

## POSITIVE EDUCATION SCHOOL

Monday 5<sup>th</sup> November, 2018 Newsletter No. 34  
(There is 1 insert in this week's Newsletter)

### DIARY DATES

Term 4

Tue Nov 6	Public Holiday (Melbourne Cup Day)
Thur Nov 8	Prep Fun Night - 3.30 to 5.00pm Grade 1 Fun Night - 3.30 to 6.00pm
Wed Nov 14	Prep Orientation Day
Wed Nov 28 to Fri Nov 30	Grade 4 Camp
Tue Dec 11	Grade 6 Orientation Day Prep Orientation Day
Wed Dec 12	Grade 6 Orientation Day School Concert



### PRINCIPALS NEWS

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

#### **Congratulations to Durc Probert, Aussie of the Month for October**

Durc is a kind, compassionate student and is a great role model to other students. He is very polite and is always respectful to teachers. Durc wears his uniform with pride and always uses his manners. He always

follows the school norms and encourages others to do the same. Durc is always eager to do his very best in every area of his work. He is helpful and kind to other people in the classroom and outside in the yard. If someone looks lonely or sad, he invites them to play with his group of friends. If someone is without a work partner, he always invites them to join his group to make a group of three. Durc is a very loyal friend and will stand up for his friends if he thinks they need support. He willingly completes any job given to him and always with a smile on his face.

#### **Melbourne Cup**

Tomorrow is the Melbourne Cup public holiday and there will be no school. I hope you all take the opportunity to share some family and friend time and enjoy this beautiful spring weather.

#### **Prep Teddy Bear's Picnic and Fun Afternoon**

On Thursday November 8 the Prep children will be enjoying a Teddy Bear's Picnic at school – very exciting! At the end of the day they will stay at school until 5pm to have some fun times with one another.

#### **Grade 1 Fun Night**

On Thursday November 8 the Grade 1 children will be staying at school until 6pm to participate in fun activities and share some pizza for tea.

Both of these important events are the beginning of the school's camp program and we look forward to seeing as many children participate as possible.

#### **'Let's Dance' Sunraysia Dance Academy**

The concert season is upon us and some of our students will be performing in the 'Let's Dance' production being held on Saturday November 10 and Sunday November 11 at The Mercy Theatre. Tickets are on sale from October 8, from: [www.trybooking.com](http://www.trybooking.com)

### **Prep Orientation**

Next Wednesday on November 14 from 9.30am-12.30pm we will be having our first Prep Orientation for the children coming to Mildura South as Prep students in 2019. If you have not yet enrolled your child, could you please do so before this date. Once the children are settled in their Prep classrooms Parents and Carers will be invited to come to the Gym for an information session.

### **Parenting for Resilience by Michael Grose**

*Resilience has proven to be one of the most important factors in predicting success as an adult. The ability to bounce back, regulate emotions and cope with stress are key traits in a healthy, functioning person. Resilience also helps prevent anxiety and depression. It is something we need to be instilling in our children.*

Here are five principles/ideas that you can easily adapt to develop a strong sense of resilience in your child.

#### **1. Develop your child's self-sufficiency**

Self-esteem is an essential element for resilience. It teflon coats children against rejection and self-doubt. The foundation for self-esteem is self-sufficiency. It's the simple things such as feeding yourself as a toddler, making your own snacks in primary school and making your own lunch in secondary school that build self-esteem. Mastery over your own life provides a strong sense of self, which is an important piece of the resilience puzzle.

#### **2. Allow children to resolve their own problems**

Resilience is developed when children own and resolve their own problems, whether those problems are learning, relational or organisational challenges. A teenager who sleeps in on a school day needs to be allowed to manage the inconvenience of the situation, experience the stress that comes with being late and find a solution to avoid a repeat. Look for ways to coach your children through social, physical and learning challenges but resist the urge to interfere or rescue children unless it's absolutely necessary.

#### **3. Encourage play (and mucking around) at every age**

Encourage your child to play and be playful. As a community we seem to hold little store in the value of free, child-initiated, or even teenager-initiated, play. It's almost as if play time is a waste of valuable learning time. As any adult who experienced the joys of 'mucking around' as a child or young person will know, free play has huge benefits. These include helping children manage fear, providing opportunities to negotiate risk, and learning how to work flexibly with others. Importantly, free play and mucking around help children experience and tame stress, which is essential for resilience.

#### **4. Focus on face-to-face friendships**

Healthy peer relationships are important protective factors against anxiety and depression for children and young people. From a resilience perspective, peer relationships are most potent when connections are face-to-face rather than through a digital medium. Studies are now showing how simple face-to-face social engagement has a massive positive impact on wellbeing. Positive face-to-face engagement – a smile, a wink or a nod – releases oxytocin, which increases trust and reduces cortisol (stress hormone). These simple face-to-face interactions also release dopamine, which makes us feel better.

For the sake of your child's resilience, encourage more face-to-face interactions, model healthy socialisation and help them balance their time between the online and real worlds.

#### **5. Tell stories of resilience**

Storytelling is a powerful way of shaping children's understanding of how the world works. According to a recent study, children who hear stories about family members overcoming obstacles are more resilient and display more grit in the face of challenges. The most helpful stories are those that are realistic, reflecting life's ups and downs. It's often stories of difficulty rather than success that teach and inspire children to persist. Similarly, it helps to remind children of times you worked hard in the past to overcome obstacles. These might include how you learned to ride a bike,

how you adjusted to moving schools or how you to got along with a seemingly challenging teacher, boss or work colleague.

Perhaps the easiest way to bring resilience into your parenting is to develop a mindset for resilience. It helps to remember the struggles and difficulties you may have experienced and be willing to keep children's chin up when difficulties and challenges get them down. It's also helpful to remind children that things will get better. They always do, which is a fabulous resilience lesson to learn.

**Marie-Therese Milani**  
**Principal**



#### **ASSISTANT PRINCIPALS NEWS**

#### **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 23**  
What is the next number?

**22, 21, 19, 16, 12, 7, .....**

Name:

Grade:

Answer to **Problem No 22**

What is the next number?

**2, 6, 11, 17, 24, 32 ..... 41**

Winner: Eliana Kaassamani 3M

#### **Maths Awards**

MathsOnline Awards are presented at Assembly each week.

The winners this week are **Jackson Penny 6H, Romy Wescombe 4D** and **Riley Ridgewell 2S**

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/>

**Roger Kent**  
**Assistant Principal**

#### **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:

You can  
**LEARN,**  
something new  
**EVERYDAY**  
If you  
**LISTEN**



**WORKERS OF THE WEEK**

<b>PB Xander Williams</b>	<b>4D Tugce Say</b>
<b>PH Luisa Filimoehala</b>	<b>4N Shakyla Stewart</b>
<b>P/1K Caleb Englefield</b>	<b>4W Aiden Lane</b>
<b>1J Alexander Skipsey</b>	<b>4Z Zaihli McCafferty</b>
<b>1R Parker Robbins</b>	<b>5B Charlie Alderton</b>
<b>1/2O Avery White</b>	<b>5K Jasmine Shaddock</b>
<b>2S Ashwell Moore</b>	<b>5W Monahan Scherger</b>
<b>2T Tristan Stephens</b>	<b>5/6S Amy Yeung</b>
<b>3M Dante Berry</b>	<b>6B Ria Ramirez</b>
<b>3N Lachlan Smith</b>	<b>6H Rory Peterson</b>
<b>3T Kayla Stone</b>	<b>6R Ela Akkus</b>
<b>3/4R Hadi Hashimi</b>	<b>6W Kyah Watson</b>

**PERFORMING ARTS AWARD**

**Alyssa Wilson 3T**

**ART AWARD**

**Sharlie Stewart P/1K**

**BAND AWARD**

**Sofia Puerto 6H**

**Mildura Show Art Work**

Congratulations to the following students for receiving an award at the Mildura Show this year.

**First Prize**

Jackson Penny 6H  
Aimee James 5/6S  
Sega Williams 4W  
Ella Adolph 3N  
Layla Adams 1R

**Second Prize**

Lindsay Slade 5W  
Aimee James 5/6S  
Sienna Frasca 4D  
Riley Ridgwell 2S

**Third Prize**

Addison Davis 6R  
Grace Erskine 5K  
Riley Cox 3N  
Logan Hardie 1R

**Encouragement Award**

Sonay Karakas 6H  
Mia Dean 6H  
Brock Hand 5/6S  
Charlie Alderton 5B  
Edasu Sengal 5B  
Rhory Adams 4W  
Emersyn Chilly 3/4R  
Ruby May 3M  
Tarkyn Raymond 1/2O

**PARENTS CLUB**

**Christmas Raffle Donations**

Parents Club have started planning for the Christmas raffles. We will be purchasing some items to go towards the hampers but we are also asking our Southie families to donate more goodies for a successful end of year raffle. Any donations can be left at the office.

**Lyn Bozzi**

**Parents Club President**



**ART AWARDS**

**Grade 2 Clay Creations**

2S  
Belinda Paul  
Emily Maynard  
Ava Almond  
Bella Gane  
Zailee Grennan

2T  
Zaviar Howell  
Charlie Mills  
Phoebe Englefield

**Positive Emotions   Engagement   Relationships   Meaning  
Achievement**

**OUT OF SCHOOL HOURS**

A reminder that the OOSH Program will be closed on Tuesday 2<sup>nd</sup> November for the Melbourne Cup Public Holidays.

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 2<sup>nd</sup> January until Friday 25<sup>th</sup> January. The plan and booking form will be available approximately end of November/early December.

**STUDENT ALTERATION DETAILS:**

Please make the following alterations for

**Student/s:**.....**Grade/s:** .....

**Change of address (Residential)**.....  
.....

**Change of Address (Postal)**.....

**Home Phone:**.....  
**Mother's Place of employment:**.....  
**Phone:**.....  
**Mobile:**.....

**Father's Place of employment:**.....  
**Phone:**.....  
**Mobile:**.....

**1st Emergency contact (Name)**.....  
**Relationship to child**.....  
**Phone:**.....  
**Mobile:**.....

**2<sup>nd</sup> Emergency contact (Name)**.....  
**Relationship to child**.....  
**Phone:**.....  
**Mobile:**.....



**BRAINTEASER**

**This week's Brainteaser:**

**What % of an egg's weight is the shell?**

**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: Kai Fell 5W

Answer: Tiger