Dear Parents, Carers and Grandparents,

It was with much sadness that we heard the news of the death through car accident of George Taylor in Preschool and his mum and sister. George was a very happy young man who loved coming to Preschool. His mum, Lisa, attended Gray School from Preschool to Year 7. Our thoughts and prayers are with Lisa’s parents, Barry and Robyn Ramsay, her brothers Steven and Christopher and the extended families.

Yesterday was our first “Reading is as Easy as ABC” workshop where we support mums to learn how to teach their toddlers and preschoolers to read. There are many skills that can be taught at home that will support children to become better readers once they are in school. Oral language is one of these important skills. As parents we need to read books every day with our children, sing to them, take them for walks and talk with them, correct their speech when they pronounce words incorrectly, discuss TV programs with them. All of this oral language helps children to understand the English language.

If your child is in Transition to Year 3 and they received an “E” grade on their report please contact the class teacher to find out how you can support your child along with the school. Often young children are very unfocussed at school and just want to play so the first intervention needs to be getting their eyes and ears tested and a visit to the pediatrician to ensure there is nothing medically that needs to be addressed. Once these steps are taken the school can address the intervention with support from Student Services.

Tonight is our Family Yarn from 5.00pm to 7.30pm in the staff room. Come along with the family for a great night of discussion. A meal and childcare is provided. A reminder for Early Years students about paying for the swimming program. A reminder for all families that Tuesday 20th August is School Photos.

Have a wonderful week.

Sue Beynon, Principal and Sharon Chin, AP

Road Safety

The Police will be targeting school zones over the next few weeks. Remember school zones are 40km between the hours of 7am and 5pm.
**BOOK FAIR IS COMING - WEEK 5**

**‘READING ACROSS THE UNIVERSE’**

The countdown for 2013 Book Fair has started. Be prepared for the amazing space reading adventure with Gray Primary School’s Library Book Fair.

Costume ideas for the Friday Dress Up Day – spaceman/astronauts, aliens, Star Wars characters, Star Trek characters, Jetsons characters, rockets, planets or come along as your favourite book character.

*Take Me to Your Reader*

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**Change in School Dental Clinic Number**

The Northern Territory Oral Health Services has introduced a single contact phone number that will offer parents a greater choice of location and time when booking dental appointments. When you/if you have received a reminder letter to arrange an appointment, please inform reception staff if you have other children that may need a check-up.

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.

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**CANTEEN NEWS**

This semester should be very exciting for the kids as we have added pizza’s and fruitola (Cola flavour) slushie to our menu.

**It’s that time of year again where we have a slight increase in our prices.**

We would like to take this opportunity to thank our families for supporting our Canteen and we look forward to your continued support.

Lisa & Nat

New Flavour!

Try our new and improved pizzas!

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**Expressions 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](http://www.grayprimary.nt.edu.au) or contact the front office via email at admin.graysch@ntschools.net or phone 08 8932 1700.

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Please register your expression by Friday 9th August direct with the school.

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**New Flavour!**

Try our new and improved pizzas!

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**When:** Tuesday 20th August 2013

**Where:** Gray Primary School

Photo order envelopes need to be returned to the school with the correct money by **WEDNESDAY 14TH AUGUST**

**No late payments will be accepted after this date**
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
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.

Healthy Lunchbox Tips

Ten alternatives to chips and muesli bars

Snack size potato chip packets and muesli bars are convenient options for lunchboxes, however they are not nutrient rich foods. Chips are high in fat and salt, while muesli bars are high in sugar. Instead try one of our suggested alternatives for healthier eating.

- Rice cakes or crackers
- Pretzels
- Prawn crackers (cooked in mini toasts)
- Pita chips
- Bread sticks
- Wholegrain crackers with cheese
- Unsalted popcorn
- Dried fruit
- Unsalted nuts and seeds
- Small tins of corn
- Small bag of breakfast cereals eg. Fruity Bites, fruity Bix

PALMERSTON COMMUNITY GARDEN

Expressions of interest Calling all green thumbs!

We need you to join the foundation working group for Palmerston’s 1st community garden. Based at Confalonieri Park in Gray, ground has broken on the garden and now it’s up to our working group to start sowing the seeds. To get involved contact Healthy Palmerston.

Phone: 8935 9929   email: palmerston@palmerston.nt.gov.au
Optimism
Parent easy guide 56

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 fit 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 successes 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, shouldn’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 – say 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–4:30pm, 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.beyondblue.org.au
www.headroom.net.au

For more information
Parenting SA 1300 364 100
Parenting SA
Children, Youth and Women’s Health Service
Telephone (08) 8303 1660
Internet: www.parenting.sa.gov.au
Revised 07/10
Parent Easy Guides are free in South Australia
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Parenting SA
Helping parents be their best