

# NEWSLETTER

Name: .....

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Tuesday 15th October

Dear Families,

Welcome back to the second week of Term 4!

Our teachers are all very excited to become the students tomorrow, as we host a maths teaching and learning specialist for our school closure day. We are all looking forward to gaining some new ideas, and activities for our maths classes!

I would also like to invite all families to attend our Working Bee on Saturday. Our yard is starting to look a little bit tired, and now is a perfect time to give it a bit of a facelift in time for our Grade 6's to still get some use out of it.

As we progress towards the end of the year, and children get tired, we start to see some nit-picking and niggling between children. It is important that children inform a teacher so that we can record any incidences that have occurred, and follow up.

I would like to thank all parents and carers for coming to me with any issues they have been made aware of. It is through this type of communication, we are able to work in partnership to provide a safe and happy school environment.

I have also been looking at some articles on building resilience in children, and have included some handy tips with our newsletter, for anyone that is interested in some strategies for home.

Congratulations to last week's noticing champions:  
Mitchell

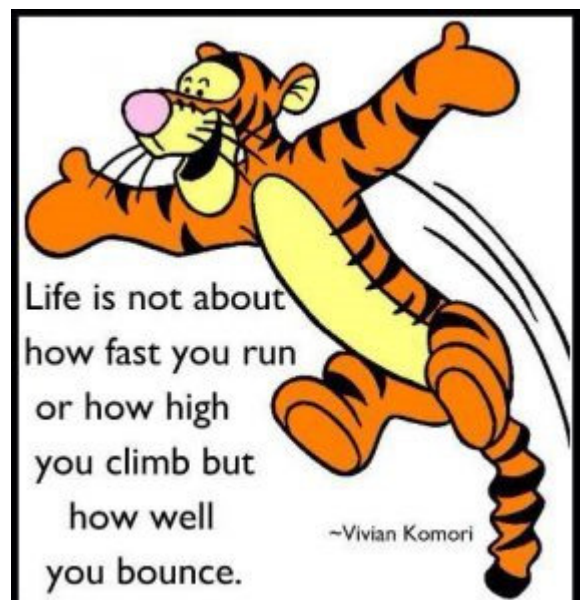
Jerry

Noah

Ebony

You have all won a prize for using your noticing skills!

This week's competition is a picture competition!  
You may either take a photo (printed, emailed, or sent to the school mobile), or draw a picture of yourself showing resilience. You will need to have a sentence that explains your picture. All winning entries will be laminated and used around the school to teach others about our resilience!



Have a great day off school tomorrow, and a happy week of learning,

## **Things to remember this week...**

No school Tomorrow 16th October, No Milk Shakes Thursday, No hot lunches tomorrow.

## RESILIENCE IN CHILDREN STRATEGIES TO STRENGTHEN YOUR KIDS

All children are capable of working through challenges and coping with stress. Resilience is the ability to bounce back from stress, adversity, failure, challenges, or even trauma. It's not something that kids either have or don't have; it's a skill that kids develop as they grow.

Resilient kids are more likely to take healthy risks because they don't fear falling short of expectations. They are curious, brave, and trusting of their instincts. They know their limits and they push themselves to step outside of their comfort zones. This helps them reach for their long-term goals and it helps them solve problems independently.

### Strategies to Build Resilience

Parents can help kids build resilience and confront uncertainty by teaching them to solve problems independently. While the gut reaction of the parent might be to jump in and help so that the child avoids dealing with discomfort, this actually weakens resilience. Kids need to experience discomfort so that they can learn to work through it and develop their own problem-solving skills. Without this skill-set in place, kids will experience anxiety and shut down in the face of adversity.

### Promote Healthy Risk-Taking

In a world where playgrounds are made "safe" with bouncy floor materials and helicopter parenting, it's important to encourage kids to take healthy risks. What's a healthy risk? Something that pushes a child to go outside of their comfort zone, but results in very little harm if they are unsuccessful. Examples include trying a new sport, participating in the school play, or striking up a conversation with a shy peer. When kids avoid risk, they internalize the message that they aren't strong enough to handle challenges. When kids embrace risks, they learn to push themselves.

### Resist the Urge to Fix It and Ask Questions Instead

When kids come to parents to solve their problems, the natural response is to lecture or explain. A better strategy is to ask questions. By bouncing the problem back to the child with questions, the parent helps the child think through the issue and come up with solutions.

### Teach Problem-Solving Skills

The goal is not to promote rugged self-reliance. We all need help sometimes, and it's important for kids to know they have help. By brainstorming solutions *with* kids, parents engage in the process of solving problems. Encourage kids to come up with a list of ideas and weigh the pros and cons of each one.

### Label Emotions

When stress kicks in, emotions run hot. Teach your kids that all feelings are important and that labelling their feelings can help them make sense of what they're experiencing. Tell them it's okay to feel anxious, sad, jealous, etc. and reassure them that bad feelings usually pass.

### Promote the Bright Side—Every Experience Has One

Optimism and resiliency go hand in hand. Some kids may appear more naturally optimistic than others, but optimism can be nurtured. If you have a mini pessimist on your hands, acknowledge the feelings that lead to pessimistic thinking and teach your child to reframe his thoughts to find the positive.

### Go Outside

Exercise helps strengthen the brain and make it more resilient to stress and adversity. While team sports are the most popular method of consistent exercise for kids, all kids really need is time spent outdoors engaging in a physical activity. If team sports don't appeal to your child, encourage them or introduce them to bicycling, playing tag, or even just swinging at the playground. These are all great ways for kids to engage in free play that also builds resilience.

Resilience helps kids navigate the obstacles they encounter as they grow. It's not possible to avoid stress, but being resilient is one of the best ways to cope with it.

**CONGRATULATIONS  
RYLEIGH FOR  
COMPETING IN THE  
DISTRICT  
CHAMPIONSHIPS IN  
TRIPLE JUMP, HE JUMPED  
AN  
IMPRESSIVE  
PB OF 8.23 M**



**Eagles of The  
Week—  
Navi & Bailey M**



## **Big Gormy Fun**

**Friday, November 29th, 2019**

**Save the date Gormandale Recreation Reserve**

**Market around the oval**

**Children activities**

**Music**

**Tucker Night meals in clubrooms as usual**

## **Tucker Night Voucher**

**This week's family is the Families  
Pfeiffer**



## Reading Nights

**50 Ebony**  
**75 Ebony, Noah & Xavier**  
**100 Emily S & Maddy**  
**125 Bryce**  
**150 Bella & Lachlan**  
**225 Natalie, Bailey J & Aussie**  
**250 Natalie**

### THANK YOU

- Elizabeth for you help with reading
- All parents who attended swimming

2019	TERM 4	DATES TO REMEMBER
October	Today 15th	Teacher & Preps visit Kinder & Swimming <b>No Hot Lunches</b>
	Wed 16th	<b>No School—Teacher PD Day</b>
	Thurs 17th	Swimming
	Fri 18th	Swimming & Yarram Secondary College Transition Whole Day & Finance Meeting 12.30pm
	Sat 19th	9am Working Bee
	Tue 22nd	School Council Meeting 6.30pm & Parent/Teacher 10min Chats 1.30-4.30pm
	Wed 23rd	Parent/Teacher 10min Chats 1.30-4.30pm

## PARENTS CLUB

The countdown is on for the end of the School year. We have had a short break with lunch orders due to Swimming but they will recommence next Tuesday. We have a busy term ahead of us with the School Working Bee on Saturday. It would be great to see everyone there.

We will be again running our Wheel-A-Thon for the kids on 15 November, keep an eye out for our fundraising forms for this. Each year the School's Parent's Club run a Wheel-A-Thon to raise money for the School and to encourage fun outdoor energetic activities. The Children are welcome to ride their Bike, Scooter, Roller skates; anything with wheels, don't forget your safety gear and a helmet. Don't forget your sponsorship money! The children have been asked to seek sponsorship for the amount of laps they ride around the School, Oval and or the Tennis Courts. At the completion of the Wheel-A-Thon the children will receive an Icy Pole & a Sausage Sizzle Lunch.

Parent helpers will be required to help with cooking sausages, setting up, cleaning up and general marshalling at the Wheel-A-Thon. Please let the school know if you can help or turn up on the day!

Parents Club have been working hard with Fundraising this year. Our Club are hoping to be in a financial position shortly to help the School replace some of the much needed shade sails that have had to be taken down due to damage. Every little bit helps.

Thanks, Ellen Sykes

STEM BUILD A  
WATERSLIDE &  
BUBBLE SCIENCE







# WORKING BEE

**We need your help.**

**We have a huge list of jobs that we would love to get done to not only make the school grounds safer but also looking great too.**

**When: This Saturday 19<sup>th</sup> October**

**Time: 9am**

**What to bring: Wheelbarrows, Rakes, Shovels,  
Gardening Gloves and Secateurs**

**We will provide a sausage sizzle lunch for all that come along and give us a hand.**

**Remember many hands make light work.**

**Please let Tamara know if you think you will be able to come along and help out so we know for lunch.**

