FROM THE PRINCIPAL:

Parent Opinion Surveys:
On Monday 45 Parent Opinion surveys were distributed to families across the School. This is an annual Survey conducted by the School as part of its reporting process to the Department of Education and the School Community. The collection sample is a computer generated random sample of our school families, across all year levels. Once completed, can you please return the sealed envelopes to the office, so that they can be sent on to the Department, to be opened and responses collated and reports generated. This information is then forwarded on to the School and School Council for their discussion. The results will be made available to the whole school community through our Annual Reporting process and School Council documentation and minutes. It is important to remember if you have received a survey that it is returned by this Friday the 2nd of August and that all responses are completely confidential and not opened by the school. Each year the School conducts three surveys to assist it in understanding the views of key players in its core business: Students in Grades 5 and 6 complete an Attitude to School survey. Parents complete the Parent Opinion Survey and Staff complete a Health and Well Being Survey.

Parent Concerns:
All members of the School Community are reminded that if they have any concerns about any aspect of the programs being run by the school or issues and concerns with their child/ren then the correct place to raise these are with your child’s teacher, Trudie Esler (Vice Principal) or Allan Armstrong (Principal). Parents/Guardians should never directly express their opinions or concerns to students.

Dates to Remember

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Monday 29th July</td>
<td>Parent Opinion Survey distributed to random sample of parents.</td>
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<tr>
<td>Thursday 1st August</td>
<td>Meal Deal – Hot Dog and Jelly Cup for just $3.00</td>
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<tr>
<td>Friday 2nd August</td>
<td>Parent Opinion Surveys to be returned by this date.</td>
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<tr>
<td>Wednesday 7th August</td>
<td>Session 1 – Grade 6 Sex Education Program</td>
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<tr>
<td>Friday 9th August</td>
<td>PJ Day for Junior School Selection Trials for Inter-School Athletics: Grades 3-6</td>
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<tr>
<td>Tuesday 13th August</td>
<td>Milo and Cupcake Day – Junior School Council Event</td>
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<tr>
<td>Friday 16th August</td>
<td>2nd Transition Day for Foundation 2014</td>
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<tr>
<td>Wednesday 21st August</td>
<td>Grade 3-6 Inter-School Athletics – CASEY Fields School Council Meeting – 7.30 pm start. School captains invited to attend.</td>
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<tr>
<td>Friday 30th August</td>
<td>KooWeeRup Secondary College – Musical - Annie</td>
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GRADE 4 ART

Students in Grade 4 are designing and creating their own statues. Please speak to them about any 'clothes' they would like to use to 'dress' their statue. If they would like to bring any 'dress' material to school it MUST be cotton based i.e. cotton, cottonlycra or cotton knit. Any colour they wish to use is fine. Any old t-shirts are great as long as they are cotton based.

Also if any one has plain dye cotton we can use I would be very grateful.

Thank You – Emma Parker
 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 $500 in vouchers that we will be able to redeem in goods by the end of the year – which is just fantastic!

- The **Attendance Cup for this week went to Grade 6KE**. 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 5.00pm. 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.

- The **Foundation Grades (Prep) are holding a Fathers’ Day evening on Wednesday 28th August from 7.00 to 8.00 pm.** Hope to see all the Fathers and/or significant other males in the lives of these students come along and join in the activities planned.

- Jess Thalis will be filling in as our Library Teacher for 3 days per week. Jess has previously been at our school as a Student Teacher but now is fully registered and ready to commence her Teaching Career. All the best Jess!

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**Friendly Reminders:**

When parking on Cardinia Road – school side please leave space between the fence and your car to allow for a clear walkway for parents and children to walk in safety to the school entrance. Walking along Cardinia Road needs to be avoided as much as possible.

It is important that children arrive punctually at school, 5 – 10 minutes before bell time in the mornings so that their day can commence on time and in a casual manner.

Cardinia Road and the front of the Hall car park are available for parents to park and pick up students or there are limited spaces in the Church Car park, located off Dalmore Road but please don’t park on the Nature Strip or block the driveways in this area.

It is **School policy** that all students need to be collected by an adult, at the end of the day, to avoid an accident from occurring in these congested areas, which can get very hectic at the end of the day for 15- 20 minutes. Your assistance, patience and understanding in this matter would be greatly appreciated.

Parents and Friends of students are reminded that smoking and the consumption of alcohol is not permitted on school grounds or when participating in school activities when students are present.

Lollies and sugary drinks (particularly soft drinks) are not to be ordered as part of School Lunches. Please consider the nutritional value and healthy nature of the food items ordered from the shop when placing your orders. Your co-operation in this matter will be greatly appreciated.

Parents and friends of the school are reminded that if they have any concerns regarding any aspect of the school they need to raise it with their child’s teacher, member of staff or the Principal. Under no circumstance should an adult approach a student to express their concerns.
As of this week, you may pay for any fees, excursions and camps via BPAY.

Last 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

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Parents and Friends

There will be a Parents Club meeting this Thursday the 1st of August at 2.30 in the Technology Room.

Remember everyone is welcome including toddlers.

Hope to see you there,

Lana

PC President.
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 and Big Write in Grades 1 & 2

Grade one and two students (and their teachers) thoroughly enjoyed our first week of VCOP and Big Write last week (remember, VCOP stands for vocabulary, connectives, openers and punctuation). We started with some fun and engaging games that helped us to practise and focus upon punctuation and vocabulary. During Big Write time our candles were burning, special music was playing, the lights were dimmed and students worked incredibly hard. Some outstanding ‘Vinny the Viking’ stories were created. We proudly announce that the winning story was written by Hillary of 1C. We are adopting her story as the story of Vinny, a character who loves to hunt for interesting vocabulary, better known as WOW words. Well done Hillary!

One sunny day Vinny Vocabulary wanted to look for some wow! words and he wanted to look round town. First he looked in the Bakery. Vinny said to Polly, and she was the shop owner, "do you have any wow words?"

She said, "No, I have already told you."

Next he went to the butchers.

"Hi Mike", said Vinny. "Do you have any wow words?"

"No I don’t have any wow words".

Next he went to the post office.

"Do you have any wow words Micky?"

"No I don’t, sorry."

Next he went to the library. When he got there, there were heaps of books. He found a book on vocabulary, when he turned the page wow words came flying out of the book like fireworks! "Fabulous!" he said, "now I have some words, and that’s what happened."

We would also like to share some of the impressive WOW words that students included in their writing last week:

2B
- miniature (Maddy)
- defender (Alex)
- mission (Jolie)

2W
- nocturnal (Tom)
- zoomed (Phoebe)
- massive (Charlotte)

1C
- restored (Isaac)
- terrified (Jack F)
- steaming (Bella)

1H
- delicious (Tilly)
- fantastic (Mack)
- gynormous (Bella)

Thank you to those parents who had a ‘Big Talk’ with their children about ‘Vinny the Viking’ last Tuesday and ‘Penny Punctuation’ this week. This has been excellent preparation for our ‘Big Writes.’ You will receive an email each Tuesday with ideas for your ‘Big Talk.’ Please take the time to help your child prepare for their ‘Big Write’ each week - this is invaluable!

Look out for the winning story about ‘Penny Punctuation’ and more WOW words in our newsletter next week.
Students in grades 3-6 have again this year been busy during library time writing and illustrating their own picture books. This year’s theme is "Read Across the Universe". Later this term to celebrate book week we will be holding our very own Picture Book of the Year Awards at school. More details about our awards will be given closer to book week. Some students have been allowed to take home their books to complete, a reminder to those students to make sure their books are back at school as soon as possible. Students nominated for the short list will be posted on the library window at the end of next week. Good luck everyone.

Mrs Preston

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:

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

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.
$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.
Cup-Cake and Milo Day

Tuesday 13th of August

The Junior School Council will be running a Cup Cake and Milo day on Tuesday the 13th of August to fundraise money for our sponsor child Filamon.

For a gold coin donation students can have an iced cup cake with a lolly of their choice on top and a cup of warm milo at lunch time.

For our fundraising event to be successful we would like a volunteer parent from each grade to make a batch of iced cup-cakes. If you can help the Junior School Council’s fundraising event please see Nathan White (year 2 teacher) or Raelene Stokkel (Parents Club), or place your name on the list out the front of 2W’s classroom by Friday the 9th of August.

Thank you
Junior School Council

Develop your child’s confidence with Performing Arts education.

Our singing and dance programmes are about building communities and improving well being. Your child will learn new skills, make new friends and be part of some memorable performances. The Australian Youth Choir and the Australian Youth Dance Theatre hold weekly rehearsals in Frankston, Cheltenham and Berwick. Visit our website www.niypaa.com.au and contact us 9836 2877 to attend our audition day in Keysborough on Saturday Sept 7.
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-distraction 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 of 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.

7. “Don’t worry – relax and see what happens!” Strategy: acceptance Good for: kids who worry about exams or performing poorly in any endeavour; pessimists

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.”

9. “You could be right. But have you thought about … ” Strategy: flexible thinking Good for: kids who catastrophise; experience extreme feelings; who exaggerate.

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.

10. “What can we do about this?” Strategy: taking action Good for: kids who mope; who experience disappointment; who feel inadequate.

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 whingeing 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.

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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 parentingideas.com.au