Dear Parents,

Today at assembly we announced the first of our student leadership positions for the year. Last week, a panel of three interviewed a number of grade 6 students for the positions of school captain and vice-captain. All of the students who applied should be very proud of their efforts and think themselves a leader in their own right, irrespective of the outcome. For the successful candidates, congratulations and we wish you well for your year as you lead the student leadership group. Our school captains for 2015 are Kai Coghlan and Kaitlyn Stathakis. Our vice-captains for 2015 are Guncha Saxena and Jack Fishley. In the coming weeks we will also be announcing our House Captains and our Junior School Councillors and we encourage all eligible students to apply.

Today at assembly, we also welcomed eight student teachers from Nagoya Women’s University who will be a part of our school community for the next two weeks. They will be staying with families from our community and will lead the events on our Japanese Cultural Day next Tuesday. On this cultural day, we encourage all students to dress up in costume representing the culture and history of Japan. For those daunted by costumes, a white t-shirt with a red circle, or a Hello Kitty t-shirt might suffice. Please remember, toy swords, nunchaku and other weapons associated with ninjas etc… are not allowed at school. We will be holding a parade on Tuesday morning in a slightly different format to previous years, so please come along and enjoy the fun. On that day also, students are able to have a sushi lunch with all orders due by Wednesday of this week and we thank Parents’ Club for organising that.

Last week, we did have to make the playground under the trees out of bounds due to an unwelcome visitor of the slithery kind. We have had contractors out on a number of occasions to locate and remove the visitor in question, however after several extensive searches, which included dismantling the floor of the boat, we were unable to locate anything untoward. Over the course of the week, the teachers will be having discussions with the students about what to do should they encounter a snake. Please reinforce with your child that if they see a snake, they should stop what they are doing, and walk backwards slowly, keeping their eye on the snake until they are well away and go straight to a teacher and inform them. It is equally as important that students do not make up stories regarding this, as it may be scary to some children and we do not want to alarm students unnecessarily.

Commencing this week, any student who has missed a day of school this year without handing a note in to explain the absence, will receive a student absence letter. These letters ask for explanations regarding why the student was absent. They assist us in keeping accurate records of student attendance and will be followed up weekly by your child’s classroom teacher. As has been mentioned repeatedly, we expect all students to be at school each day unless they are ill, or have a family situation preventing school attendance such as a funeral or other such significant situation. If students are late, their parent must sign them in at the reception counter. It is not appropriate for students to be dropped off and sent in late without an adult. Please avoid this situation altogether by being at school no later than 8:40am.

Congratulations to the 28 students who attended the recent ADSSA Swimming Sports. Mr Buckingham and I were at the event and saw our students cheering others on, trying their best and representing our school in a wonderful fashion. Well done to all and good luck to those who go on to the zone championships.

A reminder that Monday March 9th is a public holiday and Tuesday March 10th is a student free day.

Simon McGlade
Principal
STUDENTS OF THE WEEK


IMPROVEMENT : Finn Cahill, Cody Williams, Jack Hopper, Poppy Lee & Kadin Holloway.

INCLUSION : Willow O’Neill, Stella Henstridge, Raida Chamma, Owen Griffin, mali Whyte & Khaled Elhouli.

HAPPY BIRTHDAY

We would like to wish a Happy Birthday to the following:
Kira-Lea Grant, Luke Vasilidis, Zakariah Abdul-Al, Victoria Koutsoumbas,
Tiffany Nguyen, Dejan Trnčić, Paris Webb, Sian MacCreadie, Hannah Tiller,
Emily Home, Zoe Bujeya & Taaj Assafiri.

STUDENT BANKING

Dear Parents,
Please Note that the Student Banking has resumed.
Please remember Student Banking is on Wednesdays only.
Thank You

Commonwealth Bank
EVERY DAY COUNTS

In primary school, some students miss on average 3 weeks of school per year. That's half a year of school by the end of year 6.

Going to school every day is the single most important part of your child’s education.

For more information and resources to help address attendance issues, visit: education.vic.gov.au

Department of Education and Early Childhood Development
Coming up on the 3rd March is our Japanese Cultural Day! It will be a dress up day with many fun Japanese inspired activities for all students. Parents will be welcome to watch the dress up parade and also partake in the activities.
TERM DATES FOR 2015

TERM 1 - Grade 1 - 6 start back 29th January - 27th March
Prep Students start back 4th February - 27th March
TERM 2 - 13th April - 26th June
TERM 3 - 13th July - 18th September
TERM 4 - 5th October - 18th December

BEFORE/AFTER SCHOOL CARE

OSHCLUB NEWS THIS WEEK

Monday to Friday 7:00 - 9am / 3:00 - 6pm. If you would like to make a booking or would like any information on the After School Care Program please do not hesitate to call 0411 656 074

This Week’s Activities – JAPANESE WEEK 2
(23-27 FEB 2015)

For more information, please contact Artee at Newport Oshclub on 0411 656 074 or book on www.oshclub.com.au

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SUSHI LUNCH REMINDER

REMINDER:
All Sushi orders are due back this Wednesday 25th February. Extra forms will be available at the office.
FROM THE PARENTS’ CLUB

Newport Gardens Primary School Parent Club News
President – Fiona Kay, bfirvine@yahoo.com, 0418 572 807
Vice President – Justine Flaherty, Secretary - Gretchen Szabat, Treasurer – Melanie Coca,
Secretary - Gretchen Szabat

A RED Parents Club Communication Box has been set up across from the main office; please feel free to use this

PLENTY TO BE INVOLVED IN!!!

SUSHI LUNCH ORDERS:
Japanese Cultural day is Tuesday the 3rd of March. Sushi Order forms are to be returned no later than this Wednesday 25th February.
Parent helpers will be required in the Kitchen on Tues 3rd at 11.30am to pack and dispense orders. Please email Fiona Kay if you are available to help.

LIBRARY HELPERS:
Every Monday from 2.30-3pm to reshelving and contact books. Please email Lorraine (lorrine17@optusnet.com.au) if you would like to help out or just show up on Mondays.

KITCHEN HELPERS:
Looking for helpers this Thursday 26th Feb to help organize the kitchen cupboards and pantry for this year’s horticulture program. Join Fiona for a cuppa and cleanup after school drop off.

FRESH FRUIT FRIDAYS:
This year’s program is up and running and coordinated by Dale Finke. If you would like to help cutting fruit and arranging platters on a Friday please email lindalefincke@yahoo.com

SCHOOL CAPTAINS & VICE CAPTAINS 2015

We would like to congratulate this year’s School Captains:

Kai Coghlan and Kaitlyn Stathakis.

And our Vice-Captains:

Guncha Saxena and Jack Fishley
ICY POLE FRIDAYS ARE BACK

Every Friday there will be Icy Poles for sale for $1.00 for all students to purchase.

NOTICES

Get Your Fit On!

2 Weeks Unlimited Small Group Training for $49
No Fitness Experience Necessary

Call Us Today - 9397 8292

www.healthyfit.com.au
Offer Valid Until 28th February 2015

healthy fit

You are invited to
Gilmore College for Girls
90th Celebration
1925 - 2015

Gilmore College for Girls is turning 90.
To celebrate this milestone we are putting together a showcase of some of the history and culture that typifies the education outcomes achieved by the school over the last 90 years. There will be an array of performances from past and present students along with artworks and interesting historical items.
We welcome all past, present and future students, former and current staff members, and general public to come and help celebrate the best of girls education in the west.

March 28
Gilmore College for Girls
298 Barkly Street, Footscray

11.00AM Reunion & Exhibition
12.30PM Presentation
1.00PM Celebration Carnival
RSVP by March 20th

Phone: (03) 9687 3888
Register Online:
www.gilmorecollegeforgirls.eventbrite.com.au
Parenting Ideas

Building parent-school partnerships

WORDS Michael Grose

The stress of teen success

Adolescence is an age of freedom; an age when taking responsibility is for someone else; an age of live for today and let the future take care of itself. Right? Well, not really.

A recent Australian study shows that today’s young people have one eye firmly on the future, yet they’re not confident of their chances of future success.

A Mission Australia survey released in late 2014 showed that young people now take their future very seriously. The survey of 13,600 young people’s aspirations, found that 87% of respondents ranked career success as their number one priority, followed by being financially independent (86%), owning a home (73%), having a family (68%) and feeling a part of their community (47%).

The flip side of these high aspirations is that around 40% of these respondents didn’t feel they could achieve career success or own their own home.

Girls were less confident of future success than boys. But that’s not a new finding. Similar research that this writer has been involved with over a number of years reveals that girls put far more pressure on themselves to succeed than boys. While girls rated school and career success as more important than did boys, nearly 50% of girls worried that they wouldn’t get into their choice of tertiary studies compared to 30% of boys who had the same concerns. Tellingly, these young people identified their parents, rather than teachers as being the major source of external pressure for them to succeed.

There is no doubt that the gap between young people’s aspirations and their achievability appears to be a major source of stress for young people. The world of work that today’s young people are preparing to enter is full of uncertainty. Youth unemployment rates are increasing, potential higher costs of tertiary education and a lack of affordable housing means that young people are less confident of achieving their goals than those of past generations.

The need for resilience

The young people in the Mission Australia survey identified coping with stress (62%) as their number one concern, higher than worries about body image (30%) and family conflict (20%). While teens must learn how to cope better with these immediate pressures, the need to develop resilience as well as relationship skills is compelling, as it is these that will help them succeed in the competitive and changing environments they are about to enter.

The ability to persist when success doesn’t come easily; the propensity to learn from rather than take failings personally; and a willingness to take the right rather than the easy options are the types of resilience traits that parents and teachers should be developing in young people on a daily basis.

Keep mental health on the agenda

Equally important for young people’s future success is paying attention to their wellbeing. “How’s your mental health?” is a question that parents should be asking young people on a regular basis. While on one level this question may receive a shrug of young shoulders; on a deeper level tuning your young person into his or her own emotional wellbeing is an immensely savvy thing to do.

For many parents mental health awareness is a new frontier.

more on page 2
Help young people maintain good mental health:

1. Make sure they get plenty of sleep – 8/9 hours for teens.
2. Encourage exercise – a minimum of 60 minutes of movement a day.
3. Minimise time alone particularly between school and dinner.
4. Encourage creative outlets.
5. Help them to relax - mindfulness or meditation may help.
6. Foster volunteering and helpfulness.
7. Bring fun and playfulness into their lives.

... The stress of teen success ...

However, I suspect parents of past generations intuitively knew a great deal about mental health when they insisted that kids ‘go outside and play’, that everyone in the family ‘should eat together’, or that young people in their house should turn their bedroom ‘light out at a decent time’. Keeping young people’s wellbeing front and centre is about helping them keep a balance in their lives.

Don’t put all their eggs in one success basket

One conversation that you may wish to strike up with young people is “What does success look like?” Try to broaden the definition away from the narrow base of academic, sporting or even financial success.

There are two points worth making. First, there are many ways that a young person can be successful. For instance, the development of real spirit of generosity is as much a measure of success as the ability to perform well in a test.

Second, remind young people that focusing on a narrow definition of success (i.e. in an academic, sporting or artistic sense) can come at a cost to other areas of life such as relationships, happiness and health.

This survey is like the canary in the coal mine. It’s a warning that the world young people are entering is challenging and changing, and that now more than ever, they need a balanced approach from parents and teachers if they are going to thrive rather than survive now, and in the future.

Get my ebook – Unwinding - that has 10 relaxation ideas to help kids and young people reduce anxiety and maintain good mental health at parentingideasclub.com.au. It’s FREE.

Michael Grose


parentingideas.com.au