**Newsletter**

**Drouin West Primary School**

*Nurture, Enrich, Inspire, Achieve*

Issue 24/16  **Hours of supervision:** 8.45am—3:45pm  10th August, 2016

**IMPORTANT DATES AND EVENTS TO REMEMBER:**

<table>
<thead>
<tr>
<th>Mondays</th>
<th>Lunch orders and Student Banking</th>
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<tbody>
<tr>
<td>Fridays</td>
<td>Assembly will be held at 3pm in the multi-purpose room. Parents/guardians/carers and interested community members are most welcome to attend.</td>
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<tr>
<td>Friday</td>
<td>August 12th</td>
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<tr>
<td>Tuesday</td>
<td>August 16th</td>
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<tr>
<td>Tuesday</td>
<td>August 23rd</td>
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<td>Wednesday</td>
<td>August 31st</td>
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<td>Monday to Friday</td>
<td>September 5th to 9th</td>
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**Super ‘B’ Award Winners**

Super ‘B’ award winners for week 4, term 3

<table>
<thead>
<tr>
<th>Grade</th>
<th>Name</th>
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<tbody>
<tr>
<td>F/1A</td>
<td>Corban</td>
</tr>
<tr>
<td>F/1B</td>
<td>Mia</td>
</tr>
<tr>
<td>1/2A</td>
<td>Brianna</td>
</tr>
<tr>
<td>2A</td>
<td>Jessica</td>
</tr>
<tr>
<td>3/4A</td>
<td>Sam</td>
</tr>
<tr>
<td>3/4B</td>
<td></td>
</tr>
<tr>
<td>4/5A</td>
<td>Ethan</td>
</tr>
<tr>
<td>5/6B</td>
<td>Hollie</td>
</tr>
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P.O. Box 176  
Drouin 3818  
Phone: 03 56 251971  
Fax: 03 56 252175  
Email: drouin.west.ps@edumail.vic.gov.au  
535 Main Neerim Road  
Drouin West 3818
What a busy time it has been in recent weeks at Drouin West P.S.!

If you are feeling somewhat overwhelmed with school events, it may be because you have attended parent sessions on THRASS and Human Development, had your children come to the disco, organised to have a family portrait, supported the choir at the Eisteddfod last week, filled in a parent opinion survey recently, assisted with our new building, attended the school Olympics on Tuesday, or needed to return notes for the Sound of Music and the year 4 school camp to list a few of the events occurring at school this term.

In these busy times it is important to find some quiet time to catch our breath and reflect.

Parent Opinion Survey
Thank you to the families who have returned this year’s Parent Opinion Survey.

Our new Building... Can you help?
We have now put in time over two week ends and aim to work again this coming weekend to complete the major part of the internal painting.

Thank you to the Thomas, Thorpe, Cunnington and Trimble family who assisted on Saturday/Sunday to begin the process of applying undercoat and top coats to the ceiling and walls.

Thank you to the McCluskey, Thomas and Harvey family who assisted with preparing walls and covering windows with newspaper last week. Thank you to the Whitmore family for washing down windows so we can continue the painting this weekend.

We need your help this weekend!

This week tasks involve:

Friday
- Washing down the interior windows and frames, as well as laminate panels below windows
- Vacuuming floor area

Saturday and Sunday
- painting the ceiling 2nd coat
- painting wall areas 2nd coat
- undercoating the three doors
- undercoating laminate surfaces
- preparing morning tea and lunch for people painting
- supervising children

Anyone who may be able to help please let us know at the office. I will be at school from 10.00am on Saturday morning.

QKR by MasterCard
QKR (pronounced quicker) by MasterCard is a safe and extremely easy way to pay for school events, fundraising and stationery. You can also sign the permission forms. If you don’t have a smart phone or Ipad that will allow you to download the App, then you can use the following link to access QKR via your computer.

https://qkr.mastercard.com/store/

School Website
Have you missed the newsletter? Do you want information about the school? Please take the time to visit: www.drouinwest.vic.edu.au

National Science Week

Next week is National Science Week and the theme this year is ‘Drones, Droids and Robots.’ We will be celebrating the week by learning how to draw codes for the robot Ozobot, during our science lessons. Ask your child what they got Ozobot to do! Check out next week’s newsletter to see photos and student highlights from the event.

Science Specialist
Danielle Rendall
Sports News
The Drouin West Olympics were held on Tuesday and the weather was very kind to us, with many events being held outside. It was fantastic to see so many children dressed in their countries colours. The effort by families to find appropriate clothing and to spray hair was appreciated. Thank you to the parents who were able to stay for the parade of nations and for the events. I hope your child/children were not too tired when they arrived home. Thank you again for your support it makes these special days so much more fun for the students.
Regards Marion Proctor
In an article in *Psychology of Sport and Exercise*, David Fletcher and Mustafa Sarkar report on their interviews with Olympic gold medalists and how they cope under the incredible stress that accompanies elite level sport. There are some good lessons here for us parents who want to help our kids achieve the resilience they’ll need when life dishes them up some extreme challenges. Olympic athletes “actively seek to engage with challenging situations that present opportunities for them to raise their performance level.” While our children may not choose the challenges they endure, it’s good to remember that coping under stress is a skill that we can coach our children to be better at.

1) The advantages of setbacks:
As odd as it sounds, most of the study’s participants said that while serendipity (being in the right place at the right time) sometimes helped them get a chance to show what they could do, it was life’s challenges that provided them with the motivation to push a little harder. Without some setback, most would not have reached their full potential. The experience of failure brings with it opportunity.

*What does this tell us about raising resilient kids?* Don’t shelter them from every challenge. Let them fail! Let them experience the bitterness of having not measured up so they can consider what they will have to do to succeed. When things come too easy for those who are gifted, they can become too complacent. A little failure, in manageable amounts, may actually produce a child who can endure life’s setbacks better than a child who is sheltered from failure.

2) The advantages of getting control over one’s thinking:
Also known as meta-cognitions, elite athletes control their thinking. There has been an enormous amount of focus on mindfulness training to help people with mental health problems think about how they are behaving in order to help them control those behaviors. Elite athletes control their self-talk, know what their goals are, and notice when they are talking themselves out of being able to win.

*What does this tell us about raising resilient kids?* Help kids think about thinking. Ask a child who is anxious about an exam what he thinks will happen, then offer him some new ways of thinking about the challenge before him. Are the consequences really as bad as he thinks?

3) Have a positive personality:
Elite athletes tend to be open to new experiences, conscientious, innovative, extroverted, emotionally stable, optimistic and proactive. They seek opportunities to take on challenges and make the most of those opportunities for personal growth.

*What does this teach us about raising resilient kids?* It is very difficult to change personality types. An Eeyore-like child who is eternally pessimistic may never want to see the world as being full of possibilities. But that doesn’t mean the child can’t be encouraged to try new things by a parent or teacher. Most kids are naturally curious. As caregivers, we can provide kids with the security they need to launch themselves with the confidence they’ll need if they stumble. We can train a child to take chances by giving her a push in the right direction and a soft landing when she fails. *Optimism can, in fact, be learned.*

4) Self-confidence needs others to believe in us:
We may think that elite athletes have endless self-confidence, but many Olympians told stories of their self-confidence lagging at critical moments in their careers. At those times, it was their teammates, coaches and family members who provided the external sources of support they needed to maintain their belief in themselves. Those perceived social supports are enduring reasons why elite athletes can train as hard as they do.

*What does this teach us about raising resilient kids?* Our kids can succeed even if they lack self-confidence as long as those around them maintain a belief in the child’s ability to succeed. As caregivers, we matter a great deal. Being resilient is not something that is necessarily reliant on individual qualities alone but can be awakened by a supportive environment. A child who hears “You can do it” is more likely to succeed at times when he is unsure whether he has what it takes.

5) The goal has to be optimal performance, not the medal!
Elite athletes rarely focus on the medal. They focus on doing their absolute best, exploiting every ounce of their energy and passion. That’s what is satisfying. That is what convinces them they are truly worthy of the prizes they win.

*What does this teach us about raising resilient kids?* We need to focus much less on the medals and accolades and much more on encouraging children to do their best and fully use their abilities.

I hope you have found this article of interest!  Aussie! Aussie! Aussie!

Take care! Wendy Ronalds School Chaplain
If you have any questions please contact me at the school on a Tuesday or Wednesday or email me on ronalds.wendy.w@edumail.vic.gov.au. I do check emails regularly.

Acknowledgement: National School Chaplaincy and Student Welfare Program have been funded by the Australian Government Department of Education, Employment and Workplace Relations. The views expressed herein do not necessarily represent the views of the Australian Government Department of Education, Employment and Workplace Relations.
Happy Birthday !!!!!!

Happy birthday to the following students and staff who will celebrate their special day during the week of Monday, 8th August to Sunday 14th August.

Charlotte 4/5A, Riley 0/1B, Phoebe 5/6B, Chelsey 2A and Ms Webster

Don’t forget to come to the office and collect a birthday sticker.

The Three Princesses

Once upon a time there lived 3 princesses named Sienna, Amelie and Bonnie. They lived in a castle that no boys were allowed into. One night some boys were found breaking into the castle because they were hungry. BANG!!

A golden cup fell over. "Woops" a boy said. The princesses woke up suddenly with the sound of the bang. Another boy said. "Now we are going to starve."

The princesses went down stairs and saw the broken cup. "Oh! No!" they cried. The boys ran out and left in a hurry.

By Sienna 2A

DISCO DISCO DISCO

Congratulations to all the students who attended the school Disco. We know everyone had a fantastic night.

$568.75 was raised for the Cancer Council which is a sensational amount. It is very important that we all support people and events that help to improve the lives of others. WELL DONE!!!!!!

Thank you to everyone that helped make this event a huge success, without your help and support we would not be able to hold these special school events.
Parents/Guardians are invited to purchase THRASS charts for home use. They are available from the office for $7.50 each.