Dear parents and carers

**Delayed Gratification**

With our desire to keep our children happy and occupied all the time I think we might be denying them the opportunity to actually be bored and have to create ideas to keep themselves amused.

*Occupational Therapist Victoria Prooday says the following:* “Some children come to school emotionally unavailable for learning and there are many factors in our modern lifestyle that contribute to this. As we know, the brain is malleable. Through environment we can make the brain “stronger” or make it “weaker”. I truly believe that with all our greatest intentions, we unfortunately remold our children’s brains in the wrong direction. Here is why…

**Kids get everything they want the moment they want it**

“I am Hungry!!” - “In a sec I will stop at drive thru”, “I am Thirsty!” - “Here is a vending machine”. “I am bored!” - “Use my phone!” The ability to delay gratification is one of the key factors for future success. We have all the greatest intention in mind to make our children happy, but unfortunately, we make them happy at the moment but miserable in the long term. To be able to delay gratification means to be able to function under stress. Our children are gradually becoming less equipped to deal with even minor stressors which eventually become huge obstacles to their success in life. The inability to delay gratification is often seen in classrooms, malls, restaurants, and toy stores the moment the child hears “No” because he/she is used to getting what they want right away.

**Endless Fun**

We create an artificial fun world for our children. There are no dull moments. The moment it becomes quiet, we run to entertain them again because otherwise we feel that we are not doing our parenting duty. We live in two separate worlds. They have their “fun” world and we have our “work” world. Why aren’t children helping us in the kitchen or with laundry? Why don’t they tidy up their toys? This is basic monotonous work that trains the brain to be workable and function under “boredom” which is the same “muscle” that is required to be eventually teachable at school. When they come to school and it is time for writing, their answer in some cases is “I can’t, it is too hard, it is too boring” Why? Because the workable “muscle” is not getting trained through endless fun. It gets trained through work.

You can make a difference though in your child’s life by training your child’s brain so that your child will successfully function on social, emotional, and academic levels. Here is how:

**Train delayed gratification**

Make them wait!!! It is ok to have “I am bored” time – this is the first step to creativity. Gradually increase the waiting time between “I want” and “I get”. Avoid technology use in cars and restaurants, and instead teach them waiting while talking and playing games. Limit constant snacking.

**Teach your child to do monotonous work from early years.**

Folding laundry, tidying up toys, hanging clothes, unpacking groceries, setting the table, making lunch, unpacking their lunch box, making their bed. Be creative. Initially make it stimulating and fun so that their brain associates it with something positive”.

**Free Parent Workshop – Growth Mindset**

Further to the flyer that went home last week, there is a free parent workshop on ‘Growth Mindset’ for parents of schools in our local partnership next Thursday 9 June from 6.30 - 8.30pm at the Brighton Secondary School Performing Arts Centre. James Anderson from ‘Mindful by Design’ is an engaging speaker and you will learn how having a growth mindset will spark your child’s passion for learning.

Please contact our front office to book a place. We have 30 parents going already
Library News

Book Fair
A big thank you to all the families who attended the Book Fair during the last few weeks. We sold $1999 worth of stock and by doing so we are able to select more than $500 worth of resources for our Library. Thanks again to all who supported the school in this way and to Anne for putting in the extra time to make the fair such a success. Look out for the fair again in 2018.

National Simultaneous Story time
This event last week was very successful with most of our students sharing the story “I Got This Hat” through our subscription to Story Box Library. Many of the classes also engaged with other ‘Hat’ themed books during the week and many students entered their hats into the competition to win prizes from the Book Fair. Congratulations to all the children who created hats. It was particularly lovely to see the children heading home from school on Wednesday sporting their jaunty, feathery, colourful creations with such pride and joy.

PRC paddle boats powering down the river!
It is great to see that one class has already had every member complete the challenge and with their paddle boat very full already, including the panda (teacher) driver, we are considering a paddle boat tug for their future reading endeavours. Look out for the Popeye which is going to hit the river soon with other staff/community members on board who have been powering down the river!

Congratulations this fortnight to the following students (and staff).

<table>
<thead>
<tr>
<th>Child’s Name:</th>
<th>DOB</th>
<th>Year Level</th>
<th>Kindy</th>
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<tbody>
<tr>
<td>Theo F</td>
<td>1-8</td>
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<tr>
<td>Mikah L</td>
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<td>1st &amp; 2nd</td>
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<tr>
<td>Lachlan D</td>
<td>1-5</td>
<td>6th &amp; 7th</td>
<td>3rd &amp; 4th</td>
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<td>Miles E</td>
<td>1-7</td>
<td>2nd &amp; 3rd</td>
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<tr>
<td>Jack P</td>
<td>1-8</td>
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<td>Joshua T</td>
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<td>1-11</td>
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<td>Ruby S</td>
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<tr>
<td>Zara L</td>
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<td>Kody D</td>
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<tr>
<td>Keira S</td>
<td>1-10</td>
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<td>Vanessa</td>
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<td>Lily S</td>
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<td>Callum S</td>
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<td>Mitchell E</td>
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<tr>
<td>Lily S</td>
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<tr>
<td>Sophia V</td>
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Judy & Anne

Acknowledged at the Assembly
Students who were acknowledged by Mr Reid and Mr Taylor for demonstrating our school values were:

- Skye H (LA2-2) – constantly looking for ways to improve her writing and will reproduce work over and over until she is happy with it.
- Anna G (LA2-7) – achieving her reading strategy goals set in reading conferences.
- Seth F (LA1-11) – excellent use of adjectives and similes in his narrative to create a vivid description of a storm.
- Maddison P (LA1-2) – for being brave and challenging herself to read a Dr Seuss book to 2 reception classes.
- LA1-2, LA1-3 for working so cooperatively in making newspaper hats for the NSS – shared, took turns and listened.
- Students in LA3-1 the Speech and Language class for challenging themselves to ask really interesting questions about their treehouse.

Future Enrolments
To assist us with our planning we seek information from you regarding siblings that will be attending Paringa Park Primary School in 2017 and 2018 or leaving at the end of 2016 (disregard Year 7 students).

Please complete the tear-off slip below or email the front office if you do have a child starting school in the next two years or have a child leaving PPPS this year (that is not currently in Year 7) and return it to the Front Office as soon as possible. Thank you.

SIBLING ENROLMENTS
Return to Front Office asap

<table>
<thead>
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<th>2017 Enrolments:</th>
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Students Leaving In 2016:

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<th>LA:</th>
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<tr>
<td>Family Name:</td>
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<tr>
<td>Parent/Caregiver Signature</td>
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Powerful Learners – Parent Forum feedback

Last term saw us gather views from all our students and a group of parents on what they understood by powerful learning and what conditions are best to develop their children as powerful learners.

There were many insightful comments from the parents and I promised I’d share them with you. Below are the responses to four questions where there was more than one response in order, with the highest number of responses first

1: What is your definition of a powerful learner?

One who:
- Is empowered (has some control of their learning)
- Has a ‘bag of tools’ to assist with their learning
- Is curious
- Is able to apply their knowledge to different situations
- Has skills for life

2: What dispositions do powerful learners have?

Confidence to take on new learning
- Resilience
- Self-motivated
- Persistent
- Flexible
- Has empathy for others
- Prepared to question
- Can think outside the square

3: When is your child feeling least powerful in their learning?

When they:
- Are stressed or anxious
- Are tired
- Are not engaged in their learning
- Don’t have a good relationship with their teacher
- Are feeling negative

4: What conditions best promote powerful learning?

When:
- They feel safe to take risks and share their learning
- There are clear expectations
- There is support but not rescuing
- There is an individualised approach
- There are ‘real life’ tasks they can relate to
- They are given time to pursue personal interests
- They are given regular feedback
- It is fun!

What do you think? If you’d like to add to any of these please reply by email or send your thoughts to the front office. Thank you.

While on the topic, there is evidence to show that having positive and inspirational messages around the school can impact on how students view learning challenges and so we are planning to have some placed around the school for the benefit of students, teachers and parents. Students and staff have supplied some of their favourite quotes and we’d like to hear from you. Again, email or send in any of your favourite quotes to be considered for our walls and pillars. Examples of a few considered so far are:

- “Whether you think you can or think you can’t, you are right” Henry Ford
- “It’s kind of fun to do the impossible” Walt Disney
- “Will you succeed? Yes you will indeed! (99 and ¾ guaranteed)” Dr Seuss
- “I have no special talents, I am only passionately curious” Albert Einstein

SAPSASA REPORT

Football

Last Monday a team of year 6/7 boys played in the South West District Football Carnival. The boys had a very successful day winning most of their matches. They got off to a good start with a big win against Warradale. The game against Seacliff was a tough match where everyone played well and worked as a team. Thank you to Tim and Matt who coached the boys and all the parents who transported and organised Guernseys.

The carnival is used to select players for the District team that plays in the State Carnival next term. Congratulations to the boys selected in the squad: Harry K, Jackson, Nathan, Lachie H, Jack and Jake F. They will now attend further trials before the final team is announced.

Netball

Also last Monday a team of year 6/7 girls played in the South West District Carnival. They went through the day undefeated and played really well as a team. It was an enjoyable day for them all – except for the rain – and many of them showed a high level of netball skills. Thank you to Julie and Steve who coached and to the parents who transported the girls.

Girls from each school were also selected in the squad for the District team to play later in the year. Congratulations to the girls who were selected: Rachael, Tamika, Jessica, Lucy B and Indiah.

AusKick

Well done to the AusKick players who played at Adelaide Oval last Saturday night. They played during half time of the Crows game. It was very exciting for them. The players involved were: Thomas, Archie, James, Charlie B, Mitchell, Kai, Oliver T, Lachy, Lachlan D, Anthony, Oliver, Ryder and Jack.

Soccer

Final selections for the South West District Soccer Team have been announced. Congratulations to Tamika, Lilly, Poppy, Kalani and Izzie who have made the girls team and to Chris who has made the boys team. They will all compete in week 8 in the SAPSASA State Soccer Carnival. Well done on being selected and good luck at the Carnival.

State Squads

Congratulations to Chris I who has been selected in the next squad for the State Soccer team, and Congratulations also to Lucy B who has been selected in the next squad for the State Girls Cricket Team. Both Lucy and Chris keep training until final selections are made later in the year. Well done on making it this far and good luck with the final selections!

OSHC Vacation Care

The OSHC July Vacation Care program is now available from the front office or at the OSHC room. Please collect one and ensure that all bookings are made before the end of term. We have a number of fun activities these holidays including Gymnastics, Circus Elements and Taekwondo just to name a few..
A letter from St Philips Church
I write on behalf of the St Philip's church community and the visitors from the Brighton Aged Home and Allity Homes, to thank you all very much for last Monday's concert held in the St Philip's church hall.

The people that attended the luncheon were really delighted with the beautiful singing. It is lovely that so many children were able to sing for us and for the elderly people who attended the concert. You may not know this but many of the people that attended from the homes in the area no longer have contact with children of their own or have the opportunity to hear lovely concerts by children.

Once again thank you so much for last Monday and especially to you Ms Hammond for the hard work that you put into teaching and nurturing our children in this way. The fruits of your work was found in the delighted faces of the audience.

Every blessing
Rev'd Barb & the people of St Philip's Church

Peter Combe Concert
Often after a school concert, kids will come up to me wanting to buy a CD.$15 for a single one or $30 for a Triple pack is too expensive for them so I've decided to bring some CDs which I'll sell for $10.
If you're happy for your child to purchase a CD please send cash with your child to give to their class teacher on Friday 10 June.
The $10 CDs I'll bring will be;
Newspaper Mama
Chopsticks
Kiddywinks
Best Friends

Quiz Night is fast approaching on Sat June 25 and we only have a few tables left. We do have some tables that have a couple of people on it so if you are thinking of coming; you are more than welcome to join them. We have kept the price very cheap at $10 for a great night’s entertainment and the chance to win and bid on some great prizes. Contact the front office to **book and pay** for your table of 10 and don’t leave it too late!