Dear Parents, Carers and Grandparents

Friday 21st June is a pupil free day as staff will be involved in creating our Strategic Plan that will take us into the next four year cycle of the school. I would ask parents to ensure you complete the Parent Survey that was sent home a couple of weeks ago so that your views can be incorporated into our Strategic Plan. Once you have completed the Parent Survey please bring it to the school office so we can input all the data.

Twilight Sports will be held on Thursday 20th June from 4pm to 6pm on the soccer oval. Please come along to support your child and the school.

Our emotions provide us with valuable information about ourselves, others and situations. From frustration to contentment, from anger to elation, we confront these varying emotions in our daily lives. The key is to use our emotions intelligently—by being aware of their presence and intentionally using them to guide our behaviour to enhance situations and not make them more difficult.

Emotional intelligence is something we are teaching our students. It involves the ability to perceive accurately, express emotion appropriately, the ability to regulate emotions and the ability to use your emotions in a positive and constructive way in relationships with others.

“Anyone can become angry—that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose and the right way—this is not easy.” (Quote by Aristotle)

The skills that are involved in emotional intelligence are self-awareness, social skills, optimism, emotional control and flexibility. Together as families and staff at Gray School we can help our students to develop these skills around excellent emotional intelligence as these skills will serve them well in their future jobs and relationships.

Have a wonderful week—Sue Beynon, Principal and Sharon Chin, AP

Black shorts are now part of Gray School’s compulsory uniform. Please ensure that your student/s comply with our uniform policy, per the Parent Handbook (below).

“School Uniform is mandatory for all NT schools. Uniforms support self-esteem, promote school team spirit and are designed for economy and convenience. Uniform items are sold at the Front Office. When representing the school, and on excursions, uniforms must be worn. If this presents difficulties, they can be borrowed from the school for the day under special circumstances. The uniform consists of a royal blue polo knit and crew neck shirt and black skirt or shorts. Covered shoes must be worn.”

Gray Primary School
22 Victoria Drive, Gray
Phone 89321700   Fax: 89321007
Email: admin.graypsch@ntschools.net
www.grayprimary.nt.edu.au

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This week in the food garden we had a special visit from five specialist scientific officers from Department of Agriculture, Fisheries and Forestry – DAFF. Each officer was a specialist in their field i.e. one person was an expert about everything to do with growing bananas, while others were specialists in growing tropical plants in general and a couple were experts in the insects that live in the Top End. They were here to check the garden for insect pests as well as plant diseases and to talk to the students about the need for good quarantine and general good garden practices.

Some insects and diseases can enter the country and if an outbreak occurs it could affect the entire industry in Australia.

Students were given catch nets to capture insects located in the garden. The insects were then transferred into plastic containers and identified by the scientists. Some students helped the officers to collect mosquito larvae (wrigglers) in a small bucket of water.

Students were taught that not all insects were bad for the garden and that some of the good ones actually kill the bad bugs and help to keep the garden healthy.

The gardens were given a clean bill of health which was very pleasing for all involved. 😊
TREATS FOR YOUR KIDS LUNCHBOX!

Give your child a lunchbox treat with these easy ideas to make fruit and veg fun!

Try the following snack ideas:

1. **Apple slinky** - Turn an apple into a slinky snake by carefully peeling off skin into a continuous ‘snake’, coat apple and skin in lemon juice then re-wrap skin around apple. Kids love to eat both the apple and peeled ‘snake’!

2. **Fruit dippers** – Reduced-fat yoghurt served with fruit pieces like strawberries.

3. **Vegie boats** - Spread celery, capsicum or cucumber boats with reduced-fat cream cheese. Fill with a few sultanas as 'ants' for extra fun!

GRAY PRIMARY SCHOOL (FAMILY CENTRE BUILDING)

Good Beginnings Australia is a National charity, building better outcomes for children in vulnerable communities through a range of early intervention programs for families. These programs include: **Play2 Learn, Family Support, Community Connections and Toy Library**

**Play2Learn**

Play2Learn is a supported play session where play based learning is designed around what the children are interested in, to help their development. The sessions are facilitated by an Early Childhood worker and Family support worker.

At Play2Learn we believe that by providing children with a secure and happy environment, where they are supported to develop their intellectual, social, emotional and physical skills, they will become confident and competent individuals.

Children and parents can participate in experiences together, strengthening relationships between children, parents and caregivers.

Good Beginnings will support you to build on your existing knowledge, skills and the resources that are available to you. Create connections and relationships in the community, both with other parent and community supports and services.

**Monday:** 9am – 11am Moulden Primary School (OSHC Building)
Play2Learn Birth—4yrs (Please bring a piece of fruit to share)

**Tuesday:** 9am—11am Gray Primary School (Good Beginnings Demountable)
Play2Learn Birth—4yrs (Please bring a piece of fruit to share)

**Wednesday:** 9am —11am Gray Primary School (Good Beginnings Demountable)
Baby Play2Learn which is run in conjunction with Maternal Health Nurse, who will answer any questions you may have in regards to your Child’s health and development Birth—12 months.
(Morning tea provided)

**Toy Library**

**Thursday:** 9am – 11am
The Toy Library aims to provide a service to families and children in the Palmerston area, by providing a mobile and outreach support service/s. Parents will be able to borrow toys from a mobile toy library that operates from at least 2 locations, including but not limited to, parks and the Gray Op Shop with the flexibility to adapt locations depending on the needs of families.

**Friday:** 9am – 11am (Dream Time Kids) A Play2learn group for Indigenous families with children Birth—4yrs
Venue: Gray Primary School Good Beginnings Demountable.
(Morning tea provided)
Kids shine with tough love parenting

...research suggests that if parents want kids to develop the characteristics to succeed, then they should default to authoritative or tough love parenting.

Children with parents that use a tough love parenting approach are best prepared to do well in life, according to a recent British study.

Kids that experience a mix of discipline and warmth are more likely to develop important character traits, such as self-discipline, empathy, and application. The study conducted by the Millennium Cohort Study involving 5,000 UK households, found that while family structure and parent income levels impacted on children’s development, it was parenting style that had the greatest influence on success for kids.

An analysis of school results reveals that one in five children with authoritative parents are in the top 20% at school. Next came permissive parenting with 14% or parents, 11% of the top cohort going to kids of disengaged parents.

Using a tough approach is not necessary. It changes over time according to children’s needs, our wellbeing, and their age. Common sense suggests parents need to be stricter with some children than with others, and that they’ll be more lenient when parents need to adopt a more permissive approach.

Certainly, parental mood and wellbeing contributes to how parents respond to kids. But most parents will default to one style. Recent research suggests that it parents want kids to develop the characteristics to succeed, then they should default to authoritative or tough love parenting.

Here are tough love parenting strategies to use in your family:

1. Set limits and boundaries that expand as kids get older and become more capable. Boundaries make kids feel secure and teach them how to behave well.
2. Use a negative style with children according to their age and stage of development. Parents also need to realise that not everything is up for negotiation. There are times when the word ‘no’ needs to be heard as parents set the bar for the character that their kids.
3. Use consequences and other tools to teach kids to behave well and develop a sense of personal responsibility. Resist the temptation to let kids take the blame when they do the wrong thing. Fix it, but fix it now.
4. Put family rituals, such as shared mealtimes, in place to make sure you interact regularly with your kids.
5. Praise kids for improvement, effort, and contribution rather than their ability at school, in sport and other areas of their lives. Focus on your positive comments on their participation rather than the results of what they do so kids learn that trying and persistence are important.
6. Recognise collaborative behaviours with positive attention such as playing, physical touch and rewards and eliminate negative behaviours through a range of measures such as ignoring and using consequences.
7. Teach kids the skills needed for Independence from an early age so they learn to look after themselves. Avoid regularly doing things for kids that they can do for themselves.
8. Adopt an open communication style in your family where kids learn that there’s nothing so bad that they can’t talk about it.
9. Encourage a sense of empathy in children by recognising their emotions and giving them permission and assistance to talk about them.
10. Encourage generosity and kindness in your kids. They do this by sharing toys and other things, helping others and doing things that benefit their family. This sense of community that authoritative parenting promotes is the real strength of the style.

At a time when a parent’s voice can be drowned out by the din of modern life, this research is a great reminder that it’s attractive parenting that helps children flourish, not the good grades or future success for kids.