Dear Readers

Welcome back to a brand new term. I trust everyone who had a break from school, work or their normal routine have come back ready for what will be a busy term. This will be a nine week term and will include the following: NAPLAN testing in week 2, Swimming Lessons commencing week 7, League Tag carnival week 7 and a lightning carnival in week 9. Throw into the mix several assemblies and the “normal” teaching program and suddenly we have a busy time ahead for our school community.

We will start this term with sad news that Mrs Moylan will be absent for the first week at least. She has to fly to London at short notice to be with a sick daughter.

During this term we will have a number of visiting teachers spread across the classes. These people are completing their teaching qualifications and will do a term long practice at the school. Having another pair of hands in a class is always welcomed by our staff.

On Monday our teaching staff participated in a conference organised by our local schools and held at Rossmoyne Senior High School. The focus of the day was on furthering curriculum development and implementation in line with the Australian Curriculum. An additional focus was on maintaining student wellbeing. Further information related to the conference presentations will be provided to readers during the term.

I look forward to a great term and trust you do too!

Stephen Wells
Principal
On Thursday, 25 April 2013 Charlotte and Jasmin represented Shelley Primary School at the Canning ANZAC Day Parade. Charlotte and Jasmin marched in the parade down Albany Highway then laid the bouquet of flowers at the Canning War Memorial on behalf of our school.

Jasmin and Charlotte

“LEST WE FORGET"
SCHOOL BANKING
Is on TUESDAYS at 8:30am

UNIFORM SHOP
We will open every second Friday for second term starting on the first Friday, 10 May of term 2 from 8.15am to 9am

ENTERTAINMENT BOOK
Thank you for supporting this fundraiser.

WOOLWORTHS EARN & LEARN PROGRAM 2013
The Woolworths Earn & Learn program is back! It's simple to participate: Shop at Woolworths, collect points and place them on the point sheets. There'll be one point for every $10 spent (excluding liquor, tobacco, and gift cards). Once completed, place the point sheets in the collection box, at the school office. Green collection boxes are located at the office so please feel free to drop the vouchers in the boxes.

Thank you to all our families for supporting Woolworths Earn and Learn Program. The more points we earn, the more we can redeem.

CANTEEN CORNER
◊ See updated Canteen Roster attached

COMMUNITY NEWS
Please watch the noticeboard outside the administration building for the latest community news.
Make the most of teachable moments to promote resilience

How they cope will be determined by their resilience and the mindsets of the significant adults around them.

When parents and teachers have mindsets for resilience then they see these situations as TEACHABLE MOMENTS.

A teachable moment is usually disguised as a problem and is easily missed when we focus on the now.

When faced with a TEACHABLE moment ask yourself:

- How can I teach my child to cope?
  - e.g. Encouraging kids to talk about problems is a great coping skill.

- What can my child learn about himself for next time?
  - e.g. A child may learn when he goes on a school camp that he was dreading that he can spend time away from home and still survive.

- What can my child learn to avoid or turn this situation around?
  - e.g. A child may learn that he can reduce conflict with less pleasant peers by ignoring nasty comments and actively spending more time with friendly kids.

Parenting has always required an exceptionally strong set of skills, including carer, nurturer, leader and negotiator. That's why it is such a hard job.

BUT the longer I am involved in parenting the more I am convinced that Parenting is fundamentally about TEACHING.

The ability to pass on skills, knowledge and attitudes is the most important skill of all.

We teach by modelling but we also teach kids explicitly. That means we talk to kids about 'stuff' and help them to work out how they may cope or manage different situations they meet.

First we need to be on the look out for TEACHABLE MOMENTS. Then make the most of these opportunities so that kids can grow and learn from some of the challenges they face.

Mastering these teachable moments is how parents help their kids become resilient and bounce back from some of the setbacks they encounter now and, importantly, in the future.

Perhaps your child has experienced one of these common challenges:

- Been snubbed by a classmate or friend
- Missed being picked for a team even though they tried hard
- Worried about going to school camp
- Had something stolen from them
- Been taught by a teacher they don't get on with

I am not suggesting we want bad things to happen but developmentally life throws up these types of curve balls all the time for kids.

How they cope will be determined by their resilience and the mindsets of the significant adults around them.
It’s called Mother’s Day, not Parent’s Day
Mothering is different to parenting. Being a mum is emotional, instinctive and a job for life.

I often point out to audiences in parenting presentations how being related to our kids can stop us from being great parents. We all know how our neighbour’s kids should be raised, but somehow it’s harder to raise our own. That’s because the hopes and dreams of motherhood (and fatherhood) can somehow get in the way of rational decision-making.

Mothering is emotional and instinctive

And that’s the thing. Being a mother is not always rational, as parenting is often made out to be. There is a great deal of emotion attached to the role of mother. This emotion drives you to fight hard to protect your children, work assiduously to right any wrongs on their behalf, and exhaust yourself looking after their physical and psychological well-being.

Being a mother is instinctive. In the information age we need to be careful we don’t deny the intuitive nature that mothers bring to their child-rearing. The nature of mothering infers nurturance, protectiveness and longevity. Mothering is relational rather than rational. You may grow out parenting by making yourself redundant but mothering is something you never grow out of. You are a mum for life.

Kids want their mothers, not their parents

Kids of all ages say, “That’s my mum!”

They don’t say, “That’s my parent!” (They may say that when they are annoyed or embarrassed by you, but that’s another story.)

Boys and girls of all ages generally love their mothers unconditionally, whereas they merely put up with their parents, particularly during adolescence. They can live without their parents, or so they think, but deep down they know they can’t live without the one person who has a blind spot for them, overlooking all their faults. That person, of course, is their mother.

When kids of all ages get into emotional difficulty or their life becomes too hard, they generally go looking for their mums. They only look for their ‘parent’ when they want some money, or want someone to get them out of a jam!

Raising kids is about mothering (and fathering) … rather than parenting. That’s why we have Mother’s Day (and Father’s Day) rather than Parent’s Day.

I hope you have a good one!

For ideas to help you be a great mum subscribe to Happy Kids my weekly email guide at Parentingideas.com.au.
Your assistance as a volunteer is greatly appreciated. By following the guidelines below it will help the canteen to run smoothly.

*Canteen commences at 8:30am and you should be finished by 1:00pm.
*Please note that there are only limited volunteers on each day, if you can not fulfil your roster it is imperative that you find a replacement.
*Swaps should be marked on the master copy in the canteen.

- The canteen phone during open hours is 9354 5213 and can be used to notify of roster changes and late arrivals to shift.

Thank you for choosing to volunteer in our school canteen!

The school canteen provides nutritious lunches and snacks.