Principal: Alex Artavilla
School Council President: Kylie Barker

School Supervision Times:
8.45am - 9.00am - 3.15pm - 3.30pm

Uniform Shop Hours:
Tuesday & Thursday 8.45am - 9.15am / 3.00pm - 3.30pm

STUDENT FREE DAYS
Monday 2nd November
Tuesday 3rd November Public Holiday

DATES TO REMEMBER

TERM 3
Wednesday 12th August
• Whole School Sports Day

Thursday 27th August
• Interschool Athletics Day

Monday 7th – Friday 11th September
• Swimming Program.

Monday 14th – Wednesday 16th September
• 5/6 YMCA Lady Northcote Recreation Camp

TERM 4
Monday 5th October
• 1st Day back at School 9.00am start.

Wednesday 14th – Friday 16th October
• 3 / 4 Sunnystones Camp.

Principal’s Report

Dear Parents and Carers,

Thank you and congratulations!

A big thank you to everyone that was able to come along to help us plant over 500 wildflowers and native grasses in the area of Kororoit Creek that we have adopted as a school to support Brimbank Council and Melbourne Water in taking care of our local environment.

The day once again proved how amazing the students are at Sunshine Heights Primary School! We need to be very proud of our Year 5/6 students as they did a fantastic job in supporting their Prep buddies with getting things started!

Adopting an area of Kororoit Creek is an important message for the students as it makes them more aware of the role they can play in their community and of the fact that there is a world outside of our school and their household that we need to look after with others in our local area.

Please take the time to visit the area and help us keep it clean and weed free!

Also, big congratulations to the Year 5/6 Football team for working so well together during the 2015 School Sports Winter Competition.

Even though they don’t have the opportunity to progress to the next stage, they did a fantastic job in the district round robin event last week winning 2 of their 3 games!

2014 Annual Report

If you haven’t had a chance to see our 2014 Annual Report to the school community, it is now available in the State Register on the Victorian Registration & Qualifications Authority’s website:


The annual report is a key legislative and regulatory requirement, but it is also a way to keep our school community informed about how we are performing and what is being done to improve the learning, engagement and wellbeing of our students. Please take the time to read the report.

As a school we also recently received the results of the 2015 Attitude to School survey, which is completed by all Year 5 and 6 students across the state of Victoria. The results of the survey once again highlight how safe and happy the students are at Sunshine Heights Primary School. This is a credit to the students, their families and the staff for working together to establish an environment that is based on respect and high expectations.

Follow up from last week’s newsletter:

Last week I spoke about my daughter’s devastation when another child from her class mentioned that she didn’t quite have the voice of an angel!! This was in relation to those moments as parents when we would love to have a support person on call 24 hours a day 7 days a week! Well, someone that I love to listen to is Australian parenting expert Michael Grose who has produced many articles to support parents with those complex moments in life!
During the week I did some research and found an article he has written about ‘Helping children deal with rejection’.

Dealing with rejections and moments of disappointment as highlighted by Michael Grose is an essential part of a child’s development. But as a parent, it is so hard to see our kids feeling down and out! Which is why I loved reading the article below which gives some simple tips and food for thought.

Helping kids deal with rejection
By Michael Grose

One of the keys to functioning socially and emotionally is the ability to deal with disappointment and rejection.

Most children experience some type of rejection from their peers throughout childhood. One study found that even popular children were rejected about one quarter of the time when they approached children in school.

Paradoxically, children’s experience of rejection and disappointment at school is good for them, as long as it’s balanced with successful experiences too. They learn that they can cope and solve problems in their own way and that bad experiences don’t last forever.

And they learn that sadness and disappointment can be managed too, which is an important lesson to learn to take into adolescence and beyond, when life is full of ups and downs.

Helping them move on

Most children recover from such rejection. They move on and form constructive, worthwhile relationships but some children need help. They often take rejection personally, blaming themselves. As a parent it is useful to challenge children’s unhelpful thinking and encourage them to look for new friendship opportunities. Parents can help children understand that rejection may happen for any number of reasons that are unrelated to them.

In the course of a school day children will meet with a number of challenges and even setbacks. They may struggle with some schoolwork. They may not do well in a test and they may not be picked for a game that they wanted to play. Children grow stronger when they overcome their difficulties. The challenge for parents is to build and maintain children’s confidence levels to help them get through the rough times.

One way to help children deal with rejection and disappointment is to talk through problems or difficulties, recognising and accepting their feelings. Talk about various scenarios, discussing possible outcomes.

The age of your child will determine the amount of detail. Keep things simple and avoid burdening a younger child with concepts he or she doesn’t understand.

Your attitude as a parent can make a huge difference to how a child reacts. If you see rejection or disappointments as problems then your child will be hamstrung by this view. See them as challenges then your child, in all likelihood, will pick up your upbeat view and deal with disappointments easily. After all, confidence is catching!

To help children handle rejection and disappointment try the following four strategies:

1. Model optimism. Watch how you present the world to children, as they will pick up your view.

2. Tell children how you handle disappointment and rejection. Not only is it reassuring for children to know that their parents understand how they feel but they can learn a great deal by how their parents handle situations.

3. Help children recognise times in the past when they bounced back from disappointment. Help them recognise those same strategies can be used again.

4. Laugh together. Humour is a great coping mechanism. It helps put disappointment in perspective. It helps them understand that things will get better. They always do.

The stronger the wind the stronger the trees is the notion here. Supporting kids to handle life’s hurdles helps them to develop a lasting sense of resilience, which is essential for good mental and emotional health.

Alex Artavilla
Principal
Sunshine Heights Primary School
STUDENT OF THE WEEK
Presentation at Friday Assembly

Prep:
A  Tanya Taylor
B  Ashleen Grohi
C  Jessica Tran
D  Arlo Mykyta

One:
A  Peter Taylor
B  Amen Binyam

Two
1/2A  Rayden Belmont-Wickliffe
2A  Jesminder Oosterlaak
2B  Thompson Nguyen

Three:
A  Mohammad Noori
B  Thien-Thach Nguyen

Four:
A  Nguyen Nguyen
B  Alexis Montgomery

Five:
A  Christopher Huang
B  Rebecca Wheat

Six:
A  Cassandra Davidson
B  Dezmond Feilo-Hasini

Multimedia:  Kowsar Ali
Sport:  TBA
Spanish:  Elijah Meunier
Art:  Allystar Talagi-Monomai

Congratulations Everyone
Great Achievement!

UPLIFT COLLECTIVE FUNDRAISING NEWS

Raising extra funds for kids, thanks to the work of our students!

Easter Raffle  $1,155.20
Mothers’ Day  $ 812.37

Your Skip Bin Specialists - Less Waste to Landfill

> Building, construction, renovations and household collections
> Bin sizes 2m³ to 31m³
> Recycling services
> Competitive prices
> Same day delivery
> All suburbs

A Transpacific Industries Group Company
Free quote 9551 1111
www.transpacific.com.au  Recover Recycle Reuse

Instrumental Lessons at School

Did you know that Music:
Develops mind, hand & eye co-ordination,
Enhances listening skills,
Improves self-esteem, AND IS FUN!

Lessons starting from $14.00, 5% Discount to Parents wishing to enrol more than one child. Enrolment forms are available from the School Office or contact Genesis Music School Direct on 0421 426 674.

NO JOB TOO BIG OR TO SMALL:
PAINTING, GARDENING,
FIXING GIVE JOHN A CALL!
**Literacy and Numeracy Tips of the Week**

**Literacy Tip:** Make words using magnetic letters and stick them on the fridge.

**Numeracy Tip:** Build a tower of blocks that is taller than a favourite toy. Ask your child to count the total blocks to measure the height of the tower.

**Useful Literacy and Numeracy Websites**

**Literacy Websites:**

3. [www.starfall.com](http://www.starfall.com)
4. [www.tumblebooks.com](http://www.tumblebooks.com)

**Numeracy Websites:**

4. [www.coolmath-games.com](http://www.coolmath-games.com)
next session:
Friday 14 August
2-2.30 & 3-3.30
(before and after assembly)
in the room next to the Spanish Room

Come and swap your unwanted school uniform items with something else you need.
If you don’t have anything to swap, you can buy a piece for a gold coin.

Donations accepted anytime!

Place your unwanted items in the blue wheelie bin near the office.

OUR ADOPTED AREA AT KOROROIT CREEK