Year 7.

Notes have gone home, and we thank all of the parents/caregivers for returning their notes to let us know if your child and family members are able to come along to this spectacular evening of musical talent.

If you have not yet returned your form letting us know which night you will be attending please do so by Tuesday next week. This way we will ensure that there are enough seats for everyone on the nights.

All classes from Reception to Year 5 will be participating as well as our school band and choir, and there is a growing sense of excitement about the performances as they rehearse. We are looking forward to seeing you there!

## Fruit & Veg Snack

We would like to remind parents and students that the optional Fruit and Veg snack can **only be unprocessed raw fruit or vegetables (eg carrot sticks, apples)**. This was a change that came in last year in the new Food Policy, after much consultation with the parent community. Please note that this is only an optional snack; therefore if children are not happy to eat any unprocessed raw fruit or vegetables, they simply need to wait until the scheduled recess or lunch break for their other foods. Thank you very much for your cooperation!

## Road Safety

There have been a couple of instances lately where children have almost been hit by cars passing them as they are getting in and out of their car.

If you drop your children off at school, **please ensure they exit from passenger side of the vehicle** onto the foot path. We call this the 'Safety Door'. Children are often not as aware of traffic as adults, and can unknowingly move into the path of an oncoming car.

When driving around the school, please ensure you keep to the 25 km/h speed limits. Thank you for keeping our students safe!

## Littlehampton Primary School Disco

Our annual school disco will be held on Wednesday 9th September. This year we are having a "Pyjama Theme" disco. Please find included with this newsletter a double sided flyer giving you all of the information required for this great fun night as well as an update on what our fabulous Parents & Friends have been up to so far for 2015. We would like to remind parents/carers that the day after our disco is a **SCHOOL CLOSURE DAY. (Thursday 10th September)**



## Hat Policy Reminder



Although at the moment we are experiencing wintry and cold weather, **we would like to remind students and parents that as from September 1st all students are to wear a hat while outside.**

If your child attends OSHC Kathryn would like you also to provide another hat that can stay in their school bags ready to be used while at OSHC.

## Multilit Meeting

There will be a Multilit meeting for any interested parents/caregivers who would like to see how the Multilit program operates. This meeting is also for any volunteers who are already a part of our volunteer team delivery the program.

Please come to our next meeting which will be held on:

**WEDNESDAY 19TH AUGUST 2.30PM  
in our staffroom.**

Hope to see may there! Your help is always appreciated.

Pauline Bolto  
Multilit Coordinator

**Next newsletter will be our annual Gymnasium Edition, where we thank all our families who have donated to our Gymnasium Building Fund, and major sponsors are acknowledged. As is our practice, all donors will be acknowledged by name. If you would like your donation listed anonymously, please contact Debbie, at the Front Office.**

## Premier's Reading Challenge News

Congratulations to the following students who have completed the Premier's Reading Challenge (as at 10<sup>th</sup> August). Well done! All of these students will be given a school completion certificate next Assembly and will then receive their official Premier's Reading Challenge Award in November.

For those students who are yet to finish – you need to have your completed Reading Challenge form handed into the Resource Centre by **Monday 31<sup>st</sup> August** – only 18 days left!

Lily Beauchesne  
Soleil Bogdanwicz  
Harriet Copping  
Caylee Eichler  
Heath Fielding  
Keira Guest  
Stephanie Herbert  
Haidee Hutchinson  
Lincoln Hutchinson  
Zach Hutchinson  
Mitch Jacobson  
Lucas Joseph  
Halle Longbottom-Burzacott  
Wren McNicol Taubert  
Hugo Owen  
Annabelle Provis  
Marlia Reynolds  
Levi Sappenberghs  
Ryan Simpson  
Owen Steer  
Mitchell Bannister  
Mia Bishop  
Tennessee Stephenson  
Charlie Stradiotto



Rachel Provis  
Declan Elliott  
Theodore Van Den Ende  
Sienna Van Den Ende  
Maya Bowden  
Lucy Hannam  
Brooke Linke  
Mollie Demasi  
Bryce Colotti  
Jessamy Defazio-Jaensch

## Hot Food Day

On Friday 4<sup>th</sup> September the Parents and Friends will be offering a Hot Food Day to our students.

There has been a order form and envelope sent home via your child's teacher this week.

Please ensure that orders are placed in the box in the front office no later than Monday 31<sup>st</sup> August by 4pm.



**PLEASE NOTE THAT ON THIS DAY THERE WILL BE NO LUNCH ORDER SERVICE FROM ON THE RUN**

## Principal's Awards



During Week 3 assembly the following people were awarded a Principal's Award. Congratulations to everyone.

**Including Others:** Ali Turner, Nicholas Bakker

**Respect:** Aurelia Szilassy, Oliver Snell, Brad Schultz

**Valuing Others:** Kai Banks

**Trustworthy:** Jessamy Defazio-Jaensch, Theo Bell, Jack Geary, Mathew Davis

**Positive Attitude:** Sophie Medlin, Heath Fielding, Jacob Bands, Mitch Jacobson, Jonty Longbottom-Burzacott, Nicholas Paech, Hamish Burns, Naite Lawson, Cayleigh Timmins, Austin Watts, Mia De Caux, Annalese Gore, Thomas Streng, Matilda Schmidt.

**Kindness:** Imogen Meulengraaf, Aster Cassidy, Brock Stephenson, Maya Bowden

**Fairness:** Marcus Reddy, Sophie Schultz, Georgia Amos, Isaac Formston-Crilly, Ethan Roberts

## Changes to our Week 6 Assembly

Please note that the date of the Year 1 classes' Assembly has now been changed to Term 4.

**The Week 6 Assembly this term will now be run by Mrs Thomas / Mrs Perkins Year 3 class.**

## Climbing Trees

We would just like to clarify with families that we ask children not to climb trees at school. We love the idea of kids climbing trees at home or in the bush, but there are a number of reasons that make it an unsuitable activity at school:

- Child safety
- Care of trees
- Difficulty of supervision.

While we are able to remind children during recess and lunch of this school rule, we would really appreciate your help in reminding children before and after school, including toddlers. Thank you!

## Littlehampton Tennis Club

Littlehampton Tennis Club will be holding a Come N Try day on Friday 14<sup>th</sup> August between 4pm to 5.30pm at Anembo Park.

We will hold our Junior Registration Day on Sunday 13<sup>th</sup> September from 9am also at Anembo Park.

Enquiries: Kylie 0402854436

## *Cyber Safety Presentation for Year 5 to 7*

This week all students in Years 5-7 attended a Cyber Safety presentation by the Mount Barker Police.

It covered such topics as: social media, creating a safe online profile, privacy settings, cyberbullying, making a secure password and never sharing password with others.

### *Some interesting information for parents:*

- Most social media sites are strictly for older children above 13 years old, for very good reasons. Facebook, Instagram, Snapchat are all 13+, and Kik is 17+. We know that Kik in particular can be very dangerous for young people, and strongly advise not allowing your children to have a Kik account.
- Many of our older students say they are active on these social media sites, despite the 13+ regulations. If you have children in Year 5-7, please talk to them about which sites they use, and make sure you understand how they work before giving them your permission to continue using them. If you do allow them to use these sites, get them to show you their privacy settings, and explain to them that nothing is private when posted online. One suggestion from SAPOL was the 'Grandma Test', in other words, never post any words or pictures you wouldn't be proud to show your grandmother, or another trusted adult you respect. Many students also admitted to having many 'friends' they didn't actually know, which is a concern.
- SAPOL advises parents to show curiosity with their children's internet use, and to work with young people to understand the implications of their online activity. Many employers now turn to social media to check prospective employees, viewing what they post, and also what others post about them. So what they do now, can even affect their future.

Parents may be interested to access the federal website 'Think You Know' [www.thinkyouknow.org.au](http://www.thinkyouknow.org.au) for more information about keeping children safe on-line.



## *Jump Rope for Heart Fundraiser*



On July 31st the Jump Rope for Heart Team came and presented to our school a "Skipping Demonstration" in readiness for our Jump Rope "jump off" day.

**This will be held on Friday 21st August** with all classes having a turn at seeing how long they can skip for and what routines they have all been practicing during recess and lunch times.

Sponsorship forms and letters were given to each student to collect sponsors for this day. Please can you make sure that your child brings their sponsorship form and money with them to school on Friday 21st August.

All the students enjoy this day and parents are most welcome to come along and watch their child/children as they participate in a fun activity to raise funds for a very worthy cause.

## *Reusable Snack Bags*

**Are you looking for a great way of supporting our "No Rubbish" lunches??**

Why not try a reusable snack bag. Heidi Kumnick (one of talented parents) creates reusable snack bags in a variety of sizes, colours and designs.

The are free of BPA, Phthalate, Lead, Latex and Heavy Metals and can be washed daily.

Prices range from:

Large \$15      Medium \$12      Small \$7

If you would like to see what they look like jump onto Heidi's business facebook page:

**[www.facebook.com/ReusableSNACKBAGS2](http://www.facebook.com/ReusableSNACKBAGS2)  
Or call her on 0407 970153**