Welcome back to Term 3. Our students and staff all appear to be happy and eager to start the new term.

Resilience
One of the values we promote at APS is:

Resilience
The ability to not give up but move forward in a positive manner when presented with disappointment, conflict or setback. This allows you to bounce back.

All parents want the best for their children. From time to time parents may be at a loss and not know what to do if their child is experiencing social problems at school. In this newsletter I have included an excellent article, ‘Resiliency Robbers’ by Michael Grose. This article contains many of the traps that parents can fall into when dealing with such issues and some excellent strategies that parents can use to help their child develop resilience and deal with problems that arise in their life. Please remember; always talk over your concerns about any issues your child may be having with the class teacher or myself. This allows us to guide and support all students involved.

Zumba
Our yearly Zumba lessons will commence again on Friday 24th July not 31st July as advertised last term. I would like to thank the P&C for covering the cost of these lessons for our students.

Communication-Email
If you would like your newsletter and other important information emailed to you please supply your email address to the school. Please notify us by using the tear off slip at the end of this newsletter.

Staff Professional Learning
Our teaching staff has the opportunity to attend a fantastic 2 day professional learning workshop on Friday 6th and Saturday 7th of November. As you would appreciate the school cannot afford the cost of employing casual teachers for the Friday and not enough casual teachers are available anyway. To enable all staff to attend I would like to change the professional development day (pupil free day) that is scheduled for Thursday 17th December to Friday 6th November so that all staff can attend this amazing learning opportunity. If you have any objections to this or would like more information about the workshop please contact me.

Michelle Floyd - Principal

PRINCIPAL'S AWARDS

Week 1 Term 3
K Yellow Isabell W. – great improvement in her independent writing.
K Lime Cameron D. – excellent work on his sounds.
1 Blue Tamika R. – coming back to school with a great attitude.
2 Purple Candy B. – being a fantastic leader.
2/3 Hayley T. - demonstrating enthusiasm in maths.
4/5 Green  Hollie D. – being a focussed and mature learner at all times.
5 Orange  Callum D. – excellent results in maths diagnostic test.
5/6 Black  Mason C. – persisting with tasks to achieve goals.

**Merit Awards**
K Yellow  Skye H.
K Lime    Dylan S.
1 Blue    Reilyn G.
2 Purple  Logan S.
2/3 Red   Claire J.
3/4 Magenta  Jack G.
4/5 Green Bryce B.
5 Orange  Danielle S.
5/6 Black Jazmin S.

**Kids Matter Awards**
K Yellow  Lauchlan D.  Confidence
K Lime    Jarred M.  Respect
1 Blue    Alice D.  Persistence
2 Purple  Chloe C.  Honesty
2/3 Red   Max M.  Responsibility
3/4 Magenta  Chloe F.  Persistence
4/5 Green Tyler J.  Confidence
5 Orange  Zoe B.  Persistence
5/6 Black Bailey G.  Persistence

**P & C NEWS**
Welcome back to Term 3! There is a lot happening with the P&C this term.

**Athletics Carnival** - Thursday 16th July. The P&C will have the canteen running with cold drinks and hot food for sale. We are also lucky to have Caffe Mobilita in attendance with the coffee and hot chocolate for all the parents that come to help and watch.

**Mad Food Science Program** – Thursday 23rd July. Permission notes went out the last week of Term 2, please return to the office asap. $4 per student. Huge thanks to the businesses that helped sponsor this event to reduce the participation cost. Aberdeen Treasures, Aberdeen Lions Club, Scone Inspire Health and the P&C.

**Trivia Night** – Saturday 25th July. All money raised from this night will be going towards the new football jersey’s the P&C is purchasing. Tables of 8 - $10 per person. Students are $5 ea. RSL Club 6.30pm start. Tickets are available from the office.

**Walkathon** - Friday 7th August. Sponsorship forms have gone out to all students, additional forms are available from the office. All money raised from the day will go towards the car park upgrade.

**Family Photos** - Sunday 20th September. We are holding a family photos fundraiser. Booking fee is $20 and this entitles you to a 10x13inch framed family photo. The $20 booking fee goes back to the P&C. We have limited spots available.

3.30pm. Please phone Jodie to secure your spot today. 0407766364. The booking fee is to be dropped to the office in an envelope marked your name and “family photos”.

**Canteen News:**
A huge thank you to Kelly McMahon, Amanda Wilks, Teena Debreceny, Linda Turner and Coralie Kerrigan for their help in painting the inside of the canteen during the holidays. It is now nice and fresh and we will be finishing off the kids room over the next few weeks. We are still after some extra toys especially boy’s things if anyone has anything. All donations can be dropped to the canteen Monday or Friday or left at the office.

Term 3 rosters were given out the last week of term 2. If you didn’t receive your copy, please let us know. A reminder that all volunteers need to complete the online working with children check asap. All WWCC numbers are to be given to Marj at the office. Thank you to the volunteers that have completed this already.

**Canteen Roster:**

Wednesday 15th July
Nat McCamley
Megan Ginn

Friday 17th July
Mel Jordan
Jess Duggan

Monday 20th July
Sandy Morrison
Kristen Lobb

**Trivian Time**

When: Saturday 25th July 2015
Time: 6.30pm start
Where: Aberdeen RSL Club
Cost: $10 per person - tables of 8.
*To pre purchase your tickets, please call into Aberdeen Public School office.
*All proceeds will go to Aberdeen Public School P&C to help fund the Mad Food Science Program.
ATHLETICS CARNIVAL
The athletics carnival will be held this Thursday 16th at Jefferson Park. We would really appreciate assistance from parents for time keeping, discus and long jump. If you can help for any time please complete the slip below and return to the office tomorrow.

ATHLETICS CARNIVAL HELPER
Att: Mrs Pennell.

I am able to assist at the athletic carnival on Thursday 16th July 2015.

Name: ____________________________________

Marshall (2) Timekeeper (8) Long Jump (4) Discus (4) Recorder (1) (morning session) (afternoon session)

If we receive enough helpers, timekeepers will be broken into 2 sessions.

I would like to help with: ___________________________________________

Signed: _____________________ (Parent/Guardian)
Date: _______________

GARDENING CLUB
Hello members of our beautiful school community! Is there someone interested in planting seeds – both in our school vegie patch and our children’s minds? This term I am embarking on gardening with the children and would appreciate advice / support from our knowledgeable local gardeners.

Gardening club can be quite flexible but is planning to run during a recess or lunch time Tuesday and Thursday.

If anyone is interested or knows someone I could approach, please ring the front office 6543 7271 and leave your name and I'll get back to you.

Kimberley Hill

COMMUNICATION BY EMAIL
If you would like your newsletter and other important information emailed to you please supply your email address to the school.

Name: __________________________
Student Name: __________________ Class:____
Email address: ____________________________

FORTHCOMING DATES

JULY
Thursday 16th Athletics Carnival
Friday 17th P&C Meeting - 10am in the Library. All welcome.
Monday 20th Hunter Dance Festival
Primary School Band Camp
Tuesday 21st Safety Talk K - 2
Thursday 23rd Mad Food Science Day
Friday 24th NAIDOC Day
Tuesday 28th Smart Science Show
Thursday 30th Education Week
Friday 31st Zumba
Zone Athletics Carnival

AUGUST
Thursday 6th Power FM Breakfast
Friday 7th P & C Walkathon
Wednesday 19th Great Aussie Bush Camp

2016 KINDERGARTEN ENROLMENTS
Kindergarten enrolments are now being taken by Aberdeen Public School for 2016. If your child will be five by 31 July 2016 and you wish to enrol at Aberdeen Public School, please return slip below or contact the office on 6543 7271.

Kindergarten Enrolment 2016:
Child’s Name: ____________________________
Date of Birth: ____________________________
Parents Names: ____________________________
Address: ____________________________
Phone No: ____________________________

Early Birds Kinder 2016 Orientation Program
Our Kindergarten Early Birds Orientation Program to assist children with a smooth transition to big school starts on Wednesday 9th September from 12pm – 3pm and the Parent Information Session is from 2pm – 3pm.

The Program will run over nine weeks from 12.00 noon – 3.00 pm as follows:
- Wednesday 9th September
- Wednesday 16th September
- Wednesday 7th October
- Wednesday 14th October
- Wednesday 21st October
- Wednesday 28th October
- Wednesday 4th November
- Wednesday 11th November
- Wednesday 18th November

An enrolment pack and information will be sent out to parents who have registered their intent to enrol in the next few weeks.

If you wish to enrol your child in Kindergarten for 2016 please contact the school on 6543 7271 or complete and return the slip below.
Resiliency Robbers

All parents have the best of intentions when raising kids. Wanting what is best for kids can cause parents to make decisions that are not always in their (children's) long-term best interests.

If you buy the line that the promotion of resilience is in the best interests of kids then check out the following common parenting mistakes that reduce children’s resilience.

Robber #1: Fight all their battles for them
Nothing wrong with going into bat when kids struggle or meet with difficulty inside or outside school but make sure this is the last resort, not the first option.

Resilience notion # 1: Give kids the opportunity to develop their own resourcefulness.

Robber #2: Make their problem, your problem
Sometimes parents can take too much responsibility for issues that are really up to children to work out or decide. Here’s a clue if you are wondering what I am talking about: a jumper is something a mother puts on her son when she is cold!

Resilience notion # 2: Make their problem, their problem.

Robber #3: Give kids too much voice
In this era of giving children a voice it is easy to go overboard and allow them too much of a say in what happens to them. Kids often take the easy option to avoid hard or unpleasant situations.

Resilience notion # 3: Make decisions for kids and expect them to adjust and cope.

Robber #4: Put unrealistic or relentless pressure on kids to perform
Expectations about success and achievement are important. Too low and kids will meet them. Too high and kids can give up. Too much and kids can experience anxiety.

Resilience notion # 4: Keep expectations in line with children’s abilities and don’t put excessive pressure on them.

Robber #5: Let kids give in too easily
Resilient learners link success with effort. They don’t give up because they don’t like a teacher or when confronted with multi-step or more complex activities. Similarly they don’t bail out of a sporting term half way through the season because the team is not winning or they are not enjoying it.

Resilience notion # 5: Encourage kids to complete what they have started even if the results aren’t perfect.

Robber #6: Neglect to develop independence
Don’t wait until they are teenagers to develop the skills of independent living. Start early and promote a broad skill set so that they can look after themselves if you are not around.

Resilience notion # 6: Don’t routinely do for kids what they can do for themselves.

Robber #7: Rescue kids from challenging or stretch situations
There are many times kids are put in situations that are outside their comfort zones for a time. For instance, giving a talk, singing at the school concert or going on school camp may be challenges for some kids. They are all situations that kids usually cope with so show your confidence in them and skill them up rather than opt for avoidance.

Resilience notion # 7: Overcoming challenges enables kids to grow and improve. Sometimes the manageable hardships that children experience such as a friend moving away, not being invited to a party or completing a difficult school project are fabulous learning opportunities. They help kids to stretch and grow. Dealing with them effectively also teaches kids that they are capable of coping when they meet some of life’s curve balls. And that is a huge lesson to learn at any age.