

# Green Valley Voice

Green Valley Public School

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Issue 11 - Term 3 Week 3

Monday 28th July 2014

## PRINCIPAL'S REPORT



This week is Education Week; in fact it is the 60th time Education Week has been celebrated in NSW schools.

In 1954, Education Week first began with the theme *Lighting the Way to a Better World* and this year the theme is being repeated in recognition of the 60th anniversary. I wonder if the better world that was imagined by the children of 1954 has been realised today. I reckon many children of 1954 would have been expecting flying cars and space suits for everyday wear by now.

Today we find ourselves living with various forms of violence occurring around the globe. The nightly news is a program that needs to be viewed with discretion if young children are present when it is on, as images can be distressing, hard to explain, but even harder for a child to understand.

Now, just as many other times in history it is important for us as communities to build in our students a sense of optimism and hope for the future. Our students are the future and it is in our hands as parents and schools that together we light the way to build a better world.

I have include in this newsletter, information from psychologist Michael Grose on optimism that I thought timely in light of the Education Week theme.

This year the GVPS P&C donated \$15 000 to the school to purchases the following items: New picnic tables, re-paint the playground games in the shelter area and a new electronic display school sign. These purchase are now complete and I wish to say thank you all for your contributions to the school through raffles, discos and other fundraising events over the last couple of years. Your support is greatly appreciated.

I hope to see you here at school over the course of this week's Education Week program.

Mr B Warwick  
Principal

## Voluntary Contributions

**\$30/family.**

Please consider helping us out financially with this payment. Payments to the front office.

## CONGRATULATIONS

Nadia Wang 5/6C and Christie Wang 6W have qualified to represent Green Valley Public School at the Aerobic Gymnastics NSW State Championships. The girls have only been training since the beginning of the year so this is a fantastic achievement. Well done girls and good luck at the State Championships.

## SCHOOL INFORMATION

### SCHOOL PLANNING

All schools are required to develop three year plans. We are looking to involve as many parents as possible in the process of writing our 2015-2017 school plan. If you are interested in being part of the team that reviews what we do at GVPS, come along to the P&C meeting this week or send a message to the school office so you can register you interest.

Look out for a variety of ways such as surveys and discussion groups in the upcoming weeks as to how you can contribute feedback about the way forward with our school.

## KINDERGARTEN 2015

### ENROLLING NOW

**Ensure a place for your child in 2015 by asking for an application for enrolment now!**

**If your child turns 5 before the 31st July 2015 they are eligible to start school at the beginning of 2015.**

***It would be appreciated if you passed this message on to prospective parents who are looking to start their child in Kindergarten in 2015.***

## STUDENT LEADERSHIP DAY—ASHCROFT HIGH SCHOOL.

Please note that the Ashcroft Leadership day scheduled for 13th August has been postponed until further notice. Sorry for any inconvenience this may have caused.

Miss Borrello

## KEEP BRAINS TICKING OVER

Don't forget [www.SchoolAtoZ.com.au](http://www.SchoolAtoZ.com.au) has lots of information and fact sheets to help with homework.

For students polishing their spelling skills, the free Spelling Bee mobile app also allows them to record a list of their own words and then test themselves. You might even want to challenge them with a list you create. Here's where you'll find the free app to download: <http://bit.ly/Q9ez0G>

## SPORT

### ATHLETICS CARNIVAL

The Athletics Carnival is being held tomorrow at Ash Road Sporting Complex. Students are to arrive at school as normal and will be transported to the venue by bus. A reminder to pack the following items: hat, medication, (asthma puffer etc) lunch and recess, water bottles.

If you have ordered a sausage sizzle, these will be handed out on the day.

Students are to wear their school sports uniform and may wear their house colours if they wish.

### PSSA BEST & FAIREST

<b>Mixed AFL</b>	Juniors	Yousuf Zaidi
	Seniors	Callum Patterason
<b>Mixed RUGBY</b>	Juniors	Aiden Cloke
	Seniors	Leeroy Vaalele
<b>Mixed NEW/BALL</b>	Juniors	Seth Mills
	Seniors	Sara Draskic
<b>Girls NETBALL</b>	Juniors	Jessie Thornton
	Seniors	Desiah Pukawa
<b>Girls OZ TAG</b>	Juniors	Jelena Saric
	Seniors	Aveena Saythavy
<b>Boys SOCCER</b>	Juniors	Yehya Sous
	Seniors	Marko Kasic

## P & C News

The P&C Disco will be held on Friday 8th August.

K-2 5.00pm—6.30pm

3-6 6.30pm 8.00pm

Please put money in an envelope with child's name on class on front and hand in to front office.

## DIARY DATES

Dates are subject to change due to unforeseen circumstances, \* indicates new or changed dates since last newsletter.

### JULY

28 Footsteps  
28-1 Education Week  
29 Athletics Carnival  
30 ICAS English Competition  
31 P&C Meeting

### AUGUST

1 K-6 Assembly  
1 PSSA Round 6  
4 Footsteps  
7 Australian Mathematics Competition  
7 Debate vs HPS at CHPS  
8 PSSA Round 7  
8 P&C Disco 5-6.30 (K-2) 7-8.30 (3-6)  
11 Footsteps  
12 ICAS Mathematics Competition  
12 K-2 Assembly  
12 Kinder Farm Excursion  
14 3-6 Assembly  
15 PSSA Round 8  
18 Footsteps  
19 GVPSSA Athletics Carnival  
22 PSSA Round 9  
25 Footsteps  
29 PSSA Round 10  
30 Koori Bushtucker day

### SEPTEMBER

1 Footsteps  
1 WLFPA  
2 WLFPA  
3 WLFPA  
3 P&C Meeting  
4 Fathers Day stall  
5 K-6 Assembly  
5 PSSA Trials  
8 Footsteps  
9 K-2 Assembly  
10 SWS Zone Athletics  
11 3-6 Assembly  
11 Debate vs GPPS  
11 Debating Presentation  
12 PSSA Season 3 Round 1  
15 Footsteps  
16 Buzz Day  
17 Crazy Carnival Day  
19 PSSA Round 2

### OCTOBER

7 Students and staff return for term 4  
21 Photo day#2 Sport etc  
29 P&C Meeting  
30 P&C Halloween Disco

### NOVEMBER

## Next P&C

Wednesday 30th July  
9.00am in the school Staffroom  
All Welcome.



# EDUCATION WEEK 2014

(Enrolling now for 2015!)



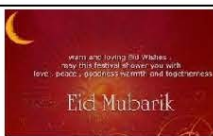
This week is a celebration of Public Education. It is a great reminder for all that Green Valley Public School is a dynamic, inclusive school that has professional and caring teachers who provide an excellent education for the children in a quality learning environment. We have an exciting and jam-packed week ahead! Please feel free to ask your friends, family or any new families who are interested in enrolling their children to come to the following events this week.

## Monday 28<sup>th</sup> July:

- Eid al-Fitr: This is an important Islamic holiday for Muslim communities across Australia. It marks the end of Ramadan and the start of a feast that lasts up to three days in some countries. It is a special celebration that marks the end of fasting that occurs during Ramadan.
- Footsteps Program

## Tuesday 29<sup>th</sup> July:

- Eid al-Fitr
- Athletics Carnival



## Wednesday 30<sup>th</sup> July:

- Koori club incursion
- ICAS English Competition
- 9:00am: P&C meeting in the staffroom. Parents/carers are welcome to attend.

## Thursday 31<sup>st</sup> July:

### Open Day

- 9:00am – 10:50am: All parents are invited to visit their child's classroom.
- Community organisation stalls will be available to provide information to parents.
- 11:00am – 12pm: The P&C will be running the BBQ. Please feel free to purchase a sausage sandwich for \$2.50 and a drink (soft drink or water) for \$1.50.

NB: Both Halal and non Halal sausages will be available on the day.

### Come and observe programs in action

- 11:00am-11:15pm: Aerobics Groups will be performing in the school hall
- 11:00am-11:15pm: Fit Club demonstration and PSSA training demonstration on the back oval.
- 11:30am-11:45pm: Junior Choir performance
- 11:30am-12:00pm: Interactive Classroom Observation
- Claymation/Library: ICT observation and parent information available.
- 2:00pm-2:55pm: The Ned Show in the hall Parents/carers are welcome to attend.



## Friday 1<sup>st</sup> August:

9:10am: Education Week K-6 Assembly hosted by 2Z and 5P



## PSSA BEST AND FAIREST

### COMMUNITY NEWS

#### SOCIAL MEDIA

Looking for help with social media issues such as cyber bullying, inappropriate content, online grooming, scams fraud and identity theft: try [www.thinkuknow.org.au](http://www.thinkuknow.org.au).

#### FLU SEASON IS HERE

Influenza is spread from person-to-person through the coughing or sneezing of infected people. Remind your child about these good hygiene practices to minimise the spread of infection:

Anyone who is sick with influenza symptoms should stay home until their symptoms are gone.

Cover the nose and mouth with a tissue when coughing or sneezing. Throw the tissue in the garbage bin after use.

Wash hands often with soap and water, especially after coughing or sneezing. Alcohol-based hands cleaners are also effective.

Avoid touching eyes, nose or mouth. Germs spread that way.

If you or your child develops influenza-like illness, seek the advice of your family doctor as you would with any other illness.

The seasonal influenza vaccine, which protects against the pandemic influenza strain as well as two other influenza strains, is now available free to eligible people. More information about the vaccine is available from the NSW Health Immunisation Unit's vaccination page.

Previous vaccination with the pandemic influenza vaccine, Panvax® is not a barrier to also receiving the seasonal influenza vaccine.

#### OPTIMISM

*Michael Grose*

Helping a child to look on the bright side is a significant life skill to develop.

Optimists look at the flip side of negative events for some good, some hope and some reason to be positive. It means having a strong self-belief and confidence to deal with challenging situations.

Optimists do better academically, socially and enjoy better health than pessimists. Helping a child to look on the bright side is a significant life skill to develop. When children think they can succeed they are more

likely to give things a try. In other words, if they think **THEY CAN, THEY WILL.**

Optimists look at the flip side of negative events for some good, some hope and some reason to be positive. It means having a strong self-belief and confidence to deal with challenging situations.

According to the General Parenting tip sheet on this topic published by the Queensland Government there are five building blocks of optimism:

1. Having a go
2. Practicing
3. Coming to terms with success and failure
4. Planning for the future
5. Having the belief and confidence to try again

Importantly, these building blocks link optimism with competence so when children experience success they are more likely to believe that they can achieve and have more success.

Some children are natural optimists. They are born with optimistic temperaments and have natural dispositions to deal with challenges and problems. Others expect the worst and tend to see catastrophes where really small challenges exist. Recent American research indicates that children learn their optimism from their experiences of success and through their interactions with parents, teachers and significant others in the first eight years of life.

So the way adults talk is significant in the way they shape a child's belief about success or failure. The message is clear that adults need to be aware how they present the world to children as our explanatory style (the way we explain events) is on show.

#### OPTIMISTS EXPLAIN ADVERSE EVENTS IN THE FOLLOWING WAYS:

Adverse events tend to be temporary rather than permanent: "It takes time to find a friend" rather than "No one likes me."

Situations or causes are specific rather than general: "I am not so good at soccer" rather than "I am hopeless at sport."

Blame is rationalised rather than personalised: "I was grounded because I hurt my sister" rather than "I was grounded because I am a bad kid." Pessimists have a tendency to build mountains out of molehills and give up before trying. The trouble with pessimism is that it tends to be a self-fulfilling prophecy. "I told you I wouldn't get a kick in the game. What was the point of me even turning up?" is a typical pessimist's approach. Such comments just reinforce pessimism and these feelings of hopelessness lead to helplessness.

#### TO PROMOTE OPTIMISM IN THE CHILDREN AROUND YOU TRY THE FOLLOWING FOUR STRATEGIES:

Model positive thinking and optimism. Let children hear your positive self-talk.

Challenge children's negative or unrealistic appraisals. For instance, "Everyone hates me. I have no friends" can be challenged with "Sometimes it feels like we have no friends but you spent all morning with Melanie yesterday."

# Holidays-18

Anabela

15.7.14  
In the holidays I went to Adelaide with my family. First we packed our bags. Next we drove to the airport. Then we had to get the tickets. Afterwards we sat down in our seats. Later the lady called out that it is time to go. Finally the plane landed.



15.7.14  
In the holidays I went to the LEGO movie. With my mom and sister. We drove to the LEGO movie. After, Max I went to the LEGO land. I went to lined up to get food and a drink.



Jayden



Zac

25.7.14  
Holidays Holiday I was with my grandma. First I played on the X-box. Then I went outside to play soccer. Later I eat lunch. Finally I went to the cinema to see a movie.

15.7.14 HOLIDAYS  
In the Holidays I went to the movies with my family. First we got popcorn. Next we got drinks. Then we went to sit down. Afterwards the movie came on. Later it finished. Finally we went home.

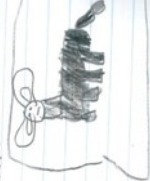


15.7.14  
It was cool.

Gabriela



15.7.14 HOLIDAYS  
On the HOLIDAYS I went to the ZOO. With my father and family. First I saw the monkeys. Next I saw the elephants. Then I saw the big elephants. Afterwards I saw the giraffes. Later I saw the giraffes. Finally I went home. We saw



Leo



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