QUAKERS WHISPER No. 17
Thursday 5th June, 2014

Department of Education & Training
SECURITY Phone No. 1300 880 021

DATES TO REMEMBER

JUNE
6th Fri 11:20am – Infants Assembly
LED BY 2B
12:15pm– Primary Assembly
LED BY 6T

WINTER PSSA
PEER SUPPORT

9th Mon PUBLIC HOLIDAY - QUEEN’S BIRTHDAY

11th Wed STAMP OUT BULLYING - K–2
MATHS OLYMPIAD 2
REGIONAL CROSS COUNTRY

12th Thur SRC PYJAMA-RAMA MUFTI DAY

13th Fri 11:20am – Infants Assembly
LED BY 2C
12:15pm– Primary Assembly
LED BY 4L

WINTER PSSA
PEER SUPPORT

ACCOMPANYING THIS NEWSLETTER
* Peer Support Fun Day Note
* Parent Helpers Request Note – Year 6 only
* Parenting Ideas information sheet

UNIFORM SHOP OPENING HOURS

Mondays – 2:30pm – 3:15pm (approx)
Fridays – 8:30am – 9:15am (approx)

ENTERTAINMENT BOOKS
All entertainment books or payments were due

LAST Thursday 29th May,
so it would be appreciated if any outstanding money or books could be returned to the office as soon as possible.

“Pursuing excellence in student achievement and community participation”
Dear Parents/Caregivers,

**STAFFING UPDATE**
Mrs Kirsty McLaughlin has commenced her maternity leave early per doctor’s instructions. We wish her well and thank her for her outstanding work with 1M this year. We welcome Miss Amy Bullen who will take over the teaching responsibilities on 1M for the remainder of the year.

Mrs Michele Hedge, our new Principal, visited the school last week. She is looking forward to starting here at QHEPS at the start of next term.

**SRC PYJAMA-RAMA MUFTI DAY**
Our Student Representative Council has decided to hold a mufti-day to raise funds for World Vision, their second selected charity. It will be held next Thursday. The SRC representatives will be providing further information through posters, flyers and announcements.

Colin Ross
Relieving Principal

**CORRECTION:**

**ART SHOW AWARD WINNERS**
The class winner for the 5W award goes to

ALEXANDER HAY

(not Phillip Deller as previously stated)

We apologise for the confusion and congratulate Alexander on his award.

**LET’S STAMP OUT BULLYING**
Parents are reminded that K-2 students have the opportunity to learn effective strategies to deal with and prevent bullying by attending the *Let’s STAMP Out Bullying* performance on Wednesday 11 June in our school hall.

Payment of $4.50 is due to the school office by Tuesday 10 June.

Mrs J Clissold
Assistant Principal

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**Week 5 Term 2 Award Winners**

K: Knalah, Ryley
KJ: Jessica, Jackson
KP: Rayan, Charlotte
KR: Saahil, Shanyni
KT: Raguram, Paytyn
1AR: Siobhan, Braellan
1B: Athul, Tristan
1D: Phoebe, Cooper
1M: Anna, Sarah
1/2A: Emma, Ranuga
2B: Lockie, Mary
2C: Faith, Kevin
2K: Harini, Caleb
2S: Nidaa, Brendan
3B: Joshua, Bella
3C: Avnisha, Joshua
3R: Brynley, Patrick
4B: Caitlin, Aryan
4J: Isabel, Matthew
4L: Corinne, Niklas
5S: Ruheen, Leon
5T: Jake, Grace
5W: Hayley, Mackenzie
6G: Aleksa, Talisha
6T: Bethany, Jack
6W: Arshpreet, Jack

**Week 5 Citizens of the Week**

K-2: Stephanie T
3-6: Hayden B
Week 5 “Be Your Best” Award Winners

K-2 Gabriel H
3-6 Jordan R

WINTER PSSA REPORT

SOCCER - BOYS
Last week the boys’ soccer teams played Kellyville Ridge Public School. The juniors won 2-1 and the seniors won 1-0. The players of the match were Mitchell T for the juniors and William P for the seniors.

SOCCER – GIRLS
The girls’ soccer teams played Kellyville Ridge Public School. The juniors drew 0-0 and the seniors won 4-1. The players of the match were Jordan F for the juniors and Olivia W for the seniors.

NETBALL
The netball teams played Riverstone Public School. The juniors won 7-4 and the seniors won 11-4. The players of the match were Sophie J for the juniors and Casey L for the seniors.

PEER SUPPORT
Making choices and deciding on the best thing to do isn’t always easy. In Peer Support this week our children will talk about how to make wise decisions and solve problems. They will learn that making a decision as a group is a lot easier if we listen to what everyone has to say and that sometimes this means negotiating a solution.

Discuss with your children if there is anyone or any situation which they can apply their skills of negotiation with over the next week.

Mrs Julie-Anne Gauci
Peer Support Coordinator

FREE

AFL AUSKICK TASTER CLINIC
Year 4

A reminder that the AFL taster clinic for Year 4 students is being held from 9am-10am tomorrow to promote the Auskick program in Term 3. This taster session will be led by coaches from Sydney West AFL and is FREE.

If you have a child in Year 3 or Year 4 who is interested in participating in the NAB AFL Auskick Program in Term 3, please complete the slip at the bottom of the note sent home recently and return it to your child’s teacher as soon as possible. Spare notes are available from the office.

A permission note for the program, detailing costs, will be given out to interested students in the next few weeks.

Please see me if you have any questions.

Mrs Curkovic
Auskick Coordinator

PAYMENT REMINDER:

Let’s STAMP Out Bullying
K – 2 students
Wednesday 11 June 2014

All permission slips and payments of $4.50 to be returned to the school office by Tuesday 10 June 2014
LIBRARY NEWS......

PREMIER’S READING CHALLENGE
Keep reading and recording your books for the PRC. Remember, they do not have to be special books. Any book can count!

BLACKTOWN CITY COUNCIL MAYORAL CREATIVE WRITING PRIZE 2014
Are you aged over 7? Do you like to do creative writing? Blacktown Council is holding its annual competition for original writing. You can write a poem of a maximum 25 lines or a short story with a maximum of 500 words. The theme for this year is “feel the need……the need to read”. Please go to www.libraries.blacktown.nsw.gov.au to download the entry form. There is a prize of $100 for the student and $100 for the school for the winners in the ages 7-10 and 11-14 categories.

Entries are due in at your local Blacktown library branch by 4:30pm Friday 27 June. Good luck!

Happy Reading.

Ms Quinn, Mrs Weinert & Mrs Dickerson

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REMINDER:

NAB AFL AUSKICK PROGRAM EXPRESSION OF INTEREST

STAGE 2 (Years 3 & 4) only
Weeks 1-6, Term 3

If you have a child in years 3 or 4 and they are interested in participating in the NAB AFL Auskick Program in Term 3, please complete the slip at the bottom of the note sent home recently and return it to your child’s class teacher

AS SOON AS POSSIBLE
Dear Parents/Caregivers,

On Friday 27 June 2014, all students K-6 will be involved in our Peer Support Fun Day to conclude our Peer Support Program. Throughout this day students will attend a disco and participate in both indoor and outdoor activities.

This day will be organised in conjunction with our second Year 6 fundraiser for the year. All students will be asked to donate a gold coin for the wearing of mufti. In addition, a variety of snacks and drinks are available for pre-purchase. There is no obligation to buy. If, however, you would like your child to purchase any of the items below, please complete the order form and return it to the office, with the exact money, by Thursday, June 19, 2014. No late orders or cheques will be accepted.

Glow sticks will also be available for purchase before their disco session. Glow Stick Bracelets will cost 50 cents each or 3 for $1 and Glow Stick Necklaces will cost $1.50 each.

Thanking you for your support,

J Gauci, A. Wong, R. Partington  
(Year 6 Teachers)

Lynda Talmyre  
(Relieving Deputy Principal)

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Signed: ___________________________    Date: ___________________________

“Pursuing excellence in student achievement and community participation”
PARENT HELPERS NEEDED

Dear Parents/Caregivers,

As you are aware, in conjunction with our Peer Support Fun Day, Year 6 will be having their second fundraiser on Friday, June 27.

If you are able to assist us by organising the distribution of orders between 12:00-1:00pm on the day, your assistance would be greatly appreciated.

Please indicate your availability below and return to your child's teacher by Thursday, June 19, 2014.

Thanking you,

J. Gauci, A. Wang, B. Partington
(Year 6 Teachers)

Dear ________________,

I am able to assist with distribution of orders on Friday, June 27 2014.

Name of parent (please print): ________________

Child's name: ________________ Child's class: ________________

Signed: ____________________ Date: ________________

"Pursuing excellence in student achievement and community participation"
The way we praise our children, even from a very early age, can have a lasting impact. When done effectively, it can really promote resilience.

It seemed to come out of nowhere. One day we had a happy, confident, thriving daughter who was doing really well at school and the next she was alternating between a quiet sullenness and loud arguments, telling us, “I just don’t care”.

The problem appeared to lie with her maths. She had previously found maths quite easy, and had got good enough marks to be put up into the ‘smart’ kids. The result: a very unhappy daughter and a significant slump (aka tailspin) in her performance.

Putting on our best parental hats, we tried to work out what was going on. Our daughter’s response to our gentle probing was “I should never have been put into the smart kids’ class because I’m dumb” and “My teacher just thinks I’m not "trying".

Kids (and adults!) learn best when feeling confident and motivated to do well, even when the work is hard. The trouble is that in many instances our education system is set up to reward cleverness or smartness before effort. Those who excel in learning and passing exams often enjoy an elevated status and are held up as the example for others to emulate. There is much less recognition for effort alone.

What she needed was more of a growth mindset. Helping our children to develop a ‘growth’ versus ‘fixed’ mindset is what makes the biggest difference in determining our their level of self-confidence, resilience and motivation. Professor Carol Dweck, in her book Mindset, describes how by choosing to develop a growth mindset we can start to learn from our mistakes, and feel we are succeeding when we master a new skill or piece of learning that has been challenging or difficult.

Tips for encouraging a growth mindset:

1. Look at learning as a way to stretch and grow the brain. Learning new things is great exercise for seeing new possibilities or ways of doing things. It encourages imagination and creative thinking.

2. When congratulating your child, use words that praise the outcome that has resulted from their putting in the work and effort.
3 When things go wrong, ask, “What could you do differently next time to get a better result?” Failure and making mistakes is normal. Learning to deal with them effectively helps build resilience.

4 Use the power of “Yet”. If your child tells you, “I’m no good at...” or “I can’t do that”, your response could be, “You’re just not there ... yet”. This implies that it is work in progress and success may come through perseverance. It’s not about false hope, but encouragement.

Other research is now uncovering additional benefits from adopting a growth mindset. It can:

- encourage a student to want to stay at school longer
- facilitate transition to university
- diminish bullying or aggressive behaviour
- develop resilience in the face of adversity
- help see challenge as opportunity
- develop tenacity in persevering to overcome obstacles
- help see effort as the route to mastery
- build the ability to use criticism as something to learn from
- promote inspiration and new learning from sharing in the success of others.

We all want our children to do well and one of the best ways we can help is to promote a growth mindset so they become more positive in their outlook as to their own capabilities, broaden their perspective of the world and elevate their resourcefulness.

Dr. Jenny Brockis is a brain health specialist. Her focus is on promoting optimal health and function for all brains. She is also an author and speaker, and mum to two young adults. www.drjennybrockis.com

Jenny Brockis


parentingideas.com.au