From the Principal

Parent Teacher Interviews and Reports
Reports will be distributed this Friday 17th June. We will be holding Parent/Teacher Interviews on Tuesday 21st and Wednesday 22nd June. Booking online closes on Sunday 19th June at 4pm.

Please note: The Parent Teacher Interviews are for 10 minutes (Specialist Teachers are 5 minutes). We need to adhere to the time limit, so a timer will be in each classroom to allow teachers to keep the interviews on time. If at the end of your interview you still feel you need to have a follow up interview the teacher will contact you and make another appointment. Please be sure you are on time to your interview, as if you are late it may not be possible for you to speak to the teacher and another appointment for another day may need to be made.

Prep Yoga
The Preps completed their 5 week Yoga Program this week as part of their theme this term. Yoga has taught the children that they are in control of their bodies, breathing techniques, balance, following instructions, how to quiet the mind and be still. This has been a thoroughly worthwhile and fun program.

Grade 5/6 Market Day
The Gym was a hive of activity today as the long awaited Market Day was held. The Grade 5/6 children have been busy designing signs, business plans and making their products in preparation for their market day. During this unit the students have explored what is business, why are businesses created, and what makes a successful business. They have learnt what skills are needed to be a successful entrepreneur and have been involved in creating a product from the outset to sell to consumers. This topic has been highly engaging for the students and the finished products were exceptional. A great day was had by all.

End of Term 2: Friday 24th June, early dismissal - 2:30pm.
From The Principal …… Cont’d.

Enrolments 2017
If you are a current parent at the school with a child starting in Prep next year, could you please complete an Enrolment Form as soon as possible. These can be collected from the school office. We would like all enrolments by Friday 5th August, as this assists us with planning for 2017.

MYTERN
Last year Parkdale Primary School instigated MYTERN as part of our commitment to student wellbeing.

MYTERN (Take Emotional Responsibility Now) is a proactive and preventative intervention designed to create emotional fitness, increasing both resilience and wellbeing. As a skill MYTERN is unique, as it is designed for the whole school community (students, staff and parents) creating a common language that crosses all barriers (age, gender, school and home).

Using a metaphor of the road and a steering wheel, MYTERN teaches that life is a balance between the good and the not so good roads, and that all roads need to be travelled in order to build health and resilience. When individuals develop emotional resilience, they are more likely to be able to handle the added pressures of life, enabling them to perform better academically; improve their relationships; and be generally happier within themselves.

It is based on salutogenesis (salut=health, genesis=the creation of) and therefore focuses on creating health from everyday situations and stressors in a realistic and practical manner. It represents a way of thinking which evolves when practised.

Like reading and writing, the skill of MYTERN is acquired through daily practise, and is just as essential a skill to master as literacy and numeracy. It is a skill which is not only for those who are experiencing difficulties, but for everyone, regardless of their situation or age. Daily practise is achieved via the use of a school-wide common language, stimulated by everyday altercations and stressors (encountered at school and at home), MYTERN songs and the posters which are displayed in every classroom.

The MYTERN App is also available for the parents and staff, as well as for the senior students. Receiving a daily MYTERN message via the MYTERN App acts as a virtual or cyber supervisor, prompting you to learn and apply the skill daily.

How MYTERN is introduced into the school community
It is introduced into a primary school via a PD for staff and an information night for parents. The main feature that sets MYTERN apart is that it becomes a powerful communal language.

MYTERN focuses on creating emotional intelligence, health and resilience from everyday situations, be they positive or negative, in a realistic and practical way. It is based on a simple metaphor:

YOU are the driver and only YOU have control of the steering wheel

each road you drive down is an emotion (your emotions are also your inbuilt GPS)

it is always your choice as to which road of emotion you drive down

there are two sets of roads that everyone needs to travel - one builds your health (green);

the other builds your resilience (red). If you stay on the red roads for too long, your health will begin to deteriorate.

We have organised a parent information session for Wednesday 13th July, from 6pm to 7pm. More information will come out early next term.

MYTERN is the creation of Dr Jane Foster

Leanne Bradney
Principal
As a parent we all want similar things for our children – happiness, success, supportive friendships, self fulfilment etc. We can’t necessarily give these things to our children but we can help them develop a trait that is the key to attaining them and that is resilience. In order to reach these goals, children need inner strength to deal effectively with the many challenges and demands they encounter. Put simply, resiliency refers to the capacity of human beings to survive and thrive in the face of adversity. It is a term that can be applied to people of any age.

Resilience is part of our emotional intelligence. When faced with a problem, resilient people will focus on finding a solution rather than giving up, feeling depressed or trying to blame others. We cannot control many of our life experiences but we can control our responses to them. Resilient kids share four basic skill sets- independence, problem-solving, optimism and social connection.

As parents our instinct is to protect our children from anything that will make them feel sad. We figure that if we keep our children safe and happy then everything will be alright. Unfortunately this may not be the case. In protecting them from everything, you may be stopping them from learning one of life’s most important skills which is resilience.

Having a positive attitude yourself. Your attitude as a parent impacts on their ability to bounce back from some of the difficulties they face.

Make sure you model a ‘you can do it’ attitude for your child when they meet some of life’s curve balls.

Look for teachable moments. Many kids’ learning opportunities are disguised as problems. Make the most of these opportunities so that kids can grow and learn from some of the challenges they face.

Make kids active participants in the family. Active participation in a family develops the self-help, problem-solving and independence skills of kids that are necessary for resilience.

Build kids coping skills. There are plenty of strategies you can pass on to kids to help them cope when life doesn’t go their way. Try to avoid solving their problems for them, instead help them build strategies to deal with it themselves in a supported way.

Promoting resilience in kids is a not a single event but a continuous process that requires adults to be supportive and empathetic when things don’t go their way. It also requires you as a parent to have an understanding of resilience, so you have faith in yourself, and your child’s ability to cope.

*Courage doesn’t always roar. Sometimes courage is the quiet voice at the end of the day saying “I will try again tomorrow”*  
Mary Anne Radmacher
WHAT’S HAPPENING?

PREP
Wow! Term 2 has absolutely flown! This week is our last Yoga session. We hope the children have been coming home nice and relaxed each Friday and can show you a few new poses.

Next week will be the last week of school. We will be revising the letters and CAFÉ reading focuses we have learnt so far.

To finish our ‘Needs and Wants’ topic, we will be doing some box construction. Each child needs to bring in a shoe box or something similar.

GRADE 1
This week we began looking at the CAFÉ reading strategy ‘Tune into interesting words’. Using this strategy we aim to build more awareness of the words used in texts, their meaning and their intended purpose. You can help with this at home by getting your child to find 3 new or interesting words write them down, discuss their meaning and try putting them into sentences.

Please look out for the Reports, which will be sent home with the children tomorrow afternoon. It has been great to see so many of you book in for Parent Teacher Interviews. If you haven’t yet managed to book in there are still a few times available!

Please don’t forget that we will be having the Interviews in the Library - not the Grade 1 portables.

Last weeks omitted ‘Stars of the Week from 1A. Congratulations to:
Popi T - For trying very hard to improve her pencil grip.
Angus Williamson - For working with focus and effort when completing writing activities.

GRADE 2
Our CAFÉ Focus this week is on Accuracy, ‘Chunking letters and sounds together within a word’. This strategy makes decoding more efficient, rapid, and accurate, allowing more time to focus on meaning. As the children develop their knowledge of familiar word patterns such as blends, digraphs, prefixes, suffixes, compound words, and small words within a word, they are learning to identify these when reading. See link on our website page for more information.

Reminder: Parent/Teacher meetings are on Tuesday and Wednesday next week. If you have not made a time, the booking system is still open.

There will be no Literacy Groups next week. A very big thank you to all who have helped in the classroom this term. A note will be sent home this week, asking for helpers again next term.

GRADE 3
Welcome to Week 10!
This week saw the end of Wednesday morning R.O.A.R sessions for the Term. Thank you to all the parents who have given up their Wednesday mornings to come and assist us during R.O.A.R. We know the children have thoroughly enjoyed having you here. We will be doing R.O.A.R again next term and sent a note home last week seeking for parent helpers. Rosters will be sent home by the end of the term.

The students have continued to work hard on their Australian Landform Discovery Project at school and have started to create their booklets in class. They are excited to present their booklets to their peers next week. It has been wonderful to hear so many students enthusiastic about making a model of their landform at home!

Students are being set Mathletics homework every Monday morning. Please ensure your children complete these tasks weekly.


GRADE 4
The “Mad about Science” incursion last week was fabulous! The students were able to make connections with what they already knew, but also clarify some misunderstandings. The hands-on activities were not only fun, but catered for a range of learning styles. The children investigated the impact of meteors on planet surfaces, the relative sizes of the planets, rocket fuel and were able to create a planet mobile for different environments.

Many of our students attended the matinee performance by the AEP dance and band students at Parkdale Secondary College yesterday. It was wonderful to be able to see first hand the types of programs on offer for our students as they begin their secondary education. It was a privilege to be included in this event.

The Grade 5/6 Market Day was held today. The students are always excited to spend their money on the wonderful array of products. Thank you to the Grade 5/6 classes for inviting us and doing such an amazing job.

Congratulations to the recipients of AR Certificates this week: Joel Mc, Tyson L, Lucy W and Cooper S.
GRADE 5/6
The children really enjoyed selling their products at Market Day today. The whole experience has been a great eye opener for them. They have learnt so many facets related to marketing and selling which we believe will help them to be better consumers and who knows, possibly our future entrepreneurs!!

Many of us also enjoyed being the audience for the Parkdale Secondary Art and Band performance on Wednesday.

Mrs Boreham is on long service leave from this Friday and will return second week of Term 3. She is looking forward to seeing the top of Australia and what Cape York has to offer.

COMMUNITY NEWS

MENTONE CHILDCARE JUNE/JULY SCHOOL HOLIDAY PROGRAM
21 - 23 Childers Street, Mentone. Tel: 9585 2144
www.mentonechildcare.com.au
10 Day Holiday Program, including Olympic Day, Movie Day, Roller Skating and much more.
Please make a booking through the details above.

FOUND
Shoes - toddlers. One pair and one single green Shoe.
2 Pairs Glasses. One blue and one black

PARKDALE PRIMARY SCHOOL ATHLETICS TEAM

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PHOTO

SHOTPUT
Marli S  Archer R  Zara G  Indigo B  Alex B

DISCUS
Steph C  Rex C  Tara D  Will W  Indigo B  Alex B

HURDLES
Lucy W  Fletcher J  Hannah W  Ashton P  Charlee H  Matt S

4X100 RELAY
Ava P   Will S  Hannah W  Eden P  Sascha P  Mitch R
Kya G   Tas C  Olivia M  Harvey J  Olivia C  Jack Mc
Lucy W  Lukah W  Meg W  Otto D  Maddi C  Harley H
Lucy A  Blake L  Zoe Mc  Olivia L R  Lexie O  Brodie M
End of term is fast approaching!

Please get behind our final fundraising event for this term, the Cup Cake Morning Tea. Orders can be made via QKR! but if you are having issues please see the ladies in the office to order by 3:30pm on Friday 17th June. All orders must be received by Friday so we can give Cafe Escape enough time to make our delicious morning tea. It is a worthy cause of Parkdale Primary supporting the disability workers at Cafe Escape and then also supporting the Cancer Council by donating all profits raised to them. It’s a win, win, win! Don’t forget this day will also be Crazy Hair Day which is being run by the SRC. The $1 donation will also go to the Cancer Council.

Our movie night, ‘The Will To Fly’, will be held the first Friday night back at school. That's Friday 15th July at 7pm. A great opportunity to catch up with friends after the holidays and see an amazing film about a truly inspirational sports woman. See below for details on how to order your tickets. It is a pre-purchase only event so please do this in advance so that this event goes ahead.

Don't forget the Second Hand Uniform Stall will be held this Friday, 17th June, from 3pm in the Canteen foyer.

Thanks you to our wonderful school community for your support this term, it has been fantastic with plenty going on such as our wonderful Grandparent/Special Person Morning Tea and the Mother's Day Breakfast and Stall. Thank you to the hard working crew who run the Second Hand Uniform Stall every term. It takes a lot of time and effort to get all the uniform sorted and back to the correct owners if it is labelled. And the stall is always fantastic and well used when it is on. And last, but definitely not least, thank you to the PPA Committee and members who support our school all year round. Your efforts are most appreciated by the whole school community.

Enjoy the holidays when they arrive.

Samm Hughes President; Julia Broadbent Vice President; Paula Fleming Treasurer and Kate Ashley Secretary

ENTERTAINMENT BOOK
Entertainment Books are now available from the school office, however there are only five (5) remaining, OR digital books/memberships are available at www.entbook.com.au/186b788.

PPA EVENT / FUNDRAISER
Parkdale PPA proudly present “The Will To Fly”, a documentary of the Olympic journey of aerial skier, and Olympic Gold Medal winner, Lydia Lassila. The screening will be held on Friday 15th July, 7pm at Shirley Burke Theatre, Parkdale.

There will be NO ticket sales on the night. Tickets MUST be pre purchased ONLINE before the 8th July via this link: https://fan-force.com/screenings/the-will-to-fly-shirley-burke-theatre-vic/

5% of ticket sale proceeds will be donated to Parkdale Primary School so invite your friends and family for a great night out!
SHIRLEY BURKE THEATRE, PARKDALE
FRI 15th JULY at 7pm

RESERVE TICKETS NOW!

Tickets only available at
FAN-Force.com

PARKDALE PRIMARY SCHOOL PARENTS ASSOCIATION PRESENTS

THEWILLTOFLY

MAKE THIS HAPPEN!

FAN-FORCE SCREENINGS ARE RUN BY REAL FANS
THEY ONLY HAPPEN IF ENOUGH TICKETS ARE SOLD
DON'T WORRY - WE ONLY CHARGE YOU IF IT GOES AHEAD
Sports Camps Australia
SCA/Kidzphyz Junior Sport Camps
Camp Director: Greg Schneider
Select Your Sport: AFL, Basketball, Hockey, Netball, Soccer OR Multisport

Select a Location:
Yarra Valley Grammar
29 June - 1 July 2016 @ Yarra Valley Grammar, Kalinda Road, Ringwood
or
Haileybury
6-8 July 2016 @ Haileybury, 855 Springvale Road, Keysborough

Camp Details
Cost: $245 | Time: 9.00am-4.00pm
Age: 5-16 Years | Gender: Co-ed | Skill: All skill levels welcome

Book your camp today!
Visit www.sportscampsaustralia.com.au +1800 753 127

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@sportscampsaustralia

SWEAT - Running Groups for Adults and Kids Now in Edithvale

MID MORNING ADULTS RUNNING GROUP
Tuesday and Thursday 9.00am- 10.00am speed session or run followed by coffee for all ages and levels. Personal training programs included.
Targeting specific races from 5km and up throughout the year.

KIDS RUNNING/FITNESS GROUP
Monday and Wednesday 4.00pm-5.00pm.
Working on running technique, drills, speed and endurance. Sessions include stretching, body strength work and games. Great prizes.
Continues school terms and holidays.

www.sweatsydney.com.au