



19th April, 2018

Volume 2, Issue 1

OVERPORT NEWS

From the Principal's Desk.

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Dates to remember: April

- | | |
|---|---|
| 16/9 | Melbourne Zoo
Prep Excursion |
| 20/4 | Garden Express Order
Due back |
| 23/4 | Resilience Project
Parent Info Session
@ 7.00 pm |
| 24/4 | Yr 4 Science Incursion |
| 25/4 | ANZAC Day
Public Holiday |
| May | |
| 01/4 | Yr 5 & 6 Bunnings
Workshop |
| 02/5 | 6B LOTE Excursion
McClelland College |
| 03/5 | Melbourne Zoo
Yr 6 Excursion |
| 04/5 | Yr 4 Camp—1st Instal
Due |
| Y 4-6 District Athletic
Trails @ Ballam Park | |

Thought of the week:

*If you see someone
without a smile, give
them one of yours!*

Welcome to Term 2.

I trust that our students and their families had a delightful holiday and enjoyable Easter. I hope that the Easter bunny visited your house.

We are pleased to be back to what will be another great term with exciting learning opportunities ahead for all. Starting with preps off to the Zoo for their first excursion today. We are delighted they have had such lovely weather and reports from the bus were that they had a terrific day filled with interesting observations of all the animals.

On Monday we will hold our annual ANZAC Day ceremony on the basketball court and we invite all our families to attend. Other extra-curricula and special activities happening throughout the term include; the Year 4 science incursion next Tuesday, Mother's Day stall on 8th and 9th May, a year 1 and 3 'Jollybops' Science incursion on May 22nd, year 6 Zoo excursion on May 3rd and the year 5 Science Works visit on May 25th. We are also planning for an end of term Education Week celebrations with a focus on science. Please watch out for more information as plans are developed.

Our Lovely Veggie Garden!

A huge thank you to Bill, Shae and Ju for working with our students in the vegetable garden yesterday! They harvested a lovely crop of potatoes, pumpkins, tomatoes, carrots and eggplant from summer.



They also prepared the beds for winter planting and sowed kale, lettuce, broad beans, silverbeet and coriander seed. The students love being involved in this program.

Thank you to Mr Hearn for arranging for more effective watering from the tanks and the Frankston High School students from the "hands on learning" program who also helped out. They are also building a few more garden beds for us with the timber we have purchased.

...continued overleaf

Principals Report (cont)

***Resilience—we can help our kids build this:
12 Encouraging Phrases to Build Resilience in Kids!***

1. I love the way you always try your hardest.
2. Keep going, you're nearly there.
3. I'm so proud of how you, always give things your best try.
4. I know this is hard but I also know you will get there in the end.
5. What other ways could you approach this?
6. Is there a way I can help you without doing the task for you?
7. I believe in you. You've got this!
8. Just take a few deep breaths and try again perhaps another way.
9. Believing in yourself takes lots of practise
10. Sometimes we have to fail and then try again and maybe even fail and try again in order to succeed.
11. You've done this once, I know you can do it again.
12. You are very brave.



Don't forget next Monday night is our parent information session on "The Resilience Project". Get your ticket, free from the office.

Kind Regards,

Julie Gleeson Principal.





Ivy 1E, Jack 6C,
Thomas 5B,
Alexander PE, Tai 2B,
Mia 4A, Sophie PC,
Yasmin 3D Paiton
4D, Dash 5A, Kristian
6C, Kerwin 2A, Tyler
45E, Delylah 6D, Ivy-
Lee PC, Bll 4C, Elec-
tra 3C, Audrey 4C,
Annabella 4C Ham-
ish 4A, Leila 5B, Co-
hen 5C, Maria 6D,
Lillia P, Jack 1D, Leo
1F, Baran 6B, Oscar
3A, Felix 3B, Noah
1B, Indiana 2A,
Mieke 3B, Joshua 6B,
Tyrone 2D, Annabel
2D, Petar 4D, Sana
3A, Jagan 4D, Dako-
ta 2C, Catherine 4D,
Rylee 1B, Eva 2A,
Rose 2A, Amelia 2D
Nelly 3C, Oscar 45E,
Pepper 5A, Ava PB,
Damien 1F, Hayden
45E, Nicholas 6A,
Keira 6B

Assistant Principals Report

The importance of Mindfulness

For those of you fortunate enough to be attending The Resilience Project parent information session on Monday evening, you will hear from Hugh Van Cuylenburg on the important of kindness, gratitude and mindfulness. Our students are learning about these key components to improving resilience with their teachers, it is important as parents you know what they are talking about and how you can help them when they are having a low resilience moment. Last term in the newsletters, gratitude and kindness were defined and our teaching approach was explained. The final key component of improving resilience according to Hugh at The Resilience Project, is mindfulness.

According to 'Kids Matter', *Mindfulness is a whole body-mind state of awareness that involves 'tuning in' to the present moment, with openness and curiosity, instead of 'tuning out' from experience. Mindfulness is a state of being fully awake to life – being aware and undistracted in the present moment. It is about focusing attention on the present, rather than thinking about the past or worrying about the future- which is often our brain's default mode.*



Research shows that mindfulness training can lead to improved attention, memory processing and decision making abilities. Mindfulness training involves tuning into internal and external experiences with curiosity resulting in increased self-awareness, social awareness, and self-confidence. Mindfulness training can increase children's ability to self-regulate their emotions, especially difficult emotions such as fear and anger, through breathing and other grounding techniques. Mindfulness has been shown to improve empathy or the ability to understand what another person is thinking or feeling, which improves children's awareness of others and helps them to build positive relationships. Mindfulness training has been shown to reduce the severity of depression, anxiety and ADHD in children.

Mindfulness builds resilience by giving children skills to help them to cope better with stress, as well as engage more fully with themselves and the world.

Our teachers assist students to be mindful in the classroom in many, varied ways. These include, mediation activities, using mindfulness apps such as Smiling Mind of Buddhify, using mindfulness colouring in, music and nature walks. If you would like to try some of our activities at home with your students please see your child teacher for more information.

Please remember...

- Next Wednesday is the ANZAC day public holiday, students and teachers will not have school on this day.
- Hats are still to be worn by all students whenever they are outside. Our Sun-smart policy states that our students will wear hats until the end of April.
- Please collect your 'free ticket' for The Resilience Project parent information session next Monday, April 23rd. See the attached newsletter flyer for more details.

Ricky Joyce and Tess Higgins

Assistant Principals



ROCK UP NETBALL

TRAIN

A DIFFERENT
WAY TO PLAY

JOIN IN, GET
SOCIAL AND ENJOY
THE EXPERIENCE.



VENUE: Jubilee Park Netball Stadium, Hillcrest Road

DATE: Wednesday 18th April to Wednesday 2nd May

TIME: 10am to 11am

REGISTER: www.rockupnetball.com.au

COST: \$8.00 per session

FOR MORE INFORMATION
ROCKUPNETBALL.COM.AU OR 9321 2222

Canteen News

Term 2

Friday April 20th

Counter sales only
NO LUNCH ORDERS

Thursday April 26th

Lunch orders resume

Year Level Reminders for this week:

Year 1: Students still need to have their hats at school until the end of April.

Year 2: Spelling starts this week, please remember to spend 5 minutes every night completing your spelling tasks so you will be ready for the test on Friday.

Year 5: Please remember to return your child's payment and permission forms for Term 2 as soon as possible if you have not already done so.

Year 6: Please return all excursion permission forms ASAP.



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