Dear Parents, Carers and Grandparents,

Welcome to Term Two for this year and we hope we will have a wonderful term full of exciting learning and events.

In Term One our students focused on what makes a good learning zone. You will have read some of their answers in the newsletter throughout the term. Once students understand the concept of what makes a good learning zone they tend to want to learn and put in the effort to learn. It is great if parents can reinforce these messages at home.

This term our Year 5’s and Year 6 will be going on camp and they will also be fundraising for the Year 6 graduation at the end of the year. We will also celebrate our Twilight Sports Night on Thursday 20th June so please put that date aside. Our Parent Yarns will recommence this term and we will give you plenty of notice about when these are happening. Kylie Grainger and her team will be busy preparing for the Families and Schools Together Program (FAST). This is a wonderful family program that supports and empowers parents to be in charge in their family and supports children to honor their parents. If you would like to be a part of this years program please see Kylie immediately as places fill up very quickly.

A child’s success at school very much depends on the partnership between the school and the family. Children need to have a good nights sleep—at least 9 hours per night—a healthy breakfast, recess and lunch—and a family that encourages them to always try their very best in a respectful manner. The school works to bring out the very best in their academic ability and their social skills. The child knows when the school and the family are working together as they constantly hear supportive conversation about school and home. We appreciate parents working with us to ensure that your child reaches their full potential. Our vision is to see all our students working at their full capacity and achieving their very best in all they do. I am sure your dream is similar.

Have a wonderful week.
Sue Beynon, Principal and Sharon Chin, Assistant Principal

WHAT’S HAPPENING

Year 5/6 Fundraising BBQ at Coolalinga - Saturday April 20th
Anzac Day Assembly - Wednesday April 24th
5/6 Camp - 1st—3rd May

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.graysch@ntschools.net
www.www.grayprimary.nt.edu.au

Every Child, Every Day - improving student enrolment, attendance and participation is everybody’s responsibility and everyone’s business.
FREE DENTAL CLINIC FOR STUDENTS
Reminder
All students are eligible for free check ups and treatment.
Where: Moulden Primary School
When: Monday, Tuesday, Wednesday
Contact: Jo— 89323494

WHAT A GOOD LEARNING ZONE LOOKS LIKE TO SOME OF THE STUDENTS IN TRANSITION/BLUME

- Helping other people
- We listen
- Look at the teacher 5L’s
- Being friends with other people when they get hurt
- Be brave/confident
- Keep trying
- Ignore others and tell the teacher
- Ignore people on the mat and at our tables
- Use quiet voices
- Hands, feet and objects to yourself
- No hurting
- Keep writing
- Stay on task
- Be good

The Woolworths Earn & Learn program is back!
This community program enables Gray School to earn educational resources simply through the school community shopping at Woolworths.

Last year, the program provided 720,000 pieces of educational equipment to more than 12,500 schools and early learning centres. Schools selected from thousands of different items through our program, highlighting how each school’s needs are different and how critical a breadth of range is.

From Monday 8th April until Sunday 9th June 2013, when you shop at Woolworths you will be given a Woolworths Earn & Learn Point. There’ll be one Woolworths Earn & Learn Point for every $10 spent, excluding cigarettes, liquor and gift cards.

Collect these Woolworths Earn & Learn Points and our school school will be able to redeem these for educational resources.

The Woolworths Earn & Learn program offers products to suit students of all ages. Gray School will choose resources based on our needs, across every educational category possible, including mathematics and English resources, science equipment, arts & crafts materials, sports gear and more.

Keep up to date with 'what’s on' at Gray through
http://www.grayprimary.nt.edu.au/
Mothers and Others Day Stall

The perfect gift for Mum this Mothers Day can be found at our stall on Thursday 9th May in the Library.

All gifts between 50 cents and $10. Candles, Jewelry, Charms, Flowers, Chocolates and much more.

Younger students are encouraged to bring their money in a sealed envelope or zip lock bag.

Donations Needed

Mothers and Others Day

The Gray Primary School Councils 'Mothers and Others Day craft Sale' is a popular event at school and we rely on parent support to provide the goodies. We are calling on all our crafty mums, dads, grandmas etc to get busy with small items and cards suitable for children to buy their mums.

For those of you not so crafty (like me!) we are looking for donations such as jars, soaps, individually wrapped chocolates and lollies, coffee sticks, candles, potted plants, essential oils, bath salts, washers etc which can be packaged up for gifts. These can be left at the office or given to your child’s classroom teacher.

Thank you for your support

PLANNING HEALTHY LUNCHBOX SNACKS

MAKE IT A FRESH SNACK - IT WON'T COST THE EARTH...

Litter-free lunchbox snacks don’t leave any rubbish behind so they’re great for the environment and great for healthy kids!

The top unpackaged lunchbox snacks for kids are:

> Plain popcorn (for school age children only) packed in a recyclable paper bag.
> Fruits in their own edible wrapper like apples, nectarines, plums and peaches.
> Fruit to peel like banana, pineapple, rockmelon and watermelon
> Vegies in their own wrapper – wash thoroughly and cut into sticks for kids to crunch. Serve up carrots, celery and capsicum served with a tasty dip or cubes of reduced-fat cheese.
> Reduced-fat yoghurt packed in a reusable container.
> Pieces of reduced-fat cheese and grainy crackers packed in a mini snack box that can be washed and reused.
> Homemade mini fruit muffin wrapped in greaseproof paper.
JUNIOR ORIENTEERING PROGRAM

Do you like the great outdoors? Do you enjoy solving problems? Do you like to know where you are? Are you between 10 - 14 years old?

Then come and join the Top End Orienteers Junior Program for all this and more.

The program is aimed at 10-14 year olds and will introduce and develop orienteering skills such as map interpretation, map orientation, use of the compass and following a set route.

It will run during Term 2 on Wednesday afternoons from 3.15 - 5.15 pm at the following locations:

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Date</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>24 April</td>
<td>Jiggi Water Gardens</td>
<td>5 May</td>
<td>Jiggi</td>
</tr>
<tr>
<td>1 May</td>
<td>East Point</td>
<td>8 May</td>
<td>Holmes Jungle</td>
</tr>
<tr>
<td>8 May</td>
<td>East Point</td>
<td>15 May</td>
<td>Holmes Jungle</td>
</tr>
<tr>
<td>15 May</td>
<td>Holmes Jungle</td>
<td>22 May</td>
<td>Charles Darwin NP</td>
</tr>
<tr>
<td>22 May</td>
<td>Charles Darwin NP</td>
<td>29 May</td>
<td>Charles Darwin NP</td>
</tr>
<tr>
<td>29 May</td>
<td>Charles Darwin NP</td>
<td>5 June</td>
<td>Casuarina Coastal Reserve</td>
</tr>
<tr>
<td>5 June</td>
<td>Casuarina Coastal Reserve</td>
<td>12 June</td>
<td>Holmes Jungle</td>
</tr>
<tr>
<td>12 June</td>
<td>Holmes Jungle</td>
<td>19 June</td>
<td>Holmes Jungle</td>
</tr>
<tr>
<td>19 June</td>
<td>Holmes Jungle</td>
<td>26 May</td>
<td>Mitchell Creek</td>
</tr>
<tr>
<td>26 May</td>
<td>Mitchell Creek</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Sunday club event - all welcome (fee applies)

- A camp is planned in the June holidays break to further consolidate skills, and there are many opportunities at Sunday club events throughout the year to put your skills into practice.

- The program is free for members of Top End Orienteers, or $12 for non-members (which covers membership). You can also choose to use your Junior Sports Voucher (covers membership plus event fees for all 2013 club events as well as a free safety whistle).

- For more information contact Sue Berze at suthberze@ hotmail.com or phone 08 8921 5841 or 0401 57964.

---

Palmerston Markets
Opening Night
Friday 26th April
FREE FAMILY FUN
www.palmerstonmarkets.org.au

---

Palmerston Tennis Pro
Call Head Coach Daniel Parker for more info
0434 554766

A variety of lessons
* First Timers to Advanced Players
* Group sessions or Private lessons
* All ages welcome

Session times range between:
Monday 3.00pm - 7.00pm
Tuesday 3.00pm - 7.00pm
Wednesday 3.00pm - 7.00pm
Thursday Private lessons available
Friday 3.00pm - 7.00pm
Saturday 8.00am - 1.00pm

Located in Fairway Waters
next to Durack Primary School.
Please don’t hesitate to contact head coach Daniel Parker for more information.

---

Our Lady Help of Christians Parish
Palmerston

FIRST COMMUNION CLASSES

Dear Brothers and Sisters

The Peace of the Risen Lord be with You

The Classes for First Communion begin this Sunday 21st April 2013
They will be held at the church on the corner of Emery Ave and Harrison Circuit every Sunday
8am or 5pm until June 16 2013
Year 3 or older

Father Tom
Coping skills (resilience)

Helping children build inner strength to cope with the ‘ups and downs’ of growing up is one of the best things parents can do.

Having the confidence and skills to face, overcome or even be strengthened by hardship is a powerful thing to teach them.

Researchers have looked at what helps some people to manage difficult times when others don’t cope well. This Parent Easy Guide looks at the things that can be stressful for children, because the first step towards coping is to try to protect children from major stresses where possible. It also looks at the things that we know will help build all children’s strengths — whether they have big stresses or not.

This PEG uses ‘he’ and ‘she’ in turn. Change to suit your child’s sex.

What is resilience?

Resilience is a person’s ability to cope with living in spite of stresses. It’s about coping with problems, and building strengths that protect and promote well-being. If children have a lot of adverse things happening in their lives, there will always be some effect on their well-being, but we now know much more about the things that can help protect them.

In any group of children who have faced big challenges or problems, there are some who grow up able to cope with living and caring for themselves and others who have long-term difficulties.

We cannot always prevent things going wrong for our children, but we can help them build strengths so that they are more able to successfully face challenges and setbacks. Some people not only face and overcome difficulties, they can even be strengthened by it.

What children need to build resilience

Resilience is built on three main building blocks:

1. I CAN — make a difference. I CAN:
   - talk to others about things that frighten or bother me
   - find someone to help me when I need it
   - find ways to solve problems
   - control myself when needed.

2. I AM — a worthwhile person. I AM:
   - loved and lovable
   - happy to do nice things for others and show I care
   - respected by others and myself
   - willing to be responsible for what I do.

3. I HAVE — people around who I trust and who love and support me. They:
   - show me how to do things right
   - want me to learn to do things on my own
   - help me when I am sick or in trouble
   - will keep me safe.

Children also need:

- families (in all the many forms)
- supervision, limit setting and support
- to make a contribution
- to feel they can succeed
- to feel good about themselves
- to try new things
- to feel included and appreciated
- other people for support
- to feel they can count on you
- a sense of optimism
- people they can look up to
- to learn to persist
- a sense of humour

Helping parents be their best

Some things that are stressful for children

Here are some of the bigger life events that are stressful:

- Birth injury or being very small at birth
- Parents (or others close to them) are ill or die
- Disability — their own, another child in the family or a parent
- Family break-up — separation or divorce
- A new baby being born where the baby is very young (under two)
- If parents see child as ‘difficult’
- Parents fighting or violence in the home
- Abuse — physical, sexual, emotional or neglect
- Too many changes in a child’s life, eg schools, teachers, where they live and who care for them
- Car accidents
- Catastrophes — events like bushfires, floods, war

What parents can do

Help children feel they are loved and belong

One of the most important things is a sense of belonging. The first year is especially important. From the start babies need to know that someone cares for them and will always be there for them. These can be people mother and father, a grandparent or another reliable person who cares for them a lot. Becoming attached to another person besides the parent does not mean that children will be less attached to their parents. In fact it is the opposite. When children learn to belong in this way it gives them the ability to make attachments, trust others and be able to form relationships with other people in their life. If parents are sick or not available for some reason, having someone else is very important for a child’s healthy development.

Allow comforters

Comforters such as dolls, blankets or special toys can help young children to cope with stresses in the early years. They need them most in new situations or separations from parents, such as bedtimes or when they go to childcare. Usually they are ready to give them up by the time they are three or four, but not always. If your child needs a comforter a lot of the time he or she may need something else going on in his life that is worrying him.

Support your child’s self-esteem

Children need to feel good about themselves. They learn self-esteem from birth, even before they know who they are. They learn it because someone is there for them and comes when they cry, comforts when they are lonely and responds to their little noises. When a baby makes little noises and a parent copies and makes the noises back, it says to the baby that she has been heard and noticed. All this helps to develop her self-esteem. In childhood and adolescence, children need to feel that they are loved because of who they are (not just when they have done something that pleases the parent).

They need to feel they have place in the family — and that they will be missed if they are away and they have a part in what needs to be done, eg family chores.

They need you to:
- spend time with them
- support their interests
- show you care — with actions and words
- show you are interested in what they have to say — even when you don’t agree

Build your child’s self control

Children need to develop a sense of being able to manage things for themselves, as they grow. They can start learning this from babyhood. There are lots of ways that you can teach them this kind of confidence.

- Attend to your baby’s needs and respond to his cries and little noises.
- Smile and clap when your baby does something for himself.
- Allow your toddler to try (as he feels good about managing new things and says ‘no’ (within reasonable limits).
- Show delight in what your child is learning.
- Help him to learn to do things for himself instead of you always having the answers.
- Give your child choices and then be prepared to let him have his choice.
- Ask your child’s opinion about things that are done with him (you do not always have to do what he says but help him to feel that he has some say).
- Start to teach him to solve his own problems. For example, if two children quarrel you can get them to listen to each other’s feelings. Then ask them to think about what they could do to try and fix the problem. They might need some ideas or help to get started.
- Give approval and encouragement for trying new things and for getting something right, even if your child doesn’t get it all right at first. For example, if your daughter is learning to put her shoes on and she gets them on the wrong feet, you can tell her that you are pleased that she has tried and managed to get them on. Then you can help her with the next step of getting it right.
- Give children lots of time to do what they do well. It is tempting to keep them practising what they aren’t so good at, and maybe this is necessary, but they also need time to succeed.
- Give them opportunities to learn new skills.
- Provide encouragement to attempt difficult tasks, and respond positively to your child’s mistakes. This teaches your child how to handle challenges better next time.
- For example, ‘That’s okay, let’s work it out what to do if it happens again.’
- As children get older give them responsibility for doing things for themselves, eg work out how to spend pocket money, prepare a meal, shop for themselves (within reason). Be prepared for them not to do it the way you would — and for them to make mistakes.
Protect your child from adult problems
If you’re having troubles with your child’s other parent make an effort to keep your child out of adult business. Help your child to see it is not her fault (children often believe it is). She also needs to know that whatever happens somebody will be there for her. You might want to find another caring adult such as a grandparent to support her while you are feeling very stressed.

Find outside support for your child
Children often do better when life gets difficult if they have some support from people apart from their parents. It could be a grandparent, relative, family friend or teacher. As children get older their own close friends can provide some of this support.

Get support for yourself
Sometimes things go wrong between parents and children. Parents and babies can have a tough start to life for all sorts of reasons. It is important to try to get things sorted out whatever your child’s age. This may mean you need to get support from a professional who has special skills in this area. The effort put in early will pay off in the long run.

Belong to a spiritual community
This can provide support, friendship, meaning and purpose to life.

Have family rituals to celebrate events and daily routines
The little special things you do every day and on special occasions can help build a sense of inner security. The family routines and rituals are powerful organisers of family life that offer stability in times of stress or when families are in trouble. Special rituals are about how you celebrate special occasions, eg birthdays, name days, family reunions, Christmas. These can include the day your child was adopted, started school or got a job, or your family became a step-family.

Daily routines can be, for example:
> tucking your child into bed and kissing her goodnight
> how you say goodbye in the morning
> something special that you do when your child gets home from school
> what you do when having a meal together.

Reminder:
- Children should feel loved and lovable, be respectful and responsible and know to whom they can turn in times of need.
- Children should see mistakes as a basis for learning – too much protection from disappointment and failure may not give children the chance to learn how to deal with their mistakes or difficult situations.

Contacts
Parent Helpline: Tel 1300 364 100
24 hours a day, 7 days a week for advice on child health and parenting
Child and Family Health Centre: Tel 1300 773 606
9am-4:30pm, Monday to Friday to make an appointment at your local Centre
Kids Helpline: Tel 1800 551 800
Youth Healthline: Tel 1300 131 710
Flinders University Psychology Clinic
Tel (08) 8201 2418

Websites
www.parenting.sa.gov.au
For other Parent Easy Guides including: Self-esteem, Optimism, Family that work well, Living with babies, Flight from the start, Living with toddlers, Living with teens
www.cyh.com
For parenting and child health information
www.resilency.com
www.resinstau.edu
For information for helping children and families overcome adversities

For more information
Parent Helpline 1300 364 100
Parenting SA
Children, Youth and Women's Health Service
Telephone (08) 8201 1660
Internet: www.parenting.sa.gov.au
Revised 07/10
Parent Easy Guides are free in South Australia
© Department of Health, Government of South Australia. All rights reserved. Printed by 2010.

Parenting SA
Helping parents be their best