



## PRINCIPAL'S NOTES

As it's Mental Health Week, I thought this article might add another string to our bows in the tricky business of bringing up healthy, positive kids.

One of the keys to functioning socially and emotionally is the ability to deal with disappointment and rejection.

Most children experience some type of rejection from their peers throughout childhood. One study found that even popular children were rejected about one quarter of the time when they approached children in school.

Paradoxically, children's experience of rejection and disappointment at school is good for them, as long as it's balanced with successful experiences too. They learn that they can cope and solve problems in their own way and that bad experiences don't last forever.

And they learn that sadness and disappointment can be managed too, which is an important lesson to learn to take into adolescence and beyond, when life is full of ups and downs.

### Helping them move on

Most children recover from such rejection. They move on and form constructive, worthwhile relationships but some children need help. They often take rejection personally, blaming themselves. As a parent it is useful to challenge children's unhelpful thinking and encourage them to look for new friendship opportunities. Parents can help children understand that rejection may happen for any number of reasons that are unrelated to them.

In the course of a school day children will meet with a number of challenges and even setbacks. They may struggle with some schoolwork. They may not do well in a test and they may not be picked for a game that they wanted to play. Children grow stronger when they overcome their difficulties. The challenge for parents is to build and maintain children's confidence levels to help them get through the rough times.

One way to help children deal with rejection and disappointment is to talk through problems or difficulties, recognising and accepting their feelings. Talk about various scenarios, discussing possible outcomes. The age of your

child will determine the amount of detail. Keep things simple and avoid burdening a younger child with concepts he or she doesn't understand.

Your attitude as a parent can make a huge difference to how a child reacts. If you see rejection or disappointments as problems, then your child will be hamstrung by this view. See them as challenges then your child, in all likelihood, will pick up your upbeat view and deal with disappointments easily. After all, confidence is catching!

To help children handle rejection and disappointment try the following four strategies:

1. **Model** optimism. Watch how you present the world to children, as they will pick up your view.
2. **Tell** children how you handle disappointment and rejection. Not only is it reassuring for children to know that their parents understand how they feel but they can learn a great deal by how their parents handle situations.
3. **Help** children recognise times in the past when they bounced back from disappointment. Help them recognise those same strategies can be used again.
4. **Laugh** together. Humour is a great coping mechanism. It helps put disappointment in perspective. It helps them understand that things will get better. They always do.

The stronger the wind, the stronger the trees is the notion here. Supporting kids to handle life's hurdles helps them to develop a lasting sense of resilience, which is essential for good mental and emotional health.

Meanwhile, back on deck here, it's great to see happy and positive kids returning from what appears to have been a wonderful break for them (not sure about yours!). Being the last term of 2014, we have already begun our thinking and planning for 2015. Numbers are growing, and already we know we will be adding two classrooms; a portable building, much like the one that houses Groups 5 and 6. Negotiations are taking place now as to its placement – we look forward to the extra space. However, if our Prep numbers continue to increase, we will need every teaching space we can find.

I urge any parents in the community who have not done so, to submit their enrolment forms as soon as possible; we do need to finalise the classes.

As you will see on the Diary Dates, there are many activities taking place this term. Dates you might like to add to your personal diary are the School Concert (held at Preston Town Hall this year), Year 6 Graduation and Transition Day, the Mini Fair and Curriculum (Pupil Free) Day. For our younger students there is the Year 2 Sleepover and a Barbecue evening for Prep and Years 1.

Whilst these exciting events take place, teachers will continue to provide strong teaching programs, whilst working on preparing end of year assessments and reports, planning class structures for next year and ensuring your children enjoy their time in a positive, vibrant and happy environment.

**Helen Miller**  
**Principal**

- 13<sup>th</sup> November Swimming commences for Prep/1/2's  
11:30am – 1:30pm
- 20<sup>th</sup> November Swimming commences for Prep/1/2's  
11:30am – 1:30pm  
  
Prep/1 BBQ
- 27<sup>th</sup> November Swimming commences for Prep/1/2's  
11:30am – 1:30pm
- 5<sup>th</sup> December School Concert at Preston Town Hall
- 9<sup>th</sup> December Transition Day for Year 6 Students
- 16<sup>th</sup> December Year 6 Graduation at Reservoir High
- 19<sup>th</sup> December Last day of school for 2014

### **Prep Enrolments**

Please drop in your enrolment forms and remind any friends, relatives or neighbours about this; early enrolments assist us in ascertaining the number of Prep classes we will have in the new year. We already have the highest number of enrolments ever for 2015!

### **DIARY DATES**

- 7<sup>th</sup> October Life Education lessons commenced
- 9<sup>th</sup> October **Swimming commences for Prep/1/2's**  
**11:30am – 1:30pm**
- 10<sup>th</sup> October **Parent's Session in the Life Education**  
**Van 9:00am – 9:30am**
- 13<sup>th</sup> October School Council Meeting at 7:00pm
- 16<sup>th</sup> October Swimming commences for Prep/1/2's  
11:30am – 1:30pm
- 23<sup>rd</sup> October Swimming commences for Prep/1/2's  
11:30am – 1:30pm
- 29<sup>th</sup> October Mini Fair
- 30<sup>th</sup> October Swimming commences for Prep/1/2's  
11:30am – 1:30pm
- 3<sup>rd</sup> November Curriculum Day  
**NO SCHOOL FOR STUDENTS**
- 4<sup>th</sup> November Melbourne Cup – Public Holiday
- 6<sup>th</sup> November Swimming commences for Prep/1/2's  
11:30am – 1:30pm

Year 2 Sleepover

### **BIRTHDAY GREETINGS**

**“Happy Birthday”** to



**Charli V.-N., Abby F.,  
Izabella D., Gina, Oscar  
and Karan**

who are all celebrating their birthdays this week.

### **LIFE EDUCATION VAN**

**A Parent's session will be held in the Life Education Van this Friday (10<sup>th</sup> October) from 9:00am – 9:30am. All Parents are most welcome to attend. The Life Education Van is situated next to the Multi-Purpose Room.**

### **CHOCOLATE FUNDRAISER**



Thank you to all those generous families who have sold chocolates as part of our Fundraising event.

**We raised the sum of \$2,138.00**

### LOCAL PIANO LESSONS

Hello my name is Katrina Wilson O'Brien. I am a piano teacher with a teaching studio in Barry Street Reservoir. I am currently taking enquiries for new students in 2015. If you think you'd like to give piano a try or if you are looking for a teacher to continue studies for you or your child get in contact to find out more about lessons. I enjoy creating a fun learning environment for all ages.

[www.katrinawilsonobrien.com](http://www.katrinawilsonobrien.com)

mobile 0415 107 190

[katwilsonobrien@gmail.com](mailto:katwilsonobrien@gmail.com)

### STUDENT OF THE WEEK

Congratulations to the following children who were presented with Student of the Week and Encouragement Awards on the last Friday of Term 3 at assembly:

**Bennett, Clara, Chaltu, Carlos, Jordan T., Chloe D., Jamielee, Drew, Besi, Vijeta, Alaa, Durar, Adriana, Trang, Shahad, Aryaf, Gurkirat, Edward, Thomas B., Ibrahim A., Zalia, Fotini, Harmony, Somya, Leila, Jordan T., Jordan M., Gemma, Thomas T. and Mason F..**

Pancake Parlour Awards:

**Leah, Soumaya, Annelise, Adem, Billy, Alita, Ysabella, Jolin, Thamilini, Victoria W., Kosma, Khong, Ben L., Dylan K., Chantelle, Mohamed A., Abby F., Angelica, Noah A. and Evangeline.**

### SUMMER SPORTS PROGRAM YEAR 5 AND 6

The Summer Sports program commences on Friday the 17<sup>th</sup> of October 2014. Below is a fixture showing the dates:

|                           |                                   |      |
|---------------------------|-----------------------------------|------|
| 17 <sup>th</sup> October  | Reservoir v William Ruthven       | Home |
| 24 <sup>th</sup> October  | Reservoir v St. Joseph The Worker | Away |
| 31 <sup>st</sup> October  | Reservoir v Reservoir East        | Home |
| 7 <sup>th</sup> November  | Reservoir v Kingsbury             | Away |
| 14 <sup>th</sup> November | Reservoir v Thomastown            | Away |
| 21 <sup>st</sup> November | Reservoir v Our Lady of the Way   | Away |
| 28 <sup>th</sup> November | Reservoir v Reservoir Views       | Home |

### HATS

A reminder to all parents and children that our Sunsmart Policy requires the children to wear either Legionnaires hats or Slouch hats during Term 1 and Term 4. **If your child does not have a hat already you are able to purchase one from the school office before 9:00am each day.**

Slouch Hat \$12.00

Legionnaires Hat \$8.00

**Please make sure that all hats are clearly marked with your child's name.**

### LOST ITEMS

If you have lost keys recently in the school yard please see Kerry at the office.

Also found last terms were a pair of stud earrings! They were found on the day we had the Book Character Parade!

### SPECIAL EVENTS

## Diwali: Festival of Lights



**Bring the family as we celebrate at Preston Library.**

Diwali, the Festival of Lights, is an ancient Hindu festival which signifies the triumph of light over spiritual darkness and good over evil. Join us for a joyous celebration of life at this family friendly event.

A Diwali inspired craft activity for kids will be followed by a colourful dance performance by the Bollydazzlers.

Bookings are required for the children's craft activity and are [available online](#) or call 1300655355. There is no need to book for the Bollydazzlers performance, but you can [register for an email reminder](#) about the event.

**Wed 29 Oct • 7pm – 8.30pm • Preston Library**

**FREE 18<sup>th</sup> and 25<sup>th</sup> October: State Library of Victoria**

**Work with professional artists to create an image of home. 5-8 years of age**

**10am-Noon**

**9-12years: 1-3 pm**

**Bookings essential. Melbourne 8664 7099**

**slv.gov.au**

**FREE 20<sup>th</sup> October: The Singing Classroom**  
 Music workshop. 10:30-11:30am Bookings essential  
 Melbourne Recital Centre, Melbourne  
 9207 2658 [melbournerecital.com.au](http://melbournerecital.com.au)

**21<sup>st</sup> October: Collingwood Children's Farm Picnic**  
 Enjoy hay riding, cow-milking, face painting and a picnic on this urban farm.  
 9:30am- 4:30pm Abbotsford [farm.org.au](http://farm.org.au)

**FREE 21-23 and 25<sup>th</sup> Oct: Family Fun in the Parks**  
 Activities for kids, showbags, performances and more. 10am-1pm  
 See website for locations. Boroondara Shire 9278 4613 [boroondara.vic.gov.au](http://boroondara.vic.gov.au)

**FREE 12<sup>th</sup> Oct Pets Day Out**  
 Pet parades, demonstrations and children's activities. 10am-4pm Ballam Park Frankston 1300 322 322 [frankston.vic.gov.au](http://frankston.vic.gov.au)

**FREE 18<sup>th</sup> Oct Victorian Multicultural Festival of Lights**  
 A hindu festival showcasing Indian cultural heritage, dancing, stage performances and activities. 11:30am – 9pm Werribee Park, Werribee South. Free tickets online.  
[wyndhamdiwali.org.au](http://wyndhamdiwali.org.au)

**Melbourne Youth Music 2015  
 Summer School program**



Do something you love this summer! Join more than 600 young musicians this January at the 2015 Melbourne Youth Music Summer School. Musicians at any level between ages 6-30 can take part in our Orchestral, String, Band, Jazz, Conducting and Administration programs. No audition is required and applications close on 26 September so apply now at [mym.org.au](http://mym.org.au) Get ready for a week of rehearsals, workshops, concerts and fun!



**CAMERON CRICKET CLUB  
 CNR HENTY AND SPRTLING STREET, RESERVOIR  
 JE Moore Park South (Top Ground)**

We are currently seeking Junior Cricketers!

New players of all age groups welcome to play and learn all equipment and insurance provided.

Call Scott on 0409 330 480  
[nmca.cameron@gmail.com](mailto:nmca.cameron@gmail.com)  
 tweet us @cameroncannons



**WRAP WEEK – TERM 3**



**FREE BIKE CONFIDENCE TRAINING**

FREE

the place to live

BIKE  
CONFIDENCE  
TRAINING

FOR PARENTS

SUNDAY 19 OCTOBER

Preston West Primary School  
9.30am-12pm DR 1.00-3.30pm

SATURDAY 25 OCTOBER

Bell Primary School  
9.30am-12pm DR 1.00-3.30pm

SATURDAY 15 NOVEMBER

Bell Primary School  
9.30am-12pm DR 1.00-3.30pm

IF YOU'D LIKE TO BE MORE CONFIDENT ABOUT RIDING WITH YOUR KIDS, CITY OF DAREBIN IS OFFERING FREE HANDS-ON TRAINING SESSIONS FOR PARENTS OF KINDERGARTEN OR PRIMARY SCHOOL STUDENTS

Working in small groups, an accredited trainer will cover issues such as:

- Who rides in front?
- Crossing roads and driveways
- Road and footpath rules
- Transition from footpath to road

**BOOKINGS**  
[stephanie.preston@darebin.vic.gov.au](mailto:stephanie.preston@darebin.vic.gov.au)  
 or 8470 8506

Note: You will need to bring your own bike along.  
[www.darebin.vic.gov.au/traveltoschool](http://www.darebin.vic.gov.au/traveltoschool)

**CITY OF DAREBIN**

274 Gower Street, Preston  
 PO Box 91, Preston, Vic. 3072  
 T 8470 8888 F 8470 8877  
 E [mailbox@darebin.vic.gov.au](mailto:mailbox@darebin.vic.gov.au)  
[darebin.vic.gov.au](http://darebin.vic.gov.au)

**National Relay Service**

TTY dial 133 677 or  
 Speak & Listen  
 1300 555 727  
 or [jprelay.com.au](http://jprelay.com.au)  
 then enter  
 03 8470 8888

**Speak your language**

T 8470 8470

العربية Italiano  
 普通话 Vietnamese  
 English Somali  
 ភាសា Khmer Tiếng Việt

# SUBWAY LUNCH ORDERS 2014

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.  | <b>Six inch Vegetarian Delight Sub:</b><br>Cheese   Lettuce   Tomato   Cucumber   Carrot   Salt / Pepper   Mayonnaise                  | <b>\$4.40</b> |
| 2.  | <b>Six inch Sub: Ham</b><br>Cheese   Lettuce   Tomato   Cucumber   Carrot   Salt / Pepper   Mayonnaise                                 | <b>\$4.70</b> |
| 3   | <b>Six inch Sub: Chicken Pieces</b><br>Cheese   Lettuce   Tomato   Cucumber   Carrot   Salt / Pepper   Mayonnaise                      | <b>\$6.30</b> |
| 4.  | <b>Six inch Sub: Roast Beef</b><br>Cheese   Lettuce   Tomato   Cucumber   Carrot   Salt / Pepper   Mayonnaise                          | <b>\$5.70</b> |
| 5.  | <b>Six inch Sub: BMT (Salami &amp; Ham)</b><br>Cheese   Lettuce   Tomato   Cucumber   Carrot   Salt / Pepper   Mayonnaise              | <b>\$5.80</b> |
| 6.  | <b>Six inch Sub: CLUB (Ham, Turkey &amp; Roast Beef)</b><br>Cheese   Lettuce   Tomato   Cucumber   Carrot   Salt / Pepper   Mayonnaise | <b>\$5.80</b> |
| 7.  | <b>Four Inch Sub: Ham</b><br>Cheese   Lettuce   Tomato   Cucumber   Carrot   Salt / Pepper   Mayonnaise                                | <b>\$4.10</b> |
| 8.  | <b>Four Inch Sub: Turkey</b><br>Cheese   Lettuce   Tomato   Cucumber   Carrot   Salt / Pepper   Mayonnaise                             | <b>\$4.10</b> |
| 9.  | <b>Four Inch Sub: Roast Beef</b><br>Cheese   Lettuce   Tomato   Cucumber   Carrot   Salt / Pepper   Mayonnaise                         | <b>\$4.10</b> |
| 10. | <b>Four Inch Sub: Chicken Pieces</b><br>Cheese   Lettuce   Tomato   Cucumber   Carrot   Salt / Pepper   Mayonnaise                     | <b>\$4.60</b> |
| 11. | <b>80 cents for a Cookie</b>   | <b>.80</b>    |
|     | <b>TOTAL money enclosed</b>  | <b>\$</b>     |

***Please Note: Late orders will not be accepted***