Students of the Week

Congratulations to our Student of the Week winners who were Harry Stacey and Jimmy Jess. Harry’s award was for trying his hardest to get his work completed. Jimmy was also awarded for focussing well on completing his work. Well done Harry and Jimmy!

Principals Report

Last Friday we had five students represent our school in judo at the KIC Cup in Geelong. Students are to be commended on their behaviour, determination and resilience displayed on the day. A big thank you to Rob Coelho who organised for our students to compete in this event!

At Tuesday’s staff meeting teachers undertook moderation of writing samples across the whole school. This was a great exercise for teachers to take a team approach to locate where all of our students are at with their writing. We also talked about what things we need to do in the future to help our students progress even further. Writing will continue to be a major focus for us across this year.

Thank you to Louise Kercheval who got up early this morning to mow our oval, it was greatly appreciated thank you.

Lastly, it is fantastic to see so many of our students wearing school uniform every day. Last week school council ratified our School Uniform Policy and this was sent home with last week’s newsletter. This policy is also available on our website.

Enjoy your week!

Marcus Murrell
Masterpieces in the making.
Students Working with magiclay.

Check out the great Art Wall in the F-2
Some of our students competing in the KIC Cup in Geelong last Friday
BOUNCE BACK. By Toni Noble & Helen McGrath

Some key messages to communicate to your child to help them become more resilient:

• **Life is mainly good**, but now and then everyone has a difficult or unhappy time. That’s a normal part of life.

• **Things nearly always get better** even though sometimes they may take a bit longer to improve than you would like. Stay hopeful and work on the problem if you can.

• You will feel better and have more ideas about what you might do if you **talk to someone** you trust about what’s worrying or upsetting you.

• **No-one is perfect**. All of us make mistakes and find out there are some things we can’t do well.

• If you can **find something positive or funny in a difficult situation**, no matter how small, it can help you to cope better.

• **Take fair responsibility for the thing you have done or not done** that contributed to a difficult or unhappy situation. **Don’t over-blame yourself** because circumstances, bad luck or what others did may have contributed too.

• **If a situation can’t be changed, you just have to accept it and live with it**. Don’t make yourself miserable by exaggerating how bad something is or by assuming that the worst possible picture is the one that will happen.

• **When something goes wrong it will usually only affect one part of your life**. Concentrate more for a while on the things in your life that are still going well.

• **Everyone gets scared at times** but not always about the same things. Facing your fears will help you to grow stronger.

• **Don’t let yourself be ‘hijacked’ by your feelings** so that you are no longer in charge of yourself. Find a way to calm yourself down so you can think of the best way to deal with how you are feeling.

• You can **change a bad mood into a good mood** if you try. For example you could:
  • rethink the problem in a more helpful way
  • go for a vigorous walk or undertake some other form of exercise
  • do something kind for someone else
  • go over some good memories by looking through photographs
  • watch a funny TV show or DVD or read something funny.
Thank-You
We wish to thank the Bendigo Bank for presenting the School with a $500.00 contribution towards the School’s Camp Kitchen. The cheque was presented at the Meet and Greet evening on Tuesday night.
We would also like to thank Liz and Louise for their hard work in catering for the evening.

School Produce for Sale
We finally have some fresh produce to sell this week (thanks to Sarah for your work in the vegie garden). Items will be for sale after school on Friday
- 1/2 dozen eggs- $2.50
- Bag of salad greens- $1.00

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.

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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