Our values: RESPECT, Resilience, Excellence, Safety, Persistence, Encouragement, Creativity and Tolerance

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LINKLETTER

Issue 20—25th July, 2013

PRINCIPAL’S NOTES:

PARENTING INFORMATION

Building resilient children, just how do you do that? Some parents find this easy to do, others don’t. Some children are like sponges and absorb everything. When something happens that upsets or worries them, they stay upset, even angry and they find it difficult to move on. Others just take things in their stride, they deal with it, get over it and move on quickly. The latter is what resilient children do most of the time.

On our website, we have published several articles / tip sheets by well known parent educator Michael Grose. The articles focus on resilience building strategies for children and families. The published articles are: - Catastrophisers; Do less not more; Easing child anxiety; Managing rejection; Resiliency robbers and the Language of resilient families.

Please make sure you find a spare moment and read each of these. They are parent friendly and written with the intention to inform and help parents to develop both individual and collective resilience in children and families. Families too of course can build resilience and Michael gives suggestions for you to consider.

Ultimately, we all want our children to be able to be independent thinkers and doers, problem solvers and able to work through issues with a positive outcome. We can teach some of the skills, we can model how best to do things and importantly, we can step back sometimes and not ‘fix’ and do everything for our children. They won’t learn to problem solve and sort things out if someone else takes over and always does it for them.

Building resilience is one of the things we work on and encourage at school. We certainly don’t leave children to fend for themselves and sort things out when things go wrong. What we do though is use the language of resilience and encourage the child to have some ownership in helping, with adult support, to work through things that may have upset them or bother them. Importantly we focus on getting them to move on too, like a ball that’s gone a bit flat, we get them ‘bouncing’ again. Good and positive feelings come from getting things sorted then moving on, a true indication of resilience. Dwelling on things, going over and over them again, questioning a child about an issue again and again etc. can all keep an issue ‘on the boil’ and whilst this is happening, there is no moving forward.

On the website, we have also provided a link to Michael Grose’s latest edition of a parenting ideas magazine, also worth a read. Hope you enjoy it!

DROP OFF ZONE REMINDERS

A reminder about not parking too long in the pick up / drop off zone. Adults should not be getting out of their car to assist, help with bags on backs etc. You need to park in the street if your child needs this type of assistance. The car park zone is only for QUICK STOPS. It has been noticed that occasionally a car is stationary for too long which results in a backlog of cars trying to get in. The area works really well when drivers are considerate and use it for quick stops only. Thank you to those who always do the right thing and a reminder to others, please park in the street if your child is unable to independently get themselves and their things out of the car. At pick up time, if your child takes too long to arrive, then cars need to move on and come in again please. That way the traffic flows more steadily.

Jill Ramsay
On Monday I will be sending home the order forms for our Mid Term Milk & Cookies Afternoon Tea to be held on Thursday 15th August. It is due back by 9am, Friday, 9th August and because it is afternoon tea, normal lunch orders will be available on that Thursday. No late orders will be accepted so make sure you get it in on time with your name and grade AND choice of milk selected. (I will be giving Chocolate milk to those who forget to choose!) The cost of this afternoon tea will be $4.00.

Please don’t hesitate to contact the canteen if you would like to join our lovely group of volunteers. I can be contacted 8.30am to 1.30pm Tuesday to Friday should you wish to find out more.

Cheers, Suzi Cunningham

REMINDERS:
2nd Instalment EMA forms due 2nd August

Grade 4 Polly Woods-side Excursion money due 19th July.

Grade 6 Indonesian Infusion money due 26th July.

BOOTS FOR KIDS
Giving something to kids who have nothing, keeping them connected to community and education, is behind The Age’s Boots for Kids campaign.

Boots for Kids is a simple concept campaign that asks parents and kids to donate footy boots at the end of the season—by dropping them in boxes at Coles Supermarkets—so they can be trucked by Linfox to remote communities throughout Australia. “Not a lot of the kids have footy boots… They would feel a million dollars and feel part of the group if they got boots,” Mr. Molyneux said. “They would be so excited.
TERM THREE SCIENCE AT GLEN KATHERINE

There is another busy term ahead of us down at the science room. Mrs Webb has been busy planning fun and engaging units of work for students from Prep to Grade Six. Here is a brief overview of the units this term:

Prep: Weather in my world.
Ones/Twos: Spot the difference.
Three/Fours: Package it better.
Five/Six: What’s the matter?

If anyone has access to any kinds of different materials that could be used by students to make packages, donations would be gratefully accepted down at the science room. This may include bubble wrap, cardboard, polystyrene, foam, brown paper……we can make use of anything!! The design brief grade 3 and 4 students have is to make a package to protect a fragile item in delivery to its destination!

ARBOR DAY: Friday 26th July

This Friday (tomorrow) students in grades 3 and 4 will be participating in a tree planting exercise down at the gully. Planting is very important for our environment, especially as established root systems enable healthy and stronger soil that is less likely to wash away in times of heavy rain! It also encourages different ecosystems and habitats to be established in an area, which we are hoping to do in our gully. Below is the class timetable for the planting. I am sure classroom teachers would welcome any extra hands to help!

Session 1 (8.40-9.30): 4L
Session 2 (9.30-10.20): 3F
Session 3 (10.20-11.05): 4C
Session 4 (12.00 until 12.30 only): 4H
Session 5 (12.50-1.40): 3R
Session 6 (2.10-3.00): 3O

Thanks to the parents that have been so generous in donating time, plants or expertise so far this year - your help and enthusiasm is invaluable!! As always my email is webb.annemarie.a@edumail.vic.gov.au or you can have a look at our blog to keep up to date with science and sustainability events at: www.gkgoinggreen.global2.vic.edu.au

Well done to our first few classrooms that have been inspected by our Green Team monitors and received badges for our 5 Star Sustainable Classrooms initiative.........

ALL Prep Grades for receiving their WATER badges – remembering to refill water bottles at home and bring them to school every day!
2A and 2O for WASTE – putting their waste in the right place, including compost and recycling!
Inspections take place every week so make sure you’re doing your best to help your class get their badges!!
**NEXT PFA MEETING DATE HAS BEEN CHANGED!**

**NOW – TUESDAY 13TH AUGUST 7.30PM (STAFFROOM)**

*All Parents are welcomed to attend!*

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**SCHOLASTIC BOOK CLUB**

Catalogues for Issue 5 of Scholastic Book Club were distributed to students this week. If wishing to place an order, please complete the order form and enclose with payment in an envelope which is clearly labelled “BOOKCLUB” and includes the student’s name and grade. [Your purchase may be a “surprise” gift. If this is the case, please contact the Library direct].

For credit card payments, please refer to the Scholastic catalogue. *If ordering from more than one catalogue, you can tally them and just make one credit card payment to Scholastic.* Please ensure you record the receipt number on the order form and return to school. For your reference, it is a good idea to take note of the receipt number. *Orders for this issue close on Friday 2nd August 2013.*

Astrid Bathen, Gail Elliott

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**EXCELLENCE**

means that we try our hardest and do the best that we can in all ways—learning, behaviour, friendships.

AT ASSEMBLY THIS WEEK, the following students’ were congratulated on being noticed for doing the right thing and showing EXCELLENCE last week:- Ben F (Prep S), Nathan (1A), Elisha K (1/2B), Maya A (3F), Ashleigh E (4L), Matt B (5R), Jake F (6A). Lots of nominations were in the DO THE RIGHT THING box. Wow!!!! How proud are we of everyone’s effort! The names of several lucky students will be drawn out each week at assembly. All other students will receive their ‘Doing the Right Thing’ nomination slip to keep and be proud of.

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**3 WAY CONFERENCES—WED. 14TH AUGUST**

Information regarding the 3 Way Conferences will be sent home tomorrow with the eldest child of each family. This information also includes log in details to book the appointment times on-line. The on-line booking system will be available from Wednesday, 1st August. If you have any queries, please call the office on 9431-1599.
Your family is invited to come along for a great social night out.

**Date:** Saturday 17th August  
**Time:** 6 – 9pm  
**Venue:** Skaterz - 27 Susan St, Eltham  
**Cost:** $12 per skater (includes skate hire)  
Non-skaters - free (max 2 per family)  

*Children must be accompanied by an adult*  
**BYO:** Basket supper/dinner, snacks and drinks (no alcohol)

* The Skaterz kiosk will be open for hot drinks, ice-creams, lollies and crisps only.

This event has limited capacity for skaters and non skaters, so get in quick to ensure you don’t miss out! This social night is strictly for GK families only. Wristbands will be provided at the door, and no tickets will be sold on the night. Credit card payments are welcome at the office, or complete form and return to school. Any queries please contact Kate on 0409528776.

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**Education Maintenance Allowance - information for parents currently receiving EMA**

The second instalment of EMA is to be claimed by 2nd August, 2013.  
**Contact:** School Office for an EMA application form and to lodge your application. The closing date for EMA application forms to be submitted to the school is 2nd August, 2013. If you have already lodged and received EMA Instalment 1, you do not need to resubmit a form. This will be done automatically for you.

**Eligibility:**  
To be eligible for the EMA in 2013, you must:  
- be either a parent or guardian of a primary or secondary school student up to the age of sixteen; and  
- be an eligible beneficiary of a Centrelink pension, allowance or benefit within the meaning of the State Concessions Act 2004* or be a Veterans Affairs (TPI) pensioner or be a temporary foster parent.

* i.e. – the parent/guardian must be the holder of a valid Health Care Card or valid Pension Card.  
The eligibility criteria must be met as at 29 January 2013 (Instalment One) and 15 July 2013 (Instalment Two).

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**SPORT THIS WEEK –RD 11**

There will be several changes to sport this week due to students participating in the State School Spectacular.

**GK DARKS vs APOLLO A** - home  
There will be no netball. All other games will proceed as usual.

**GK LIGHTS vs HURSTBRIDGE** –away  
There will be no softball girls game and no netball B game. All other games will be played.

**SOCCER VENUE CHANGE**  
Glen Katherine home soccer games will be played at Eltham North top oval due to works on the St Helena soccer oval.

**ATHLETICS TRAINING**  
Athletics training sessions have been well attended. The team will be finalised next week. The District Athletics will be held on Tuesday 13th August at Meadow Glen track.

**DAVID BLACKBURN** (Sports Coordinator)
These awards will be presented at assembly on Monday, 29th July, 2013.

<table>
<thead>
<tr>
<th>Class</th>
<th>Name</th>
<th>Comment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep D</td>
<td>Toby O</td>
<td>For showing excellence in all areas of his school work. Toby is a fantastic role model for all of the students in our grade. He has a positive outlook in all areas of his learning. You should be very proud of all you have achieved so far this year!</td>
</tr>
<tr>
<td>Prep H</td>
<td>Jessica F</td>
<td>Well done Jess. You always show excellence in all areas of your learning. You always try your best and are always thinking about what you have done at school. What a champion!</td>
</tr>
<tr>
<td>Prep S</td>
<td>Rohan M</td>
<td>Rohan continues to show excellence during numeracy especially in addition and he is very supportive towards others when working mathematically in small groups. Well don Rohan keep you the great work.</td>
</tr>
<tr>
<td>Prep T</td>
<td>Ben F</td>
<td>For demonstrating creativity during our class phonics activities and completing all tasks with enthusiasm and a big smile on your face. You are a star, Ben!</td>
</tr>
<tr>
<td>1A</td>
<td>Lara C</td>
<td>For always showing excellence and persistence in everything she does. Lara has been trying her best at each activity and is should be very proud of herself each time she learns something new. Well done Lara, you set a great example for everyone in the grade.</td>
</tr>
<tr>
<td>1G</td>
<td>Scarlett B</td>
<td>For contributing to classroom discussions in an appropriate manner and always having a go. It's great to see you working hard Scarlett and trying your best to learn lots of new things!</td>
</tr>
<tr>
<td>1G</td>
<td>Georgia H</td>
<td>For her co-operative approach and setting a fantastic example for others to follow in PE</td>
</tr>
<tr>
<td>1/2B</td>
<td>Daniel D</td>
<td>Congratulations Daniel for your positive attitude towards your learning and for always persisting to achieve. You approach your maths tasks enthusiastically and display excellent strategies when working with numbers. Sensational effort!</td>
</tr>
<tr>
<td>2A</td>
<td>Sophie S</td>
<td>For showing persistence when trying new things. Sophie tries to achieve her best. Keep up the good work Sophie.</td>
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<tr>
<td>2D</td>
<td>Anastasia K</td>
<td>For showing excellence and persistence with all of her work, especially maths. She puts in lots of hard work at home and at school. You should be very proud of yourself Anastasia- you are a superstar!</td>
</tr>
<tr>
<td>2O</td>
<td>Jack W</td>
<td>For consistently showing respect towards your classmates. You have worked very hard during all learning tasks and have been an excellent role model for the class. Keep it up Jack!</td>
</tr>
</tbody>
</table>