CALENDAR 2016

Dates to remember...

TERM 3 DATES: Monday 11 July – Friday 16 September

RESCHEDULED HOUSE ATHLETICS: YEARS 3-6
Thursday 11 August

OLYMPIC TABLOID SPORTS DAY:
Friday 12 August

CURRICULUM DAY: (Student free day)
Monday 15 August

SCHOOL DENTAL FOLLOW UP VISIT:
Tuesday 16 August

YEAR 4 BIKE ED CAMP:
Wednesday 24 – Friday 26 August

WORKING BEE:
Saturday 27 August, 9am-1pm

ART SHOW:
Wednesday 31 August

GNPA FATHER’S DAY STALL:
Thursday 1 September

DISTRICT ATHLETICS: (Selected students)
Thursday 8 September

SCHOOL CAPTAINS LUNCH WITH NICK WAKELING:
Friday 9 September

END OF TERM 3:
Friday 15 September.
END OF TERM ASSEMBLY at 2.00pm
DISMISSAL at 2.30pm

PRINCIPAL’S CORNER

CURRICULUM DAY NEXT MONDAY 15TH AUGUST - NO STUDENTS AT SCHOOL ON MONDAY

Canberra Camp
Congratulations to all students and staff on a terrific camp. The sights were fantastic and our students should be proud of how they conducted themselves. The staff did an amazing job and I can’t thank them enough for their efforts.

Athletics
Hopefully the Year 3-6 house athletics will be able to go ahead on Thursday the 11th. Make sure students bring plenty of warm clothes, lunch and snacks. Thank you to Ms Atkinson for all her organisation.

Bike Ed
We had a big Bike Ed day last Friday. Well done to staff and students. Students responded very well and this preparation will enable them to tackle their upcoming camp with confidence.

Assembly
Last Friday the Middle School students stepped in to run assembly whilst the Senior School students were at camp. They did the job admirably and I was impressed with their commitment. Thank you.

Olympic Tabloid Sports
We will be having an Olympic celebration in the form of Tabloid Sports on Monday. Ms Atkinson is doing a great job organising the event. If you are available to help on the morning please let her know. Have fun!

Have a great week,
Sue Dean and Cory Pearce

Excellence:
High expectations of the whole school community

Respect:
For self and others

Resilience:
Engaging in challenges and learning from mistakes

Integrity:
Choosing a course of action that contributes to the greater good
WINTER WORKING BEE – Save the date!

Saturday 27th August 2016
9am – 1pm

Come and lend a hand in our school grounds as Spring is on its way!

We are hoping to do a general tidy up of paths, mulching, pruning, gutters, litter, raking softfall in playgrounds etc.

So if you can come along even for a short time, bring along your gardening gloves, rakes, shovels, wheelbarrows etc.

Enquiries can be left at the office addressed to Fiona c/- Buildings & Grounds Committee.

Identity direct has everything you need
not only for school, but also for Father’s day!!!
If you haven’t had a look at what they have on offer,
you can simply look online
www.identitydirect.com.au
If you purchase online through identity direct and
enter this
unique code: 34310
our school will also receive 20% commission!!
Father’s day is September 4th


**STUDENTS OF THE WEEK**

Congratulations to the following students who received Student of the Week:

*(Ending Friday 05th August 2016)*

<table>
<thead>
<tr>
<th>Class</th>
<th>Student</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/4S</td>
<td>Ashley R</td>
<td>For showing persistence in Bike Ed today</td>
</tr>
<tr>
<td>3/4O</td>
<td>Mitchell S</td>
<td>For trying his personal best with straight riding and scanning during Bike Ed</td>
</tr>
<tr>
<td>3/4M</td>
<td>Kye T</td>
<td>For showing honesty and integrity when discussing important issues</td>
</tr>
<tr>
<td>3/4C</td>
<td>Taryn B</td>
<td>For being a positive class role model and assisting in the Library session today</td>
</tr>
<tr>
<td>1/2M</td>
<td>Dylan R</td>
<td>For taking responsibility for his actions and caring about others</td>
</tr>
<tr>
<td>1/2K</td>
<td>Cooper B</td>
<td>For working hard on his listening behaviour this week. Well done Coop!</td>
</tr>
<tr>
<td>1/2I</td>
<td>Jake F</td>
<td>For great work creating arrays to multiply</td>
</tr>
<tr>
<td>1/2H</td>
<td>Ayva S</td>
<td>For her great attitude in Maths</td>
</tr>
<tr>
<td>1/2A</td>
<td>Zara B</td>
<td>For working hard on her procedural text and finishing it</td>
</tr>
<tr>
<td>PREP W</td>
<td>Ella O</td>
<td>For setting herself a goal to demonstrate friendliness and working hard to achieve it</td>
</tr>
<tr>
<td>PREP F</td>
<td>Kelsie A</td>
<td>For making strong choices about where to sit to improve her listening</td>
</tr>
<tr>
<td>PE</td>
<td>Courtney W</td>
<td>For always being a willing helper</td>
</tr>
<tr>
<td>ART</td>
<td>Anna H</td>
<td>For excellent manners and helpfulness</td>
</tr>
</tbody>
</table>

**VIRTUE OF THE WEEK: **Friendliness**

Congratulations to the following students who received Virtue of the Week:

*(Ending Friday 05th August 2016)*

<table>
<thead>
<tr>
<th>Class</th>
<th>Student</th>
<th>Class</th>
<th>Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/4S</td>
<td>Shame P</td>
<td>1/2M</td>
<td>Hayley V</td>
</tr>
<tr>
<td>3/4M</td>
<td>Aleisha B-S</td>
<td>1/2H</td>
<td>Miah C</td>
</tr>
<tr>
<td>3/4C</td>
<td>Taryn B</td>
<td>1/2I</td>
<td>Chloe W</td>
</tr>
<tr>
<td>1/2K</td>
<td>Ruby L</td>
<td>1/2B</td>
<td>Bella P</td>
</tr>
<tr>
<td>1/2A</td>
<td>Claire P</td>
<td>PREP W</td>
<td>Kobi N</td>
</tr>
<tr>
<td>PREP L</td>
<td>Megan K</td>
<td>PREP F</td>
<td>Neve J-B</td>
</tr>
</tbody>
</table>
Gully View

**GET YOUR CRICKET ON!**

Join Boronia C.C!

- Mnds (5-8yrs), U10’s & U12’s play Friday nights.
- U14’s & U16’s play Saturday mornings.

Registration: 19th-25th August 8am-5pm, 3rd September 8am-10am at Topaz Sports, 12 Burgess Road, Berwick.

Milo registration: Friday 28th September, Coronet Reserve, Boronia.

For more info: boronia.c.ccricket.com.au.au

Tim Driscoll (Junior Coordinator) 0412 140 765

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**UPWEY FERNTREE GULLY BASEBALL CLUB**

**LOOKING FOR A GREAT SPORT TO PLAY??**

**TRY BASEBALL!!**

Boys and girls of all ages and abilities welcome.

Great game, great family club.

**REGISTRATION AND INFORMATION DAY**

SUNDAY 14TH AUGUST 9:30AM TO 1PM

**FREE SAUSAGE SIZZLE**

For more information about our club please visit our website or email: www.upweyfootballbaseballclub.com.au president@upweyfootballbaseballclub.com.au

OR CALL: 0418 591 031

RINGS PARK, WILLOW ROAD UPPER FERNTREE GULLY

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**Junior Cricket 2016/2017**

“JOIN THE FUN”

FERNTREE GULLY FOOTBALLERS CRICKET CLUB

Picket Reserve, Commercial Road, Ferntree Gully

Registration Day: Saturday 3rd Sept 2016

11am to 3pm

- New 2016/17 Girls Teams
- Make lifelong friends
- Great exercise
- Family friendly
- Girls and Boys of all ages and abilities welcome
- U14, U13, U12, U11, U10 teams (Friday Evenings)
- Junior Girls Team (Saturday Mornings)
- Milo have a go Cricket 5-8 yo (Friday evenings)
- Fantastic atmosphere and fun for the whole family

2016/2017 Membership

Just $100 per child and $60 per extra child.

All players receive a Coloured playing shirt and a club Flat Cap inclusive of their membership fees.

**What are you waiting for? Become a Griffin!**

ftgriffins@gmail.com

Junior Coordinator - Shaun Stockham 0423 876 590

Milo Coordinator - Michelle Stockham (Milo) 0417 125 341

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**BRINGING SCIENCE TO THE COMMUNITY**

**BIONIC EYE**

Presenting: Dr David Nayagam

Research Fellow, Bionic Institute

A Fascinating Journey of Discovery for Students Young and Old

23rd August 2016, 7PM

Book at online at: www.blackburnhs.vic.edu.au
SAVE THE DATE

TV Trivia Night
Saturday
10th September 2016
Fairhills High School
Start recruiting people NOW, from work, Social groups, family etc. to fill your table

TICKETS NOW AVAILABLE

Order forms have been sent home and more are available at the office. Tickets are available for collection upon payment at the office.
2016 FERNTREE GULLY NORTH PRIMARY SCHOOL

Ticket Order Form

To order your tickets to this great event, please complete this form. Please return this form and payment to the school office AS SOON AS POSSIBLE!

Name: __________________________

Phone: __________________________

Eldest child name and class: __________________________

When: Saturday 10th Sept, 2016

Time: 6.30pm for a 7pm Start

Where: Fairhills High School
Scoresby Rd Knoxfield

Price: Per person $15 Per table $150 (Table of 10)

Booking Requirements

I would like to book: __________________________ Table/s @ $150 Each = __________________________

I would like to book: __________________________ Seat/s @ $15 Each = __________________________

Preference of who to be seated with: __________________________

BYO DRINKS, CLASSWARE AND NIBBLES

ADULT ONLY EVENT
Dear School community,

TV Trivia for a not-so-trivial matter – Shade Sails for Gully North

The Gully North Parents Association is the fundraising group from Ferntree Gully North Primary School. We are currently preparing for our bi- yearly Trivia Night Fundraiser (Sept 10th) and our goal is to raise funds for a much needed Shade Sail over our junior school playground.

We are seeking donations to be used on the night, either in our silent auction, or as prizes. Your support through donations of new goods, services or vouchers will help make this goal a reality. It is with the generous assistance from our local businesses and school community that fundraisers like this can be a success for our school.

In exchange for your support we will advertise your business through our school newsletter, on posters throughout the school, via our parent Facebook page and also on the night. Any other donations of goods can be left at the office. Just think of something you would like to bid on, or receive.

We would like to thank you for considering supporting our school. If you are able to help with a donation we would love to hear from you. You can contact us through our President Nat Harvey on 0417321792 or via email harveysnatalie@optusnet.com.au. Alternatively you can contact the school office directly on 97581662.

Kind Regards,

Gully North Parents Association.
GNPA MEETING THIS FRIDAY

The Gully North Parent’s Association meets once a month to support the school by organizing fundraising and social events. We welcome all parents to join or offer to volunteer when available.

At our meeting this week we will be discussing fundraising ideas and ways to improve on some upcoming events including the TV TRIVIA NIGHT and Father’s day stall.

Why not come along as we would love to see some new faces. If you can’t make it, feel free to send another family member along or just let us know your availability so we can call on you in the future for upcoming events.

We hope to see you there!

entertainment

These books can be purchased any time of year via the web link but there are only a few books left in the office. If you wish to purchase a book please do so ASAP, we will be winding up our book sales very soon.

Identity Direct father’s day flyer has been in the newsletter for a couple of weeks. Please have a look and don’t forget the Code when making your order (34310)

www.entbook.com.au/1b88310

If link not working just type this web browser

Father’s Day Volunteers Required

(Fathers also if possible)
GNPA will be holding our annual Father’s day stall on Thursday 1st September.

We are looking for help to assist the operation of this event. We’d love your help and you don’t have to be a member of GNPA to join in & have fun. If you are interested in helping, please register your interest and return the form below to the office. Much appreciated!
(or send in an email or note)

Father’s day stall - Volunteers Slip

Name: .................................................................
Student and Class: ................................................
Contact Phone/email: .........................................
Availability (circle): Morning  Afternoon
Available at anytime
Family History Month

FAMILY DAY

AT

AMBLESIDE PARK HISTORIC HOMESTEAD

Sunday 21st August

The museum and grounds will be open from 12 noon ‘til 4 o’clock.

Adults $5.00   Family (2 adults and children) $15.00 (Entry includes afternoon tea)

1:00 A piano recital by Isabella Fias, Knox’s Young Citizen of The Year
1:30 Presentations to winners of our ‘Family Crest’ Competition
2:00 Talk on ‘Beginning Your Family History’
2:30 Afternoon Tea

Also - Children’s Story time, Children’s outdoor games and craft activities, Tours of the homestead, outbuildings and gardens

3 Olivebank Rd, Ferntree Gully  (Melway Ref 65 D12) ph 9758 6722
Resilient families develop their own words and phrases to help each other get through the inevitable tough times that each person experiences.

The language of resilience generally refers to coping strategies such as empathy, humour and acceptance.

Following are 10 examples of the language of resilience, the coping skills each reflects and the types of situations where they are applicable.

**1. Come on, laugh it off**

**STRATEGY:** Humour

**GOOD FOR:** Kids who experience disappointment, failure and unkind words.

Humour is a great coping strategy and a powerful tool for resilience as it heightens feelings of control. Some children and young people will naturally crack jokes or make fun of seemingly serious situations. This is a fantastic way to release stress and handle feelings of helplessness. As a parent you may need to lighten up tense situations by introducing humour of your own, which is something that many dads do really well.

**2. Don’t let this spoil everything**

**STRATEGY:** Containing thinking

**GOOD FOR:** Kids who feel overwhelmed, kids who experience rejection; perfectionists

The ability to compartmentalise bad events and keep them from affecting all areas of life is a powerful coping skill. Sportspeople, politicians and others who work in the public area need to be adept at it. When something unpleasant happens during recess, for example, kids need to park their thinking about that event so they can get on with the rest of the day. The ability to compartmentalise thinking is a fantastic life skill kids can learn within their family.

**3. Let’s take a break**

**STRATEGY:** Distraction

**GOOD FOR:** Kids experiencing stressful situations; kids who think too much; kids with busy lives.

When kids are troubled by events or spend too much time brooding it helps to do something to get their minds off things for a time. Playing games, spending time together, watching some TV going out – are all good distracters for worried, anxious or stressed kids. Self-distraction is healthy, providing some welcome perspective. It also prevents kids from replaying awful experiences in their heads, blowing them out of proportion.

**4. Who have you spoken to about this?**

**STRATEGY:** Seeking help

**GOOD FOR:** Kids who experience bullying and social problems; handling all types of personal worries.

Resilient people seek solace in the company of others when they experience difficulty. That’s why social connection is such a strong preventative strategy for young people. The promotion of help-seeking behaviours is one of the best coping strategies of all. Even if kids don’t overtly talk about what’s bothering them, it can be immensely reassuring to spend time around others who are empathetic, understanding and willing to listen and help.

**5. I know it looks bad now but you will get through this**

**STRATEGY:** Offering hope

**GOOD FOR:** Kids experiencing loss, bullying, change or extreme disappointment.

There are times when parents can do nothing else but keep their children’s chins up and encourage them when life doesn’t go their way.

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**Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael’s NEW Parenting Ideas Club today at parentingideasclub.com.au. You’ll be so glad you did.**
Being the ‘hope’ person can be hard work. That’s why parents need to be supported by resilient people and workplaces too. It helps to be mindful that a child or young person’s resilience is nurtured by the presence of at least one supportive adult. You may have to be that person.

1. **What can you learn from this so it doesn’t happen next time?**

   **STRATEGY:** Positive reframing
   **GOOD FOR:** kids who make mistakes, let others down or experience personal disappointment.

   One of the common attributes of optimistic people is their ability to find a learning, or look for a message, in difficult or negative situations. Parents can help kids reframe events to help them see things differently. For instance, rather than regarding a public speaking opportunity as problematic and a chance to look foolish, it’s better to reframe it as a challenge and a chance to shine. It also helps when parents model reframing so kids see you changing how you view negative worrying situations.

2. **Don’t worry – relax and see what happens!**

   **STRATEGY:** Acceptance
   **GOOD FOR:** kids who worry about exams or performing poorly in any endeavour: pessimists.

   If you’ve ever been driving an important event only to be stuck in heavy traffic, then you would know that there are some situations you just can’t control. The only way to cope is to accept what’s happening because worrying and fretting won’t get you anywhere. Similarly, parents with a resilience mindset can help kids understand what’s worth worrying about and what’s not, and that some things won’t change no matter how much kids fret or best themselves up!

3. **This isn’t the end of the world**

   **STRATEGY:** Maintaining perspective
   **GOOD FOR:** kids who catastrophise or blow things out of proportion.

   While most of us catastrophise at times, jumping to the worst possible conclusion, it is a habit that only exacerbates anxiety. When kids constantly think the worst case scenario, challenge their views. “Yes, you could end up not knowing anyone at camp but you won’t be the only one. Besides you’ll probably end up making new friends like you generally do.”

4. **You could be right. But have you thought about ...**

   **STRATEGY:** Flexible thinking
   **GOOD FOR:** kids who catastrophise; experience extreme feelings; who exaggerate.

   Many children and young people talk in extremes – ‘awesome’, ‘the best’, ‘the worst’ and ‘gorge’ roll off their tongues easily these days. Unfortunately, their extreme language leads to extreme emotional responses. Develop the habit of winding back their language by introducing shades of grey, rather than black and white. Replace “I’m furious” with “I’m annoyed”. “It’s an absolute disaster” with “It’s a pain.” “I can’t stand it” with “I don’t like it.” Realistic language leads to realistic thinking, which helps kids handle many ordinary situations that they have blown out of proportion.

5. **What can we do about this?**

   **STRATEGY:** Taking action
   **GOOD FOR:** kids who worry, who experience disappointment; who feel inadequate.

   Kids can sometimes feel overwhelmed by events such as constant failure, constant rejection or always narrowly missing being picked for a team. They can be overwhelmed by feelings of inadequacy and helplessness. Action is often the best remedy. Help them take the first step forward. Set some goals. Make some plans. Identify the first step and hold their hand while they take it. Taking action is a quality shared by resilient communities, organisations and individuals.

**Bring resilience into your everyday language**

Resilient parents focus on building children’s and young people’s strengths for the future, while helping them cope with the present difficulties and challenges they experience. The key to promoting resilience lies in the language that parents use. My challenge for parents is to make resilience an integral part of your family’s propitious language. You’ll know you have succeeded if your children as adults remind you, when they hear any complaints or whinges from you in your dialogue, to ‘hang in there’, to ‘this too will pass’ and ‘find the funny side’.

Granted they may be phrases you don’t want to hear, but at least you know that you’ve drummed into your kids some important core messages that have stayed for life.


parentingideas.com.au
LEARNING MUSIC IMPROVES CONCENTRATION

YOUR CHILD DESERVES THIS CHANCE

Enrol NOW in ............
PIANO ON KEYBOARD LESSONS
$17.00 per half hour lesson

* Convenient – in school time
* Inexpensive
* Learn with Friends (max 3 per group)
* All equipment provided
* INDIVIDUAL tuition

ONE FREE LESSON IF YOU ENROL NOW
Phone 9761 9058
YEAR 4 BIKE ED:
Remaining Bike Ed before Camp:

Next Tuesday 16th August
Gully View

Fully qualified carpenters
Specializing in:
- Decks
- Pergolas
- Car ports
- Renovations
- Extensions
Any general carpentry

For a free quote (Former Gully North students)

Guitar and singing lessons at school!
For more info call Daniel James on
0413 336 248 or 9723 4390
www.singistrum.com