Dear Parents and Families:

Welcome to this week’s newsletter.

As the sun begins to shine, please remember to Slip, Slop, Slap and be Sunsmart.

Once again I am continuing to remind all in our community about our school motto of ‘Consider Others’. If we focus on the positives in life, with our friends and playmates, then we are considering the disposition of others around us.

HALF DAY STOP-WORK:

Tomorrow, Friday 19th October, the AEU are exercising their industrial right to take a HALF DAY stop-work (am).

Please note that the swimming program for this day has been cancelled and we have re-scheduled this session to take place on Monday 29th Oct.

School will commence at 12:30 for these grades affected by the Stopwork.

Mrs Paterson - Prep P.
Mrs Kam - Prep H.
Mr Henry - 1 / 2 H.
Miss Kehoe - 1 / 2 K.
Miss Walker - 1 / 2 W.
Miss Carland - 3 / 4 C.
Mrs Sipthorp - 3 / 4 S.
Mrs Touma - 3 / 4 T.
Miss Ousley - 5 / 6 O.
Miss Shiels - Phys Ed.
Miss McCawley - Music/Performing Arts.
Miss Jackson - ICT.
Mrs Blunt - Leading Teacher.
Mrs Day and Mrs Kapp - Support programs

SWIMMING PROGRAM:

Our swimming program has been a huge success this week.

We have been most impressed with the high standard of instruction, the good behaviour of students and the strong support of parents.

If you have any questions about the program or water safety in general, please ask our staff or the pool staff and we will do our best to provide you with the correct response.

CHILDREN’S WEEK:

Next week is Children’s Week, however, we have decided to undertake a range of special school based activities the week after swimming so that all students can join in Children’s Week at ANPS. It makes good sense that all students have access to water safety in general, please ask our staff or the pool staff and we will do our best to provide you with the correct response.

If you have any questions about the program or water safety in general, please ask our staff or the pool staff and we will do our best to provide you with the correct response.

CHILDREN’S WEEK:

Next week is Children’s Week, however, we have decided to undertake a range of special school based activities the week after swimming so that all students can join in Children’s Week at ANPS. It makes good sense that all students have access to the lunchtime activities that we will be holding.

Keep an eye on next week’s newsletter for more information.

REPORT PREPARATION DAY:

On Monday the 5th of November our school will be closed. Staff will all be busy preparing reports for the end of the year.

We selected this day, as historically, it has the least impact on our community. When we have had school on the day before Cup Day in the past, our attendances have been low.

Please make sure that you place this date on your home calendar.

No school on Monday the 5th of November.

CAINEEAN: Please be advised that our canteen will be closed on the 29th of October. Monday week. Parents are asked to make other arrangements for their children’s meals at school on this day. Apologies for any inconvenience that this may cause.

Thought for the WEEK:

“Lessons hard to learn are sweet to know”

I often reflect on things I have learned along the way. The things I appreciate the most are those that were the hardest to master. One of our ‘Habits of Mind’ that we endeavour to instil into our students learning behaviours is that of ‘persistence’.

If we all learn to ‘persist’ at all things, then hopefully, our enjoyment of and for learning will grow. Eventually it will become a habit that you will take for granted but treasure at the same time.

Have a great week,
Brendan O’Brien, Principal
COMMUNITY SUPPORT PROGRAM:

From time to time this program will provide parenting information in our newsletter. The following tips about encouraging self-esteem may be helpful.

Janet Greenwood
Community Support Worker

Self-Esteem: Why is Self-Esteem Important?
Children who have high self-esteem are happier, more cooperative, more successful at school and make friends more easily. They are fun to be with because they enjoy challenges, are eager to learn and enjoy success. They also cope with stress more effectively and are less likely to develop behavioural and emotional problems.

How to Encourage Healthy Self-Esteem: Praise your child.
It is important to focus on your child’s efforts rather than just the final result. If you only praise outstanding results, your child may feel just being themselves and doing their best is not good enough. Praise your child for trying, and making improvements, and they will be more motivated to continue trying at a difficult task. Successful results may take a while to achieve and children may give up if their efforts are not recognised along the way.

Tell your child you care.
Tell your child you love them. Children need to be told often that they are valued and cared for. Spending time with your child, and being available when they need you, will also make your child feel worthwhile and let them know that you value them as a person.

Look for Your child's Good Points.
Avoid name calling and put downs. If your child hears often enough that they are lazy or stupid, they will start to believe these comments and act accordingly. Encourage your child to think of what they do well and what they like about themselves. Let them know they do not have to be the same as everyone else - that it is okay to be different and be good at different things.

Teach Your Child to be a Good Friend.
Children who like themselves find it easier to like other people, and children who feel liked by others will have higher self-esteem. Encourage your child to make friends. If your child is shy and finds it hard to make friends, practise how to approach another child and start talking or ask if they would like to play. Encourage your child to bring friends home to play.

Encourage Your Child's Independence.
Show confidence in your child’s abilities by letting your child do things for themselves as soon as they are ready. By doing things for themselves, children learn what they can do and that they can control their world. Allowing your child to take reasonable risks also lets them know that you believe in them. Encourage your child to take on new tasks, such as chores around home, to help them develop a sense of responsibility.

Talk About Making Mistakes.
Let your child know that making mistakes or failing at times does not make them a complete failure.

Help Your Child Deal with Disappointment.
Many children put themselves down occasionally. When a child says things like - I'm dumb, you hate me, or I'm stupid - sometimes this is a reaction to being disappointed or not getting their own way, such as not being chosen for a team. Coping with and bouncing back from set-backs and disappointments is part of life. Encourage your child to enjoy an activity or game even if they are not the winner, or to try again after the set-back.

Be Supportive but Avoid Overreacting.
When your child expresses strong negative feelings about themselves, avoid becoming overly sympathetic. Children can easily learn that criticising themselves gets attention. Try to teach them to think more realistically. For example, if your child says that they think they are not as good as the other children at school, help them to think of more helpful things to say to themselves - I might not be the best in the class at maths, but I’m good at spelling and drawing or I’ll ask for some help from the teacher if I get stuck.

Encourage Laughter.
Laughter is a great emotional release. Children who feel good about themselves laugh spontaneously, develop a sense of humour and learn to tell funny stories. Encourage this skill by listening to your child’s stories, playing games and having fun together.