Dear Parents, Carers and Grandparents

What lovely rainfall we had on Monday night to refresh the air. It is also a timely reminder that the Wet Season is on its way and the precautions we all need to take. If there is lightening, thunder and/or heavy rain around at the end of the school day students will not be released from their classes until the storm has gone. If parents are waiting in the car park or out the front of the school you will either need to come in to collect your child or wait for the storm to pass.

On another note teachers have had lots of requests from parents to bring in birthday cakes. Our school policy on this aligns with the Canteen, Nutrition and Healthy Eating Policy that aims to provide an environment where positive messages regarding nutrition are modeled and reinforced. The policy states:

“parents may bring in a birthday cake for the class provided they inform the class teacher the day before. This gives the teacher time to check the medical list of all students in the class to ensure there are no students with food allergies.”

“parents should not include junk food such as soft drinks, energy drinks, chocolates and other confectionary in children’s lunch and recess brought from home.”

Parents or community members may not give or buy food or drinks for any child in the school that is not their own child.”

This policy is about protecting our children and we therefore expect and thank all parents and members of the public for abiding with the policy.

Have a wonderful week.

Sue Beynon (Principal) Sharon Chin (Assistant Principal)

The SRC would like to say a big Thankyou to all the students and staff who came to school last Friday dressed in their favourite footy colours to help show their support towards The Cancer Foundation. The SRC raised $146 to go towards this great cause.

Every Child, Every Day - improving student enrolment, attendance and participation is everybody’s responsibility and everyone’s business.
ASSEMBLY AWARDS - 6/9/13

GIANT MERIT AWARD
Patrick Tidalgo
Wasif Khan

MAXI MERIT AWARDS

T/F  Jai Locke  3/W  Chantelle Truong
T/B  David Barnes x2  3/4B  Sharmayne Rizaldo
T/1B  Kyisha Plane  3/4B  Abigail Tidalgo
3/W  Erin Draper  4/M  Kelsy-Lee Beyer
3/W  Robert Richards  4/M  Izaiah Aukino
3/W  Grace Turner  5/R  Darsharn Neupane
3/W  Branden Paesel

EARLY YEARS STUDENTS OF THE WEEK AWARDS

TB  Zachary Black  Natacha Robaye
TF  Alex Wells  Calvin Gunn
T/1B  Adam Wilson  Zach Griffiths
1/2L  Joshua Martin  Scott Thomas
1/2S  Dokota Krygger  Thomas Kostanjevec-Doyle
2J  Patrick Roe  Zoe Hug

PRIMARY STUDENTS OF THE WEEK AWARDS

3/W  Kiara Fuller  Sheila Shields
3/4B  Sharmayne Rizaldo  Linclon
4M  Daniel Ross  Shakira Shields
5R  Tiffany Nguyen  Callum Noakes
5/6S  Miguel Baldos  Archer Turner
5/6G  Anne Baldos  Sayera Abir

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Parents & Carers are invited to attend a hands-on workshop on:

Useful and Interesting Educational Online Games and Resources

When: Thursday 19th September
Time: 5pm – 6pm
Location: Gray Primary School Library

All attendees will get their name in the draw to win some fantastic prizes including a Hog’s Breath Voucher, Target Voucher and Movie Tickets!

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Scholastic Book Club
Issue 6 orders are due back this Thursday 12th
**Gray Primary School (Family Centre Building)**

Good Beginnings Australia is a National charity, building better outcomes for families in the community through a range of early intervention programs.

These programs include: **Play2 Learn, Toy Library Family Support, and Community Connections**

All Good Beginnings programs are provided free of charge.

For more information please contact the office on 08-89327022 Mobile 0417200170

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**Territory Children After School Care**

If you require child care come in and see our friendly staff at Territory Children.

We are Government approved Child Care Benefit.

Child Care has never been so affordable.

Territory Children are located at Woodroffe Primary School.

Contact Sam or Linda on 8931 3533 or email territorychildren@gmail.com

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**Our Lady Help of Christians Parish Palmerston**

Confirmation

We are starting a Confirmation Group here at our lady Help of Christian church. This is for Year 6 or older students. They can do First Communion at the same time if they haven’t done it.

When : Sundays at 5pm
Where: Corner of Emery Av and Harrison Circuit.
Contact: Tom English 08 8932 3922

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**5 km FUN RUN FULL OF COLOUR DARWIN 2013**

Proudly supporting camp quality.

When : 14th Sep 2013
Where: Mindil Beach
Tickets : Students $29 Adults $39 Family $120
Www.candyjam.me

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**SIX OF THE BEST FOR THE LUNCHBOX**

When your packing the lunchbox, try to include:

1. Fruit
2. Dairy - yogurt and cheese are the easy choices here
3. Protein - try to put a piece of ham on the sandwich, or wrap up a cooked chicken leg
4. Carbohydrate - bread of course
5. Vegetables - carrot, celery sticks or strips of red pepper are popular
6. Water

Bread in the form of a sandwich, is the most common lunch box food for kids. If your child is stuck on having a sandwich each day but is sick of what you are giving them, try changing the type of bread you put their spreads on.

There’s a range of breads that include:

- Sliced bread (white, white high fibre, wholemeal, multigrain, rye)
- Pita bread
- Lebanese bread
- Bread rolls (white, white high fibre, wholemeal, multigrain, rye)
- English muffins
- Bagels

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**COPAL by EPODE is a joint program of Australian, State, Territory and Local Governments.**

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**BILL PROBLEMS ?**

If you are feeling overwhelmed by bills and having trouble paying for your child's education costs...

The SaverPlus program offers you $500 free to buy an iPad once you have saved $500 on a savings plan.

Call Peter on 08 8985 0077
Inpex transport impacts on schools

Ichthys Project –related truck and bus movements will be increasing along the Arnhem and Stuart highways, Tiger Brennan Drive, and at the Howard Springs intersection and Palmerston.

Parents are encouraged to visit the Ichthys Project website www.ichthysproject.com and subscribe to the regular e-newsletter to get updates on the project.

Parenting the family underdog

Raising talented kids is relatively easy, but parenting children and young people who struggle can be a significant parenting challenge.

One of the unwritten laws of family life is that talent and ability are unevenly distributed between siblings.

In most families there is one child who seems to have more than his or her fair share of ability. Everything this kid turns their hands to – whether schoolwork, sport or socialising – is done successfully and effortlessly.

If you have such a child then there is a fair bet that another of your children struggles in the same areas. For these children, achieving success takes more effort and concentration than it does for their sibling.

Just as it is easy for parents to marvel at the talented child, it’s frustrating and, at times, heart-breaking to watch another child struggle to attain even mediocre levels of success at school, sport or leisure activities.

It’s harder still when you know that no matter how hard this child tries they just can’t be as successful as their sibling, who continues to get all the glory and accolades from relatives and friends.

As a parent it’s important to be realistic about what each child can achieve. Keep your expectations in line with their ability and maturity, and avoid making comparisons between siblings.

Here are some ideas to keep in mind if you are parenting a child for whom success at school, sport and other common childhood activities just doesn’t come naturally.

1. Be your child’s cheerleader. Kids who have to work really hard to achieve need someone in their lives who is able to boost their self-confidence, particularly when they are struggling. Make a fuss over small successes so they can puff up their chests every now and then.

2. Focus your comments on contribution, improvement and effort. It’s difficult praising kids when the results aren’t there but you can always focus your comments on their contribution to the team. Focus on things improvements shown in reading or the effort they are making at art.

3. Remember that persistence pays. Children who persist learn an important life lesson – that is, success in most endeavours takes effort. Those kids who sail through their childhoods without raising a sweat can struggle when eventually they do have to work long and hard to succeed.

4. Help kids identify their strengths. Kids are like niche marketers – they define themselves by their strengths. “I am a good reader” or “I’m sporty” or “I’m really good at art” are some of the labels kids will use. As they move into adolescence the number of options for success opens up, so help them find one or two areas that they enjoy and can easily achieve success in.

5. Don’t put kids on pedestals. It is difficult living in the shadow of a superstar so avoid making a huge fuss over the achievements of a particular child – it makes life difficult for those who follow. Recognise results but balance that by focusing equally on the efforts of the others as well. Raising kids who find life a breeze is easy. However, parenting the underdog who takes longer to mature or who must put in 110% effort to achieve is challenging for any parent. It requires parents to focus on kids’ strengths, be liberal with encouragement and have realistic but positive expectations for success.