



Sutherland North Public School

Grounds to Grow

Schooltalk – 14 August 2013

Principal's Message

Leanne Noon

PSSA Winter Sport

Congratulations to all our Winter PSSA teams on a great season. I would like to thank Mrs Soames and Mr Fleming for coaching the teams. Congratulations to our Junior A, Senior A & Senior B netball teams on making it through to the finals. The teams all played very well with the Senior A team winning their division. Well done!

Congratulations

Congratulations to Miah N and Portia S who have been selected to attend Newtown High School for the Performing Arts next year. Congratulations to Jeremy S who was successful in his application to attend Caringbah Selective High School. These are outstanding results and I know they will be very successful in their high school years.

Resilience

I have included in this week's newsletter an article about the language of resilient families. It is important for everyone to learn to deal with life's disappointments and make decisions about what are the things worth worrying about and how to manage emotions.

Student medical forms - urgent

During Terms 3 and 4 we will be updating our medical records systems to ensure we have the most up-to-date information on your child's health. **All children received a copy of the new forms and parents need to fill them out and return them to us as a matter of urgency.** The new forms will help us collect your child's important medical information and the introduction of new systems will mean we'll be able to better manage the daily and emergency health needs of your child.

We appreciate your support as we start collecting the information.

Term 3 Invoices

Term 3 Invoices were sent home last week. Activities including swimming, camp, band, ukulele, sport and excursions are included in the invoice and the cost for these activities need to be met by parents and need to be paid promptly. Unpaid invoices impact on the resources that we can provide for all children. Thank you to the many parents who have already paid.

Diary Dates

August

Wednesday 14

Senior Concert Rehearsal

Thursday 15

7.00pm SSSMF Senior
Concert

Friday 16

1/2 day Sutherland Zone
Athletics
Return Gift Card orders

Tuesday 20

Junior Concert Rehearsal

Wednesday 21

7.00pm SSSMF Junior
Concert

Wednesday 21

**Father's Day Mufti –
dress like Dad or
Grandpa**

Thursday 22

Sutherland Zone
Athletics

Wednesday 28

7.30pm P&C

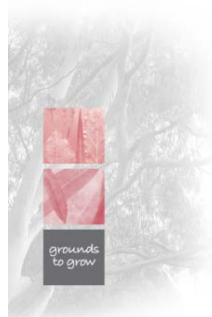
Thursday 29

Father's Day Stall

September

Wednesday 18

7.30pm P&C



Gift Card Fundraiser

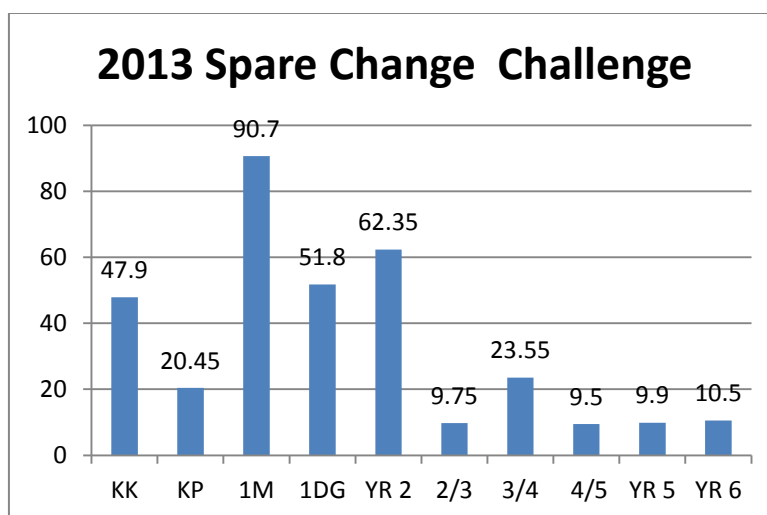
Please support the P&C by purchasing a box or 2 of gift cards. The cards are fantastic value at less than \$1 per card. This year there's even a box of Christmas cards. Sample boxes are available in the office. Orders need to be returned by this Friday 16 August.

2013 Schools Spectacular

Tickets will soon be on sale for the 2013 Schools Spectacular. This is a brilliantly choreographed and costumed production featuring over 3,500 singers, dancers and musicians representing more than 300 NSW public schools from across the state. We are lucky enough to have 13 talented dance students representing Sutherland North School in this production. Tickets for the Schools Spectacular will be available through Ticketmaster. If you would like to take advantage of subscriber bookings available before the sales open to the public, go to www.schoolsspectacular.com.au and follow directions to subscribe to the newsletter. Karen Kinred – Dance Coordinator

2013 Spare Change Challenge

Please see below the results for the Spare Change Challenge to date. Congratulations to 1M who are clear winners at this stage. It would be wonderful to see the other classes catch up.



The Great Book Swap Is Coming!

On Wednesday 4 Sept 2013 we are holding a book swap in the Library during lunchtime. Bring in **a book to swap** with someone else's book and **a gold coin** to donate. All proceeds go to the Indigenous Foundation so they can provide extra, much needed books to indigenous children, especially in the Northern Territory.

Come and join in the fun!

Ms Connor - Librarian

Website of the Week

Ten cybersafety tips every parent should know

Keeping your kids safe online is easy with a few simple precautions. Find out more: <http://www.schoolatoz.nsw.edu.au/technology/cybersafety/cybersafety-tips-every-parent-should-know>

Canteen Roster Term 3

	Monday 10.30am – 2pm	Tuesday 1pm – 2pm	Wednesday 10.30am – 2pm	Thursday 1pm – 2pm	Friday 10.00am-2pm
Week 5			14/8 Rachael Graham	15/8 Katrina Briancourt	16/8 Phyllis & Ian Elton
Week 6	19/8 Mien Tze Ng	20/8 Anita Oze	21/8 Anne Davies	22/8 Cathy Whittingstall	23/8 Monica Brabant Jennifer Swan
Week 7	26/8 Elisa Fulton & Kate O'Brien	27/8 CLOSED	28/8 Rachael Graham	29/8 Leanne Pullen	30/8 Nicole M Emma Hall
Week 8	2/9 Mien Tze Ng	3/9 Anita Oze	4/9 Katrina & Cheryl Briancourt	5/9 CLOSED	6/9 Monica Brabant Victoria Parsons
Week 9	9/9 Jemima Jupp	10/9 Jo Hunnisett	11/9 Rachael Graham	12/9 Cathy Whittingstall	13/9 Phyllis Elton & Nicole Mogensen
Week 10	16/9 Beth Kendrick	17/9 Natalie Skinner	18/9 Anne Davies	19/9 Leanne Pullen	20/9 Nicole M & Lisa Brooks



We are now ready to implement our second program of BEAR (Being Excited About Reading) for 2013 with the next group of Year 1 students. The BEAR program involves volunteers working with Year 1 students in half hour sessions, three sessions per week. The program is open to parents, grandparents, friends and community members-the more help the better! The aim is to increase students' reading accuracy and sight words within a 10 week time frame. This group will begin in Week 6 from 19th August and continue into the first 5 weeks of Term 4.

If you are interested and able to donate some time, please complete the note below and return it to the office by Monday, 12th August. A training session will be organised next week. Please speak to Mrs O'Hare if you would like more information.

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BEAR TUTORS

I am interested in taking part in BEAR tutoring.

Name: _____ Child's name: _____ Class: _____

Phone: _____

Please circle the day and time that you can help.

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00	9:00-10:00	9:00-10:00	9:00-10:00	9:00-10:00
2:00-3:00	2:00-3:00	2:00-3:00	2:00-3:00	2:00-3:00

Assembly Awards - Term 3 Week 4				
Award		Student Names		
Principal's Award for Kindness		Luke W Yr 6		
Spelling Award		Jye H 3/4, Noah L 4/5		
Winning Class - lines		Yr 2		
RFF – Mrs Greaves		Blake T 1DG		
Library – Mrs Connor		Emma K KK, Zack J 4/5		
Infants Sport		Brock F Yr 2, Kiera D 1M		
Primary Sport		Lucas C 3/4, William J 2/3		
PSSA		Hannah H 4/5, Charlotte W Yr 6		
Class	Student of the Week	Class Awards		
KK	Evie C	Liam N	Dylan M	
KP	Jairus B	Thomas G	Grace P	
1DG	Liana G	Matia N	Jordan T	
1M	Hannah M	Megan N	Scott R	
Yr 2	Hayden S	Taylor L	Samantha D	
2/3	Britney S	Nikita B	Grace M	William J
3/4	Desharn D	Inosi S	Jasmine R	Thomas K
4/5	Alea M	Claudia C	Georgia S	Kaya S
Yr 5	Kaewta N	Jai C	Damian K	Brooke M
Yr 6	Alana D	Jacob Y	Miah N	Luke H
Bronze Pennants				
Elliott M KK, Oliver W 1DG, Connor B 1M, Keenan M Yr 2, Grace M 2/3, Tayla M 3/4				
Ethan R 3/4, Joshua S 4/5, Ben D Yr 5 Olivia H Yr 5, Jamaine M Yr 5, Jack D Yr 6				
Silver Pennant				
Liam C 2/3, Sarah K 3/4 , Daniella B 4/5				
Premier's Reading Challenge				
Brenda V KK, Maya V Yr 2, Mitchell S Yr 2, Hayden S Yr 2,				
Lara T Yr 2, Claudia H 3/4, Desharn D 3/4				

Important things to do this week.....

- ✚ Send in spare change for the Spare Change Challenge
- ✚ Purchase Raffle tickets
- ✚ Support the P&C fundraiser and purchase a box of gift cards
- ✚ Organise your child's gift or \$5 donation for the Father's Day Stall
- ✚ Return the permission note and payment for Band, Ukulele, Yr 5 & 6 Camp and other unpaid invoice items
- ✚ Volunteer for Canteen
- ✚ Return updated Student Medical Form immediately

Netball News

Congratulations to all the netball team members for 2013! We had another successful year. Our Junior B team improved their skills and had a lot of fun traversing the court each Friday. The Junior A team finished third in the competition, while the Senior B team came second. Our Senior A team was undefeated throughout the season and finished in first place.

With the sun shining on Semi-Final/Final day at Bellingara, our teams played with enthusiasm and team spirit. Senior Bs and Junior As were unsuccessful in their matches. The Senior B team was defeated by Sylvania 4-10. The Junior A team was defeated by Bundeena 9-14. Our hopes for a whole day at Bellingara rested on the shoulders of the Senior A team. They did not disappoint, winning against Bundeena 18-5! The very vocal cheer squad of Hannah, Ruth, Sarah and Emily spurred the girls on to victory.

The final began well for us with quick, accurate passing and plenty of goals. By half time, the score was 10-2. As the full time siren sounded, our girls had accumulated 19 goals to 6 against Miranda. The team worked so well together as a cohesive group. Each member played their position well and did our school proud. The premiership for 2013 was secured. Congratulations girls!!

I'd like to extend a very big thank you to all the girls for their sportsmanship and good behaviour during the season.

Thank you to all the parents, grandparents, relatives and friends who have attended weekly games and the Semi-Final/Final Day. The girls and I have appreciated your presence, your cheering and your support.

Kay Soames (delighted netball coach)





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.

1. "Come on, laugh it off." **Strategy:** humour **Good for:** kids who experience disappointment, failure and even loss.

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.

2. "Don't let this spoil everything." **Strategy:** containing thinking **Good for:**

kids who feel overwhelmed; kids who experience rejection; perfectionists

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.

3. "Let's take a break." **Strategy:** distraction **Good for:** kids experiencing stressful situations; kids who think too much; kids with busy lives.

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 whinges 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 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*