CALENDAR

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>24-28 Aug</td>
<td>Book Week</td>
</tr>
<tr>
<td>24 Aug</td>
<td>Year 5/6 Author visit</td>
</tr>
<tr>
<td>25 Aug</td>
<td>Book Week Dress Up Day</td>
</tr>
<tr>
<td>26 Aug</td>
<td>Year 3/4 Author visit</td>
</tr>
<tr>
<td>27 Aug</td>
<td>Year 1/2 Author visit</td>
</tr>
<tr>
<td>28 Aug</td>
<td>Father’s Day Stall</td>
</tr>
<tr>
<td>31 Aug-2 Sept</td>
<td>Book Fair &amp; Year 1/2 Author visit</td>
</tr>
<tr>
<td>2-4 Sept</td>
<td>Year 3/4 Camp Allambee A, B, C &amp; G</td>
</tr>
<tr>
<td>10 Sept</td>
<td>Walkathon &amp; afternoon sausage sizzle</td>
</tr>
<tr>
<td>18 Sept</td>
<td>Last Day Term 3 early dismissal 2.30</td>
</tr>
</tbody>
</table>

FROM THE EXECUTIVE TEAM

FAMILY SCIENCE NIGHT
Many thanks to all families that came along to our Science Night last night. Judging by the buzz and excitement, the evening was enjoyed by all – big and small. It was lovely to see the wide-eyed students coming back to school at night and happily and enthusiastically getting involved in the activities with their parents.

Many thanks to Cynthia Marchment and her band of helpers and all of the teachers that gave up their time for this special extra-curricular activity.

SURVEY
Thanks to all of the parents that were able to find a few minutes to complete our special survey recently. The information gathered supports and informs our review process.

Results indicate that parents generally support the communication modes that we use and particularly value our newsletter and the use of Tiqbiz. Parents value direct communication and many would like to see more regular surveys and opportunities to input into the school. A common response suggests that many see the use of technology as a way to achieve this.

A range of responses relating to extra-curricular activities indicate that many parents are satisfied with the level of activity already provided, but a number of suggestions were also made that may be practical for us to consider and adopt.

KIDSMATTER
An excerpt from: https://www.kidsmatter.edu.au/families/enewsletter

RESILIENCE IS AN ESSENTIAL SKILL FOR LIFE
It’s natural for parents to want to protect their children from adversity. From birth, we try to do the best for our kids, love them and nurture them. Sometimes, this may be intensified as some modern parents have been labelled ‘helicopter parents’, constantly hovering over their children, trying to solve their problems for them in an effort to protect them and keep them happy.

Ironically, a recent study by clinical psychologist and researcher, Judith Locke found that children who were over-parented were no more satisfied with their lives than children whose parents were less involved. And, in the long run, this can leave children ill-equipped to cope with life’s curve balls.

Positive parenting is a delicate balance between protecting children from adversity and letting them experience hardship so they can develop resilience and positive mental health and wellbeing.

Resilience is the ability to cope with life’s ups and downs, and bounce back from adversity. Children need to develop coping skills to help them respond to challenging times and maintain a positive outlook on life. Challenges can also be viewed as opportunities to learn about oneself and to grow as a person.

Someone who is resilient and has positive mental health and wellbeing shows the following characteristics:

- The ability to learn from their experiences and grow
- Good relationships with others
- A capability to manage their own emotions and express empathy for others
- Good communication skills
- Good problem solving skills
- The ability to set realistic but rewarding goals and actively work towards them

These characteristics mean that a child is better able to make sense of the world around them, connect with people, and even seek out support when they experience difficulties. Good problem solving skills and the ability to work towards realistic goals also gives children a feeling of control over their lives and a sense of positive self-worth.

All of these resilience characteristics contribute to positive mental health and wellbeing, and reduce the risk of social or emotional problems later in childhood. There is also emerging evidence to suggest that resilient children are more likely to achieve academic success.

So where does resilience come from? An individual’s resilience is a combination of both pre-set characteristics a person is born with and the environment a person grows up in, including the support networks around him or her.
If we think of a set of scales, someone’s genetic sensitivity is the fulcrum in the middle, and their life experiences, both positive and negative, sit on each end.

The fulcrum might start in the middle if a person has an average sensitivity to life’s experiences, or it might be off-center if a person is naturally more sensitive. If that is the case, they might have a tendency to be less resilient than another person with an average level of sensitivity who is exposed to similar life experiences.

Research has shown that someone’s natural response to stress can be altered through their experiences, and so the fulcrum can be moved. When positive experiences, like nurturing relationships and a sense of belonging, are added to one end of the see saw, and children start to develop coping skills, like the ability to solve problems or manage behaviour, the fulcrum can slide and the see saw will tilt towards a more positive outcome.

Key to developing a child’s resilience is the relationship they have with at least one adult in their lives. Parents and carers are vital supports in shaping a child’s resilience as they can teach a child to develop a sense of optimism and a set of coping skills to help them bounce back from life’s challenges.

**Build up frequent father points**

By Michael Grose

Michael Grose looks at the importance of topping up frequent father points, and the benefits for both dads and for kids. A good friend enthusiastically told me how he was looking forward to spending a few days away on his own with his two kids, aged 10 and 13. He was feeling quite chuffed.

He was having some ‘dad time’ with his kids. Good on him!

He was doing some memory building & relationship building, as well as having some fun. He told me that he was aware that his kids were getting older and he knew such opportunities were diminishing. Gone are the days when the only relationship many men had with their kids was through their wife. She would explain him to the kids (‘Your dad’s very busy but he would love to see you play sport but he can’t make it.’) As well, she’d keep him up-to-date with the children’s lives.

Blokes, it seems, are valuing the time they spend with their kids on their own. Or at least the dads I mix with are. Spending time alone with kids is a great way to build confidence in dads.

And the kids usually just love it.

Mothers can play a role here by not getting in the way if their husband or partner wants a little time alone with kids. (Most mums I meet welcome this!)

Children usually associate their fathers with activity. When I ask children to tell me about their dads they usually talk about the things that they like to do together with their dads. Playing, walking, fishing, wrestling....the list goes on.

It’s through shared activity and involvement in kids’ lives that dads build up frequent father points. It’s hard to build good connection with kids when you are not there!

**Don’t wait until adolescence**

These relationships are best built in childhood, when kids just love their dads to bits and want to be around him. It gets trickier in adolescence, but having shared interests developed in childhood gives you a connection point during these sometimes-turbulent times.

Dads also benefit from spending time with their kids. Most health scales state a healthy relationship with their children is a predictor of good health and longevity for men. I’m not sure where the health benefits come from, but I suspect there is something relaxing and de-stressing about getting into a child’s space. There is a big kid inside most men just busting to get out.

These days we take parenting pretty seriously and it’s easy to forget that one of the fundamentals of raising...
kids well is to spend some time in your child’s space, doing stuff, or not doing stuff, whatever the case maybe. So how are your (or your partner’s) Frequent Father Points going? If they need some topping up then you can start by doing something together that they enjoy.

Having a bit of fun together is the best place to start.

Author’s note: Sole mums can take these ideas on-board to have a NO RULES weekend with your kids, where you have a change of routine and activity that can give kids the chance to see you in a different way.

PAYMENTS DUE
Netbook Term 4 – 18 September
Year 3/4 Camp – Tomorrow 21 August
Whole School Author Visit:
  Prep – 27 August
  Year 1/2 – 26 August
  Year 3/4 – 25 August
  Year 5/6 – 21 August
Sausage Sizzle – 4 September
Don’t forget payments can be made at any time from your phone or computer by using the QKR app.

FUNDE ENTERTAINMENT BOOKS ON SALE NOW
Only $20!!! Enjoy over $800 worth of savings to some of Australia’s best & biggest brands.
The book consists of 2 for 1 offers, saving you 50% on many of your favourite activities including sport, entertainment, food & beverages & attractions.
Books available for purchase at the school office.
Payment can also be made via QKR App.
Get in quick, limited stock available for a short time only.
Vouchers perfect for using in the school holidays.
All vouchers expire June 30th 2016.

Examples of participating companies include: Eureka Skydeck, Melbourne River Cruises, The Pancake Parlour, San Churro, Medibank Icehouse, Kryal Castle, Seaworld, Wet’n’Wild, Movieworld, Phillip Island Nature Parks, Muffin Break, Village Cinemas, Mrs. Field’s Bakery & Café, Blockbuster, Hungry Jack’s, Taco Bill, Melbourne Racing Club, Etihad Stadium, Timezone & many more.

CAMPS, EXCURSIONS AND SPORTS FUND APPLICATIONS
All eligible families are reminded to apply for this funding, as previously explained. If you have a Health Care Card or Pension Card, you are eligible to receive government assistance.
By applying for this funding, if eligible, the school will receive $125 to be used for your child’s excursions, camps and sporting activities. This amount will be held against each eligible child’s name and utilised accordingly.
Applications have been extended to be finalised by Friday 18 September. Forms can be picked up from the office if needed.

COMMUNITY NEWS
SUNBURY SOFTBALL ASSOCIATION
The Sunbury Softball Association invites you to our annual come try/open day. There will be a BBQ, t-ball and softball games and registration on day, come meet Lightning McQueen Sunday 30 August 2015 9am – 12pm at Goonawarra Recreational Reserve, 155 Lancefield Road, Sunbury. All welcome boys and girls 5yrs+ - open Women and Men. All enquiries to sunburysa@gmail.com

COMPLETE KIDS BEFORE AND AFTER SCHOOL CARE
Looking to recharge your batteries but also want to ensure your children are having fun. Complete kids early learning offers before and after school care here at Killara Primary School. Our program includes dance, sports, board games, iPads, D.S games, water play, jewellery design, beadoz, art & craft, skipping, active team games, yoga, cooking, science. Call 9740 2111 to make your enquiry.

SUNBURY LITTLE ATHLETICS CENTRE
SEASON 2015/2016
Do you like running, had a sports day recently and loved it? then come along to Sunbury Little Athletics. Our Seasons program commences on: Saturday 3rd October 2015 from 8.15am. To ensure you are ready to go on the 3rd of October, you can register and pay online at http://www.sunburylac.org.au or at one of our registration days and then be put in the draw for: free registration for one child if you have registered and paid before the 1 October
Note: All registrations are done online
Registration Days: Saturday 12 September 9am – 12pm and Saturday 19 September 10am – 12pm For more details visit the website www.sunburylac.org.au or for any questions contact David Thies 0400666149

WOOLWORTHS EARN AND LEARN
The Woolworths Earn & Learn program gives schools and Early Learning Centres around Australia the chance to earn new educational resources. Simply shop at Woolworths and you will receive a Woolworths earn and learn sticker for every $10 spent. Stick the stickers onto The earn & learn sticker sheet and pop it into the Killara collection box located at the Sunbury Woolworths store or you can hand your completed sticker sheet into the Killara primary school office.

KILLARA PRIMARY SCHOOL
Phone: 9744 6432
Fax: 9744 4956
Website: www.killaraps.vic.edu.au
Science Family Night was a huge success, enjoyed by all who attended. Thank you to our families for attending this great school community event and to the teachers for their super efforts with organising and running the activities. We had fizz inflators, making slime, balloon rockets, planting with water crystals, bug creations and lots more fun, exciting and creative activities.

Congratulations to Charlotte L from Room 15 who won the Raffle Prize (A bio-Ethanol fireplace). The passport prizes will be presented at assembly this coming Monday 24 August.

Thank you also to Bunnings, Target, Coles and Masters for sponsoring our event and helping to make it a huge success.

It was FUN FUN FUN !!!

Cynthia Marchment
Science Coordinator