Hi Everyone,

Assistant Regional Director enjoyed visit this week: The Assistant Regional Director, Cath Lalor was most impressed with the progress we have made towards our focus on writing plan this year. Mrs Lalor was very pleased to see student writing goals and discussing them one to one with the children in year 3 and then talking to the students on a brief parade about their love of writing. She is looking forward to returning and seeing more impressive improvement in the children’s writing. Over coming weeks I will be offering all the children opportunities to just have ‘fun writing’ with a series of planned activities.

Breakfast club every day in 2016: I would like to thank Aunty Vic, Chappy Lyn and all the other helpers who are now assisting five days a week in providing our students with some toast in the morning before school. Thank you Bob, our hard working groundsman for installing comfortable bench seats near the hall so the children can sit to eat their toast.

Sporty schools program starts: Each week, I look forward to spending time with the students in years 4, 5 and 6 teaching basketball skills. Every two weeks Miss Armstrong, Mr McDowall, Miss Usher and I rotate our ability grouped teams around four different sports. The children spend half an hour two times a week improving their skills and game play on Friday afternoon. Thank you to those parents who have volunteered their time to come along on Friday afternoons and share their expertise.

Last week’s attendance figures as ‘Every Day Counts’: A fabulous result last week! Only 37 students in total were absent across the week. This was the best result for a very long time. Well done everyone. Year 1/2 won the ice-block class reward raffle draw. I look forward to inviting all those students who have more than 95% attendance at the end of the term to our McSladie luncheon.

PBL reward days revamped: Every few years the staff and I change the token end of term reward days. The P&C have always supported our student reward days to which we are very grateful for. This year our 25 green token recipients will be invited to attend the Games Extravaganza. Parents always receive a special letter inviting them to a presentation ceremony on our Monday parades. Mrs Hodda does an excellent job of collecting and maintaining the token numbers of each child in the school so we can track this data. With the return of the hot weather this week I would like to remind all students to be sun safe by playing in the shade, hat at school every day and drink plenty of water throughout the day. A head ache is one of the first signs of heat stress.

Rod Finney  
Principal
CHAPLAIN NEWS

CHOOSING WHAT TO SEND FOR YOUR CHILD’S LUNCH CAN BE A TRICKY PART OF THE SCHOOL ROUTINE. IT IS IMPORTANT THAT THE CHILDREN EAT NUTRITIOUS FOOD DURING THE DAY. THE BREAKFAST PROGRAM AT SCHOOL AND BRUNCH SNACK ENSURES ALL CHILDREN START THE DAY WITH ADEQUATE FUEL. SOME SIMPLE LUNCH SOLUTIONS INCLUDE SALADS AND FRUIT SALADS, PLUS SOME PROTEIN LIKE MEAT, CANNED FISH OR EGGS AND CHEESE. IF YOU FIND THEM NOT BEING EATEN THEN IT MAY HELP TO INVOLVE THE CHILD IN THE PREPARATION. HAVING A SELECTION OF VEGETABLES LIKE CUCUMBER, CARROT AND CHERRY TOMATOES AND FRUIT FOR THEM TO CHOOSE FROM AND ALLOWING THEM TO ACTUALLY PACK THE BOX MAY BE HELPFUL. TRY TO SEND A MIXTURE OF FRESH FOOD AND A SMALL AMOUNT OF PACKAGED FOODS AND YOUR CHILD’S BODY WILL BE BEST EQUIPPED FOR GOOD LEARNING.

PART 3 AND FINAL INSTALLMENT OF ARTICLE ‘10 WAYS GRATITUDE MAKES YOUR LIFE BETTER’ FOLLOWS: “7. You Increase Your Self-control — As David DeSteno says, ‘When you’re faced with a challenging temptation in the moment, rather than solely trying to exert willpower, simply stopping and thinking of something you’re grateful for should enhance your ability to make a wiser decision.’” As life coach Peter Lambert says, gratitude gives you greater patience and makes you less selfish.

8. Your Relationships Improve — When you’re more grateful and generous to the people who you care most about, your relationships improve. Not only will they feel more appreciated by you, but when they feel more appreciated, they will reflect positive feelings back to you. As opposed to taking each other for granted, when you truly appreciate your significant other, your relationship becomes more magical again.

9. You’re Less Materialistic — When you appreciate what you already have, you realize that a bigger house or a new car are not the things that will really make you happier deep down. In fact, material things can actually feel sort of empty and meaningless. But when you’re thankful that you have a roof over your head and plenty of food to eat — something not everyone around the world has — you won’t be as tied to physical things anymore.

10. You Enrich Your Children — Research has shown that when you encourage gratitude in children, it has some remarkable effects. It turns out that kids who are grateful are happier, experience less volatile emotions, and feel that life has more meaning to them. Gratitude is an emotion that’s worth cultivating, as it will make your life better. You can start simply, by thinking of five things in your day today that you’re grateful for.”

Chappy Lyn