

Wentworthville Public School

QUALITY TEACHING TO MAXIMISE STUDENT LEARNING

Term 4 Week 1 2018 Newsletter



WELCOME
BACK!

From the Principal – Denise Lockrey

Welcome back to Term Four! I trust you all had a refreshing break and ready to embark on an exciting term of learning and engagement. We have a number of new families joining us at Wentworthville this term and I extend a warm welcome to them. In fact we enrolled 5 new students on Monday and Tuesday! As we are now in Term 4 please ensure all students are wearing the summer uniform. I have enclosed the uniform attachment to remind you of the correct uniforms students should be wearing.

Wonderful Happenings at Wenty!

The P&C Colourthon at the end of term was indeed colourful and fun! Everyone did such a great job in coming together to make it a positive day! Thanks to the P&C team lead by Leanne Keighley and teaching staff who assisted in ensuring the day ran smoothly. Special thanks to our balloon carrying teachers who assisted the P&C in liaising and supporting the event.



(Continued on page 2)

70 - 100 Fullagar Rd
WENTWORTHVILLE NSW 2145 Australia

Phone: 02 9631 8529

Fax: 02 9896 3079



Website: www.wentwthvil-p.schools.nsw.gov.au

Email: wentwthvil-p.school@det.nsw.edu.au

Student Portal: <http://portal.det.nsw.edu.au>

(Continued from page 1)



Please ensure families have their funds transferred into the account as per instruction previously given so P&C can determine the final funds raised from laps.

thank you!

Colourthon Lap Count – Highest number per class!

Class	Name	Laps	Class	Name	Laps
KA	Easan	17	2S	Mohamed and Adhoksh	19
KBM	Suchita and Shyla	12	3C	Ragavan and Gauraang	18
KK	Dhruvya	16	3M	Ikshu	18
KL	Taksha and Ella	19	3/4G	Frank	20
KN	Baanushan	16	4B	Neel	21
KM	Vedha	16	4R	Sohom	22
1B	Hamit and Hasit	15	5/6G	Krishika	25
1G	Abinav	16	5/6M	Miguel	22
1KS	Krish	18	5/6N	Lakshmi	22
1M	Daniel and Archis	15	5/6WS	Zahra	23
1W	Ashmita and Jyestha	17	K-2C	Hadi	12
2/3H	Parthiv	21	K-2G	Sharveya	12
2G	Gijen	20	3-6B	Ra'eed	21
2R	Virat	22	**	**	**

WOW!

Uniform Review Results Summary

Updating Boys' Shirts for summer and winter uniform

The Wentworthville PS Uniform Review Committee have been working diligently over the last few months and are thankful for your feedback in the recent Survey Monkey. The committee, chaired by Mrs Grant (a parent) have reviewed all responses and read through results. A summary of feedback is outlined below.

- ◆ 78% of parents surveyed indicated they would like a logo on the new boys' summer and winter shirts
- ◆ The top three things for consideration when purchasing a uniform were: cost effectiveness, comfort and looking smart.
- ◆ What were the key themes that were important regarding boys summer uniform shirt? – looking smart, logo, cost effectiveness, short sleeves, ease of care of garment, no white, cotton mix for comfort during summer
- ◆ What were the key themes that were important regarding boys winter uniform shirt? – looking smart, logo, cost effectiveness, long sleeves, ease of care of garment, no white, suitable during winter
- ◆ Some general comments talked about: low fade of colours, no ironing required (drip /dry), easy to purchase and complement girls' colour in uniform.

Consultation is also occurring with students, and teachers in the coming weeks to ensure we capture thoughts, expectations and concerns. I met with the school captains today outlining how we will be consulting with the student body and gaining their feedback about the boys' shirts for summer and winter.

Next Steps:

- ◆ Sample Boys shirts on display Term 4 – Weeks 1-3 in the front office and demonstrated at a few morning assemblies.
- ◆ Voting on Boys' shirts Term 4: Weeks 4 and 5. By end of week 5 a determination from gathered data made by Uniform Review Committee. Community will be notified of outcome choice via newsletter.
- ◆ Order placed with suppliers for a delivery early February 2019. All 2019 Kindergarten boys, new enrolments and existing families will have the opportunity of purchasing the new boys' summer shirt from 2019. The Uniform shop volunteers will keep us informed on stock arrival. As with any uniform change there is a transition period and we would ask parents to purchase the new boys shirt in due course.

A message from Catherine Grant – Uniform Review Committee Chairperson

Hi everyone,

We really appreciate you taking the time to fill out the survey that we sent out last term regarding uniforms. We have read through and discussed all of your responses and are looking to choose a new boys summer and winter shirt which will work best for everyone involved.

We have selected three different sample shirts and we would love to hear which one you like best.

(Continued on page 4)



(Continued from page 3)

There will be a flyer go out to children this week. We will also have the samples available for your viewing in the school office and some of the children will model them in morning assemblies in Weeks 1, 2 and 3.

In Weeks 4 and 5, you will be able to choose which style you like best in a survey. More details about that to follow.

Thank you for all your help.

Catherine Grant

The selected three different sample shirts



Option 1

Grey collared and button up shirt with school logo



Option 2

Black and grey polo with school logo



Option 3

White collared and button up shirt with school logo

The style chosen will be available to purchase in both short and long sleeve versions.

Approximate cost will be \$28-\$30 per shirt

The voted for shirt will be worn in summer with short sleeve (4 days on non-sport days) and with the grey shorts for boys. The winter version will be the same style but in a long sleeve version and worn with the long grey pants for boys (4 days on non-sport days).

NB -Sport days will see the unisex sport uniform worn (Black / White polo and black shorts – this is already a part of the uniform suite)



OC Results 2018

It was very pleasing that Wentworthville received four reserve categories and one offer for OC placement in Year 5 for 2019 at various schools. Well done to all the students who participated in this very competitive process. We are very proud of all of you and for your engagement in learning.

WELL DONE

Stage 3 Canberra Excursion



AUSTRALIAN
WAR MEMORIAL

Stage 3 has just returned from a fantastic time at Canberra. The students had a wonderful experience, getting to see Old and New Parliament House, the War Memorial and many other fantastic sites.



CANBERRA
CAPITAL OF AUSTRALIA

We would like to thank the support of the Australian Government through the PACER contribution who were helping in making the cost of the trip much less than its original price.



- ★ Kindergarten Farm note reminder – all Kindergarten
- ★ School Swimming – Years 2-6
- ★ Boys Uniform sample – all students
- ★ Kiss and Drop – note all students

2019 Forward Planning

Forward planning for 2019 and class placement for 2019

We are busily planning in preparation for next year. In order to allow us to plan as effectively as possible, we would like those families who know that **they won't be returning** to the school next year, to confirm these details as soon as possible. I have included a slip at the end of the newsletter for you to complete and send back to the front office if this scenario applies to you. Thank you for your anticipated co-operation with this matter.



Class placement for 2019 is a complex task that staff invest a lot of time and effort. Parents are welcome to provide written information to Mrs Lockrey (The Principal) **by Friday November 9, 2018** if there are specific needs you think should be taken into consideration about your child /children when considering class placements in 2019. Any information which is delivered to Mrs Lockrey after this date will unfortunately not be able to be considered in class placements for 2019. Consideration to social and emotional needs, academic ability and behaviour can be considered, but no guarantees can be made as staff make determinations which are in the best interest of all attempting to achieve a balance in each class. It is a difficult task which teachers way up very carefully. Parent requests for changes of their child's class will not be considered in 2019 as this is a school management decision and we commit considerable time in formulating the structure for the following year.

Denise Lockrey –Principal

✂.....

2018 Leaving Slip

Dear Mrs Lockrey,

My child/ children will not be returning to Wentworthville Public School in 2019.

We are moving to..... and will be going to
..... School in 2019.

Student Names:

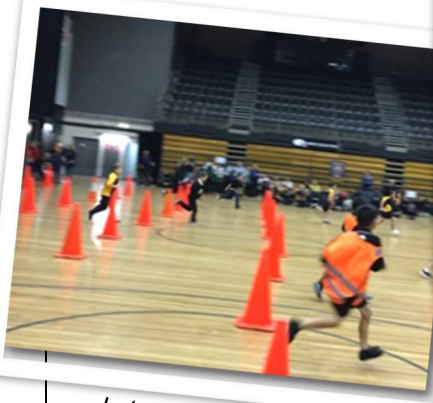
1. Class in 2018.....
2. Class in 2018.....
3. Class in 2018.....
4. Class in 2018.....

Please return to office as soon as possible to assist in our forward planning.

Thank you for your assistance. Mrs Lockrey

Primary Interschool Athletics Carnival

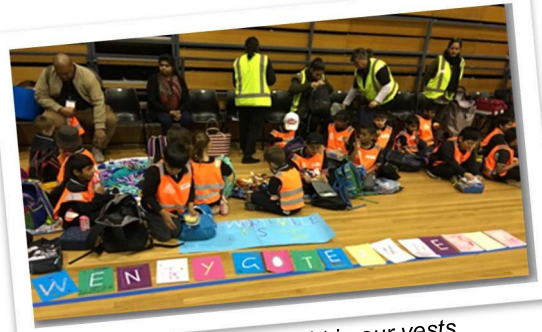
On Wednesday 5th September 2018, students from across the school and the Support Unit attended the 2018 Northcott Interschool Athletics Carnival at The State Sports Centre, Sydney Olympic Park. We all had a fantastic time and it was great to see the support of parents. It was a big day and the students thoroughly enjoyed the outing, meeting lots of other schools.



Lots of running races.



Bean bag races.



We all looked bright in our vests.



Very careful...



Egg and Spoon race.



I got this!



It wasn't easy but we got there



Best of all we loved our dancing.



We all had a fantastic time.



2G & IW Project Based Learning

2G & IW were given the task of creating and performing a play using shadow puppets. Students conducted research and worked collaboratively to create characters and scripts that would engage their audience. This involved a number of practice sessions, providing opportunities for students to build communication and critical thinking skills.



AWESOME



Well done

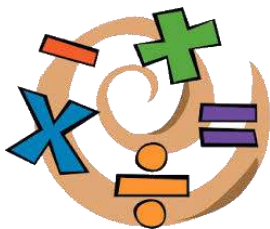


Maths Olympiad Competition

The WPS Maths Olympiad Team from Year 3 to 6 received the opportunity to extend their advanced mathematical problem solving skills. The team, trained by Mr Williams and Mrs Boersma, took part in weekly training sessions and five competitions over the course of five months. It was the first time these students had participated in the competition. The team performed well, scoring above the state average, with some exceptional individual results.



CONGRATULATIONS!



Congratulations to our top achievers. *From left to right:* Dhikshitha (4th place), Riya (2nd place), Abhinav (1st place), Pratham (2nd place) and Ross (5th place).

PBL

No hat, no play in the sun.



I am Cooperative.



I am respectful in the playground



I am respectful in assemblies.



I am a learner in the playground.



I am safe in walkways and hallways
Railings are for holding.



KEEP TO THE LEFT



In the line by Five to Nine

Congratulations to the following students who received a prize for being in the line by 5 to 9

well done!

Week 10 Term 1

Kindergarten: Sanvi Chadda KN

Year 1: Ishi Joshi 1G

Year 2: Abhinav Shijoy 2R

Year 3: Ritwick Dachavaram 3M

Year 4: Nandini Trivedi 3/4G

Year 5: Nabil Jawadi 5/6G

Year 6 Tasina Rahman 5/6G

Week 1 Term 4

Kindergarten: Satvika Bobbili KM

Year 1: Jennifer Shakya 1W

Year 2: Dhanvi Mistry 2S

Year 3: Jasman Kaur 3M

Year 4: Lakshmi Rajadurai 3/4G

Year 5: Shaheel Faizal 5/6M

Year 6 Khadija Nawab 5/6G



News from the P&C President

Colour-Thon, Walkathon

Wow what a spectacle to see all the students and some brave teachers & staff taking part in our Colour-Thon Walk-a-thon on 27th September. We hope all the students had a great time on the day, even those who didn't participate in the colour spraying.

A very special thank you to all the volunteers – Thusy (Vice President), Santhi (Vice President), Melanie (Secretary), Bob, Tara, Vani, Archana, Claire, and Antoinette.



The selected prizes are expected to arrive shortly and we will endeavour to distribute them to students as early as possible.

The total money collected will be finalised shortly, so keep an eye out for that in upcoming Newsletters. While we wait for the final figure, get your thinking caps on and come up with some suggestions of future focused resources this money can purchase for the students & staff of Wentworthville Public School. A survey will be issued shortly.

For your diaries:

Friday 30th November – Christmas Stall more information to follow in coming newsletters and notes will go home after the holidays.

Our **next meeting** is Wednesday 7th November 2018 - in the School Staff Room, please come along and find out more about what your P&C does for your school.

Kind regards,

Leanne Keighley

President

Wentworthville Public School P&C



Travelling or taking holidays during the school term

Since 2015 family holidays and travel are no longer considered under the exemption from school procedures. Travel outside of the vacation period is now counted as an absence for statistical purposes.

Parents are required to complete the application for extended leave, which is available from the school office and website. This form must be submitted at the front office prior to travel for principal consideration.



The principal will not accept a reason for travel during the school term if it is not in the best interests of the student. Educational, social and participation reasons should be specified on the application.

Travel is considered to be domestic or international travel for the purpose of a family holiday, family business, bereavement or other reasons, which should be specified on the application.

If the principal considers that the travel is appropriate during the school term, the principal will inform the parent if the application is accepted. The absences will then be recorded as 'L' - Leave. The absences will be recorded on your child's report.

All travel documentation, such as travel itinerary or e-ticket must be attached to the application.

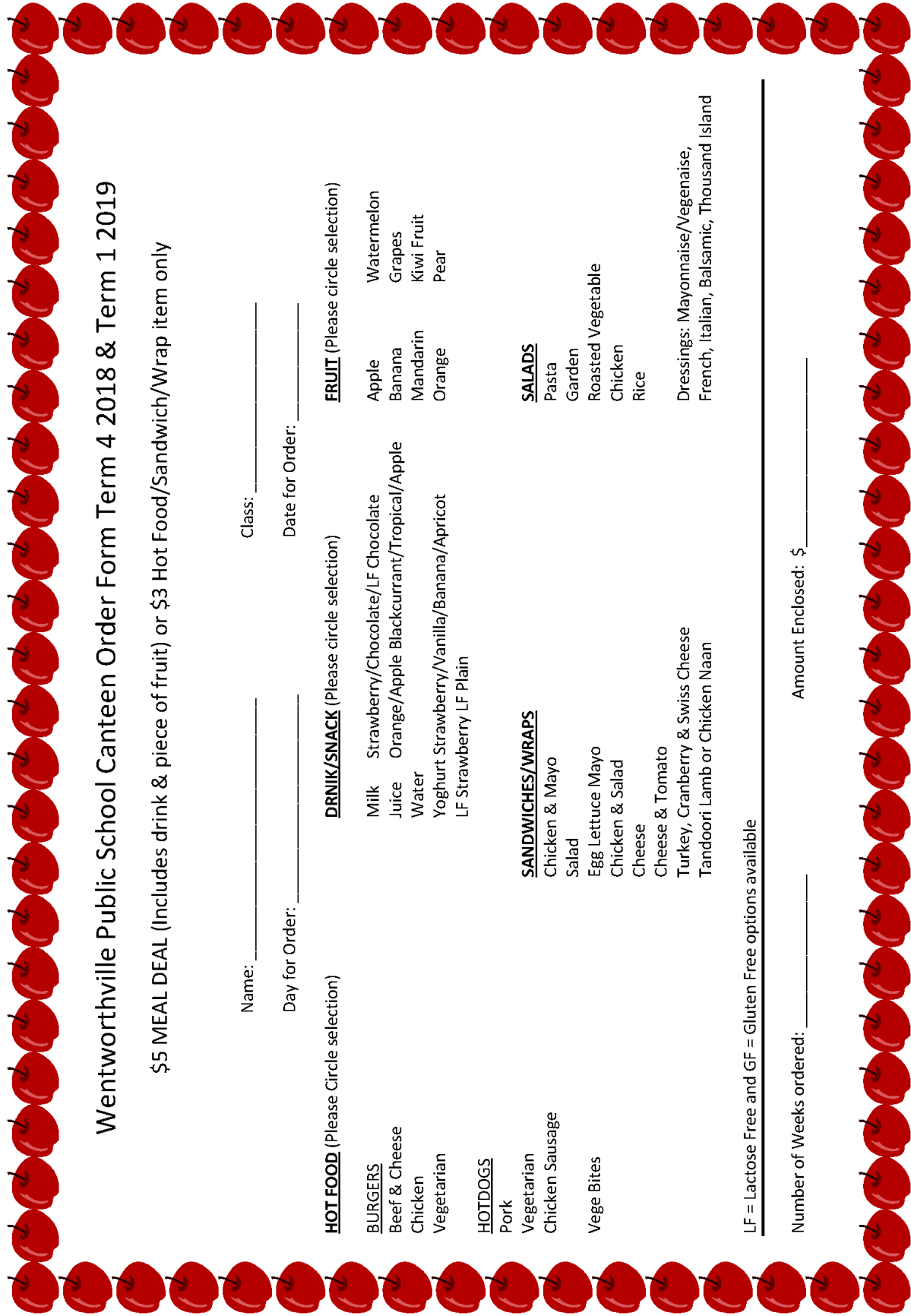
The principal may decline an application for Extended Leave -Travel and the parent will be informed of this in writing. The absence will then be recorded as unjustified and will appear on your child's report.

If you have any questions about applying for Extended Leave - Travel please contact the front office.



CANTEEN MENU – SUMMER 2018/2019

<u>HOT FOOD</u> \$3/\$5	<u>DRINKS</u> \$1	<u>SANDWICHES/WRAPS</u> \$3/\$5	<u>FRUIT</u> \$1 or included in \$5 deal
<u>Burgers</u>	Bottled Water	Egg, Lettuce & Mayonnaise	Apple
Chicken	Apple Juice	Chicken & Salad	Banana
Beef & Cheese	Orange & Mango	Chicken & Mayonnaise	Mandarin
Vegetarian	Apple & Blackcurrant	Cheese & Tomato	Orange
<u>Hotdogs</u>	LF Chocolate Milk	Cheese	Fruit Salad
Pork	Strawberry Milk	Turkey, Cranberry & Swiss Cheese	
Chicken Sausage	Chocolate Milk		<u>Something Cold</u>
Vegetarian	Up & Go Vanilla \$1.50		Jelly Cups with fruit \$1
<u>SNACKS</u> 50¢/\$1	<u>Smoothies</u> \$2	<u>Salads</u>	Quelch Ice Blocks 50¢
Jumpys	Mixed Berry	Roasted Vegetable	<u>Home Ice Cream</u>
Noodles	Raspberry	Garden	Lemonade Bar \$1.00
Rice Sticks	Mango	Rice	The Flash \$1.50
Sea Salt Chips	Banana	Pasta	Mango Split \$2.50
JJ's Snacks	Strawberry	Chicken	Raspberry Split \$2.50
Popcorn	Pineapple/Mango		Vanilla Cup \$2.00
Vege Chips			Scooby \$1.50
Rice Bites			Caramel, Choc, Bananarama



Wentworthville Public School Canteen Order Form Term 4 2018 & Term 1 2019

\$5 MEAL DEAL (Includes drink & piece of fruit) or **\$3 Hot Food/Sandwich/Wrap** item only

Name: _____ Class: _____
Day for Order: _____ Date for Order: _____

HOT FOOD (Please Circle selection)

- BURGERS
- Beef & Cheese
- Chicken
- Vegetarian
- HOTDOGS
- Pork
- Vegetarian
- Chicken Sausage
- Vege Bites

DRINK/SNACK (Please circle selection)

- Milk
- Juice
- Water
- Yoghurt
- LF Strawberry LF Plain
- Strawberry/Chocolate/ LF Chocolate
- Orange/Apple Blackcurrant/Tropical/Apple
- Vanilla/Banana/Apricot

FRUIT (Please circle selection)

- Apple
- Banana
- Mandarin
- Orange
- Watermelon
- Grapes
- Kiwi Fruit
- Pear

SANDWICHES/WRAPS

- Chicken & Mayo
- Salad
- Egg Lettuce Mayo
- Chicken & Salad
- Cheese
- Cheese & Tomato
- Turkey, Cranberry & Swiss Cheese
- Tandoori Lamb or Chicken Naan

SALADS





- Pasta
- Garden
- Roasted Vegetable
- Chicken
- Rice
- Dressings: Mayonnaise/Vegenaise, French, Italian, Balsamic, Thousand Island

LF = Lactose Free and GF = Gluten Free options available

Number of Weeks ordered: _____ Amount Enclosed: \$ _____



Wentworthville Public School Uniform Summary 2018

Summer Boys (Term 1 and 4)	Summer Girls (Term 1 and 4)	Winter Boys (Term 2 and 3)	Winter Girls (Term 2 and 3)	Sport / All Year / unisex clothing - only worn on specific sport day for grade (Terms 1 -4)	Comments
<ul style="list-style-type: none"> Tailored Shorts (Grey) – not cargo shorts Black and white polo Grey socks Black school shoes  School logo jacket or jumper as needed depending on weather 	<ul style="list-style-type: none"> Tunic White socks Black school shoes Optional (modesty reasons) / black long leggings to ankle - <i>not bike shorts</i> School logo jacket or jumper as needed depending on weather 	<ul style="list-style-type: none"> Black tracksuit pants –unisex track pant (NB –tights /socks not worn at same time. Leggings and socks can be worn at same time) Black and white polo School logo jacket or jumper Grey socks Black school shoes Long tailored pants (Grey) 	<ul style="list-style-type: none"> Tartan skirt  Black skivvy White socks / plain black tights or long plain black leggings to ankle worn under skirt Black school shoes School logo jacket or jumper 	<ul style="list-style-type: none"> Black and white polo Black shorts (light weight material)  School logo jacket or jumper as needed depending on weather Boys and girls white socks (not ankle socks) Sport shoe – (predominantly white preferable)  If cold weather – black track pants are permitted with sport uniform 	<ul style="list-style-type: none"> Girls hair accessories –black and or white Jewellery – earrings (studs/ sleepers) Head coverings – black and / or white No nail polish or make-up Any uniform alterations for individual students, parents to consult with principal for discussion School hats to be worn – no colourful caps / hats
<ul style="list-style-type: none"> School black bucket hat (sun safe) Optional School logo bag and library bag or own choice school bag and library bag 	<ul style="list-style-type: none"> School black bucket hat (sun safe) Optional School logo bag and library bag or own choice school bag and library bag 	<ul style="list-style-type: none"> School black bucket hat (sun safe) Optional School logo bag and library bag or own choice school bag and library bag 	<ul style="list-style-type: none"> School black bucket hat (sun safe) Optional School logo bag and library bag or own choice school bag and library bag 	<ul style="list-style-type: none"> School black bucket hat (sun safe) Optional School logo bag and library bag or own choice school bag and library bag 	<ul style="list-style-type: none"> School black bucket hat (sun safe) Year 6 only Special Year 6 polo shirt can be worn on specified days as advised by Executive

Wentworthville Public School - Term 4 2018 as at October 16

Term Four	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT SUN
1	15 October **** Staff and Students return **** Summer Uniform to be worn. Western Sydney University - pre service teachers Block ->Nov 9	16 October <i>Xenontech</i>	17 October <i>Newsletter</i>	18 October Woolies Visit – KBM and KA	19 October PSSA -Summer	20 21 Oct
	22 October <i>Invictus Games -></i>	23 October Invictus Games excursion	24 October Monash Pre School Presentation Mrs Grant 6-7pm	25 October Interrelate Year 5 – Session 1 Kindergarten Farm Excursion	26 October PSSA -Summer	27 28 Oct
3	29 October	30 October Kindergarten 2019 Parent Information Session 10am and 6pm <i>Xenontech</i>	31 October Year 4 Water Safety Workshop (Session 2 – Hall) <i>Newsletter</i>	1 November Interrelate Year 5 – Session 2 <i>HAL Network Mtg</i>	2 November PSSA -Summer	3 4 Nov
	5 November 2019 Student Leader Process Commences School Tour 10am	6 November	7 November Diwali Observance P&C Meeting 6pm	8 November Interrelate Year 5 – Session 3	9 November PSSA –Summer Remembrance Day Ceremony 9.30am at Auburn RS P&C Outdoor Cinema	10 11 Nov

5	12 November	13 November	14 November	15 November	16 November	17
	Royal Life Saving water Safety Talk – Kindergarten	Hilltop PS 'Junior Big Day' 10-2pm	2019 Leader Speeches	Kindergarten Transition Session 1 9.30-10.30am	PSSA -Summer	18
	Stage 2 –Workshop – Just Like You. Disability Awareness Program	Xenontech	Newsletter	Halroyd beginning Teacher Network Mtg		Nov
6	19 November	20 November	21 November	22 November	23 November	24
		Last Day SRE Year 6 Fundraiser - Gala Day –Sessions 2 and 3	2019 Student Leaders meeting with P and DP Session 1 Stage 2 –Workshop – Just Like You!. Disability Awareness Program 3.30pm SLSO Network Mtg	Kindergarten Transition Session 2, 9.30-10.30am	PSSA –Summer (last week) Men of Wenty – Community Activity Choir at Happy Club Visit 10am	25 Nov
7	26 November	27 November	28 November	29 November	30 November	1
		SRE Christmas Assembly (Hall) K-2 9.25am 3-6 9.55am Thank You Morning Tea 11am in hall Xenontech	No K-6 Assembly. House Captains 2019 Voting Session 3 Newsletter	Kindergarten Transition Session 3 1.30-2.30pm	P&C Christmas Stall	2 Dec
8	3 December	4 December	5 December	6 December	7 December	8
	Year 6 Farewell Wenty Leagues	High School Orientation Day Year 6 students	s P&C Meeting 6pm Newsletter	SRC Event School Tour 2pm	Monash Pre School in hall 3.30-7.30pm	9 Dec

9	10 December Swimming Scheme – week 1->	11 December Presentation Day @ Redgum Centre K-2 10am 3-6 12 Noon <i>Xenontech</i>	12 December <i>Newsletter</i>	13 December <i>HAL Network Mtg</i>	14 December Semester 2 Reports home	15 16 Dec
	17 December Swimming Scheme – week 2->(3 days only M-W)	18 December Class Party Day	19 December <u>Last day for students</u> School Tour 10am Year 6 Graduation Assembly 2pm /Clap Out and Arch <i>Newsletter</i>	20 December SDD (No students)	21 December SDD (No students)	22 23 Dec
11	24 December	25 December	26 December	27 December	28 December	29 30 Dec
Hols	31 December	1 January 2019	2 January 2019	3 January 2019	4 January 2019	5 6 Jan 2019
<p>Holidays until Monday January 28, 2019</p> <p>Staff Development Day Tuesday January 29, 2019 (No students)</p> <ul style="list-style-type: none"> • <i>Students Return (Years 1-6) Wednesday January 30, 2019</i> • <i>Kindergarten Start as a cohort –Monday February 4, 2019 (week 2)</i> 						





FUN AND FAST

WOOLWORTHS CRICKET BLAST IS A FUN AND FAST PROGRAM FOR KIDS OF ALL ABILITIES TO LEARN NEW SKILLS AND PLAY AUSTRALIA'S FAVOURITE SPORT.



JUNIOR BLASTERS

AGES 5-7 | 60 MINS

- Learn new skills including catching, throwing and teamwork
- Make new friends or organise a group to learn together
- Wear the colours of your favourite Big Bash heroes in a personalised t-shirt
- All equipment supplied, parents join in the fun



SIGN UP NOW TO GET YOUR JUNIOR BLASTERS PACK!

Includes t-shirt with your name on it and bucket hat in your choice of Big Bash team colour, bat & ball, personalised bat sticker sheet & progression tracker.



MASTER BLASTERS

AGES 7-10 | 90 MINS

- For kids with basic cricket skills
- Every kid gets a chance to bat, bowl and field
- Wear the colours of your favourite Big Bash heroes in your choice of coloured player cap
- Make new friends or organise a group to play together
- All equipment supplied, parents join in the fun



SIGN UP NOW TO GET YOUR MASTER BLASTERS PACK!

Includes player cap in your choice of Big Bash team colour & progression tracker.

JOIN THE FUN AT YOUR LOCAL CENTRE
REGISTER AT PLAYCRICKET.COM.AU

OFFICIAL KIDS PROGRAM



insights



Five forgotten skill sets that contribute to student success

by Michael Grose

At a time when we hear a great deal about growth mindsets, good mental health habits and creating digitally savvy students, we can easily overlook the skill sets that form the building blocks of long-term school success. These are skill sets that are also easily forgotten when we narrow our focus onto numeracy, literacy, performing arts, STEM and other academic areas.

While all these other mental skills and academic areas are important, the skills I want to focus on here are ones that can be taught, or at the very least drawn out, alongside every other skill when we as parents and teachers know what to look for.

Following are five skill sets that contribute massively to overall student success and contentedness at school.

1. Friendship skills

The ability to get along with others is hugely important for children and teenagers. Those students with a strong set of friendship skills are easy to like, easy to relate to and easy to play with. The skills they possess include knowing how to win and lose well, how to approach others to join in a group and how to lead rather than boss.



2. Organisational skills

The ability to organise your time, your space, your items and other aspects of your life is a massive plus for any student. The best way to help children who are organisationally challenged is to introduce them to systems and processes to help them organise themselves. These processes include the use of visual reminders, anchoring (i.e. linking new behaviours to habitual behaviours) and the mapping out of activities.

3. Optimism skills

It may seem strange to see optimism as skill set, but as leading psychologist Professor Martin Seligman discovered through his research, optimism can be taught. Seligman found that while some children are more inclined by nature to see a glass as half empty than half full, all children are capable of developing an optimistic explanatory style through exposure and direct teaching. The skills of optimism include being aware of self-talk, reframing negative events into positive events and the practice of perspective-taking.

4. Coping skills

Kids will generally face a number of challenges during the course of their school lives including overcoming the disappointment of not being picked on a team, working their way through difficult learning situations and dealing with rejection. The impact of these challenges will depend on each kid's own spirit, the support they receive and their coping skills. The good news is that coping skills can be taught or, at the very least, encouraged if adults know what to focus on. Coping strategies include parking problems for a while, normalising difficult situations and accepting and moving on. Some kids will use coping strategies quite naturally, while others need parental and teacher input to help them cope with even seemingly minor challenges.

5. Relaxation skills

The ability to relax and get away from it all is vital for the maintenance of mental health, which in turn affects a student's ability to perform. Many of today's kids live with pressure. That pressure needs to be released through relaxation and play, otherwise it can lead to anxiety and other mental illnesses. The ability to relax and unwind is paramount to your child's school success. Relaxation techniques include mindfulness and meditation, participating in hobbies and enjoying creative pursuits.

These skills are part developmental and part environmental. That is, kids will naturally develop many of them as they mature but the skills also need to be nurtured environmentally. They need to be recognised, encouraged, taught and modelled by adults who children and teenagers respect and admire. That makes parents and teachers 'Very Important People' in the process of acquiring them.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including *Thriving!* and the best-selling *Why First Borns Rule the World* and *Last Borns Want to Change It*, and his latest release *Spoonfed Generation: How to raise independent children*.