Dear Parents/Carers and Grandparents

It was very special to read a response from Lia Finocchiaro, MLA, Member for Drysdale, in Parliament on 8th October, and I thought it well worth reporting here so everyone of our wonderful parents and staff can read what Lia said about us.

“Palmerston is culturally diverse; the whole of the Northern Territory is and it is lovely when I go to my school assemblies, like Gray Primary School which has a very large Indigenous population, which is fantastic. They also have a high proportion of students who speak English as a second language, not Indigenous kids with English as a second language but kids from Southeast Asia. It is absolutely brilliant going to that school and seeing all the beautiful kids wearing their traditional dress and hearing their beautiful languages. As a result, Gray Primary School does a lot of cultural activities. They certainly embrace Harmony Day in an enormous way, and they hosted an end of year show called Many Cultures, One School and that perfectly sums up Gray Primary School. It was certainly like that when I was a little girl going to that school and it has remained exactly the same. They are exceptionally proud of their cultural diversity.”

At last weeks Parent Yarn, the parents were able to give some feedback about what they thought the school was doing well and what else they would like to see happen. This feedback is further on in the newsletter, but it was very encouraging for the staff to see the acknowledgement of their great work. Thank you to The Smith Family for providing this opportunity over the past two years for us to have the Parent Yarns as they are very useful to bring parents and staff together so we each have a better understanding of each of our roles in helping our students achieve success at school.

As you are aware every Thursday is “Kindness Day” at Gray School and this is beginning to roll over to other days now as the students understand the importance of kindness and generosity to their own wellbeing and the wellbeing of others as they give kindness and receive kindness. We can all bring more kindness into our lives by:

- Accepting and appreciating kindness when it comes our way
- Doing kind things for others
- Being kind to ourselves by looking after our individual needs

When we practice kindness in our daily lives it makes a real difference to our own health, happiness and wellbeing and to those around us.

Have a wonderful week and shower someone with kindness every day.

Sue Beynon, Principal and Sharon Chin, Assistant Principal
GRAY FAMILIES SHARING TOGETHER

Some of our Gray Parents share their thoughts about: “What is already happening at Gray Primary School, what we could continue, do more of and what else could be happening?,” during one of our regular ‘Family Yarns’.

ASSEMBLY AWARDS - 25/10/13

GIANT MERIT AWARD

Zissa Taylor

MAXI MERIT AWARDS

T/B  Harry Ngo    T/F  Cynarah Turley x2
T/B  Kamini Singh T/F  Priya Devaraj x2
T/F  Leah Power x 2 T/F  Dylan Archer x2
1/2S Annie-Mae Rizaldo T/1B  Hamish Ross
2J  Jennifer Keightley 1/2S  Dakota Krygger
3/W Bryce Campbell-Bann 2J  Campbell Walker-Manning
3/4B Jack Gath 4M  Daniel Ross
5R  Josed Labayo x 2 5R  Angela Paesel
3/4B Abigail Tidalgo 5/6S  Jacob Egan
5/6S Branson Martin 5/6S  Jordan Omsby x 2
5R  Angelina Hunter 5R  Pania Walker-Manning x 3
5R  Shaun Wright 5/R  Denzel Nona x 2
5/6S Danielle Sinclair-Mason 5/6S  Chaquira Jones x 3
5/6S Ngametua Aukino 5/6S  Kaylan Pratt

EARLY YEARS STUDENTS OF THE WEEK AWARDS

TB  Thomas Caldas-Viegas  Kirrah Sohn
TF  Rebel Rodgers  Crystal Giles
T/1B Lateesha Dunn-Richards  Hamish Ross
1/2L Tyra Fraser  Daniel Nelamalli
1/2S Akayla Higgins  Alexandra Alvarez
2J  Mataira Aukino  Brock Proosdy

PRIMARY STUDENTS OF THE WEEK AWARDS

3W  Kobi Williams  PrinceChiapco
3/4B Hayley Pratt  Alissa McMah-Garling
5R  Tahlia Carroll  Andrew Simoes
5/6S AJ Richards  Chaquira Jones
5/6B Clarence Baird  Jason Dean
**CHRISTMAS RAFFLE**

WE ARE RUNNING our Christmas Hamper raffle again this year. The raffle will be drawn during the last week of school. We are asking for donations of items suitable for the hampers, and hope each family will support us to make up wonderful hamper prizes. Please treat the table below as a suggestion only; all donations will be greatly appreciated. Donations can be given to the class teacher or left at the front office.

<table>
<thead>
<tr>
<th>Presch</th>
<th>Crafty items - stickers, glue, tape, colour pencils, colouring in books, simple craft activities, books, play-dough</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tran</td>
<td>Christmas Items - bauble, tinsel, cellophane, Christmas paper, shiny things stocking fillers.</td>
</tr>
<tr>
<td>Year 1</td>
<td>Around the house - cleaning stuff, sponges, detergent, toilet paper, paper towel, tea towels.</td>
</tr>
<tr>
<td>Year 2</td>
<td>Packets - biscuits, rice crackers, popcorn, cereal, flour, sugar, cake mix, nuts, dried fruit.</td>
</tr>
<tr>
<td>Year 3</td>
<td>Personal care - toothpaste, soap, band-aids, dental floss, sunscreen, deodorant.</td>
</tr>
<tr>
<td>Year 4</td>
<td>Cans - baked beans, spaghetti, veggies, fruit, pet food, spreads, tuna.</td>
</tr>
<tr>
<td>Year 5</td>
<td>Long-life items - Rice, pasta, 2 minute noodles, soup, gravy mix, casserole mix.</td>
</tr>
<tr>
<td>Year 6</td>
<td>Treats - chocolate, sweets, jellybeans, peppers, juice, chips</td>
</tr>
</tbody>
</table>

**NEW After School & Vacation Care SERVICE**

**OPENED—Mon 07 Oct 2013**

Together with the Outside School Care NT—Gray Primary School will offer its own on-site afterschool and vacation care services from the start of the new term (subject to regulatory approvals)

**WHAT IS OFFERED?**

High quality after school care program and snack menu from 2.30pm—6.00pm each school day.

Vacation care from 7.30am—6.00pm through the school holidays.

**HOW DO I ENROL MY CHILDREN?**

Pick up an Enrolment Pack from reception or download from the Website: www.outsideschoolcare.com

OR CALL JANET on 049994158 or JADE on 0409976228

OR email : Gray@outsideschoolcare.com.au

**WHAT DOES IT COST?**

From less than $9.00 per day depending upon your CCB/CCR entitlements. Full session daily fee is $23 - but every family will be entitled to discounts and CCB/CCR credits.

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**SCHOLASTIC BOOK CLUB~ISSUE 8**

Due Date Friday 22nd Nov. Wk 7

Last issue for 2013

Please ensure the student’s name and class is clearly written on the order form AND the correct money is enclosed and forms sent to the Library.

Thank you to all students, staff and the school community for the wonderful support you have given the Book Club throughout the year. Because of this support we have gained some amazing books which now call Gray Primary School Library, home!

“I have always imagined that Paradise will be a kind of library.”

— Jorge Luis Borges

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**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
SCHOOL UNIFORMS

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.”

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shorts</td>
<td>$12.50</td>
</tr>
<tr>
<td>Hats</td>
<td>$10.00</td>
</tr>
<tr>
<td>Shirts</td>
<td>$25.00</td>
</tr>
</tbody>
</table>

Enjoy Breakfast with:

- Somerville Community Services on Wednesday 23rd October
- The Smith Family on Wednesday 30th October
- Healthy Palmerston on Wednesday 6th November
- Good Beginnings on Wednesday 13th November
- Early Childhood Australia on Wednesday 20th November
- FAST – Families and Schools Together on Wednesday 27th November
- COPAL - City of Palmerston on Wednesday 4th December

<table>
<thead>
<tr>
<th>Breakfast Options</th>
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<tbody>
<tr>
<td>Toasted bacon and egg sandwich</td>
</tr>
<tr>
<td>Pancakes with berries and cream</td>
</tr>
<tr>
<td>Fruit smoothies and fresh tropical fruit</td>
</tr>
<tr>
<td>Scrambled eggs, grilled tomatoes and mushrooms on toast</td>
</tr>
<tr>
<td>Bacon, egg and cheese muffins</td>
</tr>
<tr>
<td>French toast with a twist</td>
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<tr>
<td>Fresh fruit compote with yoghurt and honey</td>
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</tbody>
</table>

Contact the Family Centre for further information.
No/Low Cost Play Therapy Sessions

Behavioural Change by Christmas!

Play Therapy Sessions at low or "No" cost* are available:

Session fees between $0, $40 and $80* pending on student experience.

Josephine Downs.

Senior practitioner rates are $150.00

Level 2, Suite 4,

59 Smith Street, Darwin

www.playtherapy.com.au

Phone 0411 118 620
Email: jodowns@playtherapy.com.au

*All students have allied health, undergraduate degrees. And have completed Play Therapy Training and 100 pro bono hours of Play Therapy. This does not mean that all client sessions are at these rates. Initial interviews and follow up parent appointments will incur the $150 fee. At that appointment it will be assessed if the level of therapeutic support required can be undertaken by a student and therefore at no or low cost to the client/family. Details as at Oct, 2013.
Why consistency improves kids’ behaviour

One of the simplest ways to improve a child’s behaviour is to be more consistent.

Consistency is often sacrificed by busy parents and put in the ‘too-hard basket’. When parents are tired, stretched and overworked the last thing we want to do is engage in a battle with a strong-willed child over what are sometimes petty issues. Besides, consistency can make a well-meaning parent who values relationships feel downright awful.

But giving in rather than holding your ground is not a smart long-term strategy. If you give in occasionally kids will learn that if they push hard enough, or give that winning smile, you will eventually give in. Consistency is about being strong. It takes some backbone to be consistent.

Here are some ideas to help you be consistent with your kids:

1. Focus on priority behaviours. It’s difficult to be consistent with every single misbehaviour, but it’s easy to focus on one or two. When you are consistent with one or two priority behaviours it has a positive impact on other behaviours.

2. Give yourself a tangible reminder about the behaviour you want to follow up. Leave a note somewhere telling yourself that you need to “Walk away when a child whines. Don’t give in.” Or “Catch your kids doing the right thing when they resolve a problem without arguing.”

3. Check your routines. Make sure you have simple routines for troublesome times of the day such as bedtime or mealtimes.

4. Act rather than overtalk or repeat yourself when kids misbehave. Sometimes it’s really inconvenient to set a consequence, as you may have to battle a tantrum that follows. But the stand-firm approach pays off in the long-term as kids learn eventually that you mean what you say, and say what you mean. That’s what firm, consistent discipline requires.

5. Agree to a joint position with your partner about a range of parenting issues such as discipline methods, going out, the use of technology, alcohol, sexuality and other important areas.

For more practical ideas to help you raise happy confident kids subscribe to Happy Kids, Michael’s free email newsletter at Parentingideas.com.au. You’ll get a free Chores & Responsibilities Guide when you do.