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PRINCIPAL'S REPORT

SCHOOL COUNCIL

The School Council is a very important part of every government school. We meet twice per term to discuss matters relating to the school. Each year we ask for nominations to our school council from parents or carers. In the past few years, meetings have started at 3.40 and usually finished by 5.00. If parents would like to be on but can't make that time, we can look at moving it. If you know someone who would be interested in joining the SC, we would like to hear from you. Please ask myself for a nomination form.

VALUABLE ITEMS AT SCHOOL

Parents are reminded not to send children to school with valuable items as we have no insurance in case items are lost or broken. Phones and iPads should be given to the office to lock up during the day.

CHILDREN AND CONFIDENCE-MICHAEL GROSE ARTICLE

Children with healthy self-esteem and self-confidence learn more, achieve more and are generally happier than those with low confidence levels. Building children's and young people's confidence is complex. Parenting expert, Michael Grose has some ideas for parents. Here are some practical strategies that you can use to build real self-confidence in kids of all ages:

1. Model confident thinking

Parents play a part in modelling confident thinking and behaviour particularly when it comes to tackling new activities. In particular, let kids hear positive self-talk when you tackle something new. They should hear something like, "I'll have a go at this. If I don't do so well then I can try again tomorrow." This is far more effective than "I'm no good at this."

2. Focus on effort & improvement

Current thinking shows that people who believe that they can increase their intelligence through effort and challenge actually get smarter and do better in school, work, and life over time. One way to develop a growth mindset is to focus your language on effort on improvement rather than on the results of what they do.

3. Praise strategy

While effort is key for achievement, but it's not the only thing. Kids need to try new strategies and seek input from others when they're stuck. It helps too to focus language on better and smarter ways on improving. Comments such as "That was a smart idea to tackle the hardest task while you were fresh!" (strategy) and "You recognised the first few steps were the most important but then after that you were right" are descriptive statements that have significant instructional value for kids.

4. Develop self-help skills from an early age

A child's self-esteem comes as a result of his or her successes and accomplishments. The most important competencies to build confidence are basic self-help skills. These form the building blocks upon which other competencies such organisational skills and many social skills are formed.

5. Let them spend more time in environments where they feel confident

Some children thrive on the sporting field but struggle in the classroom; they may be confident risk-takers outdoors but are held back by self-doubt in social settings. While self-confidence tends to be situational, it is also transferrable. That is, often when you feel brave in one area of their life then these feelings tend to merge into other areas. Confidence has a snowball effect so increase the time your child spends in areas where they shine to give their self-esteem and feelings of self-worth a boost.

MR. RICHARD LLOYD
Principal

DATES TO REMEMBER

Thursday 23rd February
Westall Verse Silverton

Friday 10th March
Shave 4 A Cure Day
Blue Day

Friday 17th March
School Photo Day

BUILDING NEWS

Early in February, I met with the department planning people to find that we have been 'upgraded' to Major Project status, which is terrific news.

We are going ahead with schematic design process now, meaning that we are a step closer to getting funding for a new school. We will not know until the May state budget, but it all very exciting from here!

Interschool Summer Sports Result Round 1

Westall Verse St. Josephs

Basketball Boys	L	2-12
Basketball Girls	D	4-4
Volleyball Boys	W	40-22
Volleyball Girls	W	40-23
Hot Shots Girls	W	10-2
Softball Girls	W	13-9

Kevin Nolan
Physical Education

SCHOOL BANKING

Getting involved in School Banking is easy! We do most of the work for you!

All you need to get involved in the School Banking program is a Commonwealth Bank Youthsaver account. You can open an account for your child in one of two ways:

1. Online

Visit commbank.com.au/schoolbanking and click on the link to open a Youthsaver account.

2. In branch

Visit a Commonwealth Bank branch with identification for yourself and your child, like a driver's licence and birth certificate.

If your child has an existing Commonwealth Bank Youthsaver account they can start banking straight away. They just need to bring their deposit in every week on School Banking day using their Dollarmites deposit wallet.

School Banking day is each Tuesday. Each week you need to bring your book with deposit money to school.

If you would like to know more about School Banking, please ask for a 2017 School Banking program information pack from the school office or visit commbank.com.au/schoolbanking

Free Dental Check-up Keeping Kids Smiling Program

Keeping Kids Smiling will be attending Westall Primary School from the
6th-7th March 2017.

The Keeping Kids Smiling is a program aimed to identify children in need of dental care and will help teach children how to look after their teeth at home. Children will receive a **FREE** dental check-up in the dental van by a Dental Therapist from Link Health and Community. The session will also include a toothbrushing lesson. Consent forms have been sent home with your child and are due back **10th February 2017.**

Parents/Guardians are welcome to attend on the day and all children will be sent home with a show bag. Parents will receive a letter informing them of the results of the dental check-up.



Develop the confidence of a winning smile

Crooked teeth? Bad bite? Get professional advice from a specialist orthodontist today.
Free initial visit. No referral needed.



 **straight orthodontics**
health | harmony | confidence

**MENTONE
FRANKSTON 9585 8000**



Can't get through to your pre-teen or teen? Is the frustration affecting your relationship?

The Communicating with your Adolescent workshop will support parents by targeting personal effectiveness in communication skills to enhance your relationship with your child. You will explore the origins of your communication style, better understand the communication styles used by others and develop personal communication skills.

You will gain a better understanding of your approach to the relationship, and specifically to communication with your adolescent. The workshop will enable you to develop valuable strategies and tools to become more effective in your communication, fostering a stronger relationship with your pre-teen or teen.

Topics include:

- Self-awareness: understanding who you are and how you came to be at this point
- Active listening skills
- Conflict resolution and problem solving
- Being assertive
- Practical tools and strategies

Investing a few hours now, will create a valuable roadmap for navigating those challenging teen years.

Best suited to:

Parents and carers adolescents aged 10 to 17 years.

When:

The workshop runs across three Wednesday evenings.

Wednesday 15th March 7pm to 9pm

Wednesday 22nd March 7pm to 9pm

Wednesday 29th March 7pm to 9pm

Light refreshments provided.

Where:

Family Life meeting room, 197 Bluff Rd, Sandringham

Cost:

\$165 per person (\$150 concession)

Bookings and more information:

To book or for more info, visit us at heartworks.com.au
email heartworks@familylife.com.au or call (03) 8599 5488

