



# SUNBURY WEST PRIMARY SCHOOL



10th April, 2008

ELIZABETH DRIVE  
SUNBURY 3429

No. 9

**Dear Parents, Staff and Children,**

Welcome back to school for term two. We have seen work completed on our Adventure Playground area this week and our children are eagerly waiting for their turn to use the new equipment. I thank Mr Devlin for his preparation for this project which has taken many hours, even before a sod has been turned.

Similarly, teachers have begun to work with our cross country squad in preparation for the Sunbury District Cross Country event to be conducted on May 2nd. Thanks to Ms Moore, Mr Payton and Mr Field for their work with the cross country squad.

### **Electronic Games**

Please remind your children that electronic games, toys, radios etc are not to be brought to school. I would like parents to reinforce this simple rule with their children. Things of this nature create a lot of interest among children often resulting in loss or damage to the equipment.

### **Mobile Phones**

These are now considered a necessity by many people and consequently many of our children are bringing phones to school. We are currently developing a mobile phone policy for our school. This will accommodate children who have a genuine need for a phone, however I would ask parents to speak to children who use them as a fashion accessory to insist on them remaining at home during school time.

Stephen Taylor  
Principal

Parents of grade six students,

The following timeline shows some important dates for your child's smooth transition into Secondary College. Please feel free to contact Sharon Moore (Transition Coordinator) if you have any questions.

### **TRANSITION TIMELINE 2008:**

**15<sup>th</sup> April** – Distribution of parents' letter, secondary school information and application for enrolment form to all Year 6 students. (Year 7, 2009)

**18<sup>th</sup> April** – Teacher's from Secondary Colleges visit Primary Schools.

**30<sup>th</sup> April** - Open Night – Sunbury Downs S.C.

**7<sup>th</sup> May** - Open Night – Sunbury College.

**19<sup>th</sup> May**- All enrolment forms need to be returned to their classroom teacher.

**11<sup>th</sup> August**- Government Secondary Schools to contact parents of their future Year 7 students from this date.

**12<sup>th</sup> November** – Year 6 Transition Day at Sunbury College with Coach Approach & motivational speaker.

**2<sup>nd</sup> December** – Salesian Orientation Day.

**9<sup>th</sup> December** – Orientation Day for Year 6 students. ( Some private schools may differ.)



# Sunbury Blue Light Disco

Friday 18th April 2008

Flower Power

Juniors 6.00pm—8.30pm

Entry—\$5.00

Memorial Hall,



Stawell  
Street,  
Sunbury.



Dates for 2008

April 18th

June 20th

August 22nd

October 31st

December 12th

# LUNCH BOX NEWS



Please Note: There is a charge of 5c per lunch bag. Items will be deleted from orders where a bag is not provided.

Thank you to our volunteers for next week.

The roster is as follows:

APRIL	10.00-12.00	12.00 -2.00	10.0 -2.00
Mon 14th	K. Henley	G. O'Donovan	
Tues 15th	C. Waghorne	A. Dimery	
Wed 16th			F. Belleville
Thur 17th			M. Richards
Fri 18th	K.Daly, J. Knott	M. Murphy P.Campbell	

# CELEBRATE CELEBRATE

You are invited to an afternoon of celebration of Term 1 for our 2008 **Preps on Tuesday 15th of April** from 3.00-4.00pm.

This will be an opportunity for your child to show you the work they have been doing, some of their favourite activities and their classroom. Please come and help your child celebrate their first term at school.

From the Prep children and teachers.



## Library Assistance Required

If any parents would like to assist for an hour or two in the library.

If interested please contact either Frank Devlin of Erin Stewart on 9740 8666 your assistance would be greatly appreciated.



## SWEEP

Sunbury West

Environmental Excellence Program

**ENVIRONMENTAL TIP of the WEEK** from the keen environmentalist

**Abbi Corcoran of 3/4 SM.**

Instead of using lights, open curtains to use more natural light.

A great tip! Thank you Abbi.



The **CRKEY AWARD** for ENVIRONMENTAL EXCELLENCE

CONGRATULATIONS to the 'SWEEPERS CLUB' winners for Term 2 week 1.

AWARDED FOR sweeping and clearing up rubbish at the gym entrance and in the gym foyer.

WELL DONE SWEEPERS you are truly ENVIRONMENTAL WARRIORS!

## Healthy self-esteem thinking by Michael Grose

Confident kids think differently to children who lack confidence or who have low self-esteem.

Dr. Michael Bernard, the creator of “You Can Do It!, an achievement program for children and young people found that a child’s thinking habits tended to be a greater determinant of academic and even social success than real ability.

In many ways this is stating the obvious. Most of us have met or worked with very talented people who are held back by low self-esteem or poor self-belief. They talk themselves down or out of success before they have even tackled a task.

Bernard found that children with low self-esteem had three poor thinking habits, which are reflected through the way they speak and behave. These poor habits are:

1. **The use of self-put downs:** e.g. “I am no good.” “I am not that smart”
2. **Perfectionism:** e.g. “I can’t make any mistakes with this activity. If I can’t do it perfectly then I won’t do it.”
3. **Need for approval:** e.g. “What do you think of this mum? Do you like it?”

Confident kids have different automatic mindsets to children with low self-esteem. A mindset or habit of the mind is the automatic tendency of a child or young person to think in a certain way. By thinking in a certain way a child will experience certain emotions which will affect his or her behaviour.

Confident children and young people have the following three positive mindsets, which guide them through the course of their day:

1. **Self acceptance** – e.g. “I’m okay even when I make mistakes.”
2. **Taking risks** – e.g. “I will have a go even if I can’t get it right straight away.”
3. **Being independent** – e.g. “It’s what I think about myself, not what others think that matters.”

Confidence means a child knowing that he or she will more than likely be successful at many of the activities that he or she will tackle. They will not necessarily succeed the first time but with effort and patience they will succeed eventually. Confident kids, for this reason, are more likely to persist and stick to a task.

Four factors affect the development of child’s mindset. These are:

1. **Genetic tendency.** Some kids are simply more optimistic than others. They can thank one of their parents for this!
2. **Past experiences of success or failure** – When kids experience success particularly after they have struggled they are more likely to think that they can achieve next time. That’s why small struggles and early successes mean so much.
3. **Exposure to confident mindsets** – Heaps of research reinforces the notion that children pick up the explanatory style of the significant adults in their lives. The message is clear. Parents’ optimism needs to be heard by children and their ‘woe-is-me thinking’ needs to be curbed.
4. **Direct intervention.** Parents and teachers can directly model and teach children to think confidently and develop a mindset for confidence and persistence.

Parents can do little about the first factor, but we can certainly do a great deal about the last three factors. This places parents in a very influential position, particularly in a child’s first eight to ten years. These are the self-esteem or self-confidence building years as it is during this time kids are trying to work out the answers to two key questions: “**What can I do?**” and “**How do I fit in?**”

Parents need to not just send the message to children through their language and the way they treat them that are capable but they can also help them develop positive mindsets by displaying

- an optimistic explanatory style,
- developing a vocabulary of around confidence (“you can do it”) and persistence (“hang in there”) mindsets.
- catching kids in the act when they show confidence and, teaching them, how to reframe negative thinking into positive thinking.

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These are just some of the strategies we can use to develop confident mindsets in kids.

### TIMELINE TERM TWO

APRIL		MAY	
16th	Preps—Western Water	19—23rd	Yr 3/4 Swimming
17th	YR 4 Immigration Museum		
23rd	Preps—Botanic Gardens		
21st—24th	YR 6 Camp- Kangarooie	JUNE	
24th	YR 3 Immigration Museum	6th	Winter Sports—YR 5-6
25th	Anzac Day—No School	9th	Queens Birthday (Public Holiday)
28th—2nd	Yr 1/2 Swimming	26th	Yr 1 Aladdin Performance 7.15pm.
		27th	Term Two Ends 2.30pm.