



PRINCIPAL'S NOTES

Persistence

If you have talked to your children and listened to our awards on Fridays, you would realise that we put quite an emphasis on persistence. The following article supports our stance and gives some ideas and advice about this important aspect of your child's personal growth.

"Persistence and patience have a magical effect before which difficulties disappear and obstacles vanish."

John Quincy Adams

The ability to persist at a task and see it through to the end is one of the most important success attributes that you can develop in a child. There are numerous times every day when children must persist rather than give in. A young child learning to tie shoelaces must persist. A primary aged student must show determination to finish tasks and a secondary student needs to work through difficulties, particularly those he/she doesn't understand or complete right away. They need to be able to persist when work gets hard or life gets tough. They need the 'stickability' to work through difficulties and hang in there when things don't go their way.

Some children are more naturally predisposed to persist than others. They have a determined, even competitive streak in their temperament that doesn't allow them to give in. These children and young people can drive themselves very hard to succeed. The results of the Australian Temperament Project show that persistence is the one temperamental factor that can be improved over time. Parents and teachers can develop persistence in children and also impede its development by making life too easy for children so that they don't have opportunities to persist or hang in there.

Parents can promote persistence by encouraging their children to keep going and not give in at the slightest hurdle or difficulty. Parents can be a sounding board for children's gripes but they should show confidence

in their ability to cope and get through their difficulties. "You can do it" is far more powerful in terms of promoting an attitude of persistence than "If it is a little too hard then try something else."

Let children know that there is a correlation between effort and success. In fact, they need to learn that by GIVING EFFORT they will more than likely experience more success. The ability to persist in the face of difficulties may be an old-fashioned quality but it is one of the best success attributes that children will ever develop.

Here are four practical strategies you can use to promote a sense of persistence in your children:

1. Develop a vocabulary for persistence. Words like "Hang tough", "Work Hard" and "Hang in there" can become part of their everyday vocabulary.
2. Point out to children when they stick at a task. Most parents know it pays off when they catch their children being good but it also pays off to catch them being persistent. The behaviours you focus on as parents expand so let them know when they have been persistent. Also remind them that persistence generally pays off.
3. Help children to remember times when they experienced success by "Hanging in" when they were younger. Let them know that persistence has paid off before and it will again.
4. Talk about "Hard work" with your children. They need to understand that to be successful they need to do things that are **not** fun or easy. While it would be good if all work and learning was fun, in reality, this is not always the case.

Helen Miller
Principal

WANTED!!!!

The Art Room is in need of clean meat trays!! If you are able to assist please leave at the office.

SCHOLASTIC BOOK FAIR

Once again a great BIG 'Thank You' to the Reservoir Primary School family for making our Scholastic Book Fair a huge success.

We sold \$3,183.00 worth of books and novelty items. This enabled us to purchase \$954 worth of books for our Library and for our students to enjoy.

When you purchased books at our Book Fair you were given a raffle ticket and this will be drawn at Assembly this Friday!

Thank you also to the staff who helped out at the Book Fair because without you we wouldn't be able to hold these fundraising events.

**Thank You
Gaye Clark and Kerry Placek**

DIARY DATES

14 th August	Group 6/10 - Excursion to Old Treasury Building & Captain Cook's Cottage
15 th August	Group 11/12 - Excursion to Old Treasury Building & Captain Cook's Cottage
16 th August	Basketball Round Robin Years 5 & 6 Group 10 & 12 visit Reservoir Library
19 th August	Pit Gymnastics – Prep to Year 6
20 th August	Group 8/9 Visit Imax Group 11 visit Reservoir Library
22 nd August	Group 8 & 9 visit Reservoir Library
26 th August	Book Week commences Pit Gymnastics – Prep to Year 6
27 th August	Book Activity Day
28 th August	Book Character Parade
29 th August	Favourite Book Sharing

2 nd Sept.	Pit Gymnastics – Prep to Year 2 School Council Meeting 7:00pm
4 th September	Author Visit to school
9 th Sept.	Pit Gymnastics – Prep to Year 2
20 th Sept.	Last day of Term 3

BIRTHDAY GREETINGS

"Happy Birthday" to



**Aran, Abdullah, Jasmeet, Zacharia D., Asia
and Jacob P.**

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:

Shayde, Abbey S., Dominic, Jordan, Akram, Nanxing, Jenny, Yasamin, Harmony, Sophie, Amy M., Oscar, Jonah, Angus, Ogi, Evangeline, William W., Jake P., Alishba, Ying, Erica, Abir, Kyrah, Leila, Drew, Ysabella R., Reece P., Shantara and Joel T..



CITY OF DAREBIN ABCD GROUP PARENTING ADOLESCENTS

Would you like to:

- Have a better understanding of adolescent behaviour?
- Communicate effectively with your teen?
- Learn to negotiate boundaries and limits?
- Strengthen your relationship with your children?

Darebin Family Services is running ABCD in Term 3. This group is information and discussion based, with practical strategies for parents who have adolescent children aged 11-18.

Start Date: Tuesday 20th August for five consecutive weeks.

Time: 10:00am – 12:30pm

Cost: Free

Venue: Northcote Town Hall, 187 High Street, Northcote.

3070

Phone: Haidee or Sally on 9481 9520

Please Note:

- Child Care is not available.
- Participants are expected to attend all sessions.
- Participants must attend brief meeting with group facilitators to register.

FREE FRUIT FRIDAYS

If you are free on Friday mornings we are in need of some helpers to assist with this program. Even if you are able to help for an hour it would be greatly appreciated.

Fruit has to be washed / cut and distributed to classrooms. It's not difficult so the more helpers we have the quicker it will be.

Call at the office if you are able to help.

Thank you!



CAMERON CRICKET CLUB
CNR. HENTY & SPRATLING STREET, RESERVOIR
J.E. MOORE PARK SOUTH (TOP GROUND)

Seeking Junior Cricketers!!!!

New players of all age groups welcome to play at **no cost** – all equipment and insurance provided.

Call Scott on 0409 330 480

nmca.cameron@gmail.com

tweet us @cameroncannons



WILLIAM RUTHVEN SECONDARY COLLEGE

Are you or your child looking for ways to help them better cope with schoolwork?

Are you worried about how stressed you or they feel?

Parents, students and members of the community are all welcome.

Free entry

Refreshments and supper provided

See you there.

Learning Centre

William Ruthven Secondary College

60 Merrilands Road Reservoir

How to stress less and achieve more

How to Manage Your Time,
Reduce Stress And
Increase Happiness

The Curriculum Of The Home
Session 3

Date: Thursday 22 August
Time: 7pm-8pm



Single Parents Active Kids

brings you a **FREE**
Single Parent Family Fun Day!

Sunday 15th September, 2013
12pm – 5pm

Scout Group Hall, Edwardes Lake
Cnr Leamington St & Griffiths St,
Reservoir, 3073
Melways reference 18 E4

- ⇒ Free BBQ and drinks
- ⇒ Free kids activities and games
- ⇒ Free face painting
- ⇒ Membership specials
- ⇒ and SO much more!

ENTERTAINMENT FOR ALL!
Please RSVP to Moush on

☎ 0430 504 119

✉ info@singleparentsactivekids.org

www.singleparentsactivekids.org  

Book Activity Day – 27th August

The Book Week theme in 2013 is 'Read Across The Universe'.

Each year many schools and public libraries from all over Australia spend a week celebrating books and Australian authors and illustrators.

At Reservoir Primary it has been a tradition that our teachers develop activities and tell stories relating to a theme to highlight the importance of reading.

The children are mixed in groups ranging from Prep to Year 6 for the day and have fun meeting other students and teachers while completing a variety of activities carefully planned by our teachers for their enjoyment and appreciation of the story book.

Happy reading everyone!



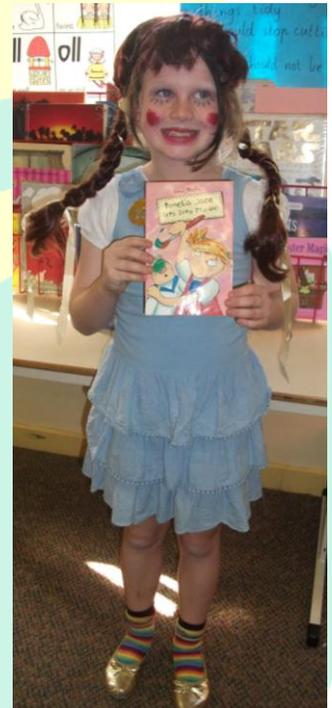
Book Character Parade – 28th August

Book Week is all about celebrating books and to add to the excitement we often include a dress up day. Students and teachers come dressed as their favourite book character.

Costumes for our 'Book Character Parade' could be made from just simple pieces of clothing or items you may have at home e.g. belts, scarves, hats, headbands, boxes, leggings to name a few.

We prefer that parents don't use hired costumes. It's much more fun when we make them with love and with your child in mind.

The entire community comes together to honour authors and illustrators and the stories they create in hope of instilling the importance of reading.



Share your favourite book – 29th August

We all love reading and you know there's nothing like sharing a good book. As children hear their favourite stories over and over the stories and language become part of their lives.

Reading books to children lets them catch your enthusiasm for reading.

On Thursday the 29th of August all students and teachers are asked to bring along their favourite book to share with a friend. It can be one that appeals to their imagination or one that will be enjoyed by all.

Maria Phokos

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