**Principal’s Message**

This blog was sent to me this week. I felt it was worth sharing as it had some good advice for parents of young children. A “helicopter parent” is a term used for parents who are hovering ready to catch their child before they fall. Many researches and parenting experts suggest that there are a few concerns with this method of parenting.

1. **The child may develop a low self esteem** and confidence if they feel they are unable to complete tasks without parent assistance.

2. **Low coping skills** - The child may not develop skills to be able to cope with loss, disappointment, or failure.

3. **High anxiety** - The child may become very anxious when they are presented with a situation which they are not familiar with.

4. **Undeveloped life skills** - A ‘helicopter parent’ who is always assisting their child in everyday skills will inhibit that child in developing their independence.

Here are 9 ideas to assist our children to become resourceful, resilient and equipped for the real world.

1. **Take 17 seconds**

When your child is frustrated or finding it difficult to solve a problem, wait 17 seconds before interfering. Children need to experience frustration in order to think of a solution.

2. **Chores**

All children from 2 years of age need to contribute to the household. There are a variety of chores that children can do depending on their age. A child needs to learn the importance of hard work and working cooperatively with others.

3. **Failing**

Children need to experience the feeling of failure. Whether it is a bad result from an assignment, coming last or getting in trouble. It is up to the parents to explain that this will not be the last time that the child will feel disappointed and upset.

4. **Getting dressed**

A child needs to learn this essential skill from a young age. From the age of 2 years old a child should be able to put on and take off their underwear, pants, loose fitting shirts and shorts.

5. **Sibling arguments**

This is a normal part of development for children, however what we do as parents can influence the rate of development. Children need time to work it out themselves.

6. **Putting things away**

Everyone in the household needs to be responsible for their own things. If you get it out you need to put it away.

7. **Putting on shoes**

Teaching a child to put on their own shoes will save a lot of time in the future. Use a sticker that is cut in half so children can quickly identify which shoe goes on which foot.

8. **Pack own bag**

A child needs to be responsible for packing their own bag. They need to know what they need for each day.

9. **Handing in notes**

It is up to the child to give notes to the parent and give any notes to school. If they forget, it will need to come down to a “life lesson”.

"It is not what you do for your children, but what you have taught them to do themselves, that will make them successful human beings”.

**Thank You**

Thank you to the many families that assisted with the working bee on Saturday. What a difference to the gardens and front foyer! We have a wonderful community of parents who go above and beyond for the school and on behalf of the community I would like to thank them for their efforts. I would like to particularly thank the Kriegsmann, Porter and Shi families who were in most of last week painting our front foyer.

**PE Teacher**

We have been successful in hiring an excellent PE Teacher. Ms Lulu comes to us with a great reputation. Representing the Lady Red Devils in Soccer and coming highly recommended from the university, we are very excited for what lies ahead at Gordon PS. Ms Lulu will start her new role in term two.
Cross Country
With only two weeks to go we are looking forward to this great event. I encourage families to come and watch where possible as our students have been working hard in preparing for the big day. All students will travel by bus to Little Bendigo PS in Nerrina (Ballarat). Feel free to contact me if you have any questions about the day.

Congratulations

Congratulations to our new school council members Jason Bonar, Jo Goss and Jade Mete. These three will join our current councillors Dale Frawley, Duane Kirk, Lisa Jones and myself. We are very lucky to have these dedicated parents in this role. This completes the 2016 school council with the possibility of a co-opted member to be added for the year.

Ride to School

Wow, what a turn up! It was great to see so many bikes at school on Friday. Ride2school promotes active children and families for a healthy lifestyle. It’s a pity that this often becomes a once a year focus. I have been encouraged by the amount of students and families who have continued to walk or ride to school since this day. Well done to those students.

Cultural Infusion

Our students had a great day at the "Aboriginal for a day" incursion on Monday. Participating in Art, Dance and story telling workshops, our students learned a great deal about the many different Aboriginal tribes in Australia.

Medication

We are coming to that time of year again... Cold and flu season. If your child becomes ill and needs medication, we encourage parents to give this to them before and after school where possible. Staff are not permitted to administer medication to students. In exceptional circumstances the front office can give medication.

Autumn Festival

The Ballan Autumn festival is on again. We will once again be participating with Ms Crane sending a note home shortly. Can I remind parents that they need to ensure that their child will be supervised for the parade.

Book Club

Just a reminder that book club is due back to the school by Friday 11th March.

Big Steps Little Feet

If you missed your copy of The Courier with the Prep photos in it we have a few copies available for sale in the office at $1.50 each.

Happy Birthday

We would like to wish Alana Goss and Maddison Summerfield 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

"Caption This" competition.

A prize for the winning family.

Newsletter Report

Parents and Community Committee (P&C)

Hello Everyone! Last Friday’s National Ride to School Day was an awesome effort by everyone who supported the day; from givers of eggs to shoppers, cooks, cutters and cleaners. Thank you everyone for making the kids’ breaky so wonderful!

The Working Bee was also a huge hit and I’d like to thank everyone who came along Saturday. Check out our photos on fb. Parents and kids had a fab time and, as you can see, we achieved heaps inside and out!!!

The P&C Calendar of Events is now included in the newsletter calendar - so stay up to date with what’s going on. See minutes of past meetings on the school’s website.

Upcoming events and dates: Our next Cuppa’n’Chat is coming up on Thursday 17th March; pop it in your diary. Also, join the facebook page: Gordon Primary School P&C.

Gordon Hall Market Day - Saturday 19 March – we need bakers, we need kitchen staff, we need bbq extraordinaires. Please add your name to the facebook roster – times to donate in kitchen 8:30 to 2:30 or working the bbq 10 to 1 (in hour shifts and if you can spare more then please do). Rosters will go up on classroom doors tomorrow (Friday). Anyone who can spare half an hour to set up or clean up would be greatly appreciated too J For all of our keen bakers: Please bring your cooking to the hall on Friday between 2 and 3 OR on Saturday between 8:30 and 9. Please list all ingredients on your items. Please label all tins or containers you want returned with your name. Thanks to all the wonderful helpers around school – you are amazing!

Nicole Smith 0425 747 477 or nicolesmith72@hotmail.com
# March 2016

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All dates were correct at the time of going to print however they may be subject to change.
Captain’s Corner

Hey there, sorry I missed you last week, but I am back and ready to give you an excellent Captain’s Corner. I hope you are liking the new addition to the newsletter. This week I went and talked with the grade 3’s.

The grade 3’s have been working hard over the last week, it’s amazing what they can learn so quickly. In Maths they have been doing Number and Place Value, building and focusing on adding up to 10 and even higher. They’ve been working hard on the structure and layout of a procedural text. As well as that they have been learning new letter writing skills which is very important, it will come in handy. The reading groups are going well and they are working on their comprehension.

Thanks for taking the time to read this. Next week I will have a look at the grade twos.

See you next week!

Tilly

P.S I hope you remember the Icy Pole Day! It was really successful. The money raised was $135, which was donated to ‘Love me Love you’, a mental health fundraiser. Kristee Winters (my beautiful mum), was part of the ‘Love me Love you’ crew that walked 127km, from Portsea to Port Melbourne on the 5th & 6th of March. I joined in for the last 6km with my mum and her crew. I think our school should be proud of the money we raised for such a needy cause.

Ride To School Day
Ballarat & District Aboriginal Cooperative
Cultural Infusion
Just a reminder about my Greatest Shave Event coming up this weekend.

I will be doing this or should I say my 42 year old son will be doing this to me (scary time for payback for 42 years nagging….lol)

On : Saturday 12th March 2016
Where: Yuulong Lavender Farm, Mt Egerton
3pm – 6pm shave being done approx. 5pm
  • Sausage Sizzle
  • Face painting
  • Coloured Hair spray
  • Live Music
  • Tea
  • Coffee
  • Bar drinks
  • Lavender products all for sale on the day

No BYO except picnic blankets and fold up chairs for your own comfort. Profit from hair spray, sausage sizzle and face painting is being donated to the Foundation.

So please bring the family along for some fun and a laugh at me and with me at my expense all for a very good cause.
Gordon
Market Day
Saturday 19th March 2016
Gordon Public Hall
Main Street Gordon
9am – 2pm

Featuring Gordon Primary Café
serving drinks and delicious sweets
Bric-a-Brac
Pre-Loved & New Items
Handcrafted Items & Baked Goods

BOOK YOUR STALL NOW INSIDE $10 OR OUTSIDE $5

Phone Lin on 0438 689 748 or SMS 0425 747 477
or email nicolesmith72@hotmail.com

Confirmed stall holders are welcome to set up the day before between 2:00pm – 3:00pm
or alternatively set up on Saturday morning from 7:30am for a 9:00am start
03 5368 9199 or 0425 747 477