Growing Confident Children

Across society, and particularly in schools, evidence shows that many children are showing less confidence and less resilience than earlier generations. The statement that we learn by our mistakes is very relevant for the overall development of confident, resilient children. To extend this idea further, we learn when we are pushed out of our comfort zone, when we hit the wall and have to learn new strategies to solve a problem. Children who learn that not everything works out how they want and they sometimes have to work hard to solve problems, or just accept it and move on, are most likely to grow up with confidence and resilience.

For a decade or so now there has been a growing trend for parents to be increasingly involved in their children’s life. This is fantastic in many ways and we see children arriving at school with well developed oral language and great early reading skills like never before. This involvement in a child’s life can, however, progress to a point where a parent wants everything so perfect for their child that they are ready to intervene in every situation and fight every battle on behalf of their child. Modern child psychologists have tagged this “Over-parenting” and many believe that this trend is robbing a significant number of children of their confidence and the opportunity to develop resilience ready to face a world where everything doesn’t always go to plan. Over the next few weeks I will be sharing some thoughts from some of these psychologists as well as providing links for further reading for interested parents.

Grandfriends’ Day Celebration Assembly
Thursday 21st March 2013

Grandfriends’ Day will be held on Thursday 21/3/13 from 11.45am-1.55pm.

Next week you will receive a detailed information sheet out-lining the schedule for the day including assembly time, classroom visits and lunchtime activities ~ Sausage Sizzle, Cake Stall and Book Fair. (Please note lunch orders must be pre-ordered by 15th March).

Possible Ethics Classes at Belair Public School

The Regional Primary Ethics coordinator has contacted Belair School with a view to establishing ethics classes in the school. At this stage Years 5&6 and possibly 3&4 would be included. Primary Ethics provides the opportunity for NSW public primary school students who don’t attend scripture classes (SRE) to participate in philosophical ethics classes. They need new volunteers to teach Years 3/4 and 5/6 ethics classes. The classes teach children how to approach ethical issues and develop their capacity for considered moral judgment, which will enable them to respond more thoughtfully to many of the problems and issues they will face in their lives. Volunteer Ethics Teachers are trained to deliver the age-appropriate curriculum every week and to use the accompanying learning and teaching materials.

For more information about the role and to volunteer, please go to:
http://www.primaryethics.com.au

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/3/13</td>
<td>School Photos ~ whole school</td>
</tr>
<tr>
<td>11/3-13/3</td>
<td>Great Aussie Bush Camp ~ Year 4</td>
</tr>
<tr>
<td>14/3/13</td>
<td>Selective High School Testing</td>
</tr>
<tr>
<td>15/3/13</td>
<td>School Cross Country</td>
</tr>
<tr>
<td>20/3/13</td>
<td>P&amp;C ~ (AGM)</td>
</tr>
<tr>
<td>21/3/13</td>
<td>Grandfriends’ Day ~ commencing at 11.45am</td>
</tr>
<tr>
<td>20/3/13</td>
<td>Senior Dance Video Audition</td>
</tr>
<tr>
<td>22/3/13</td>
<td>Athletics Carnival at Glendale ~ K-6</td>
</tr>
<tr>
<td>25/3/13</td>
<td>Junior Dance Video Audition</td>
</tr>
<tr>
<td>26/3-28/3</td>
<td>Canberra Excursion ~ Year 6</td>
</tr>
<tr>
<td>29/3-1/4</td>
<td>Easter Break</td>
</tr>
<tr>
<td>4/4/13</td>
<td>Sydney Excursion ~ Year 5</td>
</tr>
<tr>
<td>9/4/13</td>
<td>Zone Cross Country ~ Stevenson Park</td>
</tr>
</tbody>
</table>

School Photos

Let’s hope we have been able to get our best uniforms clean and dry with all the rain over the past week. Photos are tomorrow. Please send your child’s photo envelope in to the class teacher. Some envelopes have been sent in early and these will be returned to class teachers by the office. Please note that all students have an individual photo as well as a class photo taken regardless of the package purchased.

Clean up Australia

As last Friday was more like wash away Australia, we have postponed the clean up until this Friday. Children are invited to bring along gloves if they so wish. Children are briefed on safety in collecting rubbish.
ANZAC Commemorations
This year our ANZAC service will be held on the Wednesday prior to the holidays. This year we are looking to expand our ANZAC Service. I know some of our families are associated with the defence force and some of our school parents may be returned service personnel. Parents or family members with links to our armed forces are invited to make contact with Mr Beard to contribute to the planning of this year’s service.

International Competitions and Assessments for Schools 2013 (ICAS)
ICAS notes will be coming home today to all students in Years 3–6. These are non-compulsory tests in English, Writing, Maths and Science which incur a fee. All participants receive a certificate and report on their performance. Students can enter one or all of the tests. Payment is required by the end of Term 1. If you have any questions regarding the ICAS program, please contact Mrs Flook 4/5F.

Swimming Success
Last Wednesday 26 students represented Belair at the Newcastle Zone Swimming Carnival at Lambton Pool. Nine swimmers were successful in being selected to represent The Newcastle Zone at the Hunter Regional Swimming Trials this Thursday at Maitland Pool. Congratulations and good luck to:
Zac Tinson 8’s 50m Freestyle, Emma Hopkins 10’s 50m Freestyle, Junior Backstroke, Breaststroke, Butterfly, Individual Medley, Kye Taylor 11’s Freestyle, Backstroke, Breaststroke, Parker Hopkins Senior Backstroke, Breaststroke, Butterfly, Individual Medley.

Junior Girls Relay: Emma Hopkins, Jasmine Sams, Shelley Hill, Maggie McCarlie
Senior Boys Relay: Parker Hopkins, Matthew Baggs, Kye Taylor, Jake Kinkade

Cross Country Carnival
The School Cross Country Carnival will be held on Friday 15th March in Hudson Park. Parents are most welcome to come along and cheer. All students in Years 2-6 have the opportunity to participate. Sport uniform should be worn. Everyone will move over to Hudson Park straight from 9:00am lines, with first races starting at about 9:15am. The last race should be over by 10:30am. All competitors should ensure they have appropriate footwear, a hat and a drink. Those students who tend to suffer asthma after prolonged exercise should consider bringing their puffer to the event.

Unleash Book Fair on Grandfriends’ Day
Thursday 21st March
On Grandfriends’ Day Unleash Books, Kotara will be here selling books. The book stall will be in the library from lunchtime. It’s a great opportunity to buy books for the grandkids or buy a book to donate to our school library. Cash or card will be accepted on the day.

Kay Gill, Teacher/Librarian

Students’ Awards

Unleash Book Fair on Grandfriends’ Day
Thursday 21st March
On Grandfriends’ Day Unleash Books, Kotara will be here selling books. The book stall will be in the library from lunchtime. It’s a great opportunity to buy books for the grandkids or buy a book to donate to our school library. Cash or card will be accepted on the day.

Kay Gill, Teacher/Librarian

Students’ Awards

ICAS notes will be coming home today to all students in Years 3–6. These are non-compulsory tests in English, Writing, Maths and Science which incur a fee. All participants receive a certificate and report on their performance. Students can enter one or all of the tests. Payment is required by the end of Term 1. If you have any questions regarding the ICAS program, please contact Mrs Flook 4/5F.

Swimming Success
Last Wednesday 26 students represented Belair at the Newcastle Zone Swimming Carnival at Lambton Pool. Nine swimmers were successful in being selected to represent The Newcastle Zone at the Hunter Regional Swimming Trials this Thursday at Maitland Pool. Congratulations and good luck to:
Zac Tinson 8’s 50m Freestyle, Emma Hopkins 10’s 50m Freestyle, Junior Backstroke, Breaststroke, Butterfly, Individual Medley, Kye Taylor 11’s Freestyle, Backstroke, Breaststroke, Parker Hopkins Senior Backstroke, Breaststroke, Butterfly, Individual Medley.

Junior Girls Relay: Emma Hopkins, Jasmine Sams, Shelley Hill, Maggie McCarlie
Senior Boys Relay: Parker Hopkins, Matthew Baggs, Kye Taylor, Jake Kinkade

Cross Country Carnival
The School Cross Country Carnival will be held on Friday 15th March in Hudson Park. Parents are most welcome to come along and cheer. All students in Years 2-6 have the opportunity to participate. Sport uniform should be worn. Everyone will move over to Hudson Park straight from 9:00am lines, with first races starting at about 9:15am. The last race should be over by 10:30am. All competitors should ensure they have appropriate footwear, a hat and a drink. Those students who tend to suffer asthma after prolonged exercise should consider bringing their puffer to the event.

Students’ Awards

Easter Raffle: We are still in need of donations of Easter Eggs. Eggs can be left at the office. Raffle Tickets and money can be returned to the box in the office foyer.

P&C News

Easter Raffle: We are still in need of donations of Easter Eggs. Eggs can be left at the office. Raffle Tickets and money can be returned to the box in the office foyer.

P&C Meeting: Wednesday 20/3/13 at 7pm. This is the AGM so please come along and join us.

Kind Regards P&C Committee

Canteen Roster and News

Grandfriends’ Day 21st March: Money and order forms to be handed into the Canteen no later than the 15th March (all lunches must be pre-ordered). Helpers will also be needed on this day. Please text Louise if you can help between 10am-2pm.

Louise Davidson Canteen Co-ordinator