FROM THE PRINCIPAL

PARENT OPINION SURVEY
Next week, a random sample of school families will be asked to complete the annual Parent Opinion Survey that is conducted by the Department of Education and Training (D.E.T.). These surveys are helpful to both DET and schools at the local level as they provide important feedback. In order to maintain complete confidentiality for parents, the surveys will be collected by the school but not opened. The sealed envelopes will be sent to the company responsible for collating the information.

Please do not hesitate to contact me if you receive a survey and have any questions you would like to discuss.

Teaching children to persist
Having recently listened to the efforts required by Brooke Stratton to achieve her goals of representing Australia at the Olympic Games, it highlighted the importance of encouraging children to persist with all they encounter from a young age.

The ability to persist at a task and see it through to the end is one of the most important success attributes that you can develop in a child. There are numerous times every day when children must persist than give up. A young child learning to tie shoelaces must persist. A primary age student must show determination to finish tasks and a secondary student needs to work through difficulties, particularly those he doesn’t understand or complete right away. They need to be able to persist when work gets hard or life gets tough. They need the “stickability” to work through difficulties and hang in when things don’t go their way. Some children are more naturally predisposed to persist than others. They have a determined, even competitive streak in their temperament that doesn’t allow them to give in. These children and young people can drive themselves very hard to succeed.

The results of the Australian Temperament Project show that persistence is the one temperamental factor that can be improved over time. Parents and teachers can develop persistence in children and also impede its development by making life too easy for children so that they don’t have opportunities to persist or hang in there. Parents can promote persistence by encouraging their children to keep going and not give in at the slightest hurdle or difficulty. Parents can be a sounding board for children’s complaints but they should show confidence in their ability to cope and get through their difficulties. “You can do it” is far more powerful in terms of promoting an attitude of persistence than, “If it is a little too hard then try something else.” Let children know that there is a correlation between effort and success. In fact, they need to learn that by GIVING EFFORT they will more than likely experience more success.

Here are four practical strategies you can use to promote a sense of persistence in your children:
Develop a vocabulary for persistence
Words like “Hang tough”, “Work Hard” and “Hang in there” can become part of their everyday vocabulary.

Point out to children when they stick at a task
Most parents know it pays off when they catch their children being good but it also pays off to catch them being persistent. The behaviours you focus on as parents expand so let them know when they have been persistent.

Help children to remember times when they experienced success by HANGING IN when they were younger. Let them know that persistence has paid off before and it will again.

Talk about HARD WORK with your children
They need to understand that to be successful they need to do things that are NOT fun or easy. While it would be good if all work and learning was fun, in reality, this is not always the case.

Masterplan and International Baccalaureate: Parent Information Sessions
Please note the following dates and times and then shoot me an email confirming your attendance at one of the sessions:

**Thursday 18 August:**
Session 1: 9.00am
Session 2: 2.30pm
Session 3: 6.30pm

**Tuesday 13 September:**
Session 1: 9.00am
Session 2: 2.30pm
Session 3: 6.30pm

We encourage all parents to come along to one of our sessions to gain an understanding of how our new buildings will be developed in line with our International Baccalaureate: Primary Years Program curriculum. Each session will go for approximately 45 minutes and will be held in the Library.

To attend one of the sessions please email me at: mckinlay.rodney.d@edumail.vic.gov.au to confirm your place.

3 Way Conferences
Please note the information outlined in the email you will receive shortly regarding the booking system for our upcoming Three-Way Conferences.

Have a great weekend
Rod McKinlay

**Administration News**

**Wanted**
The production team for *Hey Fid!* are seeking some items from the school community for use in the show. If you have any lab coats (white) that you would be willing to lend to the school for the production could you please contact the office. The lab coats will not be harmed!

We have had reported cases of Chicken Pox across the school. The incubation period for Chicken Pox is 7-16 days prior to the lesions showing. Exclusion from school is from when the blisters have dried or 5 days after the outburst.
## Calendar of Curriculum events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Friday 29 July</td>
<td>Parent Opinion Survey due back</td>
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<tr>
<td>Tuesday 2 August</td>
<td>ICAS English</td>
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<tr>
<td>Tuesday 16 August</td>
<td>ICAS Maths</td>
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<tr>
<td>Thursday 18 August</td>
<td>Story Time 2.15pm—3.15pm</td>
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<tr>
<td>Tuesday 9 August &amp;</td>
<td>Three-Way Conferences Information on how</td>
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<td>Wednesday 10 August</td>
<td>to book will be sent home shortly.</td>
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<tr>
<td>Wednesday September 14 &amp;</td>
<td>Parkhill Concert - for more information,</td>
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<tr>
<td>Thursday September 15</td>
<td>keep an eye on the newsletter over coming</td>
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<td>weeks!</td>
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From The P.E Desk

Gymnastics in P.E

This week marks the end of our gymnastics program in P.E. It has been amazing to see how much everyone has improved. We truly have some talent at Parkhill.

Coming up this term, the students can look forward to a four week Tennis Program run by Richard Bruce-Smith, Parkhill’s very own local professional.

Chaplain’s Corner

Running late for a medical appointment, I sat at a curve in a one way lane of the car park trapped behind a white ute. I’d done a few laps of the place already trying to find a park to no avail. The line of cars behind us was growing ever longer yet still the ute didn’t move. At first I thought the driver must be waiting for someone else in the row of cars to pull out, but no he just sat there. A man approached him, verbally expressing his frustration at not being able to leave. I asked politely if the man could move just a foot so I could get out. He was adamant he would not because then everyone else would come past too and he wouldn’t get a park. I was flabbergasted, amazed simultaneously at what I perceived as his selfishness but also his cunning (it was after all a guaranteed strategy to get him a car park… eventually. Whilst I wouldn’t recommend this gent’s actions I couldn’t help being struck by the thought that it is amazing what we can accomplish when we don’t care about what anyone else thinks, sometimes that is a bad thing. We need empathy, to care about how our behaviour will impact others and the community we live in. However, for some of us, this impulse to care what others think can get a bit overblown and turn into an inability to act when we really should, or a failure to stand up for ourselves. For those of us who can tend to be a bit too passive at times, it’s good to remember that it’s ok to assert ourselves, that what other people think of us isn’t that important. Likewise teaching our children how to firmly but gently assert their needs is an important life skill that can help them manage their relationships, needs and emotions in a healthy way.

Parenting expert Michael Grose has this to say about assertiveness:

- Assertiveness is a skill that children and young people can learn.
- An assertive response helps them to stick up for their rights and avoid being teased or bullied.
- Assertiveness involves the use of a firm voice and strong body language, including body positioning and eye contact.

Assertiveness indicates control and implies an expectation of compliance. Aggression, on the other hand, shows lack of control and involves a raised voice, the use of insults and body language which can inflame a situation, inviting further aggression or provocation.

When a child or young person needs to stand up for his or her rights, to ask for something, to make a statement or be listened to rather than ignored, he or she should:

- Attract the person’s full attention.
- Be polite and use the person’s name.
- Make good eye contact and use a strong stance.
- State the request or statement using a firm voice.

Give the other person an opportunity to respond if appropriate. Ask questions to clarify the other person’s position. Be polite but firm and avoid personal insults or using a whining voice.

Encourage your child to practise assertiveness in low risk situations – in front of the family or even in front of a mirror.

Suzanne Carmody
Chaplain
To find out more about this important initiative and how you can support our fundraising efforts, please contact the Principal, Rod McKinlay on (03) 9807 2239
LADIES NIGHT BOOKINGS NOW OPEN!
SATURDAY JULY 30TH
AT 7.30PM

Join us for a night of cocktail making, a fashion parade, hair styling, great stalls and much more.

$10.00 donation at the door includes a glass of champagne and nibbles. BYO drinks

Bring your gold coins to join in the raffles and games held throughout the evening!

All proceeds raised will go towards our ‘How Cool Can We Make the School’ fundraising target.
How Cool Can We Make The School?
As mentioned in our newsletter last week we will be increasing our fundraising efforts over the remainder of this year in order to help meet the urgent need Parkhill has for air-conditioning in our new buildings. We are really pleased to be able to let you all know at this stage we have just over $41,000 that has been raised over the past 18 months that will go directly towards this campaign. Our target for the remainder of this year is to reach $65,000 so we still need another $24,000. We recognise this is a large target but we are hopeful that by working together we can make it happen. Stay tuned to this newsletter for updates on how we are tracking and please don’t hesitate to contact PFA President Vanessa Cowley on 0417 239 442 or PFA Secretary Wendy Douglas on 0420 657 007 if you would like to get involved in this team effort.

Ladies Night – Saturday July 30th – RSVP now!
Ladies! A lot of you have told us you are planning to attend our upcoming Ladies Night – please make sure that you RSVP and let us know that you are coming by going to http://evite.me/vwGyc36GSB. Registering to attend is as simple as entering your name, email address and how many people you are bringing. Silver Maple fashion parade, raffles and prizes throughout the evening, a glass of champagne on arrival, nibbles and snacks provided, BYO drinks, hair styling (for a small donation), express manicures, make up tutorials, cocktail/mocktail making (and sampling), the list goes on and on... All of this as well as a show bag at the end of the evening for a $10 donation at the door. Do not miss this amazing night out and bring your friends too! All proceeds to support our How Cool Can We Make the School fundraising.

We are also really excited to announce that our models for the evening will be some of our wonderful teachers here at Parkhill, including our incredibly supportive Vice Principal Elaine Brady.

Trivia Night – Silent Auction Donations Requested
Our Trivia Night has been booked in for Friday 9th September. Please save the date. Tickets will go on sale in August, stay tuned and watch this space for updates and further information. We are currently looking for items to be donated for the silent auction to be held that evening. If you are in a position to donate something or know someone who might be able to, please contact PFA Secretary Wendy Douglas via parents.friends.secretary@gmail.com

A Thermomix for $30...?
Imagine getting a brand new, current edition Thermomix for only $30... The Parkhill PFA is delighted to be able to offer our school community an amazing opportunity to participate in a limited ticket raffle of a Thermomix. These much loved/valued appliances normally retail for over $2,000 however you have the chance to win one through our raffle. Tickets will cost $30 and strictly only 250 tickets will be sold. All proceeds from the raffle will go towards our ‘How Cool Can We Make The School’ campaign. Tickets will go on sale at our Ladies Night on Saturday July 30th. Remaining tickets will then be available for purchase via the school office. Talk to your friends and family about purchasing a ticket, supporting our fundraising and potentially taking home a beautiful new Thermomix!