



2nd August 2018

Principal's Message

What's On.....

AUGUST

6th Senior Assembly 2.45pm

8th Book Week Incursion

9th Book Week Incursion

10th Curriculum Day. No children to attend on this day.

13th Junior Assembly 2.45pm

13th Subway Day

14th ICAS Testing—
Mathematics

17th Winter Sport Round
Robin for Year 6

20th-24th Book Week-'Find
Your Treasure'

20th Senior Assembly 2.45pm

21st School Council Meeting
at 7pm

23rd Literacy Rotations

24th Year 1 Activities Evening

27th Junior Assembly 2.45pm

27th-29th Year 3 Camp-
Phillip Island

31st Father's Day Stall

SEPTEMBER

3rd Senior Assembly 2.45pm

4th Year 5 Sustainability
Incursion

5th ART SHOW 5.30-7.30pm

5th Sport & Graduation
Photos

6th ART SHOW 3.45-5pm

7th SDSSA Basketball

10th Junior Assembly 2.45pm

13th Whole School Music
Incursion—Adam Hall &
The Velvet Players

14th Year 2 Sleepover

17th No Assembly

Dear Parents,

100 DAYS OF PREP – CELEBRATION

This week the Preps celebrated 100 days of being at school. The students had a wonderful day on Monday, decorating crowns to wear at assembly and enjoyed making and eating delicious fairy bread too! The Preps sang a special number song at assembly and each received a colourful balloon with the number 100 upon it. Thank you to our wonderful Yr 6 buddies and parent helpers for your assistance with various 100 Day celebration activities this week. Congratulations Preps, you are now 100 days smarter!



REMINDER: FRIDAY 10 AUGUST is CURRICULUM DAY and as such the school will be closed. The OSHClub will be open on this day.

CLINICAL PSYCHOLOGIST, ANDREW FULLER, VISITS PINWOOD PS

Last Thursday, our Yr 5 and 6 students participated in a fabulous resilience building workshop with clinical psychologist, Andrew Fuller. The students discovered that their brain is unique to them and how to be smart in their own way. Students also discovered that our brains are shaped by the experiences we have. After being introduced to the main brain systems, students then identified and mapped their personal learning strengths as these can be used to build their own capacity for resilience.

Later in the afternoon, staff attended a Professional Development session with Andrew, looking at the neuroscience of learning and emotional self-regulation techniques. Later in the evening, over 200 parents attended a very informative



evening session with Andrew. Andrew presented information about the neuroscience of learning and the impact emotions have on memory and learning. Andrew also introduced parents to the resilience building concepts of 'Connect, Protect and Respect' and helping children to develop a resilient mindset. Due to the volume of positive feedback received from parents about Andrew's presentation, we are looking at booking Andrew for another parent evening possibly in Term 4.

PRINCIPAL'S CORNER

I have included a quiz as part of an article for parents, written by Clinical Psychologist, Andrew Fuller, on developing 'resilient families'. The article is built upon the foundations discussed at the Parent session last week of 'Connect, Protect and Respect'. I hope you enjoy the article.

Creating Resilient Families - Andrew Fuller Copyright Andrew Fuller, 2017

*Research shows that we achieve the best outcomes for our lives by developing a **Resilient Mindset**.*

This is built in schools and families where children are:

Connected

Protected

Respected.

This brief quiz will give you an idea of some of the strategies that build the Resilient Mindset.

1. My child leaves a favorite toy outside overnight. The next morning, the toy is gone & my child is crying. I would:

- a) Tell my child, "I told you so."
- b) Begin by empathizing with their unhappiness and saying, "I know you're upset that the toy is gone".
- c) Buy them another toy.

2. When my child disagrees with me, it appears that her goal is to seek revenge. When this happens, I should:

- a) Ignore her anger.
- b) Allow her to rant until she runs out of steam.
- c) Acknowledge her anger but not change my decision.

3. Which of the following will help children feel loved, special, and appreciated?

- a) Creating traditions, family rituals and special times
- b) Making certain to not miss significant events.
- c) Accepting your children for who they are.

4. What is the best way to deal with mistakes:

- a) Serve as a model for dealing with mistakes and setbacks.
- b) Teach your children that mistakes are to be avoided.
- c) Lower your expectations.

5. Your child tells you that she feels ugly and fat. Your first response should be:

- a) "But, you're not ugly and fat."
- b) "I know you feel that way. I'm not certain why you do but maybe we can figure out what will help you feel better."
- c) "If you keep saying that, no one will want to be with you."

6. When your children are successful at a task, you can reinforce a resilient mindset by saying:

- a) "Well done that was good luck".
- b) "It was great to see how you figured that out."
- c) "Now that you see you can succeed, you shouldn't make excuses for not trying something in the future."

7. Your child calls you on her phone from school and says she has no friends

- a) Leap into action and call the school
- b) Tell her to stop being dramatic
- c) Calmly re-assure her and say, "When we get home we'll work out about how you can make the friends that you want"

8. Your child has left schoolwork to the last moment and wants a day off to catch up. Do you:

- a) Give in
- b) Insist they go to school but write an "excuse"
- c) Insist they go to school and help them word an explanation for the teacher



Resilience is the happy knack of bungy jumping through the pitfalls of life. When tough things happen, resilience helps people to overcome these and get on with their lives.

ANSWERS TO THE QUIZ

1. **b.** The ability to see the world through your children's eyes and be empathic is essential for fostering resilience.
2. **d.** In this example, you can say to your child in a calm voice that you know she is angry, but her yelling and saying you are not a good mother will not change the situation.
3. All of them.
4. **a.** Ask yourself what your child observes when you make mistakes. If children see their parents respond by remaining calm and seeking more effective solutions, they will be more prone to acting in the same way. Mistakes are a natural part of life for kids and grown-ups. Most mistakes serve as opportunities for learning.
5. **b.** When we hear our children say negative things about themselves such as that they are ugly and dumb, our first inclination is to quickly support them by telling them that they are not that way at all. However, this kind of support represents a missed opportunity. Validating what our children say does not mean we agree with them, but rather that we understand them. A parent might respond to their child's negative statement by saying, "I know you feel ugly and fat and I'm sorry you do. I don't see it that way and maybe we can figure out what makes you feel that way and what will help you to feel better."
6. **b.** One of the characteristics of resilient kids is that they relish and take realistic credit for their successes. When mistakes and setbacks occur (as they inevitably do!) they start planning how to do better in the future.
7. **c.** Guiding your child towards creating a solution to problems is more powerful than solving them yourself.
8. **c.** Avoiding things almost never works. Give your child the tools to sort it out but don't do it for them.

Characteristics of resilient families:

1. ***Spontaneity and Curiosity***
They have adults who show that life is worth living and that success is worth it.
2. ***It is clear who is in charge***
No parent wins all the time but even so, it is important that young people feel their parents are in charge of the family and are able to protect them. It is NOT enough to just be a friend to your child
3. ***Mistakes are how we learn.***
Rather than avoiding mistakes or being embarrassed by them we need to embrace them because that is how we learn to improve.
4. ***Ensure diversity of friendships***
Young people are protected and connected when they have a diversity of friends.
5. ***Involve other adults***
Resilient families also seem to be able to share the task of parenting more broadly.
6. ***Relationships are more important than consequences.***
Resilient families know that building positive relationships and calming children when they are upset or angry is the most powerful way to manage behaviour issues.
7. ***Consistency***
Resilient families have consistently high expectations for themselves and hold key values about life and the way they live it. Resilient families avoid harsh and inconsistent discipline methods that often just teach children to get sneaky and trust no one.
8. ***Maintain rituals*** Resilient families take time out from the rush of life to celebrate life anniversaries and have weekly rituals.
9. ***They know that NOTHING WORKS ALL THE TIME!*** So, they try to do things that are fun and help them not to take problems too seriously.



2nd August 2018
pinewood-ps.vic.edu.au

Andrew is the author of many best-selling books –
-Tricky Kids
-Unlocking Your Child's Genius
-Tricky Teens

Stay in touch with Andrew and receive updates:

On Facebook

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The Learning Brain

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2018 PARENT OPINION SURVEY

WE WANT OUR PARENTS TO TELL US WHAT THEY THINK!

Our school is conducting a survey to find out what parents think of our school. The Parent Opinion Survey is an annual survey offered by the Department of Education and Training that is conducted amongst a sample of randomly selected parents. It is designed to assist schools in gaining an understanding of parents' perceptions of school climate, student behaviour and student engagement. Our school will use the survey results to help inform and direct future school planning and improvement strategies.

Approximately 30 per cent of parents will be invited to participate in this year's survey. All responses to the survey are anonymous. This year the Parent Opinion Survey will be conducted from **Monday 23rd July to Sunday 26th August**.

The survey will be conducted **online**, only takes **10-15 minutes** to complete, and can be accessed at any convenient time within the fieldwork period on desktop computers, laptops, tablets or smartphones. The online survey will be available in a range of languages other than English. These include: Arabic, Vietnamese, Mandarin, Chin (hakha), Hindi, Japanese, Somali, Turkish, Punjabi and Greek.

The survey results will be reported back to the school at the end of September. The survey results will be communicated to parents through the annual report. Last year we used the survey results to inform and direct various elements of our future school planning and improvement.

Letters will be sent home tomorrow to the selected parents.

Karen Jenkin
Principal

SCHOOL CAPTAIN PHOTOS



School captain's photos are now on display at the office. If you would like to order, please collect a form from the office.

CURRICULUM DAY FRIDAY 10th AUGUST

The school will be closed on this day.

The OSHClub will operate between 7.15am and 6pm on this day.

RESPECT

SELF CONFIDENCE

INTEGRITY

RESPONSIBILITY

OPTIMISM



STUDENT OF THE WEEK PREP —YEAR 2

Leon L. Prep P
For a wonderful start to Term Three! Leon always shows kindness and enjoys working with his peers during class activities. Well done Leon!

Azra S. Prep P
For working so hard to complete all tasks to a consistently high standard! Fantastic effort Azra!

Casey T. Prep A
For being enthusiastic about learning and always having a positive attitude towards tasks.
Good job Casey!

Alexander B. Prep L
For working so enthusiastically to learn all his Wizard Words! You have learnt so much in 100 days of Prep! Great work Alexander!

Atharv K. Prep L
For working so hard to sound out unknown words in his weekend writing! I love reading your writing Atharv!

Alysha L. Prep H
For always displaying excellent manners and a positive attitude. Well done!

Arun B. Prep H
For working hard to use reading strategies during Literacy groups. Well done Arun!

Samaira M. Prep M
For always having a positive attitude to her learning and for working hard to produce her best work!

Aryan A. Prep A
For showing persistence and confidence when writing on the dotted thirds. Keep up the great work Aryan!

Hamish C. Prep R
For his cheerful and enthusiastic attitude towards all school activities and for always trying his best. Well done Hamish!

Ilakkiya S. Prep R
For the wonderful progress she is making with her reading. Well done and keep up the fantastic effort Ilakkiya!

Noah L. 2F
For continually offering your valuable insights during our literacy and mathematics sessions and challenging your learning. Well done, Noah!

Eira S. 2F
For sharing her ideas in class each lesson and identifying a new reading goal by herself. Well done, Eira!

Michael Y. 2F
For taking responsibility for his organisation in class, writing the goal and taking notes to extend his learning. Well done!

Meadow F. Prep M
For consistently completing her work to a high standard. Meadow is an independent and enthusiastic learner.

Adam T. 2M
For working hard to improve his handwriting. Well done Adam!

Janiru H. 1M
Well done Janiru for asking some fantastic questions and telling us some great facts about our integrated topic of 'Day and Night'.

Aarkin S. 2M
For his wonderful Fascinating Friday presentation Arkin solved a very interesting puzzle!

Hanna K. 2T
For always participating enthusiastically in class discussion and sharing her varied knowledge and opinions.

Kairav S. 2T
For the wonderful effort he put into his homework tasks. Well done Kairav!

Thanvi B. 1H
For always acting responsibly in the classroom. Thanvi is well organised and attentive. She is a great role model in 1H.

Lexi H. 1H
Lexi is taking responsibility for her learning and persists in classroom tasks. She is making great improvements. Well done Lexi.

Mac L. 1KW
For completing a wonderful reflection on the Science Dome Incursion.

Nicole L. 1KW
For going above and beyond by picking up rubbish during lunchtime!

Alexander L. 1S
For consistently being a responsible and respectful member of our class. Keep up the great effort Alexander!

Jiawei C. 1S
For demonstrating positivity and confidence since joining our class at the beginning of Term 3. Keep up your wonderful attitude!

Jana A. Prep S
For her Increased confidence when reading aloud to the teacher and in front of peers.

Demiana K. Prep S
For working hard in all subject areas to ensure she stays on task and completes all work to an exceptional standard.

Louise K. 1D
For improved listening and concentration and for being a caring friend. Well done Louise!

Bonnie N. 1D
For being a responsible member of 1D and for always trying her best. Keep up the great work Bonnie!

Charla H. 2J
Demonstrating fabulous creativity when writing her 'Sizzling Stories'. They sure capture our interest immediately!

Kylah K-K. 2J
For demonstrating impressive skills when collecting and representing data in our math lessons. Keep up the amazing work!

Maisie S. 1M
Well done Maisie for persisting with your reading. You have been trying so hard at school and at home to improve.

A reminder that school pick up time is 3.30pm. Teachers leave yard duty at 3.45pm and all children should have been collected by this time.



The Camellia, Garden & Floral Art Show

Children's Competition

Individual Competition
I Made It
Group Competition
We Grew It

COMPETITION ENTRY FREE

Prizes First & Second Place Winners
Plus Popular Choice
Participation Certificate for all entries

Age Groups:
- 8 & Under
- 9 to 14 Years

IMADE IT Winner 2017
9 - 12 Years
Anya Nielsen

IMADE IT Winner 2017
8 & Under
Archie Pelosi

August 2018
Saturday 18th 1pm - 5pm & Sunday 19th 10am - 4.30pm
Mount Waverley Community Centre
47 Miller Crescent, Mount Waverley

Confidence Communication Skills Creativity

superspeak

Weekly public speaking & drama program for children aged 6 - 15

As featured:

3AW 693 NEWS TALK Award Winner
Herald Sun
kidspot
educationshow

- ✓ Leading curriculum
- ✓ Small class sizes
- ✓ Great teachers
- ✓ Loads of fun!

communication
quick thinking
expression
teamwork
friendships
confidence
leadership
persuasion
vocal variety
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WORLD ART EXPO 2018

The WORLD ART EXPO 2018 is our second bi-annual art show event featuring art work from every student at Pinewood. The theme of WORLD ART reflects the national and cultural diversity of the school population, with student art work representing 35 countries of family origin. On the evening, we gratefully request that students, parents and teachers dress in National Costume or clothing that reflects their country of origin. If this is not possible, we would still

love you to join us.

EVENT DETAILS:

**WHEN: OPENING NIGHT- WEDNESDAY 5TH SEPTEMBER- FIRST VIEWING 3.45PM-4.30PM
GRAND OPENING—5.30PM-7.30PM**

WHERE: PINWOOD SCHOOL HALL

FOOD, COFFEE AND LIVE ENTERTAINMENT AVAILABLE ON THE SCHOOL GROUNDS ON OPENING NIGHT

SECOND VIEWING- THURSDAY 6TH SEPTEMBER 3.45PM-5.30PM

- ◇ ENTRY BY **GOLD COIN DONATION**
- ◇ **DOOR PRIZE ON OPENING NIGHT**
- ◇ **SILENT AUCTION** FEATURING CANVAS ARTWORK CREATED BY EACH YEAR LEVEL
- ◇ DISPLAY OF THE ARTSHOW **TALENT COMPETITION FINALISTS**
- ◇ "FIND THE FLAG" **ARTWORK TREASURE HUNT**