



Guise PS Newsletter

Guise Public School, Eucalyptus Drive,
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TERM 1 WEEK 5 2013

"Education is not the filling of a pail, but the lighting of a fire." — W.B. Yeats

PRINCIPAL'S REPORT

Swimming Carnival

What a fantastic day was had by all that attended our 2013 K-6 Swimming Carnival yesterday!!!

Both swimmers and non-swimmers had great fun in and out of the pool with lots of games and fun activities.

Congratulations to April Tesoriero - 3/4T for her outstanding results. April will be representing Guise at the Zone Swimming Carnival today. Best of luck April!!

The organisers, teachers and myself were extremely impressed with the fantastic behaviour of the whole school across the day. Every child should be proud of their achievements.

A huge thanks to the parents who were able to attend on the day. Your kids love it when you join in their school activities and so do we!!



2013 Swimming Carnival

Swimming Scheme

I hope that children are inspired by the Swimming Carnival to want to learn to swim so they can have a go in the carnival next year.

Notes went home Monday for those children who are interested in attending the Swimming Scheme. The scheme is only \$15 which is a great price. Please send notes in before this Friday for your child to attend. If you would like your child to learn to swim but are having trouble paying please come to the office and fill in a student assistance form so we can help.

Have a great week!!

Debby Meredith



TERM DATES

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

March

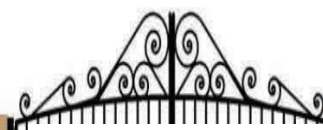
- ★ 4-8th Swimming Scheme
- ★ 15th Gala Day
- ★ 19th P&C Meeting 2pm
- ★ 29th Good Friday



April

- ★ 1st Easter Monday
- ★ 5th Gala Day
- ★ 12th Last day of term

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★



The back gate will now be opened from
8.30 - 9am and 2.20 - 2.45pm
for your convenience. Children may sensibly use this gate to enter and leave the school.

Security

If you suspect someone is unlawfully on the school grounds.

Please Call School Security unit:
1300 880 021

CANTEEN PRICELIST

Hot Food

Chicken Chippees	-	6 for \$3.00
Hot Dogs	-	\$3.00
Hot Dogs with Cheese	-	\$3.50
Junior Pies	-	\$2.50
Junior Sausage Rolls	-	\$2.50

Drinks

Poppers	-	\$1.50
Big M choc/straw	-	\$2.50
Water	-	\$1.20

Sandwiches made to order

Snacks

Chips	-	\$1.20 - \$1.50
Jelly Cups	-	\$1.00

Ice Blocks

Zooper Doopers	-	\$0.80
Fruit Cups	-	\$1.00
Water Ice Blocks	-	\$1.00



The canteen will be open Wednesday, Thursday and Friday this week.

2nd Hand Uniforms PLEASE!!!!



KIDS

HELP LINE

FREE CALL

1800 55 1800

www.kidshelp.com.au

Email: counsellor@kidshelp.com.au

Guise Public School : Change of Parent / Carer contact details

Child's Name: _____ Class: _____

New Address: _____

New / altered Phone Numbers:

Home: _____

Mum's work: _____ Mobile: _____

Dad's work: _____ Mobile: _____

Emergency contacts:

Name: _____ Relationship: _____

Address: _____

Telephone: _____ Mobile: _____

Name: _____ Relationship: _____

Address: _____

Telephone: _____ Mobile: _____

Delete Previous Emergency Contacts? Yes / No

Look out for ANTs!

My most popular workshop at the moment is Learning to Bounce where we explore resilience.

Resilience is generally accepted to mean the ability to bounce back after adversity.

However, inspired by the words of Dr Sue Roffey a couple of years back, I've been fascinated by the notion that resilience is also the ability to bounce forward.

Specifically, Dr Roffey talks of Post Traumatic Growth as opposed to the more commonly thought of, Post Traumatic Stress.

When I'm working with staff and students, we explore how being resilient also gives us the confidence to push ourselves out of our comfort zone. To take opportunities we might otherwise pass up if we feared failure. This is another example of how resilient people bounce forward.

One of the things we can all do to enhance our resilience (like any ability, we can develop it) is to look out for ANTs, or Automatic Negative Thoughts.

Everyone experiences these thoughts from time-to-time, and how we deal with them can have a huge impact on our lives.

See which of these four ANTs you can recognise in yourself.

- **Catastrophising** – It's a disaster! It's completely ruined.
- **Overgeneralising** – Everyone else is going, No-one likes me, You always do that, He never behaves.
- **Filtering** – When someone asks you how your day was, you forget the three positive things that happened and focus on the one negative.
- **Mind-reading** – They said they liked it, but they were just being polite.



There are many more, and sometimes it's easier to spot ANTs in others before you see them in yourself.

If you do see an ANT... get rid of it!

Challenge your thinking.

Have you got all the facts? Can you look at it from the other person's point of view? Is concentrating on the issue doing you any good at all? Can you accept or solve the situation?

It's not easy. It takes practice. But just for the next week, do some ANT spotting. Because sometimes just identifying them can change the way you look at a situation.

And if you can do that, you've taken the first step to strengthening your resilience and being able to bounce forward.

Author: Dan Haesler, he is a teacher, consultant, and speaker at the Mental Health & Wellbeing of Young People seminars He writes for the Sydney Morning Herald and blogs at <http://danhaesler.com/> and tweets at @danhaesler