CAUTION: The text in this image is not fully legible or comprehensible due to the quality of the image.
all of our children!

Don’t forget! If you know of any families who are looking for a great school for their child for 2016 and live in our area, encourage them to apply to enrol. The best way to choose a school is to visit and meet the staff and students to see if it is the school for your child. Please invite them to come along! On Monday 18th May we are having an open day for prospective Kinder students from 9.30-10.30am. All are welcome!

Anti Bullying Lesson 4 How to ignore someone giving you a hard time.

Why Learn This Skill? Sometimes students will need to tell another to stop doing something that is annoying them, but at other times it is more appropriate to ignore annoying behaviour. Discuss with your child some of the situations in which ignoring is more appropriate.

For example.
• When it is only a minor or short irritation;
• When you are sure that talking to the person will only encourage them;
• When you think that asking them to stop won’t work.

Discuss times when it is not appropriate to ignore the situation. Ignoring is an active strategy and one that students can realise is a positive choice.

Do’s
• Stop looking at them.
• Try to keep all expression off your face - look calm.
• Do something else or talk to others near you.
• If the other person keeps annoying you, STAY COOL AND WALK AWAY.
• If they follow you and keep giving you a hard time you can ask an adult for support.
• Remember, sometimes the person teasing you will not stop immediately and you may have to ignore someone a few times.

Don’ts
• Don’t look at them
• Don’t smile
• Don’t argue
• Don’t insult back
• Don’t get AGRO
• Don’t try to get them into trouble.

Stay Cool.
Take the power back.
Smart people know when to walk away.

Raising kids to Thrive by Michael Grose

Currently there’s a great deal of confusion about the best way to raise kids. The perception that the world is a dangerous place is causing us to closet or over-protect our children. We have a greater propensity than our own parents did to satisfy our children’s material demands, so we run the risk of raising an indulged generation.

Many children grow up with an exaggerated sense of entitlement to rights, freedoms and goods, which are often way beyond their means or grasp. In wanting what’s best for kids we do run the risk of doing too much for them, giving them too much and also removing all risk from their environment.

If we are to prepare children adequately for the future then parents need to take a step back and provide an environment that develops their confidence, their character and their resilience.

It is these three qualities that will enhance children’s prospects of future success in all areas of life, including their relationships, their family and their future working lives.

The development of one impacts on the others. When kids develop a greater sense of self-confidence they usually behave better and they are more likely to bounce back from setbacks, particularly social injustices.

Confidence

Confidence is about taking your rightful place in the world and grabbing your rightful space. It is about making the most of the opportunities presented to you. Confident kids take more learning risks and are likely to challenge themselves more than kids who are low on confidence. They are less likely to place limits on themselves or their achievements. Confidence is so crucial today as so many kids are anxious and fear failure.

Character

Character refers to the attitudes and behaviours a child develops that maximise his or her success. Personality may attract initial attention but it won’t guarantee success. Character more than likely will. Character has greater substance and depth. The development of depth of character in children is at the heart of effective child-rearing. Character is about doing what's right, not what's easy!

Resilience

Children need to be resilient. They need to be able to bounce back from life’s bigger and smaller setbacks. They need to experience the gamut of emotions that come with loss, failure, disappointment and other childhood hardships, frustrations and difficulties they routinely face so they learn they can cope when life doesn’t go their way. Resilience is linked with good mental health habits and also with a child’s success.

These three qualities don’t develop in a vacuum. They may develop by accident but I wouldn’t count on it. They best develop in an environment where parents purposefully adopt principles and techniques that promote them.

Using large family principles is at the heart of the thriving way of parenting. It’s not a return to the past. Rather, it’s recognition that if we are to prepare our children adequately for the future, then we need to step back and provide an environment that develops their confidence, their character and their resilience. These qualities will enhance children’s prospects of success in all areas of life in this constantly changing world.

Published by Michael Grose Presentations.

Have a great week!

Aloma Stewart
Joke of the Week
Q: What do you get when you cross a caterpillar and a parrot?
A: A walkie talkie!

Thought of the Week
In the middle of winter I at last discovered that there was in me an invincible summer. Albert Camus

BALGOWNIE SOCCER
Balgownie girls and boys played their first round games in the NSW PSSA Soccer last week against Fairy Meadow Demonstration School. After taking an early lead the girls put up a great fight, eventually losing 4-1. The boys played a very entertaining brand of football in defeating Fairy Meadow 9-0. Well done boys and girls.

CANTEEN NEWS
The canteen oven is still unavailable, so no hot food orders please except for noodle cups and toasted sandwiches. All other fresh, packaged and frozen items still available.

Canteen Roster for Week 5 Term 2
Thank you to our wonderful canteen volunteers who keep our canteen open, cooking and serving hot and healthy food each day. Next week’s volunteers are:

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<thead>
<tr>
<th>Day</th>
<th>Volunteers</th>
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| Mon 18 May | Michelle Guiliano  
Jane Cooper |
| Tues 19 May | **CAFEEN CLOSED NO VOLUNTEERS AVAILABLE** |
| Wed 20 May   | Jodi Hurt  
Erin Steyger |
| Thurs 21 May | Corinna Firpo  
Kate Smith  
Penny Fraser |
| Fri 22 May   | Belinda Down  
Zoe Wood  
Samantha Brown |

COMMUNITY NEWS

BALLY’S PATCH: WORKING BEE
Sunday May 31 from 9am
All welcome!
Bally’s Patch is located at Lot 21, Church St, Balgownie (between #5 and #7 Church St). Bring your gardening gloves, hats and smiles, and make some friends along the way.
Visit [www.ballyspatch.wordpress.com](http://www.ballyspatch.wordpress.com) for more info or call 0413 862 865.

AST SURF SCHOOL
Ast Surf School is holding a free surf session for kids of the age of 5-12yrs old. The Free day will be held from 12-2:00pm at Nrth Wollongong on the 16th of May, and the Farm Beach on the 17th of May.

BRINGING UP GREAT KIDS - A free parenting program for mums, dads and carers
This program promotes positive, respectful parent and child relationships.
Thurs 28th May to Thurs 25th June
5.30pm to 7.30pm
Willy Wagtail Child Care Centre
43 Florence St Fairy Meadow
To register: 0439 887 554 or email admin@fsi.org

INTRODUCTION TO KOREAN
A new Korean language course for primary school students in Years 5 and 6 will be offered for the first time in the Illawarra from Weeks 6-10 of Term 2. The course is proudly funded by the Australia-Korea Foundation (Department of Foreign Affairs and Trade) and taught by qualified Korean language teachers based in the Illawarra.
• Learn to read and write the Korean alphabet  
• Learn basic greetings and survival Korean  
• Learn about Korean culture, food and music  
• Meet new friends while learning about Asia’s best-kept secret
Location: Smith’s Hill High School
When: Weeks 6-10 Term 2, 2015
Class Times: Thursdays 4:30pm-5:30pm
Who: Students from local primary schools (Years 5 and 6)
Total cost: $15 material fee
Applications Close: Friday, May 22, 2015
How to apply: Send an email illawarrahangul@gmail.com
Course Commences: Week 6, Term 2, Thu May 28th.