

POSITIVE EDUCATION SCHOOL

Monday 16th July, 2018 Newsletter No. 20
(There is 1 insert in this week's Newsletter)

DIARY DATES

Term 3

Mon Jul 16	First day of Term 3
Thurs Aug 2	Pupil Free Day – 3 Way Conferences
Wed Aug 15	Sports Day



PRINCIPALS NEWS

“We choose to bring our best selves to school and love the work that we do”

Welcome back to Term 3

Welcome back to Term 3! I hope you all had a chance to spend time with family and friends and are ready for another successful term. It is wonderful to see our students wearing the school uniform so proudly. We will continue with no compulsory hats until we start to see a change in the weather. Students will be informed when we are back to the 'no hat, no play' Sun Smart program. We are encouraging students to keep their jumpers and jackets on while they are playing outside.

Grade 5 Camp

Next week our Grade 5 staff and students will be heading off to Ballarat, with quick a visit to Melbourne which included a tour of the Melbourne Cricket Ground (MCG). We look forward to hearing about their learning and memorable moments when they return.

Three-way Conferences

OSHP will be available on this day

We are in the process of organising appointments for the three way conferences that take place on Thursday August 2nd. This is an opportunity for teachers to guide students in sharing their goals, successes and challenges in 2018 with their families. This day is a **pupil-free day** to facilitate appointments being scheduled from 8.30am to 6.00pm. It is important that **both student and parent/carer** attend the three way conference to ensure the success of the conference. The school will be providing child care for siblings to assist with the smooth running of the day. It is important that if families would like an interview separate to the three way conferences that they make an appointment to see their child's classroom teacher.

Duty of Care

It is important that Parents/Carers are aware that supervision in the school yard begins at 8.30am and finishes at 3.50pm. No formal supervision of the playground occurs outside of these hours. We are asking the students not to use any play equipment after school as they are not supervised by staff. If you are finding it difficult to get to school by 3.50pm please consider booking your child into our OSHP.

School Crossing

Thank you to the families using the school crossing each day. Our school is on a very busy highway and adults modelling the safe way to cross the road ensures that there are no accidents.

Bikes and Scooters in the school yard

The beginning of term is a good time to remind everyone that students do not ride their bikes or scooters along Deakin Avenue in front of the school or Albert Street along the pick-up and drop off area. We have many young families with babies and toddlers, as well as the many students in transit at the one time. Students walking their bikes and scooters ensures the safety of all.

Prep Enrolments

Enrolments for 2019 have begun. If any of our families have Preps starting next year please contact the office for an appointment. If you know families that live in our neighbourhood zone and they have a Prep for 2019, please encourage them to make contact with the school.

Compass

It is terrific that so many families are logging onto Compass, our school communication tool. This term I will be sharing more messages with families on Compass as a way of developing communication between home and school.

Singing Lessons

Singing lessons will be starting this Thursday with Mrs Andrea Soebardi. We are all very excited about Andrea's return. If you are interested in your child receiving singing lessons, please pick up an expression of interest form from the front office.

Developing your child's emotional intelligence

EMOTIONAL INTELLIGENCE

by Michael Grose

Everything old is new again.

Over 2,000 years ago Socrates reminded his Greek compatriots, "Educating the mind without educating the heart is no education at all." Socrates was talking about the development of what we now call emotional intelligence.

Current day muse Dr. Marc Brackett director of the Yale Centre for Emotional Intelligence is more expansive. He says, "Emotions matter as they drive learning, decision-making, creativity, relationships, and health."

Emotions are messy. They can be loud. They can be hidden. They so often interrupt our well-organised schedules. "What do you mean you're sad? We're off to watch a movie. It's a happy time!" Emotions are hard to control and difficult to see. Like slippery eels swimming in a dam, you know that they are down there somewhere but it's hard to figure just what they are doing.

So where do we start exploring the alien landscape, the new frontier of parenting? Here are five ideas to help you explore the alien landscape of children's emotions, the new frontier of parenting:

1. View emotions through the pleasantness lens.

We often place value judgements on emotions by saying some emotions are good or positive (happy, motivated, energised) while some are bad or negative (sad, worried, sullen). Avoid passing judgement in such ways. Recognise that emotions are pleasant or unpleasant and that all emotions are acceptable, whereas some behaviours (such as hurting someone when you are angry) are unacceptable.

2. Set your antennae to pick up emotion.

Ever have a child come home from school and misbehave in a way that is out of character? If so, did you focus on the behaviour or did you try to detect the emotion behind the behaviour? The default mechanism for many adults is to respond to children's behaviour rather than stand back and take notice of what may be going on beneath the surface. We respond to aggressive behaviour and sometimes fail to notice the anger seething below. Stop automatically reacting to behaviour and start noticing the emotion that may be driving the behaviour. You still need to manage poor behaviour but responding in this way may give you a valuable insight into your child's inner world.

3. Validate children's emotions.

Children and teenagers who are upset or experience extreme emotions require understanding and validation. You don't necessarily have to necessarily fix the situation, but it is important that your child knows that you understand he is upset. Convey your empathy with statements such as, "Ahh, I see you're upset that your brother...." ; "Yes, it's understandable to be annoyed....."; and "I can see that you are angry about this...."

4. Help your children recognise, then regulate emotions.

Children, like adults, need to recognise their feelings before they can regulate their emotional state. Emotional recognition is a complex process that takes practice. Learning to recognise your feelings is a continuous process that's best started when young, before the ups and downs of adolescence becomes a reality. Cue children to their emotions by reflecting back to them how they may be feeling rather than shutting them down or ignoring them. e.g. "It seems that you are pretty angry right now. Could I be right?"

5. Build your child's vocabulary of feeling words.

Emotionally smart children generally have a wide vocabulary, which means they are better placed to shift their moods when required. Reflect back as accurately as possible how your child or young person may be feeling. The differences between emotions such as anxious, tense, nervous, worried and overwrought maybe small but they are important in terms of giving children some wiggle room to shift their feelings.

Emotional intelligence is best learned when it becomes part of your family's culture, or way of doing things. Impacting on family culture is the best way of creating inter-generational change. You'll know you've had generational impact when your children as adults identify you as the person who trained them in the skills of emotional intelligence. How cool would that be!

Marie-Therese Milani
Principal



Compass

at Mildura South PS

All parents should have received a Compass log-in letter with their child's report. If you haven't received your letter please contact the office.

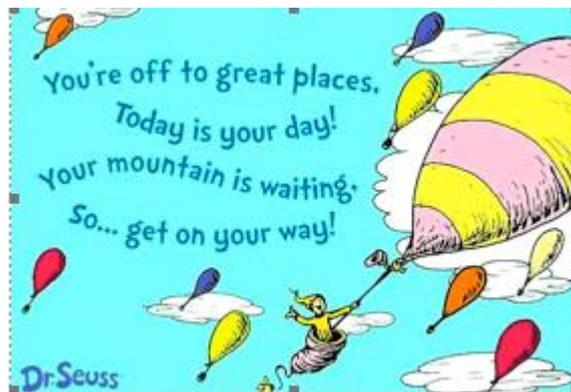
ATTENDANCE EMAIL

The School's attendance email of attendance@msps.vic.edu.au is no longer in use. For any absences please telephone the office on 50232148 or alternatively use the School's new parent portal COMPASS.

STRONGER SMARTER

Each week a Stronger Smarter message will be in the newsletter. Students and teachers will be focusing on the quote in their classrooms. It will be based on positive learning and building high expectation relationships.

This week's Stronger Smarter Message



**Positive Emotions Engagement Relationships Meaning
Achievement**



WORKERS OF THE WEEK

PB Willow Chilly	4D Talarah Smith
PH Luisa Filimoehala	4N Marley Williams-Mackay
P/1K Taj Bernard	4W Xander Osborne
1J Evelyn Bath-Johnson	4Z Motahar Najafi
1R Tyson Garner	5B Zac Williams
1/2O Finley Jackson	5K Devrim Kocaoglu
2S Lanie Nelson	5W Monahan Scherger
2T Lakiesha Thomas	5/6S Sean Oosting
3M Dante Berry	6B Joshua Szabo
3N Kaelan Zielonka	6H Jett May
3T Noah Davis	6R Asher Fulton
3/4R Lavannah Myers	6W Jack Allen

Raffle and we are looking forward to seeing donations coming in to make up some great prizes.

Lyn Bozzi
Parents Club President



TENNIS LESSONS

Hooray the tennis courts are ready to play. TennisMad is now ready to run tennis lessons before school and you can now book in for Term 3. Using our online system you can visit TennisMad's website and follow the simple instructions to book your child in. Otherwise you could use the link below

<https://www.classhub.com.au/provider/tennismad/2018/3/?venueid=2>

Thanks and hope to see the kids on the court.

SPORT AWARD
Evelyn Bath-Johnson 1J

PERFORMING ARTS AWARD
Sean Oosting 5/6S

ART AWARD
Tazma Grennan Prep/1K

BAND AWARD
Ethan Wild 5W

PARENTS CLUB
General Meeting



We will be holding our General Meeting on Monday 23rd July at 9:00am in the Parent's Room. We look forward to having a coffee and organising our Term 3 fundraising events. Everyone is welcome and toddlers have their own space to enjoy as well.

Cookie Dough Fundraiser

Thanks to all of our helpers on the day. We hope you have enjoyed cooking them on the school holidays. Prizes were handed out Monday 25th June as they arrived nice and early before the holidays.

Fathers Day Stall and Raffle

Parents Club are starting to organise the Fathers Day



BRAINTEASER

This week's Brainteaser:
What is the tallest animal in the world?

Your answer:.....

Your Name:.....

Your Grade:.....

Cut out this box with your answer, name and grade and place it in the brainteaser box at the front office. Each week, one lucky entrant will win a prize! ☺

Last Week's Winner: Sega Williams 4W
Answer: Australia