Dear Parents, Carers and Grandparents

Resilience is one of our student values and is displayed on our keys around the school. Resilience refers to psychological hardiness and a person’s ability to deal with life’s knocks and setbacks. Resilient students accept that life has some disappointments and they bounce back quickly from social and friendship issues, when they don’t get their own way, when they are disciplined at school and at home, when things don’t come easy. Resilience is a mixture of attitude, skills and abilities and character. Some children are born naturally determined and spirited. These students tend to not catastrophise when things go wrong. They are optimistic about themselves, others and the future. Some children are born optimistic but most pick up their optimism from significant adults in their environments. Resilient children are also independent and good problem-solvers. Parents can develop these skills of independence by giving them opportunities to resolve some of their own issues. Overprotection robs children of opportunities to develop resilience. Having chores at home and responsibilities to look after themselves and their belongings is some ways children can build up their resilience. Social competence is an attribute resilient children have in common. They are able to mix well with others. Once again parents can support children to develop social competence by providing them with opportunities to interact with others and teaching and modeling appropriate behaviours to the children. At school we have the catastrophe scale where we teach students to put the issue on the scale from 1 (it is not that bad) to 10 (it is the worst thing that can happen). We also teach students to decide if the issue is “an ant” problem (a small problem) or “an elephant” problem (a big problem that needs adult intervention). These are life skills for our students. We can all promote a lasting sense of resilience in our students by:

- Having a positive attitude yourself – modeling a “you can do it” attitude.
- Looking for teachable moments where you can model appropriate attitudes and behaviours.
- Making children active participants in the family and the classroom – valuing them.
- Building children’s coping skills – is it an ant or an elephant problem, where does it fit on the catastrophe scale?

Have a wonderful week.

Sue Beynon, Principal and Sharon Chin, AP

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

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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.”

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Every Child, Every Day – improving student enrolment, attendance and participation is everybody’s responsibility and everyone’s business.
Gray Primary School would like to say a huge thank you to Michelle and Simon Ormsby and all the parents and students that volunteered their time at the fundraiser BBQ at Coolalinga.

**FREE DENTAL CLINIC FOR STUDENTS**

Reminder
All students are eligible for free check ups and treatment.
Where: Mouleden Primary School
When: Monday, Tuesday, Wednesday
Contact: Jo – 89323494

**FREE DRESS DAY**

Outback theme
Friday 17th May
( Gold coin donation )
Money raised on the day will go towards SRC

**WHAT A GOOD LEARNING ZONE LOOKS LIKE TO SOME OF THE STUDENTS TO STUDENTS IN T/FAWCETT**

Happy, good, eat my food sitting down
Rebel

Sitting on the mat, sharing, playing nicely, getting along
Leah

Staying still, being confident, keeping hands in your lap, putting your hand up
Cynarah

Listening to the teacher and getting along, got to get a sticker to be on task
Nicole

I’m colouring in, sit and hands in your lap
William B

Sitting on the mat, hands in your lap, watch and listen
William N

Nice, everyone sitting, ask by putting your hand up
Cnyilya

Scholastic Book Club
Due Date for Issue 3 - Scholastic Book Club – Friday 3rd May
Book Club 2013 has started with Issue 3 coming home this week.
Please return your order by the due date above.
Please ensure the student’s name and class is written clearly on the order form and is sent with the money.
All orders and money are to be taken to the Library.
Thank you – Sue Fisher – Library

We raised $1129.00!
Anzac Day Assembly

Last Wednesday 24th April 5/6 Stewart ran a fantastic ANZAC assembly! We gathered to remember all of those men and women who served our land and are still defending our country today. We sang two beautiful songs called, Australia Remembers and Lest We Forget. The main reason we celebrate ANZAC day is because we remember the Australia and New Zealand troops that landed at Gallipoli. We would like to give a big thanks to Sgt Paul Gray for coming to our assembly and talking with us. We would also like to thank all those parents, students and teachers for attending our special ceremony.

Chaquira Jones & Jack Akers - 5/6 Stewart
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

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 Childs 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)

All Good Beginnings programs are provided free of charge

For more information please contact the office on 0889327022 Mobile 0417200170

TRY THIS WEEK’S TASTY LUNCH BOX TREATS

- Place yoghurt in a plastic container with a spill proof lid. This is delicious served with sliced fresh fruits, a little muesli or nuts (check if the school allergy policy allows nuts).
- Pocket pita bread filled with chicken, avocado & salad or your favorite sandwich filling.
- Try scones, pikelets, mini muffins, fruit buns or fruit bread, rice crackers or unsalted natural popcorn as a snack.
- A small bag or container of a healthy breakfast cereal (dry) can be a great snack to munch on.
- Bread is a great lunch box basic. Try to vary the bread now and then, for example try, wholemeal, rye, pita, bagel, a wrap or a roll.
Family Yarn—Learning Together
Come and join us for a fun small group workshop
Parents learn about helping your children with school
Wednesday 15 May 2013
6.00—7.30pm
Gray Primary School
Staff Room

Child-minding
Delicious food
Fun activities
Transport available
Everyone welcome

“Everyone had a say about the topic and everyone’s voice was heard.” Parent Yarn 2012

Contact: Kylie Grainger
8932 1700 or 0412 465 071

Funded by the Commonwealth Department of Employment, Education and Workplace Relations

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Funded by the Commonwealth Department of Employment, Education and Workplace Relations

From Monday 8th April for every $10 spent at Woolworths you will receive 1 Woolworths Earn & Learn Point.
Offer ends 9th June, 2013.
Please start collecting your stickers from Woolies.
We have a Earn & Learn collection point at the Front Office please drop off your stickers and/or sheets.
Thankyou

JUNIOR ORIENTEERING PROGRAM
Then come and join the Top End Orienters 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’s running during Term 3 on Wednesday afternoons from 3.15 - 4.15 pm at the following locations:

<table>
<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td>24 Apr</td>
<td>Jingili Water Gardens</td>
<td>5 May</td>
<td>Jingili</td>
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<tr>
<td>1 May</td>
<td>East Point</td>
<td>8 May</td>
<td>East Point</td>
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<tr>
<td>15 May</td>
<td>Darwin</td>
<td>18 May</td>
<td>Richmond</td>
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<td>22 May</td>
<td>Charles Darwin Reserve</td>
<td>21 June</td>
<td>Charles Darwin Reserve</td>
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<tr>
<td>28 May</td>
<td>Katherine</td>
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<td>3 June</td>
<td>Katherine Central</td>
<td>30 June</td>
<td>Katherine Central</td>
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</tbody>
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Sunday club event — all welcome (no entry)
- A camp is planned in the June holiday 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 Orienters, or $25 for non-members (junior members membership) You can also choose to use your Junior Sports Voucher (gives membership to club event fees for all 2013 club events as well as a free safety whistle)

For more information contact Sue Suttle on 08 8913 5042 or 0411 576664.
Families that work well

Parent easy guide 36

Parenting SA

The family that children grow up in is one of the most important parts of their life. It has a big impact on how well they will cope with life. A loving, caring family can help create a happy child with good self-esteem, but an unhappy family can lead to low self-esteem and a range of problems for children.

It’s important that families have ways of doing things that make family life easy and happy. Here are some ideas for helping your family to work well.

This PEG uses ‘he’ and ‘she’ in turn.

Change to suit your child’s sex.

Make time for talking and listening

> Make time to talk to all family members as often as you can.
> Talk about what each person has done for the day. Talk about each other’s interests – be excited and encouraging.
> Make it possible for family members to express a wide range of feelings such as joy, excitement, anger and fear – as long as they do it in a way that is safe for everyone.
> Listen to what children say. Be sure you understand what they are thinking and feeling behind the words.
> Put ‘down’ messages, threats, interrogation and blame can make children feel bad or hopeless.
> Couple need to spend quality time together without the children so they can support each other. When couples work well together, this flows on to the whole family and children feel secure and happy.

Make family time

> Plan time together to talk about things that affect the whole family, including children. Maybe have family meetings would be useful.
> Make time to spend together as a family – even simple outings to the beach or park will help.
> Have meals together if you can, without TV or phone calls. If it is difficult in a busy life, try having a regular family meal together, say once a week.
> Have fun together as a family – play cards or games, go camping, play sport, or share hobbies. Family holidays often create important special memories for children – make them enjoyable for the whole family.

> Be affectionate, caring and kind
> Everyone in the family will feel good when they’re encouraged and appreciated.
> Let your children know that you love them. Tell them all the things you like and love about them. It will make them feel proud.
> Show affection, give hugs, be thoughtful and kind.

Accept the differences in each person

> Let it be known that each family member is special in their own way – whatever their differences.
> Don’t pressure children to be the same as each other or to hide their differences. Let them feel proud to be themselves.
> Allow each person to be excited about their own interests – show respect and tolerance.
> No one should be left out or made to feel the odd one out in a family.

Share the power and the chores

> Let all family members, including children have a real say in what happens in the family – it’s important people feel listened to and valued.
> Use adult power wisely. Try to use humour and encouragement in your parenting, not punishment or threats. An ongoing fight for control is not helpful to children. The use of violence or intimidation is destructive and makes family members unhappy.

> Share the chores among family members. Work out the jobs each of you will do – cooking, clearing, washing, gardening. Couples who support each other around the house help the family run smoothly.
> Help children at an early age to take on chores that they are able to do. Young children might help you set the table for meals, or prepare food. As they get older, they can have more responsibility and be allowed to have more say in their life.
> Have daily routines in the family. This helps children feel secure.

Keep in touch with friends and family

> The more a family is linked with others the more likely they will be to overcome problems.
> Make the effort to catch up with family and friends often, invite them to your home, visit theirs or meet somewhere. Celebrating special occasions such as birthdays is a chance to do this.
> Having friends and people outside to turn to when things get tough will help you and your child.
> Share day to day problems with family, neighbours or the parents of your child’s friends if you think it may help.

Commitment

> Make the wellbeing of your family a priority. Sometimes work can overtake family life, and children can miss out on time with their parents.
> Be loyal to your family – stick up for each other.
> Pull together to solve problems when there is trouble.

Family rituals and traditions

The little things you do each day and on special occasions help to build your family. Daily rituals can be how you say goodbye, what you do at mealtimes and bedtime. Families benefit from celebrating special times together (e.g. birthdays, anniversaries, Christmas and Name Days) and by having traditions about how this is done.

Spiritual values and beliefs

Many families have spiritual beliefs which give meaning and direction to daily life. They can also add strength and hope in hard times. Attending cultural or religious services and events can help the family bond together and feel part of a bigger community.

Resilience

Strong families have a positive attitude and know they will help each other when things are tough.

Reminders

> Create a safe place for talking, listening and expressing feelings.
> Value the differences in each family member.
> Be quick with praise and slow with criticism.
> Share power promotes trust and caring.
> Develop friendships for support and be part of a community.
> Make time to be together and celebrate important occasions.
> Hold on to your beliefs.

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 Centres: Tel 1300 733 606
8am-4:30pm, Monday to Friday to make an appointment at your local Centre.

Websites

www.parenting.sa.gov.au
For other Parent Easy Guides
www.cyh.com
For parenting and child health information
www.raisingchildren.net.au
Information and resources on raising children
www.familyrelationships.gov.au
Family Relationships Online has information on issues ranging from building better relationships to dispute resolution.

Helping parents be their best