



PRINCIPAL'S NOTES

Resiliency

One of the most important aspects of our development is that of resiliency. As children and as adults, we need to be resilient beings, so that we can continue to enjoy our lives after we encounter problems, issues and traumatic events. Michael Grose has the following to say, asking us not to be **Resilience Robbers!**

All parents have the best of intentions when raising kids. Wanting what is best for kids can cause parents to make decisions that are not always in their (children's) long-term best interests. If you buy the line that the promotion of resilience is in the best interests of kids then check out the following common parenting mistakes that reduce children's resilience.

Robber # 1:

Fight all their battles for them

Nothing wrong with going into bat when kids struggle or meet with difficulty inside or outside school but make sure this is the last resort, not the first option.

Resilience notion # 1: Give kids the opportunity to develop their own resourcefulness.

Robber # 2:

Make their problem, your problem

Sometimes parents can take too much responsibility for issues that are really up to children to work out or decide. Here's a clue; if you are wondering what I am talking about: a jumper is something a mother puts on her son when she is cold!

Resilience notion # 2: Make their problem, their problem.

Robber # 3:

Give kids too much voice

In this era of giving children a voice it is easy to go overboard and allow them too much of a say in what happens to them. Kids often take the easy option to avoid hard or unpleasant situations.

Resilience notion # 3: Make decisions for kids and expect them to adjust and cope.

Robber # 4:

Put unrealistic or relentless pressure on kids to perform

Expectations about success and achievement are important. Too low and kids will meet them. Too high and

kids can give up. Too much and kids can experience anxiety.

Resilience notion # 4: Keep expectations in line with children's abilities and don't put excessive pressure on them.

Robber # 5:

Let kids give in too easily

Resilient learners link success with effort. They don't give up because they don't like a teacher or when confronted with multi-step or more complex activities. Similarly they don't bail out of a sporting term half way through the season because the team is not winning or they are not enjoying it.

Resilience notion # 5: Encourage kids to complete what they have started even if the results aren't perfect.

Robber # 6:

Neglect to develop independence

Don't wait until they are teenagers to develop the skills of Independent living. Start early and promote a broad skill set so that they can look after themselves if you are not around.

Resilience notion # 6: Don't routinely do for kids what they can do for themselves.

Robber # 7:

Rescue kids from challenging or stretch situations

There are many times kids are put in situations that are outside their comfort zones for a time. For instance, giving a talk, singing at the school concert or going on school camp may be challenges for some kids. They are all situations that kids usually cope with so show your confidence in them and skill them up rather than opt for avoidance.

Resilience notion # 7: Overcoming challenges enables kids to grow and improve.

Sometimes the manageable hardships that children experience such as a friend moving away, not being invited to a party or completing a difficult school project are fabulous learning opportunities.

They help kids to stretch and grow. Dealing with them effectively also teaches kids that they are capable of coping when they meet some of life's curve balls. And that is a huge lesson to learn at any age.

Reporting

Appointment times for interviews will be distributed this week, so keep a look out for them in your child's bag. Please keep your allocated times handy, so you can be prompt for the interviews.

The written reports shall be distributed on the Tuesday of next week, giving you a chance to read and digest the information. That way you can come prepared to ask questions and find out more about your child's progress and achievements.

Helen Miller

DIARY DATES

12 th June	Cross Country Zone – Divisional (eight students participating)
	Year 5/6 Students visit Parliament House
13 th June	Parent/Teacher Appointment times to be sent home
14 th June	Scholastic Book Club Orders Due Scientists to visit Group 8/9 Interschool Sport Reservoir Vs William Ruthven (Away)
19 th June	Sausage Sizzle & Footy Dress Up Day
20 th June	Scientists to visit Group 8/9 Parent/Teacher Interviews 3:00pm – 7:00pm
21 st June	Reporting Day NO CLASSES for STUDENTS Parent/Teacher Interviews 9:00am – 12:30pm
26 th June	Circus Oz Excursion for Group 6/10/11 Group 12 (Year 3's)
28 th June	Last day of Term 2 Assembly: 1:30pm Students Dismissed: 2:00pm

Gellibrand Crescent Kindergarten

Gellibrand Crescent Kindergarten is currently taking enrolments for three and four year old kindergarten for 2014. Please contact the centre for a tour, and speak to staff. Phone 9460 5862.

BIRTHDAY GREETINGS

"Happy Birthday" to



**Kosma, Irene, Khong,
Sarah, Yashil,
Ricky L. and Gabrielle**

who are all celebrating their birthdays this week.

STUDENT OF THE WEEK AWARDS

Congratulations to the following children who were presented with Student of the Week, Encouragement & Achievement Awards on Friday at assembly:

Noah H., Chaltu, Kael, Chantel N., Allegra, Jhanvi, Julian, Aden, Mithil, William W., Charlie, Hadi, Thamilini, Amy M., Aryaf, Emmy, Leonna, Layan Als., Chloe C., Abir, Elly, Ysabella, Layan AIM., Zeynep, Tora, Zachary C., Drew, Bailey, Daniel L. H., Abby and Mayar.



INTERSCHOOL SPORTS REPORTS

This Friday in Interschool sport we will be playing against William Ruthven Primary School. Netball and Tee-Ball will be played at William Ruthven Primary School and Soccer will be played at Donath Reserve.

When we play an "away" game, all teams travel, and all students need to bring \$5.00 for the bus. When we play a "home" game, netball and Tee-ball play at school. Soccer teams travel to Donath Reserve each week, but no payment is required for "home" games.

14 th June	Reservoir v William Ruthven	Away
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There are no reports for last week as Interschool sport was cancelled due to inclement weather.

SAUSAGE SIZZLE & FOOTY DRESS UP DAY Show your true colours!!!

On Wednesday 19th June we will be having a Sausage Sizzle and a footy dress up day! Dress up in your favourite footy team colours and bring a gold coin donation to help the fight against cancer!



Footy Colours Day is a national fundraising event that supports young people to continue their education whilst undergoing cancer treatment.

You can wear AFL, NRL, Soccer or Rugby League colours. Please do not wear footy shorts as it is quite cold at this time of the year.

Notice: There will be no fizzy drinks. There will be Halal and Vegetarian sausages as well. **Order forms will be sent home this week.**

Thank you,
Junior School Councillors

SCHOLASTIC BOOK CLUB

Scholastic Book Club Orders and money are due at school by this Friday the 14th of June.

Thank you,
Susie Kotanidis

WOOLWORTHS EARN AND LEARN

Woolworths "earn and learn" is now finished so please bring along any stickers and sheets you may have. Place the completed sheet in the box outside Mrs Franzone's office.



Thank you to everyone who has participated in the 'Earn and Learn' program.

CAMP MALDON

At Camp Maldon I had so much fun and I'll tell you all about it! So.....

Tuesday: We arrived at camp, had lunch and unpacked. Then we rode our bikes and had free time until dinner.

Wednesday: Woke up, got ready for breakfast. Afterwards we had one hour of free time. Then we had dinner.

Thursday: Woke up, got ready for breakfast. After that we went to the BMX track. Went back to camp and had lunch. Then free time for an hour and had dinner.

Friday: Woke up and got ready for breakfast. After that we packed and left our bags outside the units. We talked in the long room and had lunch. The bus came and we went home.

So that's what happened at camp and I want to do it again!
Chloe C.

JUNIOR STUDENT COUNCILMEMBERS GROUP 8

The reason I enjoy being a Junior School Councillor is because I get to do so many different kind of things, like reading out awards and helping people out. I'm really glad that I got chosen to represent my class.

Nunia



I love being a Junior School Councillor because I feel I have a responsibility to behave and show the values of the school. As a Junior School Councillor I hope to represent both the school and the students well. I hope to get new equipment and facilities for the students of Reservoir Primary School. I really enjoy being a Junior School Councillor.

William K.

SINA & NATHAN'S HAUNTED HOUSE GROUP 11

I am Sina and my friend, Nate and I made a haunted house during the wet day timetable. We started it in Term one. It took us until two weeks ago to finish. I hope you like it because we put a lot of hard work into it.

Sina & Nathan



SUBWAY LUNCH ORDERS 2013

Subway lunches are on **FRIDAYS ONLY** - orders are collected on **THURSDAY at 9.00am**

Place money and order in an envelope or bag marked clearly with child's name and Group and give to the classroom teacher. **Separate orders are required for each child. Correct money is required, no change will be given.**

Please note that Subway do not put butter on their rolls.

**** PLEASE MAKE SURE YOU CIRCLE WHICH NUMBER YOU WISH TO ORDER – YOU ALSO NEED TO CIRCLE WHAT SALAD ITEMS YOU WOULD LIKE**

CHILD'S NAME GROUP

1.	Six inch Vegetarian Delight Sub: Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise	\$4.20
2.	Six inch Sub: Ham Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise	\$4.40
3	Six inch Sub: Chicken Pieces Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise	\$6.00
4.	Six inch Sub: Roast Beef Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise	\$5.40
5.	Six inch Sub: BMT (Salami & Ham) Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise	\$5.50
6.	Six inch Sub: CLUB (Ham, Turkey & Roast Beef) Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise	\$5.50
7.	Four Inch Sub: Ham Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise	\$3.90
8.	Four Inch Sub: Turkey Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise	\$3.90
9.	Four Inch Sub: Roast Beef Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise	\$3.90
10.	Four Inch Sub: Chicken Pieces Cheese Lettuce Tomato Cucumber Carrot Salt / Pepper Mayonnaise	\$4.40
11.	80 cents for a Cookie	.80
	TOTAL money enclosed	\$

Please Note: Late orders will not be accepted