

Dear Parents,

I have recently been reading a book called “Practical Parenting” which was developed by a group of parent educators. The purpose of the book is to provide a reference for parents and caregivers to use with the important task of raising children. I have included some parts of the book below, which I found most interesting on the importance of self-esteem in children.

“Self-esteem is feeling good about oneself as a person. It is important for self-esteem that children’s self-concept, or understanding of who they are as people, is positive. This positive self-concept comes from children’s own developing sense of mastery of their world and from being perceived positively by parents. Children’s views of themselves are, thus, strongly related to the messages parents give them. Self-esteem means feeling that:

- *I am lovable*
- *I am worthwhile*
- *I matter to the important people in my life*
- *I am capable*
- *I am special and unique*
- *I am an enjoyable person.*

Feeling good about yourself is important because it opens up lots of opportunities. It is like having firm roots which allow you to confidently spread your branches in many directions. Self-esteem determines who you are and what you can become.

Everyone has many roles. If you make a mistake in one thing there are still lots more good things about you. Mistakes are to learn from. If children make a mistake in one area they are not totally bad. A mistake today is a learning point for tomorrow.

Everyone has an ‘ideal self’ or ‘perfect self’ that their ‘real selves’ try to live up to. You can often feel guilty because you aren’t perfect. If you always try to be perfect you will fail and feel bad about yourself (low self-esteem). It’s not possible to be perfect. If you expect your children to live up to your dreams they will fail and

feel bad about themselves (low self-esteem). Self-esteem means being able to say ‘I feel good about myself and others’. Low self-esteem means not feeling good about yourself or other people.

Active After School Program

Parents are reminded that the Active After School Program starts this afternoon and tomorrow after school. Those students wishing to participate can collect a permission form from the front office.

NAPLAN Testing

NAPLAN testing begins next week for students in Grades 3 and 5. The testing will be carried out on Tuesday, Wednesday and Thursday mornings. On these days, students in Grade 4 will be split, with one half of the group joining the Grade 2 students and the other half joining the Grade 6 students.

Trivia Night Committee – Would You Like To Be Involved?

Last week I called for expressions of interest from parents who were interested in being a part of our Trivia night organising committee. The offer remains open with our next meeting scheduled for Tuesday 13th May at 9:15am in the staffroom. If you are interested in joining the committee but can’t attend the meeting, let me know and I can make sure a copy of the minutes gets sent home.

Volunteers Needed For Various Jobs Around The School

A Buildings and Grounds committee meeting was held last Wednesday afternoon to identify small maintenance jobs that could be completed at a working bee. We have identified that the retaining wall which runs next to the netball court needs replacing, some of the weatherboards on the cubby house need to be repaired and the drains and gutters around the school need to be cleared. We also identified a number of minor tasks that we are hoping to have completed before the working bee.

If any parents are able to spend a short amount of time during the school day or after school to complete some of these tasks, please let me know, any support is greatly appreciated. The tasks include: clearing some of the paths around the school, mulching garden beds, removing temporary fencing and general gardening.

Student Free Day Monday 26th May

Parents are reminded our next student free day is scheduled for Monday 26th May. On this day, students are not required at school. The staff and I will be developing our understanding of Bloom's Taxonomy and how it can be used effectively in the classroom, plus we will also work on developing a Personal Learning continuum for use during lessons. This continuum will focus on identifying what students will actually be doing if they are exhibiting personal learning skills.

Values For Life Workshop - \$8 Per Student

Parents are reminded about the Values for Life workshop which students will be participating in on Friday 23rd May. The program will provide students with strategies to help build and keep friendships and help students develop confidence in who they are. The program will also cover areas such as building resilience and the importance of maintaining students' self esteem when faced with a difficult task. Two workshops will be provided on the day, one will be targeted at students in Grade Prep – 3, whilst the other will cater for students in Grade 4-6. The cost will be \$8.00 per student. These workshops complement our school's focus on explicitly teaching values to our students as well as the welfare assistance we provide to students on a needs basis.

Joel Fraser - Principal

VALLEY ART FESTIVAL

Our students in the music group are looking forward to performing at the Uniting Church this Friday at 11.00am. We would love to see you there!!! If you haven't returned your permission form for this excursion, could you please do so by tomorrow.

~ Thank you - Yvonne Game ~

BOOK CLUB

Book Club is due in tomorrow, so if you would like to order something please make sure it is in the money slot at the office by the end of tomorrow. Just a note when **ordering online** - you only need to fill out your details **once** on one of the order forms (not on every order). As long as the "total of your order" is on one of the order forms with your name, receipt number and amount paid, that is all we need.

~ Thank you - Yvonne Game ~

Weekly Newsletter No 11
Tuesday, 6th May 2014



Parents & Friends Mother's Day Stall



The P & F committee will be holding a Mother's Day stall this Friday afternoon. The committee have provided paper bags to each class, which will be decorated and used as gift bags to put mum's goodies in.

Please don't forget to send along a few dollars for your child (or children) to buy something. Children will be shopping alongside siblings so as not to double up on the same gifts.

As always, volunteers to assist are always needed. If you can help out, it would be very much appreciated. Please put your name and phone number on the Mother's Day volunteer list at the office.

Solar Energy Generation

The reading this week is 30386kwh which means we have generated 123kwh since the last reading.

PRINCIPAL: Joel Fraser
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<http://traralgonsthsps.vic.edu.au/>
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**YOU CAN DO IT
STUDENT OF THE WEEK AWARDS
For Week Ending 2nd May 2014**



Prep/1	Nate Murphy	For working hard to hear sounds in words.
1/2	Jesse Stevenson	For practising good comprehension strategies.
2/3	Billy Wheatley	For excellent progress with his reading.
	Alexandra Gore	For always being positive and working hard in class.
5/6	Max Richmond	For improved concentration and dedication to his learning tasks.
Art/Music	Blake Henry	For his continued persistence and dedication to learn to play the ukulele.
	Breanna De Martin	For her excellent painting skills to create beautiful flowers for Mother's Day.
P.E.	Benj Selwyn	For showing determination to learn ball skills.
	Kaycee Robinson	For showing determination during the netball match.
Principal	Riley Palmer	For showing resilience while playing footy at recess time.

DATES TO REMEMBER

9 May	Fri	Music Group Performing 11:00am – Valley Art Festival P&F Mother's Day Stall
12 May	Mon	School Council Meeting – 7:00pm
13 May	Tue	Trivia Night Committee Meeting – 9:15am
23 May	Fri	Values For Life Workshop - \$8 per student
26 May	Mon	Student Free Day
9 Jun	Mon	Queen's Birthday Public Holiday



CHARITY EVENT



RESIDENTS OF TRAFALGAR WILL LIGHT THE WAY BY LEAVING FRONT LIGHTS ON THROUGHOUT THE NIGHT

When : 5pm Friday 9th May - 5pm Saturday 10th May

Where : Based at McGregor Park **Course :** Town loop of Trafalgar

FAMILY DAY - Saturday 10th 11am - 4pm (McGregor Park) NO ALCOHOL PERMITTED

COME DOWN AND SHOW YOUR SUPPORT BY CHEERING ALONG THE ROAD RUNNERS
LIVE MUSIC, BBQ, PIZZA, ACTIVITIES for the kids and much more.

Donations can be made on the day or by bank deposit to:

Gippsland Road Runners Bsb: 633000 Acct: 151414885

Contact - Tracey O'Brien 0400 892 109 or email: gippslandroadrunners@gmail.com