

Mount Lewis Infants School Newsletter



28B Noble Ave, Greenacre. 2190

Phone: 9790 4650

Fax: 9790 1067

email: mtlewisinf-p.school@det.nsw.edu.au

web: www.mtlewisinf-p.schools.nsw.edu.au

Term 3 Week 6

27 August 2019

CALENDAR - TERM 3 2019

Date	Time & Event
Fri 30 Aug	P&C Father's Day Stall
Thur 5 Sept	Science Week-Briks for KIDZ
Fri 6 Sept 2pm	Parents Workshop-Science
Thur 12 Sept	Parenting Skills by Hannah from Greenacre Community

NOTES AND MONEY DUE

2020 School form due
 Friday 6/9/19 excursion money due
 Book Club Due 11/9/19 (optinal)
 *NO EFTPOS payments accepted after 3pm

PRINCIPAL'S MESSAGE

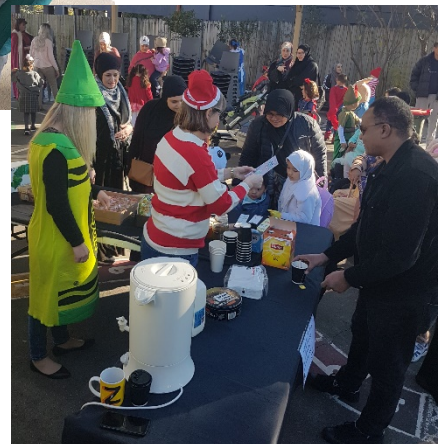


Dear Parents/Carers,
 What a marvellous Book Character Parade MLIS hosted last week. Thank you for all the amazing costumes that you created with your children and for attending this special event. Book Week is a time to highlight the importance of literature, reading, sharing stories, bringing book characters to life and highlighting how essential reading is to communication and to learning. Thank you Ms Kbayli for organising the book display and the amazing title on the library wall. The bookmarks are still on sale at 50 cents.



There are many photos on individual class SeeSaw apps and we are going to try and run a slide show of all the photos we have as soon as we can organise it. Remember that reading is a life-long skill that will always be needed for getting on with life as well as for enjoyment and learning. Show your children you read too and they will appreciate how important it is. Remember, reading in any language is great not just English!





SRC News



Very proud of the way the SRC organised and planned the movie event for the school. Congratulations to the SRC team, Miss Gaida and Mrs Thompson for providing some extra fun for the students last Friday afternoon. I'm told everyone had a really good time.

PBL NEWS & THIS WEEK'S SCHOOL VALUE

Positive Behaviour for Learning (PBL) is our school program that aims to help in creating safe, effective teaching and learning environments. For more information on PBL go to


<http://www.pbl.schools.nsw.edu.au/about-pbl>

This week's school value is:

CONFIDENCE


At MLIS we show confidence through:

- working with others
- trying our best
- sharing our understanding



Parents are welcome to the Monday assembly at 9am on 2/09/19 to see students get their award.

BRONZE	SILVER	GOLD	MEDALLION
Zunaira KY Jana KY Zahra KY Saphia KR Ieesha KB Yaseen 2L	Lilya 1C Madina F 2L Kushal 1A	Yahya 2L Sarah 1A	Saleh 1A Moustafa 2S Marwan 2S Jayda 2S Madina E 2L




UPCOMING EVENTS - Budget Events -

- *Swimming for Year 2 in Term 4. Expensive due to the cost of buses to & from the pool. Swimming begins in week 5 of term 4 and the cost is approximately \$130. It's about 9 weeks till money is due. Please save a bit each week so the total isn't too difficult.
- *Excursions for Early Stage One and Stage One. Coming up in week 9. The cost of the buses and the venue will be \$35.

<https://www.msreadathon.org.au/fundraisers/alinaissa>



Alina in KP is taking part in the MS Readathon to raise funds for families affected by MS. If you would like to support Alina in raising funds for this worthy cause, please find the link to the fundraising page above. (The school is just sharing the link. The family is coordinating the program).

P&C NEWS

The next P&C meeting is in Term 3 week 9 on Friday 20/9/19

Father's Day Stall 2019 FRIDAY 30th August

The P&C will be selling gifts at the Father's Day stall this Friday. Students will visit the stall with their class and choose a special gift for Dad. There will also be some gifts for Grandpa!

Gifts range from \$2-\$10.

If your child wishes to purchase a gift, please send your child with some money on Friday. Students can buy more than one gift.

All proceeds from the stall will go to the school.

*Please remember to place money in an envelope or snap lock bag, with your child's name and class.

Remember there are gifts from \$2, please only send what you can.



*Parent/Carer Workshop - Science to Celebrate
Science Week*

When: Friday 6/9/19 **Time:** 2pm **Where:** Library **What:** Science Experiments

Here is an outline of the **Bounce Back** program MLIS is implementing this term. I strongly recommend you familiarise yourself so that when your children talk about things they are feeling & managing, you know where it's coming from. Wellbeing is a high priority to all at MLIS. More information to come in the future.

Bounce Back! Information for families

An introduction to Bounce Back!

The **Bounce Back!** wellbeing and resilience program teaches children the skills and attitudes to help them be in a positive mood most of the time, get along well with others and become more resilient. It uses literature as a starting point for discussions and follow-up activities. Ten coping statements are a core part of the program (see below).

The program can help your child to get better at:

- using helpful thinking when faced with a problem or a difficult situation
- thinking more optimistically, i.e. expecting bad times to get better
- understanding that everyone has setbacks and difficulties, not just them
- talking to people they trust so they get a reality check on their thinking
- being brave and facing their fears
- enhancing their own wellbeing
- feeling and expressing gratitude
- boosting their positive emotions
- managing uncomfortable emotions and turning a bad mood into a good mood
- getting along with others, making and keeping friends and dealing well with disagreements
- setting goals, being resourceful, developing a growth mindset and not easily giving up
- being kind, fair, honest, friendly, cooperative, responsible, and accepting of differences
- using humour in a helpful, not a harmful way
- identifying, applying and extending their ability and character strengths
- respecting other people and not bullying others.

You can help your child get the best out of their involvement with **Bounce Back!** if you reinforce the key messages they are learning.

◆ **Bounce Back!** stands for:

Bad times don't last. Things always get better. Stay optimistic.

Other people can help if you talk to them. Get a reality check.

Unhelpful thinking makes you feel more upset. Think again.

Nobody is perfect – not you and not others.

Concentrate on the positives (no matter how small) and use laughter.

Everybody experiences sadness, hurt, failure, rejection and setbacks sometimes, not just you. They are a normal part of life. Try not to personalise them.

Blame fairly. How much of what happened was due to you, to others and to bad luck or circumstances?

Accept what can't be changed (but try to change what you can change first).

Catastrophising exaggerates your worries. Don't believe the worst possible picture.

Keep things in perspective. It's only part of your life.



Public Speaking Speeches:

Please help your child prepare a speech for the competition. All term the teachers have been working on skills for presentations and content as well as impromptus. In weeks 7 & 8 each child will be presenting their speech to the class. All students who give a speech will be given feedback and an opportunity to represent their class/stage at the school competition. The parents/carers who came to the workshop gained a lot of insight into how best to help their child. I'm looking forward to seeing & hearing speeches from next week.

This gate is to remain closed on normal school days. I appreciate it's easier sometimes to have it open however, it's safest to have it closed in the morning and afternoon.



BIG Garden News:

WOW, look what these girls brought to my office! The sweet potato has been growing and growing under the soil for months. I've been told the vegetables now have to sit in the sun for a while until they change colour and are safe to eat. Can't wait to see the next stage in this giant adventure!