Dear Parents and Caregivers,

Building Resilience in Children

I think one of the most important things we can teach our children is ‘resilience’. To do this parents need to coach their children through some of their more challenging moments and reviewing what they may have learned for next time. It’s also important that we avoid solving all their problems for them and let them come up with their own solutions. Michael Grosse says you can promote a lasting sense of resilience in your kids by:

1. **Having a positive attitude yourself.** Your attitude as a parent impacts on their ability to bounce back from some of the difficulties they face. Make sure you model a ‘you can do it’ attitude for your child when he meets some of life’s curve balls.

2. **Look for teachable moments.** Many kids’ learning opportunities are disguised as problems. Make the most of these opportunities so that kids can grow and learn from some of the challenges they face.

3. **Make kids active participants in the family.** Active participation in a family develops the self-help, problem-solving and independence skills of kids that are necessary for resilience.

4. **Build kids coping skills.** There are plenty of strategies you can pass on to kids to help them cope when life doesn’t go their way, including acceptance, getting away for awhile, and normalisation. Promoting resilience in kids is not a single event but a continuous process that requires adults to be supportive and empathetic when things don’t go their way. It also requires you as a parent to have an understanding of resilience, so you have faith in your own, and your child’s ability to cope.

**Campbelltown Zone Swimming Carnival** -

Congratulations to all the students who attended the Campbelltown Zone Swimming Carnival. All students did their best and Mr Saunders and Mrs Lynch were especially happy with the way Kentlyn Students represented our school.

Special mention must go to Rhiannon Cook Jones and Sam Maxwell who represented our school at Regional Level on Tuesday. We were very proud of your efforts 😊😊😊

**Important Term 1 Dates for your Diary:**

- **Friday 22 March** - PSSA GALA DAY
- **Thursday 28 March** - Easter Hat Parade
- **Friday 29 March** - Good Friday
- **Thursday 4 April** - Wheelchair Sports NSW Roadshow
- **Friday 5 April** - PSSA GALA DAY
- **Monday 8 April** - ANZAC Day Service 1:00pm
- **Tuesday 9 April** - Common Day for Parent Teacher Interviews. Please visit our website under your child’s class to find out other available times.
- **Friday 12 April** - K-6 Assembly - School Leaders run
Two Staff Development Days Term 2

Due to the introduction of the new Australian Curriculum which will begin implementation in 2014, public schools have been given an additional designated staff development day at the beginning of Term 2 2013. This means that students will end Term 1 on Friday 12 April and do not return to school until Wednesday 1 May.

On Monday 29 April and Tuesday 30 April staff will be participating in in-depth training of the new English syllabus documents as well as update their First Aid Certificates for 2013.

Paul Kelly AFL Cup

On Thursday 14th March 2013, 22 senior students of Kentlyn Public School travelled to Monarch Oval to compete in the Paul Kelly AFL Cup. The students had been practicing and were excited to begin! All students did their school proud and tried their hardest. After a gallant battle against some tough opponents, the boys were unfortunately knocked out of the finals. The girls, however, went through undefeated and took out the Championship. They will be off to represent our region later this year!
It was a fabulous day and made me proud to say I was representing Kentlyn as their coach. Many thanks to Mr Saunders who assisted me with my questions and coaching!

Miss Chelsea Chisholm

Year 3 & 4 - Wedderburn Overnight Excursion 2013 - Expression of Interest

Plans have been made for an overnight camp to Wedderburn for Years 3 and 4. The excursion will be conducted from Thursday 12 September - Friday 13 September 2013. Activities will include; Archery, rockwall climbing, flying fox, bush craft, laser tag, campfire and night walk.

The proposed cost of the excursion is $130.00. This proposed cost includes the very generous donation of $400.00 from our fantastic P&C. The final cost will be confirmed later on in the term. We realise this is a big ask for many family budgets but the experience is most valuable for the children - academically, socially and personally. All camp activities complement units of work covered in the classroom across a range of subjects. The cost covers transport, accommodation, most meals and all activities.

Before we can officially commit to the camp the school needs to gauge the level of interest from families. To ensure the camp is viable, we need a minimum of 30 students to attend. At the moment we only have 15 students attending. If you would
like your child to attend the excursion please send in the Expression of Interest Form sent out earlier in the term. **A deposit of $25.00** is also required. Please note that this deposit is refundable if your child doesn’t attend camp. The note needs to be completed and submitted with the deposit by **Friday 22nd March 2013**.

**Cyber bullying at a glance**

- Talk to your child about cyber bullying before it happens.
- Be aware of what your child is doing online.
- Locate the computer in a shared or visible place in the home.
- Don’t simply ignore cyber bullying.
- Watch for changes in mood and behaviour in your child.
- Report abuse to the relevant authorities.
- All schools have anti-bullying policies - ask about yours.

The statistics around cyber bullying are sketchy, mainly because it often goes unreported. What we do know is that the likelihood of children being bullied online or over the phone increases as they get older and use technology more frequently.

We also know that parents typically monitor their younger children’s online activities more than they do tweens and teenagers. Unfortunately the age when kids are most likely to be cyber bullied coincides with when you’re least likely, as parents, to know about it.

Having published these and other interesting findings in a [2009 research report](http://www.schoolatoz.nsw.edu.au/technology/cyberbullying/say-no-to-cyberbullying), the Australian Communications and Media Authority (ACMA) has created tips for parents to help keep their kids safe online and to give some direction for those who think their child may already be experiencing online bullying.

**Say NO to cyber bullying - tips for parents**

1. Talk to your child about cyber bullying before it happens. Work out strategies to address cyber bullying that both of you are comfortable with so your child knows what to expect if they do report their concerns to you.
2. Establish one or two other trusted adults your child is comfortable in approaching about their concerns.
3. Be aware of what your child is doing online and explore it with them.
4. Keep the lines of communication open so your child will be comfortable about talking to you if something is worrying them. Help your child to develop the skills they need to interact safely and respectfully online. Guide their online activities and help them learn to communicate appropriately with friends and family.
5. Try to locate the computer in a shared or visible place in the home.
6. Discuss the kinds of sites that are ok to explore and those that are not and have clear rules about online activities.
7. Help your child to block anyone who sends offensive content. Most social networking services allow users to block and report someone who is behaving badly.

**What to do if you think your child is being cyber bullied**

1. Discuss any changes in mood or behaviour with them. If you are concerned, help your child to stay connected to friends and family they trust.
2. Notify the police immediately if you have serious concerns for your child’s safety.
3. Work with your child to save some evidence of cyber bullying behaviour - it may need to be followed up by the child’s school, Internet service provider (ISP), mobile phone carrier or the police.
4. If you need to involve your child’s school, ask them to thoroughly explain their processes so that you can work toward achieving a positive outcome. (NSW public schools have anti-bullying policies which you can ask to see, or can often find on their websites.)
5. Cyber bullying won’t stop if it’s ignored - you can help by listening to your child and working with them to take control of the situation.

**Family Contribution fee for 2013**

*Family Contribution Fees* help enhance the learning programs for all students at our school.

The *Family Contribution Fees*, although entirely voluntary, will make a difference to our school
finances. Payment may be made in cash or by cheque. Money collected will be used to purchase resources that all students will use this year and in some cases, for years to come. Some of the areas that this money will contribute towards will be as follows:

- Hands on literacy games
- Hands on numeracy games
- The Skwirk website licence
- Reading books

The total cost of the Family Contribution Fee is $25.00 per family.

Money or cheques can be enclosed in an envelope with your child's class, total amount enclosed and clearly stated that it is for "Family Contribution Fee". Students can hand that envelope in to the office. Thank you in advance for your support in this matter.

The smiles you give come back to you!

Androula Kavallaris
Principal

3/4N's Special Visitor

Last week 3/4N has a very special visitor. Some members of 3/4N have written a brief recount of the event.

On the 13th of March David Nofoaluma came to 3/4N for Marcus's birthday and signed all our pencil cases. Sophie and Hannah were crying of joy when they saw David because they were happy. Everyone wanted to ask David some questions. All the girls were screaming when David Nofoaluma came in the classroom.

Angus

On Wednesday 13th of March, David Nofoaluma came into 3/4N. When he came into the classroom everyone was so surprised and very happy and were screaming. David Nofoaluma plays football and he plays for the Wests Tigers. He is going to play on Sunday. He is number 4. He came into 3/4N for Marcus's 9th birthday.

David Nofoaluma has big muscles and he signed all of our pencil cases. Some people hugged him. We got a group photo with him and I stood next to him.

Bella

D IS FOR DETERMINATION

Children need to hear their parents, carers and teachers say that making an effort, working hard and planning ahead are important. We need to encourage children to set reasonable expectations and celebrate with them when they make progress towards their goals. Children need to also learn that sometimes they must sacrifice to achieve a long term goal. Struggling with learning tasks from time to time is a part of a student's 'job'. In the end, the feeling of accomplishment they will get will lead to bigger and better accomplishments in the future.

Yours in Education
Tanya Neal
Assistant Principal
Happy Easter Kentlyn
Come and join the fun on Thursday 28th March.

The Easter Bunny’s helpers will be making up a couple of baskets filled with delicious chocolates and Easter goodies to be raffled.

Tickets are - $1.00 each or 3 for $2.00

Please drop your sold/unsold tickets and money into the office by Wednesday 27th March.

Each child who helps sell tickets, will be placed in a draw for a chance to win 1 of 3 chocolate Easter Bunnies.

The Easter Hat Parade will commence at 11:40am with our P&C Raffles to be drawn at the end of the parade.

We will be having a sausage sizzle BBQ on the day to help raise money for the school.

A pre-order form was sent home which will help the P&C to ensure we have enough stock, so you don’t miss out. Extras will be available for people who need to order on the day.

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Principal’s Awards
Marcus Zapirain 3/4N
Jamie Vossen 3/4N
Laura Zapirain 1M
Bronwyn Zapirain 1M
Sam Maxwell 4/5S

Value of the Week Awards

Responsibility

K-2
Lauren Dobinson 2/3D

3-6
Leah Senkowski 6C

Democracy

K-2
Hannah Yates 1M

3-6
Angus Michie 3/4N

Congratulations!