Dear Parents and Friends,

What an amazing day Sports Day was. I certainly agree with Mr O’Connell’s words at the presentations about how smoothly all the events ran and it was possibly the best Sports Day yet. The house leaders did an exceptional job organizing their teams and getting everything ready. Thank you also to the teachers and SSOs, who all chipped in to make the day run so well. Much credit must go to Tony O’Connell for his organization before and on the day. 90% of the running of the Sports Carnival happens before the day, and Tony does a majority of this. Thanks also to Matt Crewe for his meticulous approach to preparing not only the oval, but the entire school grounds. Rumour has it that Les Burdett retired as curator of Adelaide Oval because he couldn’t maintain standards as high as Matt’s!

It was great to have so many parents, family and friends come out to support the day. It was really impressive to see the team spirit and support that students gave each other and many incidences of good sportsmanship.

Congratulations to Dickson for winning yet another title, and to all the individual trophy winners. Well done also to Woods, who won the Max Croser Team Spirit event, for showing great organisation, enthusiasm and effort despite tough competition. It certainly was a very hard decision this year!

See a full report thanks to Tony O’Connell later in the newsletter.

I would like to welcome Mollee Moir to our school for the remainder of the year. Mollee has joined Mrs. Gladstone’s F/1 class.

Parent Opinion Survey

Each year, the school collects feedback through the Parent Opinion Survey. The data is not only reported on in the Annual Report, but used to help us improve as a school and make decisions that value parental input. The survey shouldn’t take any more than 5-10 minutes. The survey has been emailed to families or you can access the survey at https://www.schoolsurvey.edu.au/s/guezpxvx with survey code wXygAtJK. The survey is available until 2/12/2016 11:59:00 PM. We appreciate you taking the time to give us your feedback. If you did not get a link for this, or would like a hard copy, please ask Paul or enquire at the Front Office.

Staffing

The staffing process for 2017 is underway and I will keep you informed as teachers and classes are formalized. At this stage we still intend to inform parents of their child’s class and teacher before the end of term. This will allow us to have a transition session where students can become familiar with their new class environment.

Bonnie O’Brien is currently on leave and her class has been taken by Ms. Isabella (Issy) Dihm until Ms. O’Brien returns in two weeks.

Mrs. Williams will be taking Long Service Leave for the last four weeks of the term. Her class will also be taken by Ms. Dihm, whom some students may remember from when she was a student teacher with Ms. Di Biase two years ago. We welcome Ms. Dihm back to Penola.
Our two student teachers, Ms. Watson and Ms. Tye, finish their 4 week practicum block this week. We thank them for their contribution in the classroom and at Sports Day.

Youth Environment Group
The Youth Environment Group had its final forum during the week, where the students presented the results of their study focus for the year. They had to present to other students and teachers, members of the NRM board and other dignitaries. It was a great experience for them. We thank Matt Crewe and Janet Brodie for helping the team throughout the year.

SAPSASA tennis and cricket will take place in two weeks time, with the State Championships in Adelaide from 21st to 25th November. Congratulations to Tom Skeer (tennis), Lachie Croser, Angus Croser, Hugo Balnaves and Connor Hunter (all cricket) for making their respective teams. We wish them all the best in Adelaide.

Blue Lake Fun Run
Whilst the school is not putting in an official team, we have joined forces with Essence Lifestyle to submit a Penola Community Team, thanks to Emily Marchant. Students are still welcome to use a school athletics top. Sam McDougall, along with Kate McDonald have been gathering up some interest and will put out some information soon, with the possibility of running a training session. If you are interested you can register online by searching Blue Lake Fun Run and registering under the team name, “Penola Community Team.” For those who have competed in the past, it is a great community event.

White Ribbon Day
Penola Primary School is an official White Ribbon School and we will be holding a White Ribbon Day on Friday November 25th, which is the National White Ribbon Day. This event is not a fundraiser, but a day of awareness to educate our students about the importance of respectful relationships, in particular preventing violence against women. We are encouraging students to wear white on the day as a show of their support for the campaign. See the next page for more information about the White Ribbon Program.

Parents in Education Week
Recently, DECD held a Parents in Education week. This included running a parent workshop in Mount Gambier, with special guest Michael Fuller, who is a highly regarded child psychologist. This week’s article is titled From can’t do to can do.

Canteen
Rosters for the next few weeks:

Munchies Roster
Tuesday 15th November
Mel Meek
Anna Copping
Veronica Howlett

Canteen Roster
Friday 11th November
Kirsty Balnaves

Friday 18th November
Dee O’Brien

Friday 25th November
Jayne Henry

Spelling and Grammar Strategy of the Week
The letter ‘q’

The letter q is a consonant and it has two sounds /q/ and /k/:
/q/ for queen and /k/ for quiche
The letter u always comes after a q
queen
quick
unique

This strategy helps when reading and spelling words that use q.
(Sourced from www.learningmadeeasier.com.au)
‘Teaching children to manage anxiety and to bounce back when things don’t go to plan’
Workshop for Parents

Lana-Joy is a highly regarded psychologist who specialises in child and adolescent psychology. Lana-Joy is offering her brilliantly reviewed workshop on anxiety in Penola.

This practical workshop is relevant to teachers, SSO’s, early childhood staff, parents, caregivers and grandparents. We will be sharing strategies for teaching children how to manage anxiety. It will also include some general coping strategies that can be utilised in the home, preschool, childcare and school settings.

The anxiety workshop focuses on helping to understand what ‘anxiety’ is in terms of the connection between mind, body and behaviour and then talking about strategies to help support young people at home and school and where these strategies can be applied if the child is feeling anxious/stressed/angry or sad.

Date: Wednesday 30th November at 6.45 PM – 9.00 PM
Cost: $60 per p
Venue: Penola Primary School.
Minimum numbers apply.
For queries, please contact Mandy on 0430022705
RSVP — Olivia.thomas142@schools.sa.edu.au

When: Friday November 18th 2016 - 7pm for 7.30pm @ Coonawarra Hall
Admission: Adult $10. Children $5. Tickets available at the door
BYO Chair, beanbag etc. Bar Facilities available

Adventure/Comedy –
Rating: PG
A national manhunt is ordered for a rebellious kid and his foster uncle who go missing in the wild New Zealand bush. The charmingly offbeat Hunt for the Wilderpeople unites a solid cast, a talented filmmaker, and a poignant, funny, deeply affecting message.
Starring Sam Neill & Julian Dennison
White Ribbon

White Ribbon aims to educate communities about Domestic Violence, Respectful Relationships, and the importance of supporting our kids to become respectful adults. The Breaking The Silence Program supports schools to build on initiatives, policies and curriculum to promote the school as a respectful centre for education, a safe workplace, and as a vehicle for community culture change.

You may have seen ads on TV and social media about White Ribbon, or seen the local Break the Silence ‘Loudest Shout’ initiative in the local news. White Ribbon’s values are particularly important and valid when discussing domestic violence across our country and the effect that it is having on people’s lives at an increasing rate. While domestic violence is not an easy topic to discuss with younger people, it is critical that our kids grow up with the strong belief that it is definitely not ok, and that being respectful of each other is important in all situations. It is also an unfortunate reality that the vast majority of domestic violence is perpetrated by males, so we have a responsibility to educate our male students about how to treat people fairly. We also need to arm our students with the skills to take action against violence and bullying, so they do not stand by and let it happen – bad things happen when good people let them happen. Our children will grow up to become our adults, and we want the next generation to do the right thing!

The idea of respectful relationships, acting against unfair behaviour, and treating people fairly is something that students in primary schools are aware of and, when given opportunities, can demonstrate a high level of care and compassion. During a discussion about gender equality with staff recently, we discussed some common comments we hear such as, “you throw like a girl,” and, “you run like a girl,” as well as “your hair cut is like a boy”. We talked about seeing unequal levels of respect given to netballers and footballers, and how fights, both physical and on social media, can get out of hand when people ignore things instead of standing up for the right behaviour. We see stories about violence in the news as if it is normal.

This program allows our student leaders to talk about their role models at home and school, as well as being role models for siblings and younger students. We hope that our students are becoming aware of the power they have to control their own actions, as well as their potential to make the world around them a more safe or unsafe place to be.

Working with our children to develop their understanding of respectful relationships and their responsibility to behave respectfully and positively towards each other needs to be a critically important aspect of our culture – at school, at home and in the community.

Some quick facts about domestic violence and the issues with respect and equality in our country:

- 69 women have been killed this year in Australia, as a result of domestic violence.
- 87% of domestic violence victims are women
- Partner-perpetrated violence is the leading contributor of death, disability and ill-health in women aged 15-44
- 1 in 3 women have experienced domestic violence (in one of many forms) from someone known to them
- 1 in 4 children are exposed to domestic violence, which is a form of child abuse
- 1 in 5 women experience harassment at work
- Rates of domestic violence are quickly increasing
- There is no real difference in the amount of domestic violence within different sectors of the community, regardless of wealth, culture, religion or physical location
- Children that witness domestic violence are much more likely to grow up and repeat these behaviours

Do we want our girls and boys to grow up living in a community with these statistics?? Or do we work together to change this??

Building greater equality and respect between women and men can reduce attitudes that support violence.

Friday 25th November
White Ribbon Day
173,540 people have got your back
Andrew Fuller

Research has proven Henry Ford correct when he said, “whether you think you can or that you can’t, you are usually right”. Helping young people develop a positive growth oriented mindset where they can improve over time and overcome setbacks powerfully predicts success. This shifts them from “can’t” do to “can do”. Here are some ways that parents develop this attitude in children.

Have a policy of “we fall down 7 times but we get up 8”.
We all have set backs. There are times when we all have to pick ourselves up, dust ourselves off and start again. Most of us are experts in this even if we’ve forgotten it because this is the way we learned to walk. Sucking at something the first few times you do it is the first step to getting good at it.

Use “I noticed” feedback
Parents can use “I noticed” feedback for positive and negative behaviours. The number of comments made to kids that begin with the phrase “I noticed”, shape behaviour powerfully. For example, “I noticed you like to draw”, “I noticed you are really trying hard to”, “I noticed you’re reading a good book”. Believe me, they will notice that you have noticed!

Parents can use this to calmly draw attention to negative behaviours. For example, “I notice you are up when you are supposed to be asleep” or “I notice that you are feeling upset right now”. This gives kids a chance to explain their actions or comply with parents’ wishes.

Praise effort more than ability
Tell your kids that they are geniuses but they don’t know it yet. It’s good to know that your parents think you are wonderful. Then focus most of your comments on effort. For example, “You really worked hard at that well done!” “I noticed you really tried your best at that, I’m impressed” or “Wow, your practice seems to be really paying off”.

Mistakes are opportunities to learn.
If a child thinks they didn’t do well at something because they lack intelligence, they give up. When they can see they are on a pathway of improvement they persist. Mistakes are an essential part of learning. The physicist Niels Bohr defines an expert as “a person who has made all the mistakes that can be made in a very narrow field.” Creating something new involves make a lot of mistakes. One example is the bestselling Dyson vacuum cleaner. The inventor made 5,127 prototypes of the vacuum before getting it right. “There were 5,126 failures. But I learned from each one. That’s how I came up with a solution. So I don’t mind failure”.

Parents can help children to learn that when you make a mistake all it means is that you haven’t learned how to get it right yet.

Dealing with set backs
No one really enjoys making mistakes. If we don’t learn from our mistakes we are destined to repeat them. It is hard to keep your enthusiasm up when you’ve not been selected for a dance team or a drama part or a sports team or failed a test at school. Parents can help kids by helping them to analyse mistakes. Some questions used to review a setback are: Ok so you didn’t do as well as you would have liked. Let’s see if we can learn from this? What parts of it did you do well? What parts of it didn’t go as well as you hoped? How much work would be involved in getting better at those parts? Would you change the way you prepared for it next time? In what ways? I know you can do better at this if you want to. Do you want to try again? How can I help you with this? If they decide not to have another go say, “Ok but don’t let your decision trick you into believing you couldn’t get better if you tried.”

Turn losses into tournaments
You may have already done this as a kid. After losing at a game, you may have said, “Ok, best out of three is the champion”. If you didn’t win that tournament perhaps you may have said, “Ok, best out of five is ruler of the universe”. Teach your kids that there is no loss; there is always a chance to have another go.

There is no try!
As the Jedi master puts it, do or do not, there is no try. Parents shouldn’t accept “try” either. When kids say they are going to try ask them, “does that mean you are going to do it or not?”
Focus on the way we do things rather than the result
Successful sports teams play the game the same way regardless of the score in the game. Focusing on the result causes people to panic or freeze up. Parents’ comments can cause a shift in their child’s awareness. Instead of commenting on the result, find something you like and notice it. For example, “you sang the first few bars of that song beautifully, it’s coming together”. Avoid the temptation to then add suggestions of ways to improve.

Talk about your role models
Young people today seem to lack positive role models. The media seems determined to serve kids up role models of testosterone fueled bozos or ditzy socialite women. The idea that you can partly shape your life on someone who you admire is alien to them. Talk about the people you admired as a kid. Explain why they have been important. Talk about the everyday heroes who have inspired you.

How to avoid a boring life
If you get scared of getting things wrong, you won’t try new things. If you don’t try new things you become bored and boring. Life becomes mundane, dull and routine. Parents can arrange to do things with their kids that they have never done before. Quirky adventures don’t have to take a lot of time or money but they do take some thought and planning. Plan to have your child (and yourself) go somewhere they’ve never been before or do something they have never done before. Don’t settle for anything less than an interesting life.

Think of a time when it was hard
We’ve all done things that at first seemed impossible. We’ve all struggled at times in our lives. Share some of those stories with your kids so they know that you have shared the same doubts as they have. Talk about times when you could have given up but you didn’t.

How to talk with them about successes.
Kids want their parents’ approval. The way you provide praise will shape their future efforts. Let them know you are proud of them. Try to include in your delight at their success a comment on the effort that went into their success. For example, “I am so proud of you for getting that A, I know how much work you put into that project.” “You were great today. All that practice has really paid off. I’m proud of you”. “Wow when you put your mind towards something you really work hard and get it. That’s great”.

Be exuberant
If you become the proud parent, kids will tell you that you are embarrassing them. Don’t believe them. Maybe don’t do it in front of other people but when you get them in private, let them know that you love them and think they are fantastic. They may pretend to you that they hate it but they all secretly lap it up.

Be the antidote to the drip feed of despair
Your kids will become upset at setbacks, will label themselves as “no good” or stupid if they don’t get a good mark and compare themselves negatively to others. It is so tempting for parents to try to soothe kids out of this or even provide a salutary lesson, “well if you’d tried harder you would have done better”. Don’t do this!

Be determined to stay focused on effort and improvement. “I’m sorry you didn’t do as well as you hoped and if you want to have another go, let’s work out a way of getting better at it”. At first changing your parenting language might feel a bit weird. Focusing on noticing, commenting on effort and emphasising the power of having a go are the most powerful ways parents can set kids up for success.
Sports Day 2016

On Friday 4th November Penola Primary School students enjoyed their annual sports day, competing for the coveted Tanya Skeer Memorial Shield. There was a tremendous crowd in attendance to support the kids who looked fantastic in their brightly coloured sports tops.

A cool, but fine and sunny morning provided ideal conditions for the 800 metre and one-lap events. From Foundation through to Year 7 the kids battled hard to earn every point that they could to help boost their team’s score. Dickson was able to make it 5 wins in a row, winning the day with 188 points, some 30 points in front of the Gordon team. The Dickson house leaders, Annie Pollard, Lucy Sharmian, Taj Messenger and Joel Dent accepted the shield on their team’s behalf.

The Gordon Bannister Cup event (Dress The Captain) was won by a well-drilled Rymill outfit, comprising Brad Maney, Regan Wood, Sally Skeer, Emily Marchant, Jess Eastwood, Tom Skeer, Connor Hunter and Georgia Winter.

The Max Croser Team Spirit award went to the Woods team for their outstanding organisation, initiative and attention to detail. Dylan Morton, Sophie McDonald, Jake Klemm and Charlotte Neale provided wonderful leadership and are to be commended on their efforts. In fact all of the house leaders performed exceptionally well both in the lead-up to and on the day.

The individual competitions were also keenly fought with great sportsmanship displayed on numerous occasions. Trophy winners on the day were:

| SENIOR BOY CHAMPION | TAJ MESSENGER | DICKSON |
| SENIOR BOY RUNNER UP | DYLAN MORTON | WOODS |
| SENIOR GIRL CHAMPION | LUCY SHARMAN | DICKSON |
| SENIOR GIRL RUNNER UP | ANNIE POLLARD | DICKSON |
| JUNIOR BOY CHAMPION | HARLEY DAVIES | GORDON |
| JUNIOR BOY RUNNER UP | ANDERS MCSHANE | RYMILL |
| JUNIOR GIRL CHAMPION | LILY CLIFFORD-FINCH | DICKSON |
| JUNIOR GIRL RUNNER UP | JESS GERRITSEN | WOODS |

Congratulations go to Taj Messenger from the Dickson team who broke Ryan Williams’ 200 metre record which he had set back in 2011. Taj managed to shave .05 of a second off the previous mark of 27.98 seconds.

At the end of proceedings, principal, Paul Harmer thanked several people including: the house leaders who had done a terrific job both in the lead-up to and on the day; Matt Crewe for again presenting the grounds in immaculate condition; Mardi Currie and her hardworking Parent Club and volunteers for providing lunch and refreshments throughout the day; the Penola and Districts Little Athletics Club for the use of their equipment; Kerry Dent, Dione McDonald and Peta Crewe for volunteering to be chief scorers; and to the staff members who put in a great deal of time and effort to help prepare the kids for the day.