



VIRGINIA PRIMARY SCHOOL NEWSLETTER

Learning Together, Learning for our Future

CARING, RESPECT, FAIRNESS, ACHIEVEMENT, DIVERSITY

Issue 10, 2017

3rd August

DATES TO REMEMBER

Term 3

Week 1

Monday 24th July
First Day Term 3

Friday 28th July
SAPSASA

Boys & Girls Soccer at Virginia

Week 3

Wednesday 9th August
Governing Council 7pm

Week 4

NATIONAL SCIENCE WEEK

Friday 18th August
WAKAKIRRI CONCERT
ENTERTAINMENT CENTRE

Week 5

Friday 25th August
SAPSASA District Athletics

Week 7

ADVANCED NOTICE
Thursday 7th September
Pupil Free Day

Friday 8th September
School Closure Day



Principal: Ilia Tsoutouras
Deputy Principal: Voula Pounendis
Gov. Council Chairperson: Anita Trenwith
Park Road, Virginia SA 5120
Phone: (08) 83809292
Fax: (08) 83809576
Email
dl.0455.info@schools.sa.edu.au

Visit our web site

www.virginiaps.sa.edu.au

Download our school app



Government of South Australia
Department for Education and
Child Development

Welcome back to Term 3.

I hope you all had a wonderful school holiday period and were able to spend quality time with your children. I was lucky enough to take some leave and head to Khao Lak and Chang Mai, Thailand.

Having visited and spent time in classrooms I can say it has been a very smooth start to the term. We look forward to another fantastic term of learning as well as the opportunity for students to participate in SAPSASA events, Wakakirri and Festival of Choir.

Staffing

Welcome to Ms Jenny Timperio who is our new Year 6/7 teacher in Room 12 and Ms Cristina Pisanelli who is in Room 6 on Thursdays and Fridays. We would also like to extend a special welcome back to Pauline who is working in Room 5 on Fridays for the majority of this term. They have all settled in really well and have quickly gone about ensuring there is quality learning taking place across all those classrooms.

Woolworths Earn & Learn

This year we will again be participating in the Woolworths Earn & Learn program. Through this program we will be able to get new educational resources for our school.

From Wednesday 26th July to Tuesday 19th September or while stock lasts, we are collecting Woolworths Earn & Learn Stickers. You will get one Woolworths Earn & Learn Sticker for every \$10 spent (excluding liquor, tobacco and gift cards). Place the Woolworths Earn & Learn Sticker onto a Woolworths Earn & Learn Sticker Sheet and when it's complete, the Sticker Sheet can be dropped into the Collection Box here at the school or at your local Woolworths.

At the end of the promotion, we'll be able to get some great new equipment. The range is extensive and offers lots of items ideal for our students – including resources for Maths, English, Science and some fantastic fun supplies for Arts & Craft, Sport and for our library. If you'd like to know more visit woolworths.com.au/earnandlearn



SAPSASA

On Friday of last week both our boys and girls SAPSASA soccer teams were triumphant. I was lucky enough to get out to watch parts of both games. It was great to get the win and also watch how our students represented themselves and our school with pride. We wish them well in the next stage of the competition.

Mr Yates and Christos have also been busy running trials for the District Athletics Carnival coming up.



Sport Vouchers

What is the Sports Vouchers program?

The Sports Vouchers program is a Government of South Australia initiative administered by the Office for Recreation and Sport. The program provides an opportunity for primary school aged children from Reception to Year 7 to receive up to a \$50 discount on sports membership/registration fees. The purpose is to increase the number of children playing organised sport by reducing cost as a barrier to participate in sport.

Who is eligible for the program?

All South Australian primary school aged children, meaning if the child is attending or is eligible to attend primary school. Remember it is one voucher for every primary school aged child per calendar year. To find your nearest provider please use the ['Find a Club'](#) tool.

How does the program work?

There are currently two methods of claiming a voucher. The method depends on the providers system. Some sports and providers have online registrations, claiming the voucher has been integrated into their systems.

If the provider does not have the voucher integrated into their online registrations, you'll need to download the [voucher](#). We have some available in the office should you need them. Once completed, take the voucher to an approved provider to receive a discount on the fees when you register at the provider.

Providers access the secure Voucher Portal to redeem vouchers and receive reimbursement.

Parent Helpline Brochures



You may/ may not have noticed that in the office we have a whole range of parent help brochures. They are a fantastic resource with a range of topics/ issues covered. Please feel free to come in and have a look anytime and take a brochure should you find it interesting and helpful.

We have shared them with many families who have found the information useful. As an example, some of the topics include;

- Discipline (0-12 yrs)
- Lies and fibs
- Bedwetting
- Sibling rivalry
- Habits
- Thinking separation?

Parent Insights

This week's edition will focus on a really interesting topic, "How to encourage kids to be problem solvers". We hope you find it insightful and interesting.

If there is anything in particular you are looking for, please do not hesitate to come in and see either Ilia Tsoutouras (Principal) or Voula Pounendis (Deputy Principal) who may be able to help with finding an article to suit your needs.

Snapchat **WARNING!**

As a school we are aware that some students are on the popular social media app, Snapchat. Whilst the minimum age to have the app is actually 13, we wanted to bring to parents attention a new feature of the app, 'Snapmap'.



Essentially, the feature shows the location of someone when taking a 'snap' on a map. For example, if your child was to take a photo of something at home, upload it to snapchat with the 'snapmap' feature turned on, it would highlight the location of your home on a map.

We STRONGLY encourage you for safety reasons to turn this feature off if your child is using the app. The feature to turn your location off is called 'ghostmode'.

Newsletters on Facebook page!



Our newsletters are now attached to our facebook page. They will also be uploaded to the Skoolbag app which was recently updated. We are trying to cut down on paper usage. If you are happy to read our newsletters via facebook, skoolbag, or e-mail rather than receiving hard-copies, please do let us know.

Email address for school newsletter OR you are happy to read via facebook

Please return to the Front Office

NAME:

CHILD'S NAME:

ROOM NUMBER:

EMAIL ADDRESS:



Building parent-school partnerships

WORDS Michael Grose

How to encourage kids to be problem-solvers



When parents solve all children's problems we not only increase their dependency on adults but we teach kids to be afraid of making mistakes and to blame themselves for not being good enough. That's fertile ground for anxiety and depressive illness.

So, how can we raise kids to be courageous problem-solvers rather than self-critical scaredy cats?

Here are six practical ideas to get you started.

1 Turn requests into problems for kids to solve

Kids get used to bringing their problems to parents to solve. If you keep solving them, they'll keep bringing them. 'Mum, my sister is annoying me!' 'Dad, can you ask my teacher to pick me for the team?' 'Hey, I can't find my socks!' It's tempting if you are in a time-poor family to simply jump in and help kids out. Alternatively, you can take a problem-solving approach, cuing them to resolve their own problems and take responsibility for their concerns. 'What can you do to make her stop annoying you?' 'What's the best approach to take with your teacher?' 'Socks, smocks! Where might they be?'

2 Ask good questions to prompt problem-solving

A problem-solving approach relies on asking good questions, which can be challenging if you are used to solving your child's problems. The first question when a child brings you a problem should be: 'Can you handle this on your own?' Next should be, 'What do you want me to do to help you solve the problem?' These questions are not meant to deter children from coming to you; rather, to encourage and teach them to start working through their own concerns themselves.

3 Coach them through problems and concerns

So, your child feels she was unfairly left out of a school sports team by a teacher and asks you get involved. The easiest solution may be to meet with the teacher and find out what's going on. You may or not resolve the problem but in doing so you are teaching a child to become dependent on you. Alternatively, you could coach your child to speak to the teacher herself and find out why she was left out. Obviously, there are times when children need their

parents to be advocates for them such as when they are being bullied, but we need to make the most of the opportunities for children to speak for themselves. Better to help your child find the right words to use and discuss the best way to approach another person when they have problems. These are great skills to take into adulthood.

4 Prepare kids for problems and contingencies

You may coach your child to be independent – walk to school, spend some time alone at home (when old enough), catch a train with friends – but does he know what to do in an emergency? What happens if he comes home after school and the house is locked? Who should he go to? Discuss different scenarios with children whenever they enter new or potentially risky situations so that they won't fall apart when things don't go their way. Remember the Boy Scouts motto – be prepared!

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Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.





... How to encourage kids to be problem-solvers ...

5 Show a little faith

Sometimes you've got to show faith in children. We can easily trip them up with our negative expectations, such as by saying 'Don't spill it!' to a child who is carrying a glass filled with water. Of course, your child doesn't want to spill it but you've just conveyed your expectations with that statement. We need to be careful that we don't sabotage children's efforts to be independent problem-solvers with comments such as, 'Now don't stuff it up!' 'You'll be okay ... won't you?' 'You're not very good at looking after yourself!'

6 Applaud mistakes and stuff-ups

Would a child who accidentally breaks a plate in your family while emptying the dishwasher be met with a 'That's really annoying, you can be clumsy sometimes' response or an 'it doesn't matter, thanks for your help' type of response? Hopefully it won't be the first response, because nothing shuts a child's natural tendencies to extend themselves down quicker than an adult who can't abide mistakes. If you have a low-risk-taking, perfectionist, consider throwing a little party rather than making a fuss when they make errors so they can learn that mistakes don't reflect on them personally, and that the sun will still shine even if they break a plate, tell a joke that falls flat or don't get a perfect examination score.



Michael Grose



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.

