Kym’s Korner

Our year has once again flown by very quickly and break-up day is almost upon us. I would like to thank the members of the P&C for all of their wonderful support this year. Without our volunteers we would never accomplish so much. Thanks also go out to all the fantastic staff who have done such a terrific job caring for students and improving our school in 2014. Good luck to Robyn Cahill and Jill Field at their new schools next year. We welcome Mrs Jess Duncan who will be joining us for 2015.

Parents are reminded that school doesn’t finish until the 12th of December and children are required to attend until then unless ill. I know our reports are done but teachers still work very hard to design fun activities that revise and extend what has been taught during the year. Year 5 students need to place their orders for their seniors shirts by next Friday. The transition day for the incoming students and year 7&8 students is next Tuesday. We hope they all enjoy the day.

I look forward to seeing you all on Sunday night at our concert.

Thank you, Kym

Building Resilience

Some kids are resilient by nature – their temperament helps them to be mentally and psychologically tough. You know those kids. They get straight back up after a setback or disappointment. Rejection in the playground doesn’t faze them. Unfortunately, not every child has such natural resilience.

The good news is that most of the research shows that resilience can be nurtured and developed, particularly when parents themselves are resilient and they actively foster it in their kids.

Resilient kids share four basic skill sets: independence, problem-solving, optimism and social connection.

From a resilience perspective parents need to coach kids through some of their more challenging moments and reviewing what they may have learned for next time. Avoid solving all their problems for them.

You can promote a lasting sense of resilience in your kids by:

1. Having a positive attitude yourself. Your attitude as a parent impacts on their ability to bounce back from some of the difficulties they face. Make sure you model a ‘you can do it’ attitude for your child when he meets some of life’s curve balls.
2. Look for teachable moments. Many kids’ learning opportunities are disguised as problems. Make the most of these opportunities so that kids can grow and learn from some of the challenges they face.
3. Make kids active participants in the family. Active participation in a family develops the self-help, problem-solving and independence skills of kids that are necessary for resilience.
4. Build kids coping skills. There are plenty of strategies you can pass on to kids to help them cope when life doesn’t go their way, including acceptance, getting away for a while, and normalisation.

Promoting resilience in kids is a not a single event but a continuous process that requires adults to be supportive and empathetic when things don’t go their way. It also requires you as a parent to have an understanding of resilience, so you have faith in yourself, and your child’s ability to cope.

P&C End of Year Raffle

Raffle tickets were due back yesterday. Please return sold and unsold tickets. Many thanks.

HUGE thank you to those families that have donated prizes for our raffle
Congratulations to Wirth for taking out the recent InterHouse Swimming Carnival. Well done to all our students who competed. You all tried your very best, and should be very proud!

2014 Age Champions
Juniors
Luke, Ben
Intermediate
Harry, Skye
Seniors
Caleb S, Jeanie

Fantastic effort!
We have had our last tuckshop for the year. Thank you to everyone for your support.

Break Up Day—Friday, 12th December
Highfields Aquatic Centre—O’Briens Rd
10am—2pm
Families must make their own arrangements to and from Highfields. Older and younger family members are welcome, provided a parent is in attendance at all times. Students will need to wear sun shirts and hats.

Wellcamp students will not be required to pay an entry fee, as money that has been raised during the year from paper recycling will be used. Parents and other children are required to pay the relevant admission price.

Please let us know if your child/ren will not be attending.

Concert Night & Christmas Breakup
Our Annual Concert Night will be held on Sunday, 7th December at the Westbrook Hall. Entry will be gold coin donation. The concert will be followed by the Seniors Graduation and a BBQ. Students will receive a prize book from Santa and the raffle will be drawn. See you there!

Report cards will be sent home next week. If you would like to have an interview about your child’s progress, please contact their class teacher to arrange a time. Thanks, Kym

End of Year Concert Costumes
Costumes have been sent home with the students. Please ensure your children wear their costume to the concert on Sunday. Please bring a spare set of clothes to change into after the concert (if needed). Please ensure all students are at the hall by 4pm as the concert starts at 4.30pm. Thank you.

Keep a Watch These Holidays
With the holidays fast approaching, we need you to look out for after-hours crime in our school. If you see anything suspicious, please don’t attempt to intervene. Call the School Watch number—

P&C INFO

Tuckshop
We have had our last tuckshop for the year. Thank you to everyone for your support.

Mowing
01.12.14—12.12.14 Ziebell family

Receiving our Cycle Safety Certificates
B Schools Swimming Carnival—Glennie Aquatic

Sunday, 7th December 4.30–8.00pm
All welcome
Wellcamp concert/seniors/awards/BBQ/raffle draw—Westbrook Hall

Tuesday, 9th December
P-7
Open Day / Practice “Up” Day

Friday, 12th December
P-7
Break Up Day—Highfields Aquatic Centre
Last day of 2014 School Year

Open Day Invitation—which will be held on Tuesday, 9th December from 8.45am to 3pm. The students will spend the day in the classroom with the teacher and students for their grade for next year. Uniforms will be available for sale on the day. Booklists will be available on the day or they are available online at www.brownsstationery.com.au

Please wear appropriate clothing, closed in shoes, a hat and bring food and water for the day. We look forward to seeing you again.

Maddy C - For kindness to others.
Luke - For putting in his best effort all of this week.
William - For always being well mannered and polite.
Chloe - For improved effort.

180 nights Reading………..
Kaitlyn, Caleb B, Mia, Shauna, Jorja, Alanah, Alex, Katrina, Stasia

150 nights Reading ……………
Felicity, Ebony, Caleb S

120 nights Reading
Billy, Miffy, Hope, Bryson, Molly, Skye, Chloe, Mitchell, Ella C, Maddy R, Tristan, Lachlan, Jack C, Lane, Ben

90 nights Reading ……………
Connor

60 nights Reading………….
Kirra, Rohan, Blake, Georga K

Great job!
To all the home bakers, donators, lawn mowers, BBQ cookers, ice block sellers, BBQ servers, stall helpers, present wrappers, fruit cutters, food transporters, tuckshop helpers, meeting attendees, committee members and volunteers of any capacity who have given their time in assisting with the operation of the P&C Association, We thank you kindly for your support in 2014!

Christmas Concert BBQ Roster

<table>
<thead>
<tr>
<th>Hall Setup</th>
<th>Door Admission</th>
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</thead>
<tbody>
<tr>
<td>Quade, Cartwright, Arnold</td>
<td>P.Frasle, Walker, Paterson, Jervis</td>
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<tr>
<td>Meat Pickup</td>
<td>BBQ Cooking</td>
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<tr>
<td>Hewen, Guiffrida</td>
<td>Thompson, Stuart, D.Bogg, N.Frasle</td>
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<tr>
<td>Drinks Pickup</td>
<td>BBQ Serving</td>
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<tr>
<td>Ride, Loughlin</td>
<td>Wilton, McClymont, McCosker, Dwyer,</td>
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<td>N.Loughlin, Bradley</td>
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<tr>
<td>Bread Pickup</td>
<td>Dessert Setup</td>
</tr>
<tr>
<td>Russell/Leggatt, Kimball</td>
<td>Naumann, Becker</td>
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<tr>
<td>Raffle Ticket Sales</td>
<td>Kitchen Cleanup</td>
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<tr>
<td>W.Bogg, Crighton</td>
<td>Ziebell, Cubis</td>
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<tr>
<td>Salad Pickup</td>
<td>Hall Packup</td>
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<td></td>
<td>All families</td>
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<tr>
<td>Salad Pickup</td>
<td></td>
</tr>
<tr>
<td>N.Loughlin</td>
<td></td>
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Should your family not be on the roster and you’d like to volunteer, you are more than welcome to lend a hand on the night.

Families are asked to bring a plate of dessert to share with the adults. The P&C will provide ice blocks for the children.

This event is BYO alcohol.

Our P&C Association supports alcohol being enjoyed in a responsible manner. Please drink & drive responsibly.

Thank you for helping to make our annual Christmas BBQ a success!