Well Done to our Age Champions
Mitch, Emily, Olivia and Will!

Last Friday was a fantastic day, check out the great photos on page 4 and 5

**IMPORTANT DATES**

**MARC Van**
Wednesday 1st June

**Group Day-Buangor**
Friday 3rd June

**Report Writing Day**
Friday 10th June

**No School for Students**
Principals Report

After much consideration it has been decided that the Drought Assistance Funding, along with a school subsidy, will fund the following programs this year: School Fees, All 2016 Excursions (Including Group Days, Sports, Educational), Gr3-6 Urban Camp Subsidy $250, GrF-2 End of Year Excursion, Sports Uniform Upgrade and French Day Activities/Lunch. Families who have already paid their school fees will have their account credited to this amount. Also please note that the full cost of the Gr3-6 Urban Camp (14th -17th November) is approximately $400, therefore after the subsidy, there will still be approximately $150 owing before the actual camp. This can be paid in full, instalments or through the CSF funding (If you qualify), but must be fully paid before the camp commences. Further details will be made closer to the camp date. If you have any questions please make a suitable appointment time to discuss your individual case.

I hope that everyone had a great day at our recent district sports. Third was a great result and congratulations to the four age group winners, Mitchell, Emily, Olivia and Will! I was impressed with the effort all of our students put in and by the smiles on faces they enjoyed the day. Once again a big thank you to Brett Chamings for organising Thursday night training sessions and to all parents who assisted with training and on sports day.

On Tuesday some of our students joined with Maroona and Moyston Primary Schools to play football and netball in the Black Ranges Lightning Premierships. Both team won games and competed well. Thank you to Lauren, Angelique, Kate and Jacinta for assisting and supporting our students on the day. Thank you also to Hayden who drove us to Stawell.

Enjoy your week!

Marcus Murrell
This week in maths the children have been learning about 3D shapes. They loved constructing these great 3D shapes.

Lightning School Premiership
Resilience is more than just ‘coping’.

When someone is resilient they are also more prepared to seek new experiences and opportunities and take reasonable risks to achieve their goals. Risk-taking may mean some setbacks and rejections but it also creates more opportunities for successes and greater self-confidence.

What helps children and young people develop resilience?

Resilience for young people is built on the foundation of strong positive relationships with their parents, other caring adults in their life, their teachers and their friends and classmates. Helping your child to be connected to a good school and to be involved in positive community groups and experiences such as sporting teams, and art/drama/dance groups also increases their opportunities to develop resilience and a sense of belonging. You can also help your child to become more resilient by providing them with opportunities to learn and practise the following skills, attitudes and behaviours:

• **Social Skills** such as the skills needed to make and keep friends, successfully resolve conflict and cooperate and work well in a team or group.

• **Behaviour that reflects empathy and pro-social values** such as being respectful, kind, fair, honest and cooperative. Such behaviour includes not mistreating or bullying others, showing care and concern to people who need support, being friendly and not excluding people because of their differences.

• **Self-respect** which develops from setting high standards for their own behaviour and believing that they matter and should be treated respectfully by others. When people self-respect they also self-protect and avoid behaviours and situations that present a risk to their safety and wellbeing such as engaging in unsafe practices when using the internet and mobile phones. It will also help them to be less vulnerable to be bullied.

• **Skills for managing strong feelings** such as anxiety, fear and anger. This also includes being able to turn a bad mood into a better one.

• **Optimistic thinking skills** such as:
  - positive tracking which means focusing more on the positives and things that go well and trying to find the positives (however small) in negative situations
  - expecting things to mostly work out well and having the confidence to persevere when faced with obstacles
  - using an optimistic explanatory style which means believing that unwelcome situations are temporary (and will probably improve with effort and/or time) and also specific (and don’t have to flow over into all aspects of your life)

• **Helpful thinking skills** which are based on the type of thinking which is both grounded in facts and reality and also helps you to stay calm so problems can be more readily solved.

• **A sense of humour** i.e. finding something funny, even if only small, in an adverse situation to help keep things in perspective.

• **Goal setting skills** such as making plans, being organised and self-disciplined, being prepared to work hard and being resourceful.

• **A sense of personal competence** which can be fostered by helping your child to identify their specific strengths and limitations, by encouraging them to set goals that require them to use and develop those strengths and by supporting them to undertake responsibilities such as minding younger siblings, teaching others, organising activities that also benefit others and undertaking part-time jobs.
Thank you to our past students Jack, Lainey, Abbey and Rita for helping out at our district sports!

**Report Writing Day – Friday 10th June**

Friday 10th June will be a Report Writing Day. Students are not to come to school on this day.

**JSC**

Don’t forget PIE DAY FRIDAY will continue next week until the end of term. Orders need to be in on Thursday.

Meat/Chicken and vegetable pies - $3.00,
Sausage Rolls - $2.50,
Party Pies – 70c.

Happy Birthday to **Jacob Cuthbertson** who will be celebrating his Birthday on Saturday.

**School Bank Details**

If families would like to pay money to the school by direct deposit our bank details are below:

BUANGOR PRIMARY SCHOOL OFFICIAL ACCOUNT
BSB 063 500
ACCOUNT NUMBER 1004 3741

Please use your FAMILY name as a reference if you are making a payment.
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Beaufort Community Bank® Branch

Bendigo Bank

The Board,
Manager & Staff of the

Beaufort Community Bank

Invite you to a complimentary

“Happy Hour”

At: The Buangor Sports Pavilion
660 Western Highway, Buangor
On: Wednesday 1st June, 2016
Time: 6.00 – 7.30 pm.

Meet volunteer Board members who manage the
Beaufort Community Bank & Skipton Agency.

Find out how the Community Bank can assist your
organization, including sponsorship
and community grants.

Meet branch manager Pedita Van Hees who can assist
with any banking queries you may have.

For further information please contact Trish Collins on
5349 1515 or 0427 495 507
Email: secretary.bcfsw@gmail.com