RESILIENCE

What is it?
- Imagine you have each end of a piece of elastic in your hands.
- Pull your hands apart and the elastic stretches.
- Let go of one end and the elastic bounces back to its original size.
That is resilience.
For people resilience means that whatever bad times you go through you can always bounce back again and be yourself.

What helps you to become resilient?
- To be a resilient person you need to feel good about yourself.
- As a young person there are three areas where you spend your time - home, school and anywhere else!
- The most important areas for children are home and school.

What you can do to help yourself be more resilient
- Positive self-talk. That means: tell that voice in your head to think about all the good things around you and all the good things that you can do.
- Set realistic goals, take small steps and build on success.
- Make good choices.
- Be a positive person. Compliment others and they will compliment you.
- Make friends and work at being a good friend.
- Join in - hang out with positive people, eg scouts, guides, youth groups and environment groups, sports players and friends who build you up rather than let you down.
- Say “I can’t do this .... Yet!” then try to learn a bit more each day.
- Exercise, play sport, learn skills, be active.
- Accept that you will make mistakes - say sorry to yourself as well as to others - then try to put things right and have another go.
- Get involved in pleasant things like art, music, drama.
- Give yourself time to think!
- Have a go at new things, if they are safe of course!

Please take the time to talk through this information with your child. There are many wonderful kid’s Health Topics, just like this at: http://www.cyh.com

As always, please keep communicating with class teachers, student counsellor and Senior Staff Members if you need ideas, resources or a friendly chat to keep your children safe, happy and reaching their full potential.

If you have some time, please have a look at ‘Embrace The Future’. It’s a great resource to support all people in maintaining a positive state of mind.

Kylie Smith
Principal

Quote - ‘I use all the brains I have and any that I can borrow’
Woodrow Wilson
THIS WEEK’S SOUP SPECIAL

Pumpkin $3.00 with bread roll $4.00

Slice Drive order forms were included with last week’s Newsletter. Spare copies are available from the School Front Office.

Please have all orders and money back to school by - Thursday, 25th August, 2016. Delivery will be Week 5 and 6.

Your support is appreciated.

Tracy Bald / Canteen Manager

Welcome to Kylie Smith ! Kylie will be working in the canteen on Tuesdays and Wednesdays !

GROUP TRAINING EMPLOYMENT - Trainee - Administration. We are seeking an enthusiastic, motivated and reliable person for a 12 month full time Certificate 3 Traineeship with the Millicent District International Basketball Association. The successful applicant will have a keen interest in working with children in a coaching role within a sporting environment and training groups from Hoops through to under 16’s. For further information and a description of duties etc, please see Leonie or Kath at the School Front Office. Applications close : August 19th at 5pm.

GEORGE THE FARMER - Comes to the Mount Gambier Library ! Monday, 22nd August from 10am to 11am. Please contact the Mount Gambier Library for more information. Telephone : 08 87212540.

HIGH TEA AT THE CUSTOMS HOUSE - Sunday, 28th August. Two sittings - 11am to 1pm and 2pm to 4pm. Limited seats. $30 per person. Includes wine on arrival and a fine selection of house made finger sandwiches, sweet and savoury pastries, slices, scones, coffee and tea. Tickets available from the School Front Office. For details, contact Elba on - 0408 413 704.

Next week is ..... national science week 2016

A bookweek insert is included with today’s Newsletter. Note this is week 5.

Ashton’s Book Club Issue 4 - Closes Friday, 12th August, 2016.

Family and domestic violence it a global problem not a national one so this week we look at some information from White Ribbon about New Zealand.

KEY STATISTICS

• One in three women will experience partner violence at some point in their lives.
• Less than 20 percent of abuse cases are reported.
• Over 3,500 convictions are recorded against men each year for assaults on women.
• On average, 14 women a year are killed by their partners or ex-partners.
• Police attend a family violence incident every 5 1/2 minutes.
• Family violence accounts for half of all reported serious crime.
• In 2013 Police recorded 95,101 family violence instigations.
• In 2014 Police responded to over 100,000 family violence incidents.

Chief of Defence Force, Lieutenant General Tim Keating, is the latest in a number of high profile New Zealand men who have taken on the role of White Ribbon Ambassador to send a message about reducing men’s violence towards women.
**Expressions of Interest - Circle of Security Course**

We are considering running the following courses in our School Library. Please email leonie.feast18@schools.sa.edu.au to register your interest ASAP.

Circle of Security - This course covers:

- What your child’s behaviour might mean.
- How to help your child organise their feelings.
- How to help your child feel secure in their relationships.
- How to help your child to engage more in play and learning.

This is for parents of children 6-12 years old. The six sessions of this course will provide you with the skills and strategies needed to be the parent you have always hoped to be. You will be given insight into the particular challenges and unique opportunities along the way.

Kylie Smith
Principal

---

**Ladies Night Out!**

**Thursday, 11th August, 2016.**

**BAD MOMS Movie**

6pm refreshments
6.30pm screening

$20.00 per ticket includes gift bag and wine on arrival.


---

**Friday 19th August 2016**

9am - 2.30pm

**TAFESA Mount Gambier**

The Rotary groups of Mount Gambier have been providing the Limestone Coast with the opportunity to discover career options for 50 years! Don’t miss out on your chance to see what is on offer this year.

- Visit our website to view the list of 60+ exhibitors and timetable of events.
- Join in on a workshop.
- Listen to a speaker talk about their chosen profession.
- Walk through the trade section and view the Worldskills competitions taking place on the day.
- Take part in the Career Trail for your chance to win a prize.
- Interested in volunteering? Visit the Volunteers room and find an organisation that suits you.

www.lcrotary careersexpo.com.au

---

**This Week’s Shooting For The Stars!**

**Rec/Year 1 - Mrs Grubb / Ms Beatty** - **Xavier Liddle** - For settling in well to our class and school.

**Year 1/2 - Mrs Neu** - **Lincoln Bowd** - For his persistence and enthusiasm for learning new things.

**Year 2/3 - Ms Schutz** - **Ellison Dunn** - For being an excellent role model to others.

**Year 4/5 - Miss Merrett** - **Bradley Neale** - For making new students feel welcome.

**Year 5/6 - Mrs Biggins** - **Luke Bald** - For being helpful in class and completing all set work to a high standard.

**Year 6/7 - Mrs Murdoch** - **Keyarna Smith** - For being a most helpful students.

‘There are times when getting lost means having the chance to find a new way.’ - Adele Basheer
HEADLICE - IT’S YOUR JOB TO HELP BREAK THE CYCLE

If your child is constantly infested by headlice, please check their hair after out-of-school activities and well as school days. Eg. Football, Netball, Dancing etc. It is a parent’s responsibility to make sure your child is lice and egg free. Report all cases to the front office immediately.

Your support is appreciated.

Compulsory Enrolment and Attendance at School

Under the Education Act of South Australia, parents/caregivers are held responsible for the regular attendance of all children aged between 6 and 17 years, who must be enrolled and attend school regularly.

REGULAR ATTENDANCE IS IMPORTANT

If your child is late did you know?
- 10 minutes late per day = Nearly 1 1/2 weeks of school education missed per year.
- 20 minutes late per day = Nearly 2 1/2 weeks of school education missed per year.
- 30 minutes late per day = 4 weeks of school education missed per year.
- 1 hour late per day = 2 months of school education missed per year.

If your child is absent did you know?
- 1 day absent per fortnight = 4 weeks of school education missed per year.
- 1 day per week = 2 months of school education missed per year.
- 2 days per week = 4 months of school education missed per year.
- 3 days per week = Half a year of school education missed per year.

Make sure you …..
- Provide the school with an explanation if your child is away or late.
- Contact the school if your child does not want to go to school.
- Arrange doctor and dentist appointments outside of school hours.
- Arrange personal shopping trips with your child or birthday celebrations outside of school hours.
- Do not allow your child to stay at home for minor reasons.

Every day counts …..
- Because children achieve better when they go to school all day, every day.
- Because going to school means getting a better chance at life.
- Because school helps children make friends and be happier.
- Because school helps children build social and emotional skills such as communication, teamwork and resilience.
- Because the law says children must go to school.

I welcome the opportunity to meet you and your child to discuss any issues you may be experiencing relating to your child’s attendance.

Kylie Smith Gill O’Connor
Principal Student Counsellor

www.decd.sa.gov.au

Tour of the Great South Coast

THURSDAY, AUGUST 11: DISTRICT COUNCIL OF GRANT

STAGE 3: PORT MACDONNELL

Road race, starting and finishing in Port MacDonnell, via Allendale East, Pelican Point, Carpenter Rocks, Blackfellows Caves, Blue Lake Golf Links, Donovans, Brown Bay, Riddoch Bay, Race Course Bay
Start: 11:00 am
Finish: 2:30 pm (approx.)
DISTANCE: 137.6kms
SPRINTS: 6
HILL CLIMBS: 1