Dear Parents, Carers and Grandparents

This week is book week where students can go and view books in the Library that they are able to buy at a greatly reduced rate. This is a great way to encourage your children to read more. On Friday students and staff will dress up in the “Space” theme to celebrate book week. Parents are invited to come along to the whole school assembly on Friday.

Resilience is one of our keys and it is a very important life skill. Children are much more likely to bounce back from a negative experience if they already have the building blocks in place to help them cope. Research shows children are more likely to develop coping skills if they: trust that the world is safe and caring people will help them; believe in their own ability to do things for themselves; feel valued for who they are; feel optimistic about their future and can manage their own feelings, thoughts and behaviours. Listed below are some ideas that you can use to help bolster your child’s ability to deal with emotionally-draining situations.

- Arrange a fun, child friendly activity each week where you spend that special time with your child/ren. Regular “ups” provide a bank of positive emotions that will buffer the “downs” that may involve disappointment or conflict.
- Help your child/ren to think positively. If your child is frustrated by a difficult puzzle, help them out and offer some suggestions and lots of encouragement. Talk about how it is good to keep trying until you get the pieces in the right places.
- When you have a disagreement with your child/ren, the most important thing to do is to reconnect the relationship. Let them cool down then offer a hug or words of support and love. This is good for their mental health as well as their ability to deal with relationship problems as they get older.

All of these hints will build your child/ren resilience so they are able to roll with the normal “ups” and “downs” of life.

We were very excited to have ex Olympian Desmond Abbott revisit his primary school last week. Des was able to motivate the students to achieve their best at school, respect each other and the staff and come to school every day. The students really enjoyed his hockey clinic also.

Remember Friday 30th is Blokes Big Masterchef Breakfast at 7.30am at Gray School hall.

Have a wonderful week.

Sue Beynon (Principal) Sharon Chin (Assistant Principal)
5..4..3..2..1..BLAST OFF...
........ WE HAVE LIFT OFF
........

‘READING ACROSS THE UNIVERSE’ Take Me to Your Reader

BOOK FAIR
CLASSES HAVE LOOKED AT THE BOOKS ON DISPLAY AND FILLED OUT THEIR WISH LISTS
AND NOW THE BOOKS ARE ON SALE - THURSDAY AND FRIDAY

Everyone is welcome to come along and browse at the fantastic range of books.

The past few weeks have been a blast as we’ve prepared for our Book Fair. Students have made rocket ships and astronauts for our book fair display and along the way learnt about our Solar System and the amazing Universe.

FRIDAY DRESS UP DAY

Costume ideas – spaceman/astronauts, aliens, Star Wars characters, Star Trek characters, Jetsons characters, rockets, planets, stars, moons space monsters, Men in Black, Avatar etc. or come along as your favourite book character.

...SEE YOU AT THE ASSEMBLY...

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.

Rock for the gas export pipeline will be moved by road trains from the Mt Bundy quarry to East Arm Wharf, travelling along the Arnhem and Stuart highways. The vehicles will operate from Monday to Saturday, performing about 18 round trips each day for approximately 73 weeks. The vehicles will move through the communities of Humpty Doo, Coolalinga and Palmerston.

After the opening of the first stage of the Howard Springs Accommodation Village on Howards Springs Road, about 24 buses will be deployed to transport workers to-and-from Blaydin Point. The buses will largely skirt Palmerston. Bus routes have been chosen to avoid schools where possible. Schedules have been developed to minimise the impact of buses at school drop-off and pick-up times.

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.

LAST CHANCE TO REGISTER YOUR EXPRESSION OF INTEREST

Gray Primary School has been approached by ‘Outside School Care NT’ to provide after school and holiday care options for our students with the program being based at Gray School.

We are currently seeking expressions of interest from our families for your child/ren to register for this service.

The commencement of this service will be dependent upon suitable numbers to run the program.

For more information about the Gray School ‘Outside School Care NT’ service visit our website at http://www.grayprimary.nt.edu.au or contact the front office via email at admin.graysch@ntschools.net or phone 08 8932 1700.

Change in School Dental Clinic Number

For any dental enquiries, to arrange an appointment or for dental emergencies, phone our

New number on 8922 6466

OHSNT continues to provide free dental services to all eligible children in the NT between the ages of 0-18 years old.
Last week, Gray Primary School joined with the rest of the country to celebrate Science Week. The teachers did a wonderful job leading their students on voyages of discovery about how our world works. The Year 5/6 students excelled in the presentation of science experiments to the younger classes each afternoon, leaving students enthusiastic and excited about the lesson to come the following day.

On Friday, we were honoured to have Ben Suter, Senior Meteorologist; Liam dela Cruz and Jennifer Cunningham from Parks and Wildlife; Marion Guppy, Executive Director of the Arafura Directorate and the Honourable Peter Chandler, Minister for Education participate in our programme.

Our Year 4 students constructed some amazing bridges out of straws and masking tape, and the Year 5/6 students designed and created parachutes that would safely carry an egg to the ground from the top of the play equipment in Area 4. The results were astounding with most eggs arriving safely at their destination.

Congratulations to Alan Beyer, Clarence Baird and Brad Svanfelds for the winning parachute which floated to the ground with a very soft landing. Also, congratulations to Abigail Tidalgo, Alissa McMah, Rhys O’Gallagher and Sharmayne Rizaldo on the construction of a bridge that showed an excellent understanding of the use of angles to promote strength in a bridge.
Desmond Abbott

Desmond Abbott used to go to Gray Primary; he had lots of great memories. Desmond is also mentioned as ‘Des’. Des was born on the 10th of January 1986, he is now 27 years old.

DES WAS BORN IN DARWIN

He won gold Medals at the Hockey Champions trophy in 2008, 2009, and 2010 Commonwealth Games. Mr Abbott is cousins with Joel Carroll, Tahlia’s uncle. Desmond plays for the Kookaburras, Joel also plays for them in 2012 he was asked to go to the Olympics but he didn’t go but the Kookaburra’s won a bronze medal. I was really amazed that so many people that used to come to Gray are famous now. Des said if you achieve all your goals and be persistent, resilient and confident you might be famous one day.

When Mr Abbott was at our school he showed us how to bounce the ball on your stick10times in a row. Des lives in Perth, he lives there because Australia’s best coaches are there and Joel his cousin lives there. When Desmond was in school he was a good boy and that’s why he is famous because he listened and learned to achieve his goals.

Mr Abbott always tried his best and used the Gray Way.

By Shavayah May Lee
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**

**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) Indigenous
Play2Learn Birth—4yrs 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 08-89327022 Mobile 0417200170*
**Healthy Lunchbox Tips**

**Stuck for easy fruit and veggie lunchbox fillers?**

- Corn on the cob or little tub corn kernals
- Cold jacket potato
- Cut up veggies with a tub of cream cheese, salsa or reduced fat dips/yogurt
- Mini muffins, scones or piklets made with add fruit or veggies
- Fruit kebabs (chunks of fruit on paddle pop sticks)
- Cherry tomatoes or baby carrots
- Chopped fruit salad/tins or containers of fruit in natural juices

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**Healthy Palmerston**

If you're looking to get out and active, we have some great news for the Palmerston parents.

**Group fitness sessions for just $5 a class**

**Mums and Bubs Booty Camp**
- Tuesday 8.30am-9.30am
- Salvation Army Hall, cnr Temple Terrace & Woodroffe Ave
- Pilates and Prams
- Fridays 8.30am-9.30am
- Salvation Army Hall, cnr Temple Terrace & Woodroffe Ave

Contact: 8935 9929
Palmerston@palmerston.nt.gov.au
Www.palmerston.nt.gov.au
When kids bend the truth
As a rule of thumb, step back and try to identify the purpose of a child’s untruths. This indicates to parents how they should deal with the behaviour.

A matter of trust
Thirteen-year-old Britta was refused permission to visit an older friend after school, as her mother thought the friend unsuitable company for her daughter. Resenting her mother’s interference Britta frequently visited her older friend. When her mother asked her where she was going after school she would lie and tell her that she was visiting a friend that her mother approved of. Eventually her mother found out through an acquaintance that Britta had been lying to her about her visits. She confronted her daughter with the truth. Her mother dealt with the matter of the illicit visits. She was not permitted to go out after school for two weeks. This was an appropriate consequence that matched the misbehaviour. She dealt with the matter of lying separately; pointing out that it was difficult to trust her daughter when she didn’t tell the truth.

Fantasising
Some children continually exaggerate to make everything appear bigger or better than in real life. In this way they appear more exciting or interesting than they think they are. This is a sign of discouragement. It is best to go along with these children’s tales, although you should let them know that you are aware of the truth without bursting their bubble. It is fine to exaggerate, but they should never be too far away from reality. Persistent fantasisers often need plenty of encouragement. Let them know that they are OK as they are. Fantasising and telling tall tales may be fun but they don’t need to fantasise to build themselves up. Youngest children in the family often tell whoppers in an effort to make themselves seem important in the eyes of older siblings.

Imaginary friends
Some children will use imaginary friends to avoid doing things they don’t want to do. Mr Bear says I don’t have to go bed.” If it only happens once in a while then it’s a bit of fun. It can become wearing if it’s a continuous avoidance strategy. If that’s the case, try the direct approach. ‘Mr Bear could be right. But I’m your mum and I know it’s bedtime. Mr Bear can join you if he likes.’

Don’t overreact
Be careful not to overreact when children tell lies. It is better to recognise the child’s goal and act in a way that prevents the behaviour from achieving its purpose. There is little point monitoring about the evils of lying. Children know that they should be good; they don’t need to be reminded all the time. Children will continue behaviours that serve a purpose, regardless of whether the actions are morally good or bad. It is more useful to ensure that lying doesn’t achieve its goal and to encourage children at every conceivable occasion.

Escaping negative consequences
Eight-year-old Pamela spilled a container of milk on the kitchen floor. She panicked, replaced the empty container in the refrigerator and went off to her bedroom to read. When her mother saw the mess, she asked Pamela if she knew what had happened. The child denied any knowledge of it. “What milk do you mean, Mum?” said Pamela, with an innocent look on her face. Her mother, knowing immediately that her daughter was responsible, asked her to help to clean up the mess. Avoiding a scene, she made sure that her daughter didn’t escape the consequence of cleaning up the mess that she had made.
Mind their &*%@@! language

Standards may change, but the job of parents hasn’t altered. Teach kids to use language that doesn’t offend others. The message to get across to the next generation is – if it’s offensive then choose other words or say nothing at all.

What do you think when you hear kids swear in public?

If you’re like me, you feel decidedly uncomfortable when kids of any age turn the air blue with profanities. Swearing shows lack of respect for others and a lack of awareness for their surroundings.

Teaching kids to use appropriate language is trickier now than in the past. For a start, standards have changed where many words – such as the F word – that were deemed inappropriate in the past are often heard on radio and seen in mainstream newspapers. And words that everyone agrees are inappropriate are frequently used in public forums, to the point that the boundaries of appropriateness have become blurred.

Standards may change, but the job of parents hasn’t altered. Whether it’s teasing or swearing it’s all the same. The message to get across to the next generation is – if it’s offensive then choose other words or say nothing at all.

Socially-smart kids alter their language

Socially-skilled kids of all ages will adjust their language to suit the situation they are in. They may speak one way with their friends, but use a completely different vocabulary with adults. They are aware that what works with their best friend just won’t cut it when in grandma’s company. This awareness shows social acuity and a flexibility to adjust to different environments. It needs to be extended to all sorts of situations, including where adults and younger children are present.

They didn’t hear that from me!

What do you do when you know your children swear despite your best intentions?

Don’t over react. Try to work out its purpose. Children swear for many reasons, including to experiment with language; to attract your attention; to make themselves appear bigger or older than they are; and even as a challenge or expression of personal power.

Inappropriate language can also simply be a reflection of your children’s peer groups. “Everyone else swears so there’s nothing wrong with it” is a common attitude of many children and young people.

Teach them that language may be appropriate in one context or be accepted by one group but it is not acceptable in every situation. While not condoning swearing, get across to children that they need to learn to control their use of language and adjust it to suit the situation they are in.

When swearing becomes a habit

If swearing has become a habit for kids, make up alternative words to replace the swear words. One family I know had replaced certain words with different fruits. They had a fruit for every situation!

Alternatively, use a penalty or fine system to make kids aware of their poor language. When you hear a family member swear, fine them an agreed amount. At the end of the week or month give the money to a worthy cause. Of course, this strategy is easier to implement when parents join in as well.

Take a long, hard look at ... er ... yourself!

It’s also helpful to examine your own choice of language to judge if it is an acceptable model for your children. Yep, sometimes kids will pick up their parents’ language and repeat it at the worst possible time, such as when relatives are over.

The job of adults is to develop a sense of social awareness in the next generation so they can easily navigate a variety of different groups and social situations. Teaching appropriate language use is at the very heart of teaching kids to be socially-skilled. That’s something we all should swear by!

When kids swear:

1. Avoid over-reacting when your kids swear. Look for the reason.
2. Discuss with older children the concept of matching their language with the audience.
4. Use a penalty or fine system when kids swear in front of you.
5. Model the language you want kids to use.