

Make the most of teachable moments to promote resilience

How they cope will be determined by their resilience and the mindsets of the significant adults around them.

*When parents and teachers have mindsets for resilience then they see these situations as **TEACHABLE MOMENTS**.*

I am not suggesting we want bad things to happen but developmentally life throws up these types of curve balls all the time for kids.

Parenting has always required an exceptionally strong set of skills, including carer, nurturer, leader and negotiator. That's why it is such a hard job.

BUT the longer I am involved in parenting the more I am convinced that Parenting is fundamentally about TEACHING.

The ability to pass on skills, knowledge and attitudes is the most important skill of all.

We teach by modelling but we also teach kids explicitly. That means we talk to kids about 'stuff' and help them to work out how they may cope or manage different situations they meet.

First we need to be on the look out for **TEACHABLE MOMENTS**. Then make the most of these opportunities so that kids can grow and learn from some of the challenges they face.

Mastering these teachable moments is how parents help their kids become resilient and bounce back from some of the setbacks they encounter now and, importantly, in the future.

Kids live in the NOW. Fun comes before work in their dictionaries.

It's easy for parents to get tied up in the NOW particularly when kids experience hardships, frustrations and difficulties. We just want to take away their pain!

When we focus solely on making the situation better we miss some massive opportunities to help kids learn and grow.

The big learning opportunities are usually hidden as problems. Most commonly they are: change, loss, rejection, failure, disappointment and conflict.

When faced with a teachable moment ask yourself; How can I teach my child to cope?

e.g. Encouraging kids to talk about problems is a great coping skill

What can my child learn about himself for next time?

e.g. A child may learn when he goes on a school camp that he was dreading that he can spend time away from home and still survive.

What can my child learn to avoid or turn this situation around?

e.g. A child may learn that he can reduce conflict with less than pleasant peers by ignoring nasty comments and actively spending more time with friendly kids.

From INSIGHTS by Michael Grose

For more information visit parentingideas.com.au

Additions and Attachments

- * Ranger Patrols in School Zones.
- * Road Safety Around Schools.
- * UH Regional Library information.

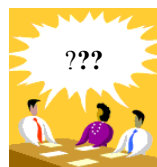
Sandy Hollow Trivia Night

Saturday 22nd June 2013

Sandy Hollow Hall
Tables of 8 people
at \$10 per head

6.30pm for a 7.00pm start

Ring the school for bookings



Australia's Biggest Morning Tea

Friday 24th May 2013

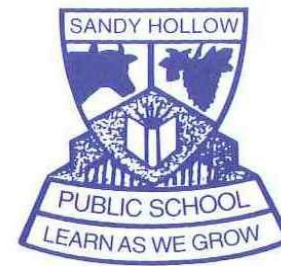
At Sandy Hollow Hall

9am - 1pm
Hostesses - Denise Cox and Colleen Baas.



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**SANDY HOLLOW
SNIPPETS**
"Creating Future Leaders"

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8th May 2013

Working With Children Check

Last week I attended update training for the new working with children check that is being introduced on 15th June. The training was conducted by the Commission for Children and Young People. Under the new process, any adult who has face to face contact with children, in a paid or voluntary capacity, will be required to have a check done. This will be an online process, with a registration number allocated for a five year period. Any adult who has a child or grandchild in the school will be exempt from the check. This process will be phased in over the next three to four years. This new system will reduce the paperwork required from the school. Anyone wanting further information can go online – www.kids.nsw.gov.au

School Zone

During the holidays, larger school zone signs were installed on the highway and the speed zones were re-painted on the road. We are still seeking installation of flashing lights. We are required to collect new data regarding traffic flow and speeds vehicles travel past the school. This will happen later in the year.

There is a letter and flyer attached to this newsletter from Muswellbrook council regarding safety around schools, and patrols in speed zones.

Year 6 Leadership Day

Yesterday students in year 6 travelled to Tamworth to participate in the Impact Leadership Conference. The students listened to guest speakers and engaged in workshops designed to enhance their leadership abilities. Thank you to Mrs Harris and Mr Higgins for providing transport and supervision for the day.

E-mail: sandyhollo-p.school@det.nsw.edu.au
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DATES TO REMEMBER

**Mothers Day stall open Thursday.
Last chance to grab a bargain.**

**Woolworths Earn and Learn is on Again!
Start collecting stickers for school.**

Mothers Day Luncheon - cancelled

**P&C Meeting Thurs 16th May
2pm in the Music Room**

**Canteen Monday 13th May - Nicola Field
Canteen Monday 20th May - Shannon Wallace**

**Next Toybox
Monday 20th May**

Claim the Date
* Pittman Cup Wed 5th June
Trivia Night Sat 22nd June



**Nutrition Snippet
Easy Afternoon Snack Swaps**

Choose these simple, tasty afternoon snack options for your child to give them an afternoon energy boost. When you make their afternoon snack tomorrow, have a think about healthier alternatives.

Snacks	Healthier
Full-fat ice cream	Low-fat frozen yoghurt with fresh fruit pieces
Tin/tub of fruit in syrup	Tin/tub of fruit in natural juice
Flavoured milk	Low-fat fruit smoothie- try berries, banana or melon
Chocolate Muffin	Carrot and parsnip muffin (See www.gofor2and5.com.au for recipe)



For more information about the *Eat It To Beat It* program please Ph 4923 0710 or visit www.cancer council.org.au/eatittoBeatit



Singleton Junior Judging Competition

Good luck to Kristy Walker, Olivia McLean and Luke Sheen, who will be representing the school at the Singleton Junior Judging competition on Friday. They will be involved in a number of different activities, including judging, parading and animal care. This competition will be a great opportunity for these students to hone their cattle skills, ready for Beef Bonanza later in the year.

NAPLAN

As advised earlier in the year, all students in year 3 and 5 will be sitting NAPLAN assessments next week – Tuesday, Wednesday and Thursday. It is most important that students have a good night's sleep and eat a good hearty breakfast so they that they are able to concentrate on their assessments. Students have been familiarising themselves with the testing format so that they are fully aware of what to expect. Testing will begin at 9.30am each day, so it is important that students arrive on time, ready to start. Please do not hesitate to contact me if you have any questions.

Opportunity Class Placement for 2014

Any parent of a year 5 student considering placement in an opportunity class for 2014 can go online (www.schools.nsw.edu.au/ocplacement). Applications close on the 17th May. The schools does have access to a few paper copies of the enrolment form if you do not have access to the Internet.

Christina Darlington
Principal

Another New Date! - School Photos

Due to unforeseen and unavoidable circumstances, our school photos will now not be taken until 4th term. The date is Tuesday 22nd October. Mark it on your calendar!

Denman Little Athletics Results

Andrew Harris – Under 7 year Boy Champion (highest point score).
Sam Thompson – Under 9 year Boy Champion
Amy Thompson – Runner up: under 10 year Girl Champion
Hugh Higgins – Encouragement award
Angus Higgins – participation award



2-3 Class News

This term in Years 2/3 we are very busy preparing for NAPLAN. We have focused on techniques which will help to answer the different questions in the text. After NAPLAN we will be learning how to write a narrative. We will focus on the structure and techniques different authors use.

In Mathematics Year 3 are focusing on aspects associated with money. The children are learning how to give change and to organise a budget to complete an investigation which involves operating a shop. Year 2 are measuring items in metres and centimetres, learning about 2D and 3D shapes, to complete an investigation which requires them to construct a marble ramp.

In Sport we are refining our athletics skills with the help of Tanya Penfold. All children are learning running techniques, long jump, shot put and high jump. For the next 5 weeks we will also be learning soccer skills with Paul Higgins in preparation for our Small School's Knockout Competition.

Tammy Parker
Class Teacher

Weekly Awards

- Simon Budden - fantastic contribution to discussion on persuasive text.
- Luke Sheen - great effort in all classroom activities.
- Connor Hodder - great effort in NAPLAN practice.
- Codi Marsh - great effort in NAPLAN practice.
- Olivia McLean - great effort in NAPLAN practice.
- Katie Pike - great effort in NAPLAN practice.
- Jackson Stair - great effort in NAPLAN practice.
- Corey Parkinson - improved ball handling skills.
- Ayden Marsh - improvement in maths mentals.
- Angel Blackhurst - excellent counting activities.
- Maddison Nebauer - working well with sounds.

Workers of the Week

K/1/2 - Nicholas Terrell, Andrew Harris and Darcy Wallace.

Student of the Week



Amelia Harris - being a model student.

From the P&C

The P&C regret to advise that the Mother's Day luncheon has been cancelled. Thank you to the parents who had offered to help on the day.

Mother's Day Raffle to be drawn Friday 10th May at the morning assembly. All welcome.

P&C Meeting

The next P&C meeting is on Thursday 16th May at 2pm in the Music Room. (Formerly known as the old Library).

Mothers Day stall open Thursday. Last chance to grab a bargain.

Scone Horse Sports

On Monday, Sam and Amy Thompson travelled to Scone to participate in the Scone Horse Sports day. There were 226 riders – Amy came 4th in show jumping and 5th in her rider class. Sam came 3rd in the show jumping and 3rd in his rider class, 3 firsts, 2 seconds & 1 third in the games and won Champion 9 years Boy.



Stewart House

The annual Stewart House donation drive is on again. For just a \$2 donation you have the chance to win a \$4000 family holiday.

Envelopes went home last week. Please send your donation back to school before Friday 10th May.

For more information on the wonderful work done by this organisation go to www.stewarthouse.org.au

