FROM THE PRINCIPAL:
Sporting Hero Day:
At last week’s School Council meeting it was decided that as a School Community we should support Blake Taylor, by holding a special day to mark his achievement in being selected in the State Basketball Team and assist him and his family in meeting some of the costs associated with his adventure.
As a result we will be holding a free dress day, this Thursday where students are invited to come dressed casually or as their favourite sporting hero and pay a Gold Coin Donation for the privilege. The profit from the Meal Deal on Thursday will also be donated by the school to assist Blake in meeting the costs involved.
School Council believes strongly that this will provide a practical example of our school ethos and at the same time showing that supporting our students and families is very much a part of our School Community. We trust everyone will support this initiative and wish Blake all the best.

TOM HAFEY:
On Friday the 26th of July (THIS FRIDAY) – Tom Hafey will be visiting Cardinia Primary School from 1.30 to 3.30 pm. Tom will talking to the senior school students about resilience and giving of your best, in all aspects of their lives. Tom is a very inspirational speaker and not only is an AFL Legend but puts into practice what he talks about, even till this day. Tom is renowned for his early morning swims at St Kilda and doing any amount of push-ups. Parents are more than welcome to come along and listen to Tom at around 2.00pm.

School Attendance:
At assembly on Monday over 50 students received Attendance Certificates recognising they had missed either no days or 1 day of School this year which was a fantastic achievement for these students. Yesterday a further 100 certificates were issued to children who had 5 or less days away from school in the last semester. Keep up the great work because attendance is a crucial aspect of doing well at school.

Dates to Remember

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<th>Date</th>
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<td>Thursday 25th July</td>
<td>Meal Deal: Salad Roll and Choc Wedge</td>
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<td></td>
<td>Sporting Hero Day – Come dressed in casual gear or as your favourite Sporting Hero – Gold Coin Donation</td>
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<tr>
<td>Friday 26th July</td>
<td>Parents’ Club Catering at KooWeeRup Secondary College</td>
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<td></td>
<td>Tom Hafey visiting Cardinia Primary School (1.30 -3.00 pm)</td>
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<td>Monday 29th July</td>
<td>Parent Opinion Survey Distributed to random sample of parents.</td>
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<td>Wednesday 7th August</td>
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<td>Friday 30th August</td>
<td>KooWeeRup Secondary College – Musical - Annie</td>
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SPORTING HERO DAY

Remember that tomorrow the 25th of July is our Sporting Hero Day where we can come dressed as our favourite Sporting Hero, Team Colours or casually in support of Blake Taylor who is off shortly to represent Victoria in Basketball. All donations and money collected on the day will be donated to Blake to assist him with the costs associated with his involvement in this activity.

IMPORTANT REMINDERS

- PLEASE take care at all times in the Car Park areas. Caution and alertness needs to be uppermost in everyone’s minds when in these areas.
- It is very important that if any parent or friend of the school has any concerns, queries or problems regarding any aspect of the school to bring it to the attention of your child’s teacher or Allan straight away. Under no circumstance should parents/guardians approach other students in the school grounds.
- Students are reminded that the bringing of electronic games and other valuable items to school do so at their own risk. If such items are misplaced or damaged then the owners of such items are responsible for any cost incurred.
- Mobile phones and Ipods need to be handed into the office on arrival to school and then collected at the end of the day. Students don’t require these items during the normal school day.

THUMBS UP

- To Trudie and Jess for the wonderful murals they have created in the BER building based on their theme this Term – Space.
- To both Adrian and Nathan who have reached the interview stage in their endeavours to be part of the SEAL (Select Entry and Accelerated Learning) Program at KooWeeRup Secondary College in 2014. All the best boys.
- To all the students who received certificates for outstanding attendance at Assembly. It was fantastic to see so many children have been away for less than 5 days in 2013.
- To all the Parents who have offered assistance to Raelene and Lana for the catering function on Friday. Your support is very much appreciated.
- To the Senior Students who worked so exceptionally well last Friday during their rotations and for completing such a great amount of work at a very pleasing standard.
- To the Campbell family for all their efforts in getting the netball court remarked – Greatly appreciated.
- To Sue for all the fantastic work she is doing in the Library, keeping everything in order and ensuring everything is running so smoothly.
- To the senior students who completed optional school work over the holiday period in readiness for their new theme and Rich Task work this term. Just a fantastic effort. Maddison D-S did an outstanding job and should be extremely pleased with her efforts.
ITEMS THAT MIGHT BE OF INTEREST:

- After School Care is available each evening after school until 6.00 pm. The cost is between $4.00 and $8.00 per evening – depending on the rebates available to you. Taya, the co-ordinator of the program, will be only too happy to explain the program and take you through the enrolment process.

- The school is still involved with the Pakenham Bucks promotion being conducted by the Good Guys at Pakenham. If you are able to support these programs, it would be greatly appreciated. Currently, we have close to $400 in vouchers that we will be able to redeem in goods by the end of the year – which is just fantastic!

- A quick update on Mitchell: On Friday, Virginia presented the blanket she made on behalf of the school to Mitchell and gave him best wishes from everyone at Cardinia Primary School. Virginia reported that Mitchell was in high spirits and looking very well indeed. The Grade 1s planned to have another Skype visit with Mitchell, but the technology broke down. Fingers crossed that this week’s chat will go according to plan.

- The Attendance Cup for the last week of Term 2 went to Grade 2w. Well done guys and remember to keep up the fantastic attendance.

- Throughout Term 3, we will be having Mandarin Lessons available to students after school – each and every Tuesday evening from 3:45 to 5:00 pm. The cost per session is $10.00 but students will need to commit to the whole term. Further information please see Allan or Ann Pead.

- On Monday morning, Courtney gave birth to a little baby girl – Isla Rose, 7 lbs. 12 oz. A little sister to Ruby. By all accounts from the proud Grandmother, both Courtney, Stuart, and Isla are doing well.

- Renee Svirak is currently doing a 200 hour placement at Cardinia Primary School as part of her Diploma Course in Student Welfare and Social Work. Renee will be with us on a Tuesday, working with Kaye.
Parents and Friends Catering

We have been asked to cater for a meeting being held at Koo Wee Rup Secondary School on Friday, 26th July (that's this Friday). If you can help with baking prior to the day, or help on the day by loading the pie warmer or making some sandwiches, please see Raelene or Lana.

You can catch us after school on the hopscotch, or you can ask Virginia or Allan to point you in the right direction.

This is a great opportunity to raise some funds for our school without asking you to put your hand in your pocket. Remember, many hands make light work.

As of this week, you may pay for any fees, excursions and camps via BPAY.

This week Family Statements were issued and in the bottom left hand corner you will see the Biller Code and Reference Number that relates to your family.

**It is vital that you quote this reference number with each BPAY payment.**

The reference number is your family’s unique number and we will need this reference to correctly identify which family is making the payment.

We hope this will help you and make your payments to the school easier. You will still be able to pay by cash or cheque as you have done in the past. If you have any questions please feel free to ask.

Regards
Virginia and Sue
2013
Koo Wee Rup
Junior Football
& Netball Disco

Friday 2\textsuperscript{nd} August 2013
At: Koo Wee Rup Football Club
630pm-10pm
$5 All You Can Drink & Eat
Dress to Impress
VCOP IN GRADES 1 AND 2

Grade 1 and 2 students are starting a new program call VCOP to help us with our writing. VCOP is an acronym for the 4 key areas that make up the program: vocabulary, connectives, openers and punctuation. Each week we will focus on one of the four areas, which each have a character to help us remember what they are. Our first character is Vinny the Viking who helps us remember to use a wide range of vocabulary and to include interesting WOW words. Last night students were expected to look at a picture of Vinny with their parents and to have a chat about him. This proved to be excellent preparation for today, when students wrote a story about who Vinny is and why he looks like he does. You will be able to read some excellent 'Vinnie the Viking' stories in our newsletter next week.

VCOP has been successful in many schools. Depending on our experiences with it in Grades 1 and 2, the program will be implemented in other grade levels at a later date. Watch this space!

Senior School News

- SEX Education classes will commence for Grade 6 students on the 7th of August. The program is being run by Family Planning Victoria. Students will have 3 sessions over a number of weeks. For further information please see Trudie. All children will need to complete a permission form to participate in this program. The cost of the SEX Education Program is met by our Parent and Friends Club from the funds they raise.

- We have been notified by KooWeeRup Secondary College that all children in Grade 6, who wished to attend the college in 2014 have been accepted. Please note that if you live out of their neighbourhood boundary the cost of travel has to be met by you. If selected in the SEAL Program then travel costs are met by the college. As we get notification from other colleges regarding enrolment for 2014 we will pass this on.

- Shortly some new blinds will be installed in the BER Building on the West Side and in the small withdrawal area.
ATTENDANCE

Congratulations to the following students who achieved 0 days absence in Semester 1:

Aurora W (FA), Koopa A (FM), Dallas D (FM), Liam J (FM), Rouan W (FM),
Monique W (2B), Lachlan C (3A), Samantha M (3A), Tasha S-D (3A), Tyler W (3A), Tyler B (3E), Rhiannon C (4K), Mia R (4K), Chloe P (5D), Jason S (4D), Taylah B (6KE), Maddison S-D (6KE), Rhiannon B (6TE), Shawna C (6TE), Adrian G (6TE), Krista J (6TE), Bailey M (6TE) and Mikaela S (6TE)

This was a huge improvement on last year, when we only had 3 students achieve this milestone.

Remember that “It’s not okay to be away”.

We have had a few cases of Head Lice at the school. Please check your child’s hair & if necessary treat. More information can be found at:

**Inter-School Athletic Sports**

On Wednesday the 21st of August Grade 3-6 students will be competing in the Inter-School Athletics Meet at CASEY Fields. Over the next few weeks students will be trialling for the various positions on the school athletic team to compete in this event. Once the team has been selected the appropriate permission forms will be sent home to students participating.

As with a number of other sporting activities, students who are successful in coming first are guaranteed to move on to the next level of competition.

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**Grade 1 and 2 Plastic Bottle Lids**

Grades 1 and 2 are still needing plastic bottle lids for their rich task this term.

Any lids you collect will be gratefully received by Mrs Cruse.

Thanks
Every year in Victoria approximately 29 children are killed and a further 81,000 are treated in hospital for unintentional injuries." (kidsafe)

Childhood injuries are unfortunately common in our society but most are easily preventable. There are a number of resources available to assist parents and caregivers consider some of the safety requirements in their home to minimise and avoid the potential safety hazards for their children. There is a checklist you can provide to families that will help them to work through the most critical issues.

The Royal Children’s Hospital’s Safety Centre website provides fact sheets and resources on issues related to childhood safety. They can be used to promote early childhood safety by exploring topics such as bringing baby home; home safety checklist; children and safety with pets and the child safety handbook. They can be found at: http://www.rch.org.au/safetycentre/info/index.cfm?doc_id=1731

Kidsafe is an independent, non-profit, non-government charitable foundation dedicated to the prevention of unintentional death and injury to children. They also have a number of tipsheet such as driveway safety and safe sleeping for infant. These and other are available at http://www.kidsafevic.com.au/resources

At the Raising Children Network website under each age group there is a safety section with tips and videos and other resources. The parenting in pictures guides provide step-by-step guides to help parents with essential skills. Topics range from breastfeeding, CPR and bathing to healthy eating, teenage sleep and cyberbullying. These resources can be found at http://raisingchildren.net.au/

The Office of the Child Safety Commissioner makes children a priority. The Commissioner provides advice to both the Minister for Community Services and the Minister for Children on issues impacting on the lives of children, in particular vulnerable children. This is achieved through listening to children, advocating on their behalf, being impartial, leading on child-safe practices, acting with integrity, and being held accountable. A number of publications are available such as Safety DVD. This and others can be found at http://www.kids.vic.gov.au/publications/parents_resources.htm
$1 Pakenham Bucks will be awarded to
Cardinia Primary School
With every $25 spent at
HARDY'S
THE GOOD GUYS®
PAKENHAM
20 Station St
Pakenham

So you too can get a great deal while helping the school.
The language of resilient families

Children and adults in resilient families tune into the needs of each other, choosing situation-specific language, rather than simply regurgitating generalised ‘feel-good’ or ‘get-on-with-it’ platitudes.

Resilient families develop their own words and phrases to help each other get through the inevitable tough times that each person experiences. The language of resilience generally refers to coping strategies such as empathy, humour and acceptance.

Following are 10 examples of the language of resilience, the coping skills each reflects and the types of situations where they are applicable.

   
   Humour is a great coping strategy and a powerful tool for resilience as it heightens feelings of control. Some children and young people will naturally crack jokes or make fun of seemingly serious situations. This is a fantastic way to release stress and handle feelings of helplessness. As a parent you may need to lighten up tense situations by introducing humour of your own, which is something that many dads do really well.

   
   The ability to compartmentalise bad events and keep them from affecting all areas of life is a powerful coping skill. Sportspeople, politicians and others who work in the public arena need to be adept at it. When something unpleasant happens during recess, for example, kids need to park their thinking about that event so they can get on with the rest of the day. The ability to compartmentalise thinking is a fantastic life skill kids can learn within their family.

   
   When kids are troubled by events or spend too much time brooding it helps to do something to get their minds off things for a time. Playing games, spending time together, watching some TV, going out – are all good distracters for worried, anxious or stressed kids. Self-distractions is healthy, providing some welcome perspective. It also prevents kids from replaying awful experiences in their heads, blowing them out of proportion.

4. “Who have you spoken to about this?” Strategy: seeking help. Good for: kids who experience bullying and social problems; handling all types of personal worries.
   
   Resilient people seek solace in the company of others when they experience difficulty. That’s why social connection is such a strong preventative strategy for young people. The promotion of help-seeking behaviours is one of the best coping strategies at all. Even if kids don’t overtly talk about what’s bothering them, it can be immensely reassuring to spend time around others who are empathetic, understanding and willing to listen and help.

5. “I know it looks bad now but you will get through this.” Strategy: offering hope. Good for: kids experiencing loss, bullying, change or extreme disappointment.
   
   There are times when parents can do nothing else but keep their children’s
chins up and encourage them when life doesn’t go their way. Being the ‘hope’ person can be hard work, that’s why parents need to be supported by resilient people and workplaces too. It helps to be mindful that a child or young person’s resilience is nurtured by the presence of at least one supportive adult. You may have to be that person!

6. “What can you learn from this so it doesn’t happen next time?” Strategy: positive reframing. Good for: kids who make mistakes, let others down or experience personal disappointment.

One of the common attributes of optimistic people is their ability to find a learning, or look for a message, in difficult or negative situations. Parents can help kids reframe events to help them see things differently. For instance, rather than regarding a public speaking opportunity as problematic and a chance to look foolish it’s better to reframe it as a challenge and a chance to shine. It also helps when parents model reframing so kids see you changing how you view seemingly negative or worrying situations.


If you’ve ever been driving to an important event only to be stuck in traffic then you would know that there are some situations you just can’t control. The only way to cope is to accept what’s happening because worrying and fretting won’t get you anywhere. Similarly, parents with a resilience mindset can help kids understand what’s worth worrying about and what’s not, and that some things won’t change no matter how much kids fret or beat themselves up!

8. “This isn’t the end of the world!” Strategy: maintaining perspective. Good for: kids who catastrophise or blow things out of proportion.

While most of us catastrophise at times, jumping to the worst possible conclusion, it is a habit that only exaggerates anxiety. When kids constantly think the worst case scenario, challenge their views. “Yes, you could end up not knowing anyone at camp but you won’t be the only one. Besides you’ll probably end up making new friends like you generally do.”


Many children and young people talk in extremes – ‘awesome’, ‘the best’, ‘the worst’ and ‘gross’ roll off their tongues easily these days. Unfortunately, their extreme language leads to extreme emotional responses. Develop the habit of winding back their language by introducing shades of grey, rather than black and white. Replace “I’m furious” with “I’m annoyed”. “It’s an absolute disaster” with “It’s a pain”.

“I can’t stand it” with “I don’t like it”. Realistic language leads to realistic thinking, which helps kids handle many ordinary situations that they have blown out of proportion.


Kids can sometimes feel overwhelmed by events such as constant failure, constant rejection or always narrowly missing being picked for a team. They can be overwhelmed by feelings of inadequacy and helplessness. Action is often the best remedy. Help them take the first step forward. Set some goals. Make some plans. Identify the first step and hold their hand while they take it. Taking action is a quality shared by resilient communities, organisations and individuals.

Bring resilience into your every day language

Resilient parents focus on building children’s and young people’s strengths for the future, while helping them cope with the present difficulties and challenges they experience.

The key to promoting resilience lies in the language that parents use. My challenge for parents is to make resilience an integral part of your family’s proprietary language. You’ll know you have succeeded if your children as adults remind you, when they hear any complaints or whinge’s from you in your dotage, to ‘hang in there’, ‘this too will pass’ and ‘find the funny side’. Granted they may be phrases you don’t want to hear, but at least you know that you’ve drummed into your kids some important core messages that have stayed for life.

Michael Grose will talk more about Resilience and other vital parenting matters in the Very Important Parenting Saturday seminars conducted in 5 Australian capital cities in term 3 this year. Find out more about what’s been called the Parenting Event of the year at parentingideass.com.au

parentingideas.com.au parentingideas.co.uk parentingideas.cn parentingideas.com.au facebook.com/ParentingIdeas twitter.com/michaelgrose

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