Last Day of term 1 Thursday 24th March at 1.30
ASSEMBLY 1PM

Dear Parents, Students, Teachers and Friends,

District Swimming
District Swimming was held at the Pines Swimming Pool. Congratulations to all of our swimmers who competed in The District Swimming on Monday. Our students gave their all as they competed against the other schools in our District.

Our Team
Shannon Noonan, Mia McKee, Lenny Fernandez, Isabella Lowe-King, Oscar McGennisken, Olivia Carlson, Noah Peterson, Swade Cole, Bryce Bucyk, Noah Dumbrell-Gibbons, Tristan Burley, Orlando Alessio, Will Chaberka and Alex Goudy

Building young leaders
On Friday, March 13th the school captains of Seaford North Primary School attended the National Young Leaders Day. The National Young Leaders Days have become one of the largest and most significant student leadership events in Australia. Students attend from government, Catholic and private schools.

The National Young Leaders Day is an annual event founded in 1997 to develop strong leadership values amongst young Australians. The Program consists of keynote talks, multimedia presentations and interactive learning that seek a range of specific outcomes for young people who aspire to lead themselves & others well.

National Young Leaders Days seek to achieve the following objectives:
- Inspire students to make a positive contribution to their school.
- Motivate students to become leaders in their area of influence.
- Empower students to balance study, school commitments and social life and better manage stress.
- Promote inspirational role models to share their views on leadership with young people.
- Encourage knowledge growth and skills development in areas of student excellence and leadership.
- Develop student connections across schools and build long term student support networks.

At The National Young Leaders Day, students are challenged to learn from the stories of great leaders who have made a positive difference to the world in which they live.

Student accident insurance/Ambulance cover arrangements and private property brought to school
Schools are reminded that the Department does not provide personal accident insurance or ambulance cover for students. Parents and guardians of students, who do not have student accident
insurance/ambulance cover, are responsible for paying the cost of medical treatment for injured students, including the cost of ambulance attendance / transport and any other transport costs. Student accident insurance/ambulance cover policies are available from some commercial insurers by parents/guardians for individual students. Private property brought to school by students, staff or visitors is not insured and the Department does not accept any responsibility for any loss or damage.

Seaford North Primary School would like to thank all our wonderful parents and teachers who helped out on our House Athletics Day, without your support and help we could not hold these events. Thank you, we really appreciate all the help we received.

Building Resilient Kids (by Michael Grose)
Last year I placed an article in our newsletter by Michael Grose on developing resilient kids which I think will be of interest to republish.

Michael is the author of 8 parenting books, including his new release Thriving! and the best-selling Why First Borns Rule the World and Last Borns Want to Change it.

Resilience is a 21st Century parenting concept that every parent needs to understand. Some kids are resilient by nature – their temperament helps them to be mentally and psychologically tough. You know those kids. They get straight back up after a setback or disappointment. Rejection in the playground doesn’t faze them. Unfortunately, not every child has such natural resilience.

The good news is that most of the research shows that resilience can be nurtured and developed, particularly when parents themselves are resilient and they actively foster it in their kids. Resilient kids share four basic skill sets - independence, problem-solving, optimism and social connection.

Building Resilience
From a resilience perspective, parents need to coach kids through some of their more challenging moments and reviewing what they may have learned for next time. Avoid solving all their problems for them. You can promote a lasting sense of resilience in your kids by:

1. Having a positive attitude yourself. Your attitude as a parent impacts on their ability to bounce back from some of the difficulties they face. Make sure you model a ‘you can do it’ attitude for your child when he meets some of life’s curve balls.

2. Look for teachable moments. Many kids’ learning opportunities are disguised as problems. Make the most of these opportunities so that kids can grow and learn from some of the challenges they face.

3. Make kids active participants in the family. Active participation in a family develops the self-help, problem-solving and independence skills of kids that are necessary for resilience.

4. Build kids coping skills. There are plenty of strategies you can pass on to kids to help them cope when life doesn’t go their way, including acceptance, getting away for a while, and normalisation.

Promoting resilience in kids is not a single event but a continuous process that requires adults to be supportive and empathetic when things don’t go their way. It also requires you as a parent to have an understanding of resilience, so you have faith in yourself, and your child’s ability to cope.

Kind Regards,

Lee Murnane
Principal
**COMING EVENTS**

**MARCH**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Monday 14th to Friday 18th</td>
<td>5/6 Camp</td>
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<tr>
<td>Tuesday 22nd</td>
<td>Parent IB Information Session</td>
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<tr>
<td>Thursday 24th</td>
<td>Last Day of Term 1 – 1.30 finish</td>
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<td>Thursday 24th</td>
<td>Grade 3/4 Photos 9am</td>
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**PENSION AND HEALTH CARE CARD HOLDERS PLEASE NOTE**

CSEF – Camps, Sports and Excursions Fund

If you hold a valid means-tested concession card you may be eligible for CSEF. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child. You are eligible if you are the holder of a Health Care Card or a Pension Card that was current as of the first day of term 1 or term 2. If you are eligible please call in to the school office with your card and fill out an Application Form by 24th June, 2016. The annual CSEF amount per student is $125 for primary school students.

**5/6 CAMP TO ANGLESEA**

Parents please note if you are on the School App. you will receive notifications as to how camp is going and you will be updated as to the time of return.

**Parking in Halifax Street & Airlie Grove**

The Council are booking people who are illegally parked in the above streets. Please do the right thing to avoid being fined.

**Safety in the Staff Car Park / School Grounds**

Please be advised that the Staff Car Park is for staff and visitor usage ONLY. It has come to our attention that there have been a number of reported incidents regarding the safety of students, parents and staff members within the car park area.

**ADVERTISING - Please Note:**

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CHAMPIONS ARE MADE, NOT BORN.

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Nude Food Day has begun and will run every Monday at Seaford North Primary School. Each week, the grade with the most amount of children with NO wrappers will be announced at assembly and get to keep our special Nude Food trophy in their classroom for the week. At the end of term, a raffle will take place for the children who have Nude Food for at least 4 weeks to win a special Nude Food Lunchbox. Go Nude Food!!