

Tacking Point Public School Newsletter



20 February 2009
Week 4, Term 1

Resilience

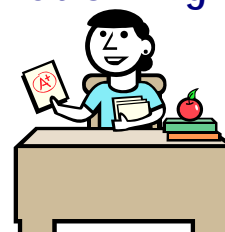
The bushfire disaster and the individual suffering that is occurring gives many of us a perspective for our own issues. Part of our shared responsibility in educating our children is to assist them to deal with such issues and other issues that happen in their own lives. Part of this is being able to cope when things don't go exactly as they would have wished and they have to make adjustments or accommodations as a result. This can be as simple as adjusting to a new class or groups of friends, missing out on being selected for an activity or some of the other disappointments that are part of school and home life.

It is important that our students have such experiences, make the most of their circumstances and develop resilience as a result. Of course the level of disappointment or concern needs to be kept in check i.e. appropriate to the child's age and development. We do not expect that they will experience on-going sadness or anxiety and if this is the case they need our support.

Resilience includes such qualities as flexibility, adaptability, buoyancy, spirit and toughness. It really is about the ability to bounce back.

Author Michael Grose has published a number of papers and books on promoting resilience in children. Over the next few weeks single sheet parenting ideas from this author will be included in the newsletter.

Parent /Teacher Information Nights



All parents are invited to attend information meetings to be held in week 5. At these meetings there will be the opportunity to hear about educational goals, general expectations, year and class organisation, sport, excursions, classroom needs etc. etc.

The meetings are not the time to discuss the progress or issues relating to individual students. If you need this discussion please arrange a separate appointment with the teacher.

Kindergarten

Wednesday, 25th Feb 5.30 - 6.30 pm in rooms KC/KJ

Year 1

Wednesday, 25th Feb 6.30 - 7.30 pm in rooms 1W/1R

Years 2

Wednesday, 25th Feb 6.30 - 7.30 pm in the Library

Stage 2 (Years 3 and 4) Thursday, 26th Feb 6.30 - 7.30 pm in the Library

Stage 3 (Years 5 and 6) Tuesday, 24th Feb 6.30 - 7.30 pm in rooms 5-6N/6K.

Terry Robinson

Upcoming Events

- ◆ TUE 24/2
Pancake Promotion (preordered)
- ◆ TUE 24/2
Parent Information Night Y5-6
- ◆ WED 25/2
Parent Information Night K-2
- ◆ THU 26/2
Parent Information Night Y3-4
- ◆ FRI 27/2
Clean Up Aust Day
- ◆ FRI 27/2
P&C Pool Party
- ◆ TUE 10/3
LNC Swimming
- ◆ THU 26/3
Y2 Grandparent Day

ASSEMBLY ROSTER

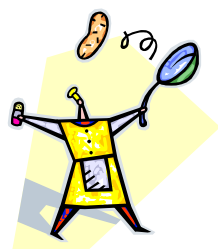
| | |
|--------------------|-------------------------|
| NEXT FRI 9.10am | Yrs K-2 Hosted by 2L |
| NEXT FRI 2.00pm | Yrs 5 & 6 Hosted by |

UNIFORM SHOP OPEN

| | |
|----------------------------------|------------|
| Monday 23/2 8.30-9.15am | R Williams |
| Wednesday 25/2 8.30-9.15am | S Wallace |

CANTEEN ROSTER

| | |
|-------------|---------------------------------------------------|
| MON 23/2 | D Bartlett M Burton |
| TUE 24/2 | PANCAKE ORDERS ONLY M Turner N Drury |
| WED 25/2 | R Allen V Gan |
| THU 26/2 | C Newham E Sprague |
| FRI 27/2 | B Gaherity M Brumby |



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Public School

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Principal
Mr Terry Robinson

Victorian Bushfire

What an amazingly generous response to our "Give up Your Pocket Money" appeal to help victims of the Victorian Bushfires. A total of \$2791.00 was donated. I'm sure that when added to the generous contributions from across Australia this will make a significant difference to the lives of those who have lost so much. On behalf of the Tacking Point Student Representative Council I extend a huge thank you!

Terry Robinson

Clean Up Australia Day

Next Friday, 27 February, Years K-6 will be participating in this year's Clean Up Australia Day Campaign. Children may bring their own plastic groves to school next Friday and help clean up our school environment.

Lina Jackson

Community Notices

Port Saints Soccer Club
Registrations for players aged 5 to 55, men and women, boys and girls, will take place at Findlay Oval in February on Saturday 21 between 9:00am and 12:00pm and Wed 25 between 5:00pm and 6:00pm. Check the Club web site <http://www.portsaints.com.au/index.htm> for more information. Cash or cheque payment only. New Registrations need proof of age documents.

**P & C Pool Party
Next Friday 27 February**

The Tacking Point P & C Pool party is on again next week and we hope to see as many new and familiar families there as possible!

As usual the Aquascrambles will be in operation according to the following schedule to which we adhere, so please don't be late!

Aquascrambles

| | 25m | 50m |
|-------|--------|-----------------|
| Kindy | 6:00pm | Yr4 6:00pm |
| Yr1 | 6:20pm | Yr5 6:20pm |
| Yr2 | 6:40pm | Yr6 6:40pm |
| Yr3 | 7:00pm | Siblings 7:00pm |

When: Friday 27th February 2009
from 6:00pm - 8:30pm

Where: Port Macquarie Olympic Pool, Gordon Street.

Cost: \$5.00 per person or \$20.00 per family (please no Ring Ins). Cost covers pool entry and use of the Aquascramble.

Desirable Requirements: swimmers, a picnic dinner and drinks and chairs/blankets etc. BBQs are available. Please NO GLASS.

Essential Requirements: That ALL children (including Year 6) attend in the company of a responsible adult. This is a condition of entry.

This is traditionally a lovely evening and a great way to meet your children's new friends and their families. See you there!

Kath Peck, P&C

A resilience-promoting childhood

What type of childhood do your children experience?

In our current consumer-oriented society it can be difficult to provide the type of childhood that promotes long-lasting resilience in children. It is tempting to over-organise their lives and fill every spare minute with some type of activity.

The emergence of indoor playgrounds shows the lengths we go to ensure that they never get bored (or even get wet and cold when they play)!

It helps to stand back and take stock of the type of childhood that we provide for our kids.

A resiliency-promoting childhood has the following features:

1. Children don't always get what they want. The Rolling Stones were right when they sang, "You can't always get what you want, but you can try" all those years ago.
2. They have plenty of opportunities to solve their own problems without adults trying to fix everything for them. Children will only develop their inner resources when given the opportunity to develop their resourcefulness.
3. Children are expected to help at home from a young age without being paid so they learn to be useful.
4. Parental expectations for success are positive, realistic and based on a child's interests and aptitudes rather than on adult wishes.
5. Children receive liberal amounts of encouragement but moderate amounts of praise. Praise is like fast

food – kids want it but they don't always need it.

6. Children have plenty of free time to do three essential things – play outside, have fun and daydream. But they need to have the opportunity to initiate all three, rather than have them initiated by someone. These three essentials help insulate human beings when life gets out of control.
7. Children are involved in family decision-making so that they learn to impact positively on their environment.
8. Children have the opportunity to identify their strengths and then build on these to develop their unique identities.
9. Children grow up in families that have their own rituals, rites of passage and celebrations. These rituals provide important anchors to children as they develop and grow away from their families.
10. Resilient children need to be surrounded by resilient adults rather than adults who are continually stressed and have no real life outside from children and work. If you feel that life is all work (and kids) and no fun then begin by taking a hobby.



Quick Parenting Quiz

1. *According to a recent Australian Research Project eight qualities were identified as family strengths. Communication and Resilience were two qualities. Name three more.*
2. *When changing children's misbehaviour it will generally get worse before it improves.*

True or false.

Answer:

1. Research by the Family Action Centre identified the following eight qualities in strong families: communication, togetherness, sharing activities,
2. True.

affection, high levels of support, acceptance, commitment to each other and resilience.

Sheet One

Vitamins for parents

How to answer when children say things to you such as:

"It's not fair."

"I hate you."

"You never buy/make/get me anything....."

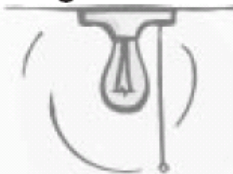
"All the other kids in my class have done/seen/been there...."

"You'll only be happy if they carry me out in a body bag."

Next time your child comes up with one of those guilt-laden, golden lines take a deep breath and say calmly – "You know, you maybe right."

It stops them in their tracks.

Bright idea



Have a "Quality Mealtime" once a week.

Write a list of personal qualities such as determination, patience, tolerance, honesty, initiative and so on. Once a week have a great meal and also introduce a personal quality or characteristic. Then focus on that quality for the week. Use Who, How, What, When and Why questions to get discussion going. "What is determination? Who do you know who is determined?" The list goes on. Write the quality on a card and display it somewhere for the week so you can refer to it. This is a powerful but simple way to build children's character, resilience and personal awareness.

Wise & Witty Words

"I've learned that children and grandparents are natural allies."

Anonymous

"Encouragement is the continuous process aimed at giving the child a sense of self-respect and a sense of achievement. From earliest infancy he needs help finding his place through achievement."

Rudolf Dreikurs