Dear Parents,

Welcome to term 3, this again promises to be a busy but productive term. We are already preparing for the concert to be held on the 19th September.

I thought I'd continue the theme of resilience with the following article by Michael Grose to help us develop a common language.

Resilient families develop their own words and phrases to help each other get through the inevitable tough times that each person experiences. The language of resilience generally refers to coping strategies such as empathy, humour and acceptance.

Following are 10 examples of the language of resilience generally and the coping skills each reflects and the types of situations where they are applicable.

1. “Come on, laugh it off.” Strategy: humour - Good for: kids who experience disappointment, failure and even loss. Humour is a great coping strategy and a powerful tool for resilience as it heightens feelings of control. Some children and young people will naturally crack jokes or make fun of seemingly serious situations. This is a fantastic way to release stress and handle feelings of helplessness. As a parent you may need to lighten up tense situations by introducing humour of your own, which is something that many dads do really well.

2. “Don't let this spoil everything.” Strategy: containing thinking - Good for: kids who feel overwhelmed; kids who experience rejection; perfectionists. The ability to compartmentalise bad events and keep them from affecting all areas of life is a powerful coping skill. Sportspeople, politicians and others who work in the public arena need to be adept at it. When something unpleasant happens during recess, for example, kids need to park their thinking about that event so they can get on with the rest of the day. The ability to compartmentalise thinking is a fantastic life skill kids can learn within their family.

3. “Let's take a break.” Strategy: distraction - Good for: kids experiencing stressful situations; kids who think too much; kids with busy lives. When kids are troubled by events or spend too much time brooding it helps to do something to get their minds off things for a time. Playing games, spending time together, watching some TV, going out – are all good distracters for worried, anxious or stressed kids. Self-distraction is healthy, providing some welcome perspective. It also prevents kids from replaying awful experiences in their heads, blowing them out of proportion.

4. “Who have you spoken to about this?” Strategy: seeking help - Good for: kids who experience bullying and social problems; handling all types of personal worries. Resilient people seek solace in the company of others when they experience difficulty. That's why social connection is such a strong preventative strategy for young people. The promotion of help-seeking behaviours is one of the best coping strategies of all. Even if kids don’t overtly talk about what’s bothering them, it can be immensely reassuring to spend time around others who are empathetic, understanding and willing to listen and help.

5. “I know it looks bad now but you will get through this.” Strategy: offering hope - Good for: kids experiencing distress, bullying, change or extreme disappointment. There are times when parents can do nothing else but keep their children’s chins up and encourage them when life doesn’t go their way. Being the ‘hope’ person can be hard work, that’s why parents need to be supported by resilient people and workplaces too. It helps to be mindful that a child or young person’s resilience is nurtured by the presence of at least one supportive adult. You may have to be that person!

6. “What can you learn from this so it doesn’t happen next time?” Strategy: positive reframing - Good for: kids who make mistakes, let others down or experience personal disappointment. One of the common attributes of optimistic people is their ability to find a learning, or look for a message, in difficult or negative situations. Parents can help kids reframe events to help them see things differently. For instance, rather than regarding a public speaking opportunity as seemingly negative or worrying situations. Parents can help kids reframe events to help them see things differently. For instance, rather than regarding a public speaking opportunity as seemingly negative or worrying situations.

7. “Don’t worry – relax and see what happens!” Strategy: acceptance - Good for: kids who worry about exams or performing poorly in any endeavour; pessimists. If you’ve ever been driving to an important event only to be stuck in traffic then you would know that there are some situations you just can’t control. The only way to cope is to accept what’s happening because worrying and fretting won’t get you anywhere. Similarly, parents with a resilience mindset can help kids understand what’s worth worrying about and what’s not, and that some things won’t change no matter how much kids fret or beat themselves up!
8. “This isn't the end of the world” Strategy: maintaining perspective- Good for: kids who catastrophise or blow things out of proportion. While most of us catastrophise at times, jumping to the worst possible conclusion, it is a habit that only exaggerates anxiety. When kids constantly think the worst case scenario, challenge their views. “Yes, you could end up not knowing anyone at camp but you won’t be the only one. Besides you’ll probably end up making new friends like you generally do.”

9. “You could be right. But have you thought about.” Strategy: flexible thinking-Good for: kids who catastrophise; experience extreme feelings; who exaggerate. Many children and young people talk in extremes – ‘awesome’, ‘the best’, ‘the worst’ and ‘gross’ roll off their tongues easily these days. Unfortunately, their extreme language leads to extreme emotional responses. Develop the habit of winding back their language by introducing shades of grey, rather than black and white. Replace “I’m furious” with “I’m annoyed”. “It’s an absolute disaster” with “It’s a pain”. “I can’t stand it” with “I don’t like it”. Realistic language leads to realistic thinking, which helps kids handle many ordinary situations that they have blown out of proportion.

10. “What can we do about this?” Strategy: taking action -Good for: kids who mope; who experience disappointment; who feel inadequate. Kids can sometimes feel overwhelmed by events such as constant failure, constant rejection or always narrowly missing being picked for a team. They can be overwhelmed by feelings of inadequacy and helplessness. Action is often the best remedy. Help them take the first step forward.

Set some goals. Make some plans. Identify the first step and hold their hand while they take it. Taking action is a quality shared by resilient communities, organisations and individuals. My challenge for parents is to make resilience an integral part of your family’s proprietary language. You’ll know you have succeeded if your children as adults remind you, when they hear any complaints or whinges from you in your dotage, to ‘hang in there’, ‘this too will pass’ and ‘find the funny side’.

Granted they may be phrases you don’t want to hear, but at least you know that you’ve drummed into your kids some important core messages that can arm them for life.

Keep smiling

Cathy Blackford
Principal

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**Finding Faith Moment**

“All will be right with time and a little patience.”

Mary MacKillop 1873

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**St Michael’s Parish PIETY STALL – Confirmation**

Anyone wanting to purchase cards, gifts, etc for the Sacrament of Confirmation the Piety Stall at St Michael’s Church will be open at 1.00pm -3.00pm on Mondays, Wednesdays and Fridays from 22nd July to 16th August 2013. It will also be open after all weekend Masses. Enquiries please contact Lyn Kennedy on 5174 5848

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**Education in Faith News**

**Scholastic Book Club Issue 5:**

The last day for orders to be back at school is Thursday, 25th July 2013.

Please note:
- If paying by credit card, follow the instructions on the receipt/order form.
- If paying by cheque, make cheques payable to ‘Scholastic Australia’.

Place order form and payment in an envelope and return to class teacher, orders must be returned to the year level they were issued from.

**PIANO LESSONS** are available during school hours with Alison Darling. Practical and theory work is covered in the weekly lessons. Please contact Alison on 5134 4518 for further details.

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**Dates to Remember**

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<td>30” Fri</td>
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<td>30” Fri</td>
<td>Grade 5 – return from Camp</td>
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**SEPTEMBER**

| 4” Wed | Eucharist – Parent Meeting |
| 5” Thurs | Division Summer Sports |
| 6” Fri | Walk-a-thon |
| 10” Tues | Division Athletics |
| 11” Wed | Rehearsal – School Concert |
| 12” Thurs | Parents & Friends Meeting |
| 16” Mon | Footy Day |
| 16” Mon | Lunch Order Day |
| 18” Wed | Eucharist – Parent/Child Workshop |
| 19” Thurs | School Concert – Kernot Hall |
| 20” Fri | Term 3 Finishes |
Mathematical Problem

It would be great if you as parents could work the problem with your child or against your child and then compare your results. Have fun thinking mathematically.

Solution for Mathematical Problem in Newsletter No. 19

The average of five boys’ scores in an English test was 8. If Brian scored 6, Mort 10, Bruce 7 and Kevin 7, what did Max score?

\[
\frac{\text{Total of scores}}{5} = 8.
\]

Total of scores = 40.
The four known scores total 30.
Max scored 40 - 30 = 10.

Mrs Hannah likes dogs. At present all her adult dogs are spaniels while some of her puppies are spaniels and some are not. In all she has 11 dogs of which 7 are spaniels and 8 are puppies. How many spaniel puppies has she?

"HELP YOUR CHILD TO LOVE READING"

1. Read out loud to your child daily

Not just books. Point out and read out loud street signs, labels in the grocery store, episode names on TV shows, words you see all around you both in daily life.

2. Rhyme

Read poems and books that rhyme: nursery rhymes and Dr. Suess are popular for good reason! Make games out of finding words that rhyme. Makes up silly nonsense words that rhyme with your child’s name: Emma, Shemma, Lemma, Bemma, Wemma!

3. Ask Questions

Talk with your child about the stories you read together. What do you think will happen next? What clue does the picture give you about what might happen next? Did this character make a good choice? What would you do if you were the character? What was your favorite part of the story?

4. Have Books in Your Home

I remember as a kid that my mum had this huge coffee table book about gardening, filled with all these beautiful pictures. I decided to “read” it (before I could actually read) and spent time over several days laying on the floor looking at every single page one at a time until I’d gotten to the end and had “read” the whole thing. I was quite proud of myself. And all because, this book just happened to be sitting there on the table where I saw it every day.

Keep a variety of books and other reading materials available to your kids. Picture books, novels, magazines… stories and non-fiction books about a variety of topics. Start a “collection” of books by going to used book stores, where you can find a wide variety of options for a small amount of money.

5. ENJOY READING WITH YOUR CHILD!

Have fun with it! Make goofy voices. Laugh at the funny parts. Point out silly pictures.

Show your child that reading is something to enjoy and share.
RAFFLE TICKETS - School Fete – Saturday 15th March 2014

A reminder that the Fete Raffle Tickets are definitely due back this week. Please return all raffle ticket booklets, whether they are sold or unsold, as all tickets must be accounted for.

The raffle will be drawn this Saturday night at the Parish Ball and all winners will be notified immediately.

We would like to say a big thank-you to our sponsors, the Green Olive and Lollypotz for their generous donations

The next P&F Meeting is this Thursday, 18th July at 9.00am in the Staffroom. All welcome!

From the Community

IMPORTANT NEWS FROM ST PAUL’S CAMPUS OF LAVALLA CATHOLIC COLLEGE

Hello Parents and Students

We would like to advise the parents of Grade 5 students that the next important date for you is:

Grade 5 Visits to St Paul’s Campus : Friday 2 August 2013

Further information regarding this day will be forwarded in the near future.

We would like to advise the parents of Grade 6 students that the next important date for you is:

2014 Individual Enrolment Interviews : to be held either 6 or 7 August 2013.

Parents will receive a letter in the coming weeks to advise when their interview is, where it is to be held and who their interview is with.

Thank you
Bev O’Brien & Heather Thompson
Transition Team

My name is Danielle Kenney, I used to go to school at St.Michael’s graduating in 2002. I am now studying Honours at the University of Ballarat. I am undertaking research as part of this degree, and was wondering if you could advertise our survey in your newsletter.

We are seeking fathers of children aged 1-4 years to volunteer to participate in a study on fatigue, depression, cognitions and behaviour. I am aware that this age group is younger than primary school ages children, however lots of these children will have younger siblings. If you would like further information, you can read the plain language statement at http://tinyurl/wellbeingdads. There is also a prize draw for participants to win a $50 Coles Myer Voucher.

SUPPAUT

Latrobe Region Parent/Family Support group for those who have kids with Autism Spectrum Disorder (ASD)

SUPPAUT is a parent-run group that aims to support one another as parents of a child/children with Autism (or aspergers, PDD or other autism-related conditions).

We share our own experiences, problems, joys, successes and support each other with a listening ear and understanding. It is a very informal gathering. All parents/carers/family members are welcome to attend and children/siblings are welcome too. Guest speakers are invited to some meetings.

We meet every LAST THURSDAY of the month – except during School/Public Holidays.

2013 meeting dates:
25th July, 29th August
31st October, 28th November

**New Venue!!**

At LATROBE SPECIAL DEVELOPMENTAL SCHOOL,
Hickox St, Traralgon
(Please enter through 1st gate & sign in at the Office)
From 10.30am – 12.30pm

ALL WELCOME TO COME FOR A CUPPA AND A CHAT!
For more info or enquiries about the group phone
Louise Varsaci 51750877 or email varsaci@aussiebb.com.au

Join our group on Facebook – SuppAUT Autism support group for families in Latrobe Valley, Victoria