Welcome to the second last Linkletter for Term 2—can you believe how fast the term has gone! I trust all our families had a great long weekend, re-energising for the final run into our school holidays.

**PRINCIPAL CONFERENCE SUPPORTS OUR AIP**

Could a Growth Mindset be the key to unlocking our students’ potential, and how can teachers and schools cultivate a culture of Growth in their classrooms and schools?

How can leaders use a variety of strategies to develop a culture of learning in their classroom, as opposed to a culture driven by performance and competition?

**Using Positive Psychology, Mindset and Self Determination Theory, how can leaders empower their staff to be genuinely engaged to lead change?**

**How can sleep and the brain impact on mental fitness and life-health?**

As this Linkletter goes to print, Karen ter Haar and I are in the Yarra Valley at the Nillumbik/Banyule Network Annual Principal Conference. The Conference theme is Lead, Learn, Grow and a range of expert educational leaders will be pepperings the 2 day conference with inspiring and energising professional learning sessions. Key ideas presented will be focused on engagement, wellbeing, mindset and leadership and address the questions posed above. Within our Annual Improvement Plan (AIP) for 2016, a key priority is developing a positive climate for learning. This theme supports our professional growth explicitly and I am enthusiastic about the learning I can bring back to our staff so that we can work together to review and embed a culture of positivity at GK.

**St Helena and GK Community Sports Precinct**

I would like to inform our community that we will be the recipients of a wonderful, new sporting precinct which will be ready to use in 2017. Many months (years) of negotiations, meetings and planning have occurred with representatives from St Helena SC and GKPS with regard to what the facility will offer and who would be developing the area between St Helena and GK.

DET have informed us that a final tender has been reached from Grassports Australia P/L to carry out construction of the facilities at a total contract cost of $2,083,996 ex GST. The scope of the works within this budget includes construction of a FIFA 1 Star soccer pitch and multi-use courts (netball and tennis), athletics track around multi-use courts and lighting, basically the whole oval area between our two schools will be ripped up and redeveloped for both our schools to use, as well as community sporting clubs outside school hours. This will mean some disruption to oval access in the coming months while redevelopment is under way. A small price to pay for the fabulous facility we will be able to use. More details regarding an official ‘turning of the sod’ ceremony once the contract has been signed and an official start date is known will be shared in upcoming Linkletters.

**STUDENT REPORTS and PORTFOLIOS**

Thursday your child’s first semester reports will arrive home with their portfolio. Teachers are currently in the process of completing comprehensive information about your child’s progress so far this year. As always, your child’s teacher is readily available to discuss any questions or concerns with you following their arrival home.

Have a great week everyone.

Leanne Tingwell Principal
STUDENT OF THE MONTH
JUNE
Will appear in our first Linkletter for Term 3

CANTEEN

<table>
<thead>
<tr>
<th>DAY &amp; DATE</th>
<th>NAMES</th>
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<tbody>
<tr>
<td>Tues 21st June</td>
<td>C Robertson (swap); S Mifsud</td>
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<tr>
<td>Wed 22nd June</td>
<td>K Sharples; K Frittitta</td>
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<tr>
<td>Thurs 23rd June</td>
<td>S King; R Diffey; K Wishart</td>
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<tr>
<td>Fri 24th June</td>
<td>P Griggs; J Robertshaw; L Cooper-walke &amp; Special Lunch Helpers</td>
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COUNTER SALE SPECIALS (Until sold out)
OLAF ICE-CREAM or TROPICAL PADDLE POP S $1 EACH

TERM 2 MEAL DEAL SPECIAL
Potato Bake, Choc Chip Go Cookie & 250ml Flavoured Milk
$5.50

Information has been sent out to all Year 1-6 children about the 2016 Premier's Reading Challenge. This is an AT HOME challenge that children and parents may CHOOSE to participate in and work together on. Will you be taking part?

Payment for the Hottie Hot Hot QKR End of Term Lunch closes at 4PM TODAY & PAYMENT FOR THIS SPECIAL LUNCH CAN NOW ONLY BE ACCEPTED BY QKR. I am unable to accept cash payments tomorrow as I will be ordering at 9am with the suppliers. If you are unable to access the QKR app, the following link can be used on any device via the internet https://qkr.mastercard.com/store/#/home.

You can check if your order has gone through on QKR any time by looking at the ‘My Receipts’ tab in the app. A couple of people have been generous to offer their time to help with the lunch on Friday, 24th June. If you think you could spare some time please let me know asap.

The roster is looking great at the moment, however, if you would like to join the crew, please contact me in the canteen or via sms 0408172778 or email cunningham.suzanne.s@edumail.vic.gov.au. Canteen Hours: Tuesday to Friday 8.30am to 1.30pm.
Qkr will look different from June 16th!!

The user design experts at MasterCard have come up with a new design and parent experience within the Qkr app that all users will see with the update from Apple’s App Store or the Google Play store on or soon after the 16th of June, 2016. Your username and password will remain the same, as will any credit or debit cards already stored within Qkr, as well as your profile settings and those of your children. What will change significantly is the look and feel of the app, and the screens you will see in the process of using Qkr.

Below are some of the current Qkr screens on left (as seen on an iPad today), and how they will appear with the app refresh.

Home screen: Our school will appear at the top of the home screen for currently registered users, but note some new terms like “Discover” and “Activity” as Qkr is being used increasing by non school merchants around the world, so the design has been modified to cater for users in a wide range of industry sectors.

Receipts will in future be stored under the “Activity” tab. Your old receipts will still be accessible from this area.
Product selection screen: This screen will now be more efficiently used to make scrolling through a large list of products easier.

For schools using the calendar display for food or uniforms, the same functionality is all there, just in a different layout. There is one feature we have always had but few people knew about, and that is the ability for busy parents to copy all of last week’s food orders to next week with the click of one button. This is made more visible in the new app with the words “Repeat Order”.

An instruction sheet on how to download and set up Qkr if you have never used it before and it is available at the office — it is quick, easy & free so why not give it a try and make your life a little easier!
Out of Uniform Day

Wednesday 22\(^{nd}\) June dress up as something starting with L, E, G or O.
You could come dressed as a; lion, elephant, gorilla, Goldilocks, octopus, Lego character......use your imagination!

Gold coin donation – money raised will be used to purchase Lego for the GK Lego Club beginning Term 3.

You may also like to guess the Lego men in a jar (jelly babies). 50c a guess and you can guess as many times as you like. The jar is kept up at the office and will come around to classes.
Winner will be announced on Wednesday 22\(^{nd}\) June

Thank you Junior School Council

On Monday 20\(^{th}\) June,
GK’s Performing Arts Club
will be debuting at the end of year assembly.
Come and watch us shine!!
WHAT CAN YOU DO TO HELP?

• Remind the child to sort the words into categories like the ones in school. Your child should read each word aloud during this activity. Ask your child to explain to you why the words are sorted in a particular way—what does the sort tell about spelling in general? Ask your child to sort a second way as fast as possible.

• Do a “blind sort” with your child. Lay down a word from each category as a header and then read the rest of the words aloud—one at a time. Encourage your child to spell the word and decide in which category it belongs. The student cannot rely on visual cues to sort.

• Do a “buddy sort” with your child. Lay down the pattern headers and read the rest of the words aloud. The child must indicate where the word goes without seeing it and point to the pattern where the word belongs. Add the word to the category the child selected.

• Assist your child in doing a “word hunt” by looking for words in a familiar book or magazine that have the same sound, pattern, or both. Try to find two or three words for each category.

• Encourage your child to write complete sentences that incorporate the words from each category and their meaning.

• Do a “speed sort” with your child. Sort the words into the correct category as fast as you can.

• Do a “writing sort”. As you call out the words in a random order, your child should write them into sorted categories. Add some words that fit the patterns but are not in the original set.
Exploring the New Frontier in Parenting – Emotions

By Michael Grose

It's official!
Emotions are now part of the parenting and educational mainstream!
For some time they’ve been relegated as a sideshow to the main events of discipline, confidence building, character building, and lately, resilience.

Not now.
The recently released movie Inside Out gives life to emotions in a fun, accessible way. It’s a wonderful demonstration of why we must put emotional intelligence front and centre in our parenting and teaching. The quickest pathway to happiness and success is the acceptance and recognition of feelings.

Current day muse Dr. Marc Brackett, Director of the Yale Centre for Emotional Intelligence is more expansive. He says, “Emotions matter as they drive learning, decision-making, creativity, relationships, and health.”

This is not to say that we ignore children’s poor behaviour, neglect to set limits or not ask anything of them when they’ve experienced hardship at school. Accepting and recognising emotions is an added layer in our interactions with kids, which may well be the missing link in building cooperation, connection and resilience.

So where do we start? Here are five ideas to help you explore the alien landscape of kids’ emotions, the new frontier of parenting:

1. **Listen first** When your child fusses and fumes about some wrong-doing or hurt they’ve experienced clear your mind and listen. Avoid trying to fix the situation just show understanding and compassion. There is no better feeling then being understood.

2. **Contain rather than manage (let your kids do the managing)** Children’s behaviour can become tangled up in upsets and disappointments. It’s hard to separate their behaviour from their feelings. Sometimes as a loving, caring adult you just have to soak up their feelings, and give them the time and space to soothe their own souls. We don’t have to do that for them.

3. **Know that emotions can be pleasant and unpleasant** We often place value judgements on emotions by saying some emotions are good or positive (happy, motivated, energised) while some are bad or negative (sad, worried, sullen). Avoid passing judgement in such ways. Recognise that emotions are pleasant or unpleasant and that all emotions are acceptable, whereas some behaviours (such as hurting someone when you are angry) are unacceptable.

4. **Build a vocabulary around emotions** Just as feelings have names, there are terms for the emotional intelligent parenting method. For instance, I-messages* are a type of communication used by parents and adults who take an emotions-first approach.

5. **Help your kids recognise, then regulate emotions.** Ever told a child to calm down only to see their emotions escalate? Kids, like adults, need to recognise their feelings before they can regulate their emotional state, and that’s not easy. Emotional recognition is a complex process that takes practice. Even when we are good at it we don’t always get it right. Learning to recognise your feelings is a continuous process that’s best started when young, before the ups and downs of adolescence becomes a reality.

Emotional intelligence is best learned when it becomes part of your family’s culture, or way of doing things. When it becomes part of your family’s DNA then emotional intelligence will be passed down from generation to generation. You’ll know it’s had generational impact when your children identify you as the person who trained them in the skills of emotional intelligence. How cool is that!

This article supports our Social and Emotional Program development I am working with the community on this year. The KidsMatter Framework (mental health) we are using aligns to emotional intelligence explicitly too.

Leanne Tingwell
COMMUNITY NEWS

GLEN KATHERINE PS

TEENIS LESSONS

Location: Glen Katherine Primary School Tennis Courts

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