Principal's Message

Resilience

Some kids are naturally resilient – their temperament allows them to move through school without anything really getting to them. These are the kids that get straight back up after a setback or disappointment. Not much fazes them including rejection in the playground. Unfortunately, not every child has such natural resilience and this is where we, as parents have a significant role to play.

Resilience can be nurtured and developed, particularly when parents themselves are resilient and they actively foster it in their kids.

Building Resilience

From a resilience perspective parents need to coach kids through some of their more challenging moments while trying to avoid solving all their problems for them.

You can promote a lasting sense of resilience in your kids by:

- **Have a positive attitude yourself**
  Modelling a ‘you can do it’ attitude for your child will be of great benefit when he / she meet some of life’s curve balls.

- **Turn problems into opportunities**
  Many of the problems kids face can be used as a teaching opportunity.

- **Make kids active participants in the family**
  Active participation in a family develops the self-help, problem-solving and independence skills of kids that are necessary for resilience.

- **Build kids coping skills**
  There are plenty of strategies you can pass on to kids to help them cope when life doesn’t go their way, including acceptance, getting away for a while, and normalisation.

Promoting resilience in kids is a constant battle that requires very supportive parents who know that their child can cope with life’s curve balls given the right strategies.

Nuts

Please be aware that we have a member of our school community with a severe anaphylactic reaction to ALL NUTS. There are members of our community sending Peanut Butter sandwiches to school. I need this to cease immediately as this puts our community member at risk. For more information, please feel free to talk to your class teacher or myself.

Swimming

Congratulations to Fergus, Darcy, Grace and Lachlan for putting their hand up to have a go at the Primary School Swimming Sports next week. I am looking forward to watching them race. Darcy and Fergus will be swimming on Sunday at the Eureka pool. Grace and Lachlan will be swimming next Wednesday night at the YMCA. Good luck!

Car Park

Thankyou for your patience. The Car park at the back of the school is now able to be used again. School Council is continuing to work with the Government and Moorabool Council to address the needs of our community.

Thankyou

Thank you to Andrew, Brad and Rob for putting up our Garden Shed last week. Your efforts are very much appreciated by the whole community.

Front Foyer

Are you a talented painting parent who would like to paint the front foyer? If so, please let Mrs Brooks or myself know.

BOITE

This was a fantastic experience for our students last year. Nicki is once again organising this for our school. More information will be coming out soon. If your child likes to sing then this might be for them.

Start Smart

The Commonwealth Bank took the students through ‘Start Smart’ yesterday. Students were given many useful tips and strategies to purchasing safely in an electronic world.
Icy Pole Day

Please get behind a great cause raising money for Mental Health. Well done to the Junior School Council and Matilda for their organisation of the day.

Congratulations

Alana from the prep room received the School Captain’s award for “Kindness” this week. What a wonderful achievement in your first few weeks of school.

PE

We have advertised for a PE teacher and the successful applicant will start in Term Two. Until this time, I will be taking the program. We have a focus on Athletics and Cross Country this term. It would be great if parents can assist their children for Cross Country on Friday 18th March by taking them for a run a few times a week. This will assist them in running the following distances:

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<th>Time</th>
<th>Age</th>
<th>Distance</th>
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Please note that event times may change. Age is calculated as at December 31st this year. If your child is 10 on the 31st December, then they are 10yo.

Happy Birthday

We would like to wish James Kriegsmann, Lily Heaton and Charlie Heaton a very Happy Birthday and also to any members of our community who are also celebrating their special day.

Have a great weekend,
Russel Cowan
Principal

Student data and consent forms have been sent home this week. Please ensure they are returned to the school by Friday.

Also, if you live more than 4.8 kms from our school and it is your nearest government school you may be eligible to receive conveyance allowance. Please come and see me if you think you may be eligible.

Conveyance Allowance claims close at the end of February.

Thankyou,
Shana Brooks
Business Manager

Icy Pole Day

The School Captains and Junior School Council thought it would be a great idea for our school to participate in the Icy Pole Day supporting Mental Health and the Love me Love you organisation.

It will take place tomorrow the 19th February. Bring a gold coin donation and you will receive an icy pole to enjoy at lunch time.

Please get involved and support this cause. If you would like to make further donations please see: https://marchwithme2016.everydayhero.com/au/kristee

Captain’s Corner

As School Captain I’ve decided that each week I will be adding a Captain’s Corner to the school newsletter. It is a good way for the parents to see what their children have been working on throughout the week at school.

This week I have started with my grade, the 5/6 class.

This week the grade 5/6’s have been working hard on summaries and the structure of recounts in writing. We also looked at Place Value up to billions. We can now round large and small numbers to thousandths. Our times tables have been improving with the practice on Table Trees and Number bonds on the computers. We have also been working on our fitness, ready for the Cross Country that is coming up in a few weeks.

Next week I will see what our neighbours, the 4/5’s have been up to.

See you next week!
Tilly
# February 2016

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- Assembly

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- Western Bulldogs Visit
- Aboriginal Co-op Incursion
- Young Leaders Day
- Icy Pole Fundraiser
- Prep Day Off

All dates were correct at the time of going to print however they may be subject to change.
Start Smart Incursion Grade 1/2
Prep/One/Two Performance
Grade Prep
"Small Steps"
Photo
nineteen76 fitness & personal training

NEW FITNESS CLASS TIMETABLE – GORDON HALL!

MONDAY – 9.15am – CIRCUIT

WEDNESDAY – 9.15am – CIRCUIT

5.00pm – CIRCUIT

6.00pm – BOXING FOR FITNESS

7.00pm – BOXING FOR FITNESS

CIRCUIT – A range of mainly body weight exercises to increase cardio fitness and strength.

BOXING – A range of punching combinations to increase cardio fitness, strength, agility, coordination and help decrease stress.

Both Circuit and Boxing are great for helping with weight loss and toning along with a balanced diet and nutrition.

Boxing For Fitness is also held on Monday evenings at 6.00pm & 7.00pm at 30 Thomas Court, GORDON!!

All classes $10.00 per person per class (cash only please, no Eftpos available).

All men and women welcome!!

I am also a strength & conditioning one on one Personal Trainer.

For more information regarding group fitness or personal training, please call or text message me anytime on 0417 056 687

Justine Pilgrim