

POSITIVE EDUCATION SCHOOL

Monday 15th October, 2018 Newsletter No. 31
(There is insert in this week's Newsletter)

DIARY DATES

Term 4

Thur Oct 18 Head Lice Check

Mon Oct 22

to Fri Oct 26 Grade 5 & 6 Swimming

Wed Nov 28

to Fri Nov 30 Grade 4 Camp



PRINCIPALS NEWS

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

Congratulations to 1J

Well done to the students in 1J for achieving the highest attendance in Term 3. The class also achieved the highest attendance in Term 2. Congratulations and thank you to Miss Jaffri for creating an engaging learning environment where the students want to

come to school each day and to our families who support their children in being at school.

Celebration of World Teachers' Day

On Friday October 26 our school community will be celebrating World Teachers' Day. This is an opportunity for all of us to show appreciation to our teachers and thank them for their commitment and love of learning.

Our Teachers hold a unique place in this community as the educators of our children. Teachers shape and guide the knowledge and values of our students as they grow into their best selves.

This day is a wonderful opportunity to recognise the important work our Mildura South teachers do and thank them for every day they open up the world a little bit more for our children.

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 area and they have a Prep for 2019, please encourage them to make contact with the school.

Positive Education Day

On Friday Nov 2nd we will be celebrating Australia's first ever Positive Education Day. We invite students and staff to wear colourful clothes to make Positive Education visible.

We want to work together to raise awareness and understanding of Positive Education in our schools and communities and to encourage students, teachers, families and the community to learn and talk about how to grow their own wellbeing and support the wellbeing of those around them.

Visit from St Peter's College

Today Mrs Belej, Mrs Zoch, Mrs Birch and Miss Tankard have been working with David Kolpak who is a Head Teacher in Positive Education at St. Peter's College in Adelaide. St Peter's College have been a Positive Education School for 8 years and they had the privilege of Dr Martin Seligman (a leading researcher in Positive Education around the world) be on campus for 1 month. We look forward to the learning and feedback we gain from David's visit.

Hats on in Term 1

We are a Sun Smart School and students will be expected to wear their hats from Day 1 of Term 4. If students do not have a hat they will be asked to sit in the shade. Could you please ensure your child/children all have hats. Thank you.

Crossing Deakin Avenue

Thank you to the families who are using the school crossing on Deakin Avenue to cross the road. I am grateful that you are showing our students how to safely cross the road. Families who are choosing not to use the crossing are risking the safety of their children and I would ask you to please use the school crossing. Thank you.

Riding Scooters and Bikes

A reminder that students are not to ride their bikes or scooters in the school grounds or in front of the school on Deakin Avenue. These are busy areas before and after school and we have many young families with toddlers on site. Thank you for helping us to keep everyone safe.

Mondays with Mrs Milani

Please don't forget that I am in the staff room each Monday morning from 9.00-9.30am with a coffee and some biscuits hoping that you will come in and have a chat. Please feel very welcome.

Five forgotten skill sets that contribute to student success by Michael Grose

At a time when we hear a great deal about growth mindsets, good mental health habits and creating digitally savvy students, we can easily overlook the skill sets that form the building blocks of long-term

school success. These are skill sets that are also easily forgotten when we narrow our focus onto numeracy, literacy, performing arts, STEM and other academic areas.

While all these other mental skills and academic areas are important, the skills I want to focus on here are ones that can be taught, or at the very least drawn out, alongside every other skill when we as parents and teachers know what to look for.

Following are five skill sets that contribute massively to overall student success and contentedness at school.

1. Friendship skills

The ability to get along with others is hugely important for children. Those students with a strong set of friendship skills are easy to like, easy to relate to and easy to play with. The skills they possess include knowing how to win and lose well, how to approach others to join in a group and how to lead rather than boss.

2. Organisational skills

The ability to organise your time, your space, your items and other aspects of your life is a massive plus for any student. The best way to help children who are organisationally challenged is to introduce them to systems and processes to help them organise themselves. These processes include the use of visual reminders, anchoring (i.e. linking new behaviours to habitual behaviours) and the mapping out of activities.

3. Optimism skills

It may seem strange to see optimism as skill set, but as leading psychologist Professor Martin Seligman discovered through his research, optimism can be taught. Seligman found that while some children are more inclined by nature to see a glass as half empty than half full, all children are capable of developing an optimistic explanatory style through exposure and direct teaching. The skills of optimism include being aware of self-talk, reframing negative events into positive events and the practice of perspective-taking.

4. Coping skills

Children will generally face a number of challenges during the course of their school lives including overcoming the disappointment of not being picked on a team, working their way through difficult learning situations and dealing with rejection. The impact of these challenges will depend on each child's own spirit, the support they receive and their coping skills. The good news is that coping skills can be taught or, at the very least, encouraged if adults know what to focus on. Coping strategies include parking problems for a while, normalising difficult situations and accepting and moving on. Some children will use coping strategies quite naturally, while others need parental and teacher input to help them cope with even seemingly minor challenges.

5. Relaxation skills

The ability to relax and get away from it all is vital for the maintenance of mental health, which in turn affects a student's ability to perform. Many of today's children live with pressure. That pressure needs to be released through relaxation and play, otherwise it can lead to anxiety and other mental illnesses. The ability to relax and unwind is paramount to your child's school success. Relaxation techniques include mindfulness and meditation, participating in hobbies and enjoying creative pursuits.

These skills are part developmental and part environmental. That is, children will naturally develop many of them as they mature but the skills also need to be nurtured environmentally. They need to be recognised, encouraged, taught and modelled by adults who children and teenagers respect and admire. That makes parents and teachers 'Very Important People' in the process of acquiring them.

Marie-Therese Milani
Principal

Problem Solving in Maths

In order to encourage further problem solving at home, I will include a weekly problem in the newsletter. Each week a correct entry will win a fantastic prize.

Just write the answer on a piece of paper with your name and grade and drop it into Mr Kent's office each Wednesday.

Today's problem:- **Mr K's Problem No 20**

Using plus and times, what three numbers total 30?

Name:

Grade:

Maths Awards

MathsOnline Awards are presented at Assembly each week.

The winners this week are **Narelle Haynes Parente** 34R and **Jack Allen** 6W.

MathsOnline provides over 1400 tutorials that last around 4-9 minutes. The tutorials present maths concepts, step-by-step, with synchronised audio and animation. This **harnesses both audio and visual learning styles**. MathsOnline lessons can be studied at home or at school, on all devices.

Students from Grade 1 to Grade 6 have their own unique password for access at home. Please see your child's teacher. Go to-

<https://mathsonline.com.au/>

STRONGER SMARTER/POSITIVE EDUCATION

Each week a Stronger Smarter/Positive Education 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 Message is:

GRADES 5 & 6 REMINDER

FOR YOUR CHILD TO PARTICIPATE IN THE SWIMMING PROGRAM, SWIMMING NOTES AND MONEY MUST BE RETURNED TO THE OFFICE BEFORE 4.00PM ON TUESDAY 16th OCTOBER, 2018 . NOTES AND MONEY CAN NOT BE ACCEPTED AFTER THIS DATE.



ART AWARDS

Grade 6 – Clay Creations

6B

Jayden Garner

6H

Taylor Stephen

Sienna Dalla Santa

Surendra Kumar

Harry Walker

Angus Bobstchinski

Jackson Penny

6R

Morgan Wright

Emma Casale

Ela Akkus

Tasia McKinnon

6W

Archer Wooton

Atreyu Cochrane

Tanika Russell

Bryce Jones

Connor Byrne



WORKERS OF THE WEEK

PB Jobe Christos	4D Ali Ataye
PH Brayden Hand	4N Thomas Norton
P/1K Brody Paul	4W Keitha Kin
1J Leni Hester	4Z Charlotte Leutner
1R Logan Hardie	5B Zac Williams
1/2O Aveena Jeyakanthan	5K Mehdi Hashimi
2S Emily Tumes	5W Cameron Hutchinson
2T Lakiesha Thomas	5/6S Rahillah Ghulami
3M Eliana Kaassamani	6B Chelsea Dyke
3N	6H Jake Marks
3T	6R
3/4R Maze Faanunumi	6W Caden Hanstock

PERFORMING ARTS AWARD

Kobie Walters Prep H

ART AWARD

Ayumi Manning 1R

BAND AWARD

SPORT AWARD

PARENTS CLUB

Parents Club 2019

To all of our parents who will have students at our school next year and would like to come along and be involved, you are most welcome to come along to our General

**Positive Emotions Engagement Relationships Meaning
Achievement**

Meeting. If you can't make the meeting we will make a day this term to get together for a coffee and a chat.

General Meeting

On Monday 15th October, 2018 Parents Club will be holding a General Meeting at 9:00am in the Parents Club room. Everyone is welcome and toddlers have their own space to play as well.

Lyn Bozzi
Parents Club President

OUT OF SCHOOL HOURS

A reminder that all children attending After School Care require a hat for outdoor play. Please pack a spare hat in your child's bag for each afternoon session.

We have places available for Before and After School Care each day. Please call in and see us in the gymnasium for more information.

The next vacation care program will be from Wednesday 2nd January until Friday 25th January. The plan and booking form will be available approximately end of November/early December.

PHOTOS FROM THE VARIETY NIGHT


BRAINTEASER
This week's Brainteaser:

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:
Answer: