Dear Parents, Carers and Grandparents,

Welcome back to all our students, parents and families. We look forward to another successful term partnering together as school and family to ensure that your child receives the very best education and reaches their full potential.

This term students will be learning more about Resilience, which is one of our keys. Resilience refers to a person's ability to deal with life setbacks, both big and small. Resilient children accept the disappointments and learn to bounce back when these happen. Resilience is a mixture of attitude, skills, abilities and character. Resilient children have healthy thinking habits. They do not catastrophise when things go wrong. They have a sense of optimism about themselves and their future. Resilient children are generally good problem solvers and independent. They have good socialization skills and can get along with others.

Some children are born more resilient than others. However, parents can develop resilience skills in your children by helping them to become independent, giving them responsibility, allowing natural consequences to happen, teaching them to be optimistic rather than negative, helping them develop good self-awareness skills, teaching them to get along with others, helping them to solve life problems rather than the parent solve it, teaching them to bounce back when disappointments happen and helping them to appreciate all the good things in life.

At school we teach our students about “ant” and “elephant” problems. An “ant” problem is one which a child can usually solve themselves in a positive manner. An “elephant” problem is one which a child needs assistance from an adult to solve the issue. This can be great life long learning for the child. The other skill we teach is around not catastrophising something by asking the child “how bad is it?” The child can then place the issue on a scale from 1-10. A ten would be something like a death in the family. This skill helps children to realize that often something is not as bad as they first thought.

I hope these explanations help you to work with your child to build up their resilience.

Sue Beynon, Principal & Sharon Chin, Assistant Principal

Gray Primary School
22 Victoria Drive, Gray
Phone 89321700 Fax: 89321007
Email: admin.graysch@ntschools.net
www.grayprimary.nt.edu.au
FAMILY EVENT AGENDA
4.30PM – 6.00PM
- Food and drink available for sale from the canteen
- Jumping castle
5.00PM
- Opening of the new IT lab and the Grey Family Centre
6.00PM – 7.00PM
- Class performances
- Drinks only on sale

PERFORMANCES INCLUDE:
- Wonder Flag
- My Island Home
- I am Australian
- Hey Baby

End of Year Show
17th October 2013
4:30pm – 7:00pm
WHERE
Assembly Hall

YOU can help your CHILD at SCHOOL
Gray Primary School and the Smith family are offering free sessions to help you teach your child to read.
COME ALONG and JOIN THE FUN OF READING
- Minna’s tips
- Free toys and books
- Borrow book
- Places available
- Little children welcome
- Meet other parents at the school
Phone Kylie Grainger on
8932 1700 or 0412 465 071

Family Yarn—Learning Together
Come and join us for a fun small group workshop
Parents learn about helping your children with school
Wednesday 16 October 2013
5.00—7.30pm
Gray Primary School
Family Centre

"It was nice knowing that I am not alone and that other parents are having the same issues as me." Parent Yarn 2012
"Everyone had a say about the topic and everyone’s voice was heard." Parent Yarn 2012

Child-minding
Delicious food
Fun activities
Transport available
Everyone welcome
Contact: Kylie Grainger
8932 1700 or 0412 465 071

Funded by the Commonwealth Department of Employment, Education and Workplace Relations
NEW After School & Vacation Care SERVICE

OPENED—Mon 07 Oct 2013
Together with the Outside School Care NT—Gray Primary School will offer its own on-site after-school and vacation care services from the start of the new term (subject to regulatory approvals)

WHAT IS OFFERED?
High quality after school care program and snack menu from 2.30pm—6.00pm each school day. Vacation care from 7.30am—6.00pm through the school holidays.

HOW DO I ENROL MY CHILDREN?
Pick up an Enrolment Pack from reception or download from the Website: www.outsideschoolcare.com
OR CALL JANET on 0499994158 or JADE on 0409976228
OR email: Gray@outsideschoolcare.com.au

WHAT DOES IT COST?
From less than $ 9.00 per day depending upon your CCB/CCR entitlements. Full session daily fee is $23 - but every family will be entitled to discounts and CCB/CCR credits.
KEEP IT FRESH! TIPS FOR PACKING A SAFE AND HEALTHY LUNCHBOX

A lunchbox with a variety of healthy foods is important for your child’s growth and learning. It’s also really important to keep any foods that might spoil as safe and as cold as possible, especially meats, eggs, dairy (milk, yoghurt, custard, cheese), dips, pasta and rice dishes, especially as we head towards our warmer weather.

Here are some tips -

- Before making your child’s lunch, remember to wash your hands with soap and water and keep lunch containers, knives, chopping boards, benches etc clean.
- Wash and dry the lunchbox every day, this way you can discard any uneaten food as well.
- Include a small food-safe freezer brick or freeze a bottle of water and pop it into the lunchbox to keep food cool.
- Make sure the reduced-fat dairy and lean meat products are either frozen the night before or kept next to a frozen ice brick or water bottle in the lunchbox.
- If you pack the lunchbox the night before, keep it in the fridge overnight to keep the foods fresh.
- An insulated lunch bag with an ice brick or frozen water bottle can help to keep their lunch cold and safer from any harmful bacteria and spoilage.

Gray Primary School (Family Centre Building)

Good Beginnings Australia is a National charity, building better outcomes for families in the community through a range of early intervention programs. These programs include: Play2 Learn, Toy Library, Family Support, and Community Connections.

All Good Beginnings programs are provided free of charge.

For more information please contact the office on 08-89327022 Mobile 0417200170
Parents & Carers are invited to attend a hands-on workshop on:

**Educational Apps for iPads & Tablet Devices**

**When:** Wednesday 9th October 2013

**Time:** 5pm – 6pm

**Location:** Gray Primary School Library

All attendees will get their name in the draw to win some fantastic prizes including a Hog’s Breath Voucher and a Target Voucher!
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.

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.