

From the Principal

Last Friday we did have a great day, eventually, for our cross country, with rain after we had finished. Thanks to all the parents who came down to support the students, I'm sure that you were proud of their effort whether they were winners, place getters, selected for our inter school teams or for showing tremendous resilience and will power in finishing the race. We now look forward to our inter school cross country next Wednesday (1st August). Having won the competition for the last two years, can we make it a hat-trick?

NAPLAN ON-LINE

Yesterday Steve Butcher and I attended a very intensive workshop to prepare us for next year when NAPLAN will be on-line for our years 3 and 5's, with the exception of Writing for year 3. From the school's point of view we have to ensure that we have the technological capacity to cater for our students and have some preparation to do before next May. From the students point of view we have been provided with some demo assessments and next year will have access to practice assessments to ensure that they are prepared for the change. One real bonus of being on-line is that it can be adaptive, that is, it can change to meet the differing abilities of the students. This will mean that the assessments can give us a much clearer idea of the development of the student's skills. It is testing what they do know, not what they don't know.

CATS

As you may know, our school production this year will be Cats. Our senior students are already working hard on learning the songs and the plan is to have our production ready for week 5 in term four.

BANNERS IN THE TERRACE

Each year, every City in the Metro area submits a banner which flies in St Georges Terrace. The winning design is chosen from entries from all the schools, High School and Primary, for us, in the City of Joondalup. We have a great track record here with our student's designs regularly picked in the top three, with one winner a few years ago. Well now we have our second banner winner, Alecia in year 6. Her design was selected as the best representation of the City of Joondalup from all the designs entered, a tremendous achievement! Last Friday Deputy Mayor, Russell Poliwka came to our assembly to present Alecia with her award. Alecia's banner is currently flying proudly in St Georges Terrace.

You can also see the fantastic effort from some of our other students put into their banners. Well done everyone.



23 to 27 July

French Week

Friday 27 July

A8 French Assembly

Wed 1 August

Interschool Cross Country

Thursday 2 August

Robogals Incursion

State Hockey Champs

Friday 3 August

A6 Assembly

Monday 6 August

School Board Meeting

Tuesday 7 August

P&C Meeting 7.30pm

Thursday 9 August

Book Week Incursion

Friday 10 August

School Leaders Assembly

Friday 17 August

One Big Voice

PASTORAL CARE

Resilient kids

It's important for your child to learn the personal and social skills that will help them to become more resilient and cope with problems and difficult situations that may come their way.

Encourage your child to talk about things that are bothering them

Learning to seek help when a problem can't be solved is an important lifelong skill.

Let your child know that unhappy or difficult times are a normal part of life and don't usually last for long.

Encourage your child to re-phrase unhelpful comments

Teach your child to turn words such as "I'm stupid" or "She hates me" into more helpful and optimistic comments – "I made a mistake, everyone makes mistakes" or "She doesn't hate me she just feels like playing with someone else today"

Taking responsibility

Encourage your child to take responsibility for the things they have or haven't done that may have contributed to an unhappy situation or setback.

Help your child to understand the role that 'bad luck' and the role that others may have played when they are faced with an unhappy situation or setback.

Be a positive role model for your child

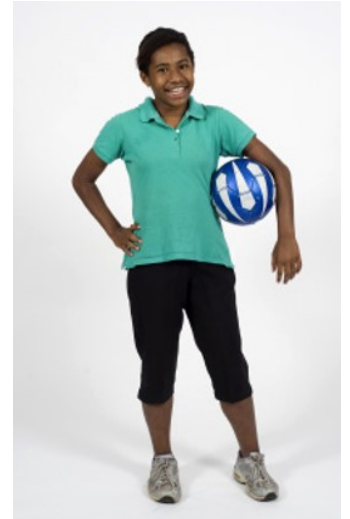
- Talk your problems through with others and look for different solutions.
- Use optimistic thinking and say things out loud, such as – Things will get better soon.
- Talk about how you may have managed strong emotions in a calm way.
- Talk about your goals and how you hope to achieve them.
- Show appreciation to others for their friendship

Let your child make mistakes

By having to overcome normal challenges for their age and understanding that no one is perfect, your child will learn how to bounce back and be more resourceful.

By over-protecting your child and doing things for them, you deny your child important opportunities for developing resilience.

Don't fight your child's battles Sorting out conflicts with friends and peers are important skills for healthy social relationships



CHAPLAINS CHATTER

Having a grateful attitude

Sometimes life can get on top of us but if you can remember these tips, you will not only feel mentally better but your overall emotional wellbeing and general health will improve. When we look at the things we do have instead of the things we don't have, we are being grateful. Being grateful helps you to **be in the present** by noticing what you do have and stopping to acknowledge it. This can be the company of a person, having food, or even being able to being able to see. Being grateful has the power to **change your mood** almost instantly from negative to positive. Good feelings and positive energy arise when you start acknowledging what you are grateful for. It generates **good vibrations**. Quantum physics applied to positive thinking state that the vibrations of your thoughts affect and modify the reality around you. It is said that the first seventeen seconds of any thought are the most powerful, and they create enough energy to start attracting what you are thinking of into your life! Try these few tips: Take 2-3 minutes each morning to give thanks, to whomever or whatever you're grateful for. Write down at least ten things you are grateful for at the end of each day or keep a gratitude journal. Give thanks for "negative" things in your life. There's always two ways to look at something. Many times we think of something as negative — it's stressful, harmful, sad, unfortunate, and difficult. But that same thing can be looked at in a more positive way. Giving thanks for those things is a great way to remind yourself that there is good in just about everything. Problems can be seen as opportunities to grow, to be creative.

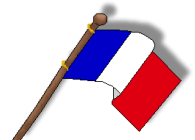
"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."-Oprah Winfrey

CANTEEN NEWS

CANTEEN ROSTER

Thurs 26 July: Narelle B
Fri 27 July: Monique/Sarah S
Thurs 2 Aug: Angie G
Fri 3 Aug: Monique

The Canteen will be serving some French style food at recess on Friday 27th July, so come along and try something a little different.



Excursions, Incursions, Permission Notes and Invoices

We have a lot of exciting happenings this term. However, these do cost and we are very conscious that we are asking for money for these.

To try to make it easier for you, we are including a number of notes together for our incursions/excursions. You might find it easier to pay them altogether or just individually as they come up.

We are also happy to take instalments if this better for you.

Please remember to check your child's bag for notes.

Payment can be made by direct deposit, eftpos at the office or cash.

Thanks.



Friday 17th August 2018

Tickets are now available for purchase for One Big Voice from Ticketek.

Please be advised the Perth Arena only allows audience members to bring in bags smaller than A4 size.

Springfield is performing in the evening. We are in the Mozart seating section, just left of the middle. You will need to know this information when purchasing tickets so you can get the best available seats, nearer to where our school is situated.

Pre-Primary

**Today Our Pre Primary classes celebrated
100 days of learning! They came dressed
up as 100 year old ladies and gentlemen!
We explored all things 100.**



**Using 100 cups to build a
pyramid!**

FACTION CROSS COUNTRY

