



NEWSLETTER

Issue 18

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Euroa Primary School

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NEW SLIDE



On Tuesday, our new school slide was installed much to the delight of all our students. This slide was purchased as a result of SRC fundraising in 2019 and has been a big hit with all our students (and some staff!!) this week.

EFFORT UNITY RESPECT ORDER ACHIEVEMENT

MAREE'S REPORT

Hello Everyone,

Monitoring Student Achievement at Euroa Primary School

As students have returned to school, teachers have been taking the time to assess student learning to determine student progress, and also identify the next steps for student learning. Over the past 2 weeks, and until the end of term, teachers will be completing an individual in depth Maths assessment with every student, as well as an individual reading conference which will allow our teachers to develop a good understanding of student learning strengths and the next steps in student learning based on individual student need. Our staff team have also been working really hard on ensuring student wellbeing remains a priority during this time of uncertainty for us all. If you have any concerns about your child's wellbeing or academic progress, please do not hesitate to contact either myself or your child's teacher so that these concerns can be addressed ASAP.

Last day of Term 2 – Friday 26th of June

Well it may be hard to believe, but next Friday is the end of Term 2. School will be finishing an hour earlier on this day, with students being dismissed from the school at 2.15pm on this day.

SAVE THE DATE – Curriculum Day – Monday 13th of July

Euroa Primary School has planned a student free curriculum day on the first day of Term 3, which is Monday the 13th of July. We had originally planned to hold this professional development day on the first day of Term 2, however due to all the changes this term, the professional learning for staff that was planned for this day was unable to occur. Please pop this date on the calendar or in your diaries as students will not attend school on this day.

Camps and Excursions in 2020

Due to the current restrictions, and until we receive any new information from the Department, there will be no planned camps or excursions occurring in Term 3. If the restrictions are lifted at any stage this year, the need for excursions will be revisited at that time.

Wellbeing

I can't stress more highly how important your wellbeing is, and that of your family. Make a conscious decision to be proactive about it! We all have times that we feel like this is too much—and that's okay! It's at this point in time we need to ask ourselves;

“What can I do about it?” Some suggestions are:

- Call friends
- Debrief with others, ask how they are going and listen to them
- Modify expectations of yourself and other family members
- New routines take time—give time to it
- Go for a walk or exercise
- Choose optimism
- Listen to music or maybe dance
- Spend some time in the garden
- Try mindfulness meditation

Lost property

Please ensure that your child's/children's clothing is clearly labelled to ensure a speedy return should it be misplaced. All lost items get sent to the office and are returned to classrooms if they are labelled. We are asking all families to please check your child's clothing to make sure that it does belong to them. If you have accidentally got clothes that belong to another student, please bring them into the office so we can pass it on. Clothing items that are not labelled are kept for two weeks before being donated to the second hand uniform stall.

Water Bottles

All children need to bring a water bottle to school that they can fill regularly throughout the day. Please make sure your child's drink bottle is clearly labelled to reduce the chance of them being lost. The school has taped off the external drinking fountains to avoid possible risks of contamination.

School Computers

Could all parents who borrowed school iPads please return them to the school as soon as possible?

These can be sent back with the children and put in the return box in the office.

We will follow up non returned items over the next few weeks.

Student Reporting – Semester 1

As always you will receive a report for your child outlining their progress in Semester 1, 2020 against the Victorian Curriculum. The report may look different, however, as it is not possible to implement our standard report writing process due to the COVID-19 pandemic this year.

Our semester 1 reports will be sent home with students next Tuesday the 23rd of June.

Illnesses

A reminder that any student who is at all unwell should be kept home until they make a full recovery. This is of particular importance if your child is displaying cold or flu like symptoms.

Any student who appears to be unwell at school will be sent to the office and will remain there until they are collected by a parent or carer.

Feedback is Always Welcome

Our School Council and Leadership Team is committed to ensuring we are working to meet the needs of our students, staff and the School Community. Your feedback is critical in enabling us to do this. I would encourage you at any stage if you have concerns, require clarification on issues, have any positive feedback or would like to discuss ways of improving the School to contact the school office to arrange an appointment to meet with me.

Have a great week ahead!

DATES TO REMEMBER

JUNE

Friday 26th – End of term 2 – 2.15pm dismissal

JULY

Monday 13th – Start of Term 3

Monday 13th – **CURRICULUM DAY** – students not required at school.

AUGUST

Tuesday 4th – School Council 7pm

From the parenting resources part of Life Education



How to talk about resilience to your child

Remember playing Pass the Parcel as a child? The music stopped, the child left holding the parcel would remove one sheet of wrapping and pass the parcel on. Deep in the folds of paper at the centre of the parcel was a small toy or treat; a single prize for the child who removed the last piece of wrapping.

Watching four-year-olds playing the game at a birthday party recently, I wasn't surprised to see a tiny toy under each and every layer of paper. Or that the mum in charge intentionally stopped the music only when the parcel reached a child who hadn't yet unwrapped a prize.

But as usual, someone started the conversation: "Since when does everyone get a prize? They'll never learn to be resilient if they always win!"

Resilience is a hot word at the moment, generally understood to mean the ability to bounce back from disappointment and to adapt to things we can't change. While it's a vital trait we all wish for our kids, the act of teaching our children resilience can be hard for parents who naturally want to protect their child from failure and disappointment.

Edith Grotberg, a senior researcher with the International Resilience Project, says 'Resilience is important because it is the human capacity to face, overcome and be strengthened by or even transformed by the adversities of life. Everyone faces adversities; no one is exempt. With resilience, children can triumph over trauma; without it, trauma (adversity) triumphs'.

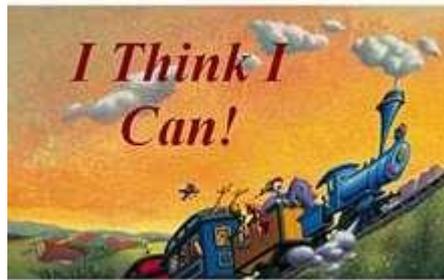
Everyone faces adversities

Sadly, some children will encounter more challenges and even trauma in their lives than others. As much as you love and nurture your child now, there's no way to protect them from everything that could go wrong. The good news is you can help prepare them for life's storms, because resilience is a "work-in-progress" and something that we can continue to develop throughout our lives.

What helps a child be resilient? There are many factors including knowing you have a family who love you and can be depended on to help and support you.

Equally important though, are qualities such as optimism and problem-solving skills, and the understanding that most disappointments are temporary and can be endured.

Five ways to help your child adapt to challenges



1. Read young children stories that demonstrate resilience. The "Little Engine That Could" is an old favourite you can act out with your child's toys. The Little Engine struggled to get over the hill with her heavy load of toys and treats for the children in the next town. All the while she said "I think I can, I think I can" as she pushed on up the hill. Maybe she made a game out of it, and said to herself, "If I can just get past the next tree I'll be nearly there" then "If I just get past the herd of cows, I'll be even closer" until she was up and over the hill.

2. Look for examples of hardship and resilience when watching movies with children. Ask them questions about the problem-solving strategies the characters used to reach their goals. Hollywood loves a good resilience plot, from Jimmy Neutron – Boy Genius to The Hunger Games.

Questions like "How do you think Katniss felt when that happened?" help your teen empathise with the character and understand that frustration and anger are feelings that can be channelled into solving problems and positive actions.

3. Don't accommodate every need your child expresses. My 13 year old begged to stay with his cousins up the coast, during the school holidays. A day later he called and said he'd changed his mind and wanted to come home early. I understood he was outside his comfort zone, (and I suspect he was missing his PlayStation possibly more than he was missing me).

As much as I wanted to "make it all better" and relieve his anxiety, my husband reminded me that it was a growth experience for our son. He was perfectly safe and well cared for, and he'd regret coming home without having done all the exciting things they had planned.

As you've probably guessed, when I eventually picked my son up from the airport he was full of stories of his adventures away and planning his next trip north.

4. Let your child make mistakes. When children learn to read it can be almost painful to sit with them and watch them struggle to make sense of the letters on the page. That struggle is actually what learning looks like. Your patience in letting them sound the words out in their own time, gently prompting them to look at the picture and to "have a go" at the words is how you support their learning. But you can't "give" them the words, because that's robbing them of the opportunity to make a mistake, learn and succeed. To quote Henry Ford, "Failure is just a resting place. It is an opportunity to begin again more intelligently."

5. Put disappointments into perspective. How we explain things to ourselves in times of crisis can greatly affect how we process and learn from those events. Useful messages include:

- Life isn't always going to go the way we want. Sometimes things will not go our way, but we will cope.
- No one is perfect, we all make mistakes and we learn from those.
- We all have our strengths and are better at some things than others.
- Most disappointments are temporary and will become less important to us with time.
- Most problems only affect a small part of our lives – we still have other skills, other friends, other things to look forward to.

Even if this can be hard for a parent, children also need to experience disappointment to then feel the satisfaction and pride that comes from successfully navigating a challenging situation. Sometimes that will mean problem-solving their way out of it, sometimes it will mean enduring and learning from it, but it is still important to help your children navigate their way through those feelings as they learn to develop and build on their coping skills.

So back to *The Great Pass The Parcel Debate*. I personally don't mind if every child gets a prize. If you want to teach your child that life isn't fair, an adrenaline-filled, four-year old's birthday probably isn't the best place to start. Over-excited kids full of party food don't tend to learn the big life lessons terribly well, and melt-downs are more likely than a-ha moments.

Life Education is a brilliant resource that has a free section full of resources for parents. These resources include the latest research, online modules and parenting articles.

Why not take some time to have a look at: <https://www.lifeeducation.org.au/parents/>

We will be posting an article once a week from the resource part of the website.