

## Respect and Responsibility

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### Newsletter 18 25 November 2016



CALENDAR OF EVENTS Term 3 & 4		
<b>November</b>		
	21-25	SAPSASA Tennis and Cricket
	<b>25th</b>	<b>White Ribbon Day</b>
	28th	Rugby League Visit
	30th	Parent Workshop—Children's Anxiety (See ad for details) <b>MOvember Day</b>
	30th/1st	PHS Transition
<b>December</b>	2nd	Assembly
	5th-9th	Year 7 Camp
	13th	Concert 7:00pm
	14th	Yr 7 Excursion
	15th	Yr 4-7 Disco
	16th	Last Day of term –Assembly

At this stage we still intend to inform parents of their child's class and teacher before the end of term. This will allow us to have a transition session where students can become familiar with their new class environment.

#### Transition

The 17 new Foundation students for 2017 have started their transition visits on Tuesdays. Most are already very familiar with the school through educator exchange visits and have settled in well.

The Year 7 students transitioning to Penola HS will also have transition visits next week on Wednesday and Thursday.

#### Parent Opinion Survey

Each year, the school collects feedback through the Parent Opinion Survey. The data is not only reported on in the Annual Report, but used to help us improve as a school and make decisions that value parental input.

The survey shouldn't take any more than 5-10 minutes. The survey has been emailed to families or you can access the survey at <https://www.schoolsurvey.edu.au/s/guezpxvx> with survey code wXygAtJK

The survey is available until 2/12/2016 11:59:00 PM.

We appreciate you taking the time to give us your feedback. If you did not get a link for this, or would like a hard copy, please ask Paul or enquire at the Front Office.

#### Blue Lake Fun Run

Good luck to everyone taking part in the Blue Lake Fun Run on Sunday. Thanks to Mr McDougall and Kate McDonald for running trainings and helping get a team together. Thanks also to Emily for nominating the team, it will be great to see the blue Penola entrants spread throughout the field.

#### TOYS OR BOOKS

If you have any unwanted toys or books in good condition and would like to donate them for the Toy Run (St Vincent De Paul) we are happy to collect them at school. Please leave in the Front Office before Friday 2nd December. Thankyou

Dear Parents and Friends,

Today is White Ribbon Day and it was great to see so many students discussing the issues and thinking about how important respectful relationships are. It is a great opportunity whilst students are young to understand the importance of being respectful to women and not succumbing to gender stereotypes. As a White Ribbon School, respect is an expectation every day.

#### Staffing and Classes

The staffing process for 2017 is continuing. We can announce that Sam McDougall, Nicole Lear and Karmel Finch have been re-contracted for 2017. It is great to have all three back at our school. The process to fill the remaining vacancies is currently underway, and hopefully the teachers will be announced in the next few weeks.

Class allocation is also a complicated process. The disparity of numbers in certain year levels makes the process more difficult. Staff have made initial lists which will need to be reviewed prior to announcement. As with staffing, this will hopefully be released in the next two weeks.

### Mo-bros

Three of our staff have dedicated a month of mockery to grow a moustache for Movember. Sam, Matt and James are 25 days into the journey with varying results. The positive is that they have raised over \$450 so far for men's health. If you would like a snapshot of their progress or wish to donate, there is a link via the school FaceBook page.

The SRC have decided to get on board and declared the last day of November as Mo-day. So on **Wednesday, November 30th**, student can draw on, put on or stick on a mo in support of the cause. A gold coin donation will be collected to go towards the tally.



## Spelling and Grammar Strategy of the Week

### *The letter 'e'*

The letter e makes the vowel say its name.

Name

Like

Gene

bone

fluke

This strategy helps when reading and spelling words that end in e.

*(Sourced from [www.learningmadeeasier.com.au](http://www.learningmadeeasier.com.au))*

### Canteen

Rosters for the next few weeks:

#### ***Munchies Roster***

#### **Tuesday 29th November**

Sue Bell

Megan McGuinness

Cindy Hutchesson

#### **Tuesday 6th December**

Benedetta Rusconi

Angela Tongue

Trish Brand

#### **Tuesday 13th December**

Jo & Darren Skeer

Rosalia Faux

Susan Sharman

#### ***Canteen Roster***

#### **Friday 2nd December**

Sharon Ross

#### **Friday 9th December**

Alex Lambert

#### **Friday 16th December**

Pat Sharam

# Ten ways to promote the natural genius in your child

Andrew Fuller

The contribution made by parents and grandparents to a child or teen's success in school and in life is enormous. When teachers and families work together the results that kids achieve are amazing.

Here are some of the main things we can all do to give children and teenagers a boost in school success.

## 1. Be positive about learning ourselves

By taking on hobbies, new courses and discussing new inventions and ideas we show our children and grandchildren that learning is interesting and it is for everyone. This can be as easy as discussing new idea and shows, interesting facts and discoveries, reading new books- the key idea is for young people to know that learning is something adults do too.

## 2. Have a creativity corner

Find somewhere in your home for projects, art works and collections. Setting this up doesn't need to be expensive. Creative geniuses need somewhere they have to invent, work on and keep ongoing projects. One of the great ways to learn about persistence is by starting a project and then building upon it and improving it over time. Warning- cover the carpet under this corner and at times you may need to cover it all with a drop sheet. Expect this area to get messy and wild. Becoming a genius is not always neat.

## 3. Experience + reflection = learning

The experiences we have in our lives build our brains. When parents and grandparents involve children in experiences they grow their brains. By giving our children new and interesting positive experiences, we stimulate their brain development and make them smarter.

By asking them to think about the things they have seen or felt they consolidate this new experience into their brains.

To really have the natural genius of kids surge don't keep doing the same things over and over again. Find ways to do new things, visit new places and try out different ways of seeing the world.

## 4. Look for strange and weird ways to connect things

Imagination and creativity is often about thinking ideas that no one else really thinks. You can help stimulate this by playing a game of thinking up ways that different things are alike. For example how are the planet Mars and an apple alike? Do not worry if you don't have an answer. Genius is more about asking questions than having answers.

## 5. Know that mistakes are opportunities

If you can't make a mistake you'll never do anything new. If children can't bear to make a mistake they can't access their inner creative genius. Help them to realise that we all make mistakes. No one gets everything right the first time they try. In fact making mistakes is the way we learn.

## 6. Stretch ideas

The world seems to encourage people to seek answers (usually from google) and then stop thinking. Be the antidote to this by helping your child or teen to take ideas and stretch them out. This requires parents and grandparents to have a good sense of humour and an enjoyment of the absurd. Ask kids to take ideas and apply them in as many strange ways as they can. Geniuses take information from multiple sources, recombine them in new and interesting ways and apply them in settings not many people thought of before them.

## 7. Develop concentration

It is hard to imagine attaining success in an area of life if you cannot learn to concentrate. Anyone who has even learned to ride a bike, play a musical instrument, surf a wave or drive a car knows that concentration is a skill we can get better at.

Often kids are drawn to different things to concentrate on. Notice what draws their attention and build upon that.

## 8. Help them learn to plan and make decisions

Being able to anticipate what is likely to happen as a result of your actions is an essential life skill. The ability to look beyond your current circumstances and consider the outcomes of possible courses of action is something we can help children and teens to learn. This can be as simple as mapping out different pathways or asking kids, what do you think will

happen if we did this or what do you think would happen if we did that? Our actions have consequences. Decision making is a rare skill. Some people just allow life to happen to them and then express dissatisfaction about where they end. Help kids to become active decision makers if you want them to have a happy life. Much of our life's happiness - where we live, where we work, who our friends are and who we are in a relationship- is determined by the decisions we make.

Decisions are like crossroads that we meet in life. Helping kids to stop, pause and weigh up the likely results of taking different actions or pathways is one of the most powerful things a parent can do to help create a happy life for their child.

#### **9. Don't just read to kids, read with them**

Reading with kids helps them to gain an interest in new information. By pairing time with parents and grandparents as learning time helps them to see the value in new learning. Even when children are older capable readers, occasionally sharing a story, reading out something interesting from the newspaper or reciting a poem, saying or song will show them learning is something older people do as well. Genius is about being more interested in the things we don't know than the things we do

know. It is very difficult to become intrigued in the things we don't know if we don't occasionally see the world from someone else's perspective. Films and computer games will do this to some extent but nothing beats a good book. Even for really reluctant readers, it only takes one great book being read to them and with them to make a world of difference.

#### **10. Let them know how incredible they are**

These days, we talk of some people being a genius but have forgotten that everyone has a genius. Within each person is an inner genius, an inner passion, ability and desire that we can unlock and draw out. As parents and grandparents it is much more important to focus on drawing out potential and focusing less on current performance.

One of the things very successful people say is that they had someone who believed in them as a child. When asked how they managed to achieve a remarkable accomplishment they often pause and reflect that no one ever told them they couldn't do it.

Andrew's latest book is *Unlocking Your Child's Genius* (Finch, 2015) and is available at [www.andrewfuller.com.au](http://www.andrewfuller.com.au)

### **'Teaching children to manage anxiety and to bounce back when things don't go to plan'**

#### **Workshop for Parents**

Lana-Joy is a highly regarded psychologist who specialises in child and adolescent psychology. Lana-Joy is offering her brilliantly reviewed workshop on anxiety in Penola.

This practical workshop is relevant to teachers, SSO's, early childhood staff, parents, caregivers and grandparents. We will be sharing strategies for teaching children how to manage anxiety. It will also include some general coping strategies that can be utilised in the home, preschool, childcare and school settings.

The anxiety workshop focuses on helping to understand what 'anxiety' is in terms of the connection between mind, body and behaviour and then talking about strategies to help support young people at home and school and where these strategies can be applied if the child is feeling anxious/stressed/angry or sad.

Date: Wednesday 30th November at 6.45 PM – 9.00 PM

Cost: \$60 per p

Venue: Penola Primary School.

Minimum numbers apply.

For queries, please contact Mandy on 0430022705

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