Dear Parents, Carers and Grandparents

We welcome Mr Leon Syme and Mrs Juliet Gullefer to our school and wish them all the best as they settle into our wonderful school community. Leon will be working across the school and Juliet will be taking Ms Branton’s Year 5/6 class. Ms Branton has taken up an opportunity in leadership at Batchelor Area School.

Thank you to Ms Stewart and her class and Mr Brunton for organizing an amazing ANZAC day assembly today. It is important that we pass on these types of traditions to our children so they understand the pride of being an Australian and living in a free country. Thank you to Sergent Paul Gray for delivering a magnificent speech.

Last week we had the author Phil Kettle come to our school to speak with students about his books and how he gets ideas to write his books. He was very motivating and the students were delighted to meet a real-life author—they asked him lots of great questions.

Last Monday night we held our first Families and Schools Together (FAST) evening. This program is really great for families to bond together, meet others and for parents to feel empowered in their family. The program is very well organized with Kylie taking the lead with an incredible team supporting her. Thanks to the whole team.

On Saturday 22nd June The Dalai Lama is coming to Palmerston and we have been extremely fortunate to gain some free tickets for our older students to go and listen to him speak. I have sent home a letter to Year 5 and 6 students about this wonderful opportunity. Unfortunately the tickets are only for the older students with a few tickets for staff. However, the general public can buy a ticket from Palmerston City Council. Please remember to send healthy snacks and lunches with your child to school. No chocolates, lollies, soft drink, energy drinks. Diet plays a big part in a child’s ability to focus at school and in their mood swings and behaviour. We appreciate parents taking responsibility to ensure that your child gets plenty of sleep at night, eats a healthy breakfast and brings healthy food to school.

Have a wonderful week and enjoy the public holiday tomorrow.

Sue Beynon, Principal and Sharon Chin, Assistant Principal

Gray Primary School
22 Victoria Drive, Gray
Phone 89321700 Fax: 89321007
Email: admin.graysch@ntschools.net
www.www.grayprimary.nt.edu.au
Phil Kettle, the author, entertaining our students with his ideas on writing his own books.
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 5/6 STEWART

Looks like: looking at the teacher, carrying a load off others, clapping for others, putting your hand up, people on task, pencil in your hands

Pania
Feels like: pat on the back, respect, kind, happy, nice

Jordan
Feels like: getting along, smart, being good, nice and ready

Jacob
Looks like: people working together, people working, people doing what their asked, people putting their hands up, pencil moving

Miguel
Sounds like: no noise, respectful words, thank you for helping me, I will try again, questions being answered.

Jade
Feels like: respect to teachers, no back chatting, resilience, being a yes person

Chaquira
Sounds like: students working, NOT back chatting, tutors helping, respecting everyone/thing, topic talk, using manners, students working, teachers working

Sarah
Looks like: Inspiring, getting along, doing work, confidence, learning

Danielle
Feels like: happy, good, brain storming, cool, nice, awesome

Ryan

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

Gray School Visitors

Well done to Lucille and Jennifer who were presented an award by our local member Lia Finocchiaro for most consistent effort in academics and behaviour throughout the term.

In the near future US Marines will be getting involved /outreaching to our students

The Palmerston Library Cat came to visit us to tell us all about borrowing books.

ASSEMBLY AWARDS - 19/4/13

MAXI MERIT AWARDS

<table>
<thead>
<tr>
<th>S/6S</th>
<th>Jade Miller</th>
<th>5/6S</th>
<th>Danielle Sinclair - Mason</th>
</tr>
</thead>
<tbody>
<tr>
<td>4/M</td>
<td>Tyler Cordes</td>
<td>1/2B</td>
<td>Lilli Cordes</td>
</tr>
</tbody>
</table>

PRIMARY STUDENTS OF THE WEEK AWARDS

<table>
<thead>
<tr>
<th>S/6S</th>
<th>Joezay Miskin</th>
<th>Archer Turner</th>
</tr>
</thead>
<tbody>
<tr>
<td>5/R</td>
<td>Josed Labayo</td>
<td>Kianne Newton</td>
</tr>
<tr>
<td>4/M</td>
<td>Izaiah Aukino</td>
<td>Bang Tran</td>
</tr>
<tr>
<td>3/4B</td>
<td>Joshua Egan</td>
<td>Zissa Taylor</td>
</tr>
</tbody>
</table>

EARLY YEARS STUDENTS OF THE WEEK AWARDS

<table>
<thead>
<tr>
<th>TB</th>
<th>Sylvia Harkin</th>
<th>Keith Atkinson</th>
</tr>
</thead>
<tbody>
<tr>
<td>TF</td>
<td>Francis Baird</td>
<td>Alex Wells</td>
</tr>
<tr>
<td>T/1B</td>
<td>Cody Tanami</td>
<td>Tamsin Hartley</td>
</tr>
<tr>
<td>1/2L</td>
<td>Ty Stratton</td>
<td>Hunter McMillian</td>
</tr>
<tr>
<td>1/2S</td>
<td>Keneesha Lee</td>
<td>Connor Kogler</td>
</tr>
<tr>
<td>2J</td>
<td>Abbi Williams</td>
<td>Lachlan Anderson</td>
</tr>
<tr>
<td>3W</td>
<td>Chantelle Truong</td>
<td>Nicholas Nguyen</td>
</tr>
</tbody>
</table>

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.

ASSEMBLY AWARDS - 19/4/13

MAXI MERIT AWARDS

<table>
<thead>
<tr>
<th>S/6S</th>
<th>Jade Miller</th>
<th>5/6S</th>
<th>Danielle Sinclair - Mason</th>
</tr>
</thead>
<tbody>
<tr>
<td>4/M</td>
<td>Tyler Cordes</td>
<td>1/2B</td>
<td>Lilli Cordes</td>
</tr>
</tbody>
</table>

PRIMARY STUDENTS OF THE WEEK AWARDS

<table>
<thead>
<tr>
<th>S/6S</th>
<th>Joezay Miskin</th>
<th>Archer Turner</th>
</tr>
</thead>
<tbody>
<tr>
<td>5/R</td>
<td>Josed Labayo</td>
<td>Kianne Newton</td>
</tr>
<tr>
<td>4/M</td>
<td>Izaiah Aukino</td>
<td>Bang Tran</td>
</tr>
<tr>
<td>3/4B</td>
<td>Joshua Egan</td>
<td>Zissa Taylor</td>
</tr>
</tbody>
</table>

EARLY YEARS STUDENTS OF THE WEEK AWARDS

<table>
<thead>
<tr>
<th>TB</th>
<th>Sylvia Harkin</th>
<th>Keith Atkinson</th>
</tr>
</thead>
<tbody>
<tr>
<td>TF</td>
<td>Francis Baird</td>
<td>Alex Wells</td>
</tr>
<tr>
<td>T/1B</td>
<td>Cody Tanami</td>
<td>Tamsin Hartley</td>
</tr>
<tr>
<td>1/2L</td>
<td>Ty Stratton</td>
<td>Hunter McMillian</td>
</tr>
<tr>
<td>1/2S</td>
<td>Keneesha Lee</td>
<td>Connor Kogler</td>
</tr>
<tr>
<td>2J</td>
<td>Abbi Williams</td>
<td>Lachlan Anderson</td>
</tr>
<tr>
<td>3W</td>
<td>Chantelle Truong</td>
<td>Nicholas Nguyen</td>
</tr>
</tbody>
</table>

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

Gray School Visitors

Well done to Lucille and Jennifer who were present-ed an award by our local member Lia Finocchiaro for most consistent effort in academics and behaviour throughout the term.

In the near future US Marines will be getting involved /outreaching to our students

The Palmerston Library Cat came to visit us to tell us all about borrowing books.

Gray School Visitors

Well done to Lucille and Jennifer who were present-ed an award by our local member Lia Finocchiaro for most consistent effort in academics and behaviour throughout the term.

In the near future US Marines will be getting involved /outreaching to our students

The Palmerston Library Cat came to visit us to tell us all about borrowing books.
Dear Parents, Carers, Families and Community Members

I have asked my Palmerston City Schools colleagues to share this communication with their school communities. You may be aware of some adverse media coverage in recent days in relation to Rosebery Middle School. I would like to take the opportunity to set the record straight and let you know of important upcoming events this term.

Firstly I am proud of the staff at Rosebery Middle School who do a fine job in ensuring young people in Palmerston receive a quality education. I am equally proud of the majority of our students who come to school, are well behaved and engaged in their learning and school community. Of course, as with any school, there are a few who, no matter how they are managed, are determined to disrupt classes and the smooth running of the school.

It is unfortunate the Australian Education Union (AEU) Executive felt the only way to deal with these incidents was to make them a focus in the media. I am disappointed at the approach the union executive have taken – as are our hardworking teachers who feel the negative media coverage has not only reflected on their work but the work of the majority of students who just want to attend school and learn. In relation to the media allegations:

There was no incident involving a taser. The media may be referring to an incident where a student brought a bug zapper to school. The student was suspended and the matter referred to Police.

There was an incident with a firecracker at the school in 2012. No one was hurt and the student was immediately suspended.

Bullying is not acceptable at Rosebery and allegations are dealt with through the school’s School Wide Positive Behaviour and anti-bullying Live it Up programmes. The students involved in the media story are back at school and are both settled in school.

Rosebery Middle School is very focused on promoting good student behaviour. This year, the Students with Good Standing programme has increased to include 87% of the student population. All staff has been trained in School Wide Positive Behaviours and attended workshops on managing difficult classes. By the end of this month all staff will also have been trained in Restorative Practices.

I acknowledge Rosebery, with a student population of nearly 670, has some behavioural problems but the executive, school council and staff work hard every day to ensure a productive and caring environment for our student to learn. Disruptive student behaviour is not acceptable and is managed decisively and appropriately.

Rosebery Middle School is committed to continuing our strong partnerships with all our primary schools in Palmerston City Schools to ensure a smooth transition to secondary school and to provide increased learning opportunities for the city of Palmerston.

To that end, across each term this year Rosebery Middle School will be hosting the Opening the RMS GATE Program – an intense program of 5 face to face sessions for Gifted and Talented students currently in Year 6. This program will provide accelerated and enriched learning in small groups of 12 – with learning sequences facilitated by our most experienced teachers. Our first ICT focused sequence kicks off on May 9th 2013. Please contact your school for further information.

For those parents with children currently in Year 6, I hope to see you at Parent Information Night on Tuesday 7th May starting at 5.00pm. As always don’t hesitate to contact us (89305200 or admin.rms@ntschools.net) for further information, to talk to me about ideas or concerns or if you’ve something to congratulate us about.

Lorraine Evans
Principal Rosebery Middle School
**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**

FRESH TASTY SNACKS DON'T NEED TO BE EXPENSIVE OR PRE-PACKAGED.

Consider these price comparisons next time you are shopping for school snacks:

<table>
<thead>
<tr>
<th>Snack</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Homemade Popcorn</td>
<td>$3.40/kg</td>
</tr>
<tr>
<td>Snack Potato Chips</td>
<td>$14.90/kg</td>
</tr>
<tr>
<td>Fresh Apples</td>
<td>$4.50/kg</td>
</tr>
<tr>
<td>Dried fruit straps</td>
<td>$36.00/kg</td>
</tr>
<tr>
<td>Wholegrain crackers with sliced cheese</td>
<td>$4.50/kg</td>
</tr>
<tr>
<td>Pre-packed crackers and cheese spread</td>
<td>$35.50/kg</td>
</tr>
</tbody>
</table>

---

**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
One of the best things parents can give their children is a healthy attitude to living. There is a sense of satisfaction and achievement for parents who feel confident that their child is equipped to handle difficulties and challenges. We live in a world of uncertainty and change where many things are beyond our control. How we manage often depends on the way we see situations. Helping your child become an optimist and ‘look on the bright side of life’ is a step towards preparing your child for a strong future.

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

What is optimism?

Optimism is being able to expect the best out of life’s experiences. It means having hope and a strong belief and confidence to deal with situations. Optimism is about thinking positively. Being able to look on the bright side helps all of us to get on top of challenges and manage life’s difficulties.

Why is optimism important?

Remember the story of the little red engine from your childhood? When faced with the challenge of climbing the hill, the little red engine said to itself over and over again “I think I can. I think I can.” As it came nearer to the top of the hill it changed its chant to “I know I can!”

If, like the engine, children believe they can, they are more likely to give things a go.

Psychologists who work with athletes ‘to win’ often help them develop images of themselves succeeding or “self-talk” to help them remain positive through hours of training. This is optimism in practice.

What are the building blocks of optimism?

- Having a go.
- Practising.
- Planning for the best outcome.
- Coming to terms with success and failure.
- Having the belief and confidence to try again.

How do children develop optimism?

Some children are born with a ‘sunny disposition’ and a natural ability that lends itself to dealing with challenges and solving problems. Other children may struggle to overcome difficulties, often expecting the worst to occur (making ‘mountains out of molehills!’). As children grow and develop they need as many opportunities as possible to explore their world and experience success.

Every time children achieve something they set out to do, they start to develop a belief that they can go on trying and have more successes.

“Self-talk” is what we say to ourselves to explain the things that happen through the day. When children can say to themselves that they can do something they are more likely to succeed.

The ways that adults think about and talk about their experiences are very powerful in shaping a child’s beliefs about why success or failure might happen.

An optimistic parent, might say something like, “I was just thinking to myself that most of the time when you allow enough time and really try hard with your maths homework you get good results,” rather than “See, you never allow yourself enough time and you don’t try hard enough with your maths homework.”

The link between what you think and how you feel — how you act.

Optimists

- Optimists are people who refuse to feel helpless and don’t give up when faced with seemingly impossible problems. They expect to succeed, believe in themselves and remain positive. Optimists are less likely to suffer from depression.
- Optimists are more likely to recognise and think about their past signs of success and what they did to succeed.
- The more optimistic children are, the more able they are to succeed and have a sense of the future, and to make friends and learn at school.
- Optimistic thinking has words like — maybe, sometimes, usually, possibly, perhaps.

Pessimists

- Pessimists are people who feel down and helpless and, to them, everything seems too big and too difficult. There is often a sense of despair and hopelessness… looking on the worst side of the situation or always finding reasons why something can’t be tried or won’t work.
- A tendency to make ‘mountains out of molehills’ means people can think problems are impossible and they give up before even trying.
- Pessimism gets worse with each setback and soon becomes self-fulfilling. For example ‘Every time I try to throw a goal I miss anyway, so I may as well not try any more and not even go to practice.’ I never get picked for the team, anyway.’
- Pessimists are more likely to give in to helplessness and are at a greater risk of developing depression.
- Pessimistic thinking has words like — always, never, should’t, can’t.

What parents can do

Be a good model — let your children hear how you make sense of a situation (hear your ‘self-talk’) and share your positive thoughts with your children.

Rephrase what your child says — try things or use different words to make more positive sense out of a situation. Child: “I never have anyone to play with.” Parent: “Sometimes it’s hard to find a friend, but last week you had a good time with Mary.”

Tell your own stories of overcoming hardships — ‘When I was at school I thought… but then I realised…’ Use stories or videos to inspire – The Karate Kid, The Lion King, The Tortoise and The Hare, Free Willy.

Give encouragement — “What were the thoughts when you were losing that tennis game?” “How did your thoughts change to help you to move from losing to winning?” Help your child catch the helpful and unhelpful thoughts and stick with the helpful ones.

Remember and tell some of the old sayings. If at first you don’t succeed try, try again. “There’s no such word as can’t.”

“Every cloud has a silver lining.”

Draw your child’s attention to media and highlight public figures or winning teams who have overcome hardship.

Reminders

- Teaching your child how to build an optimistic outlook costs nothing but is good life insurance.
- Every time children achieve something they start to believe that they can go on trying and have more successes.
- The more optimistic children are, the more they are able to succeed.
- The way that adults think about their experiences is powerful in shaping a child’s beliefs about why success or failure might occur.

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 9am-4.20pm, 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.beyondblue.org.au
www.headroom.net.au

For more information

Parenting SA
Children, Youth and Women’s Health Service
Telephone (08) 8033 1660
Internet: www.parenting.sa.gov.au
Revised 07/10
Parent Easy Guides are free in South Australia

Helping parents be their best