



Optimism – Understanding – Responsibility – Honesty - Respect

### From The Principal

Hello everyone, welcome back! It was great to see so many smiling faces on Monday when your wonderful children returned after two weeks of missing us greatly!

#### **NAPLaN**

Next week NAPLaN assessments takes place for Years 3, 5 & 7 students. Assessments begins on Tuesday 9 May, and continues through until the end of the week. Students with a learning disability may be excluded from the assessments, and parents who do not wish their children to participate may choose to withdraw their children from the assessments. Any child in Year 3, 5 or 7 who is not going to participate must have signed an application to withdraw or exempt their child then be approved by me. That said, I would like to encourage all children to participate and give the assessments their best effort (like we expect of everything else they do at Forbes – “Never Less Than Your Best”).

#### **STEM Works**

During the holidays I met with the builders who have been appointed to complete our STEM Works building. The builders are going through the final stages of their scope of work for the fixed price contract for approval from the Department. Once this is done we expect some of the initial building work to start before the end of term.

#### **Premier Visit**

On Monday morning the Premier of SA will be visiting us very briefly, from 8.30 am until 8.50 am. Mr Weatherill will meet and greet parents and students as they come to school and would love to have you say hello and have a quick chat.

It isn't every day that a school in South Australia would get this opportunity so we are obviously very fortunate and should make the most of it. If you do see Mr. Weatherill please say hello and make him feel welcome, and of course, feel free to have a chat.

**“Never  
Less Than  
Your Best”**

### IMPORTANT DIARY

#### DATES

- 29th Year 4-7 SAPSASA Lacrosse Carnival

**SCHOOL PHOTO'S MONDAY  
22ND OF MAY**

- Friday 9 June—Student Free Day

#### Reminder

**ALL YEAR SEVEN STUDENTS  
NEED TO RETURN THEIR  
REGISTRATION INTEREST  
FORMS FOR HIGHSCHOOL TO  
SCHOOL BY FRIDAY THE 19TH  
OF MAY**

**SPORTS DAY 27th of OCTOBER**





## GENERAL INFORMATION

# Photo Day—Monday 22nd May

### Payments:

- Parents can pay for all of their children's orders in one envelope. However each child requires their own envelope on photo day to ensure their order is placed and processed (even if the payment is in a sibling's envelope).
- Payments can be made online or by cash, cheque, or money orders only. The CORRECT amount needs to be put into the envelopes, as the photographers do not carry change.
- Orders can be placed and paid for, after photo day. Parents will need to note on the envelope that they will "pay later". Orders will not be processed until payment is received.

### Envelopes:

- Spare order and **family photo** envelopes are available from the front office.

Free parenting seminar

# Understanding the 'boy code'



Are you the parent of a teen or pre-teen?  
Come and join us or watch our live webcast.

Find out about:

- the 'boy code'
- what it means for boys and girls
- the influence of social media and celebrity culture
- helping young people see beyond the stereotypes and be themselves.

Presented by Dr Justin Coulson, nationally recognised parenting speaker, author and columnist.

**Register to attend in person or view the live webcast at:**

Online: <http://parentingsa.eventbrite.com.au>  
Phone: 8303 1660  
Email: [health.parentingsa@sa.gov.au](mailto:health.parentingsa@sa.gov.au)

*This seminar is designed for an adult audience.*

**Tuesday 30 May**

**When:** 7.00 - 9.00pm

**Where:** Riverbank Room  
Adelaide Convention Centre  
North Terrace, Adelaide

Hosted by Parenting SA.  
For more information about raising children and teenagers visit  
[www.parenting.sa.gov.au](http://www.parenting.sa.gov.au) or  
[www.cyh.com](http://www.cyh.com)

Helping parents be their best





# NEW!

# Hub Recreation Centre

## TERM 2, 2017

**FREE  
COME & TRY  
SESSIONS!**

**WHERE:** The Hub Recreation Centre -  
Park Ave (opposite Mitre 10), Aberfoyle Park.

**WHEN:** 2 FREE come and try days, 2nd May & 9th May from 4:00-5:00 pm. 8 week competition will follow beginning 16th May.

**WHO:** Any one in years 4-7, experienced players and newbies!

**HOW:** Get a team of 4-6 together and nominate online OR enter as an individual and we will help you find a team!

[www.volleyballsaustralia.com.au/spikezone](http://www.volleyballsaustralia.com.au/spikezone) OR phone 8363 1265



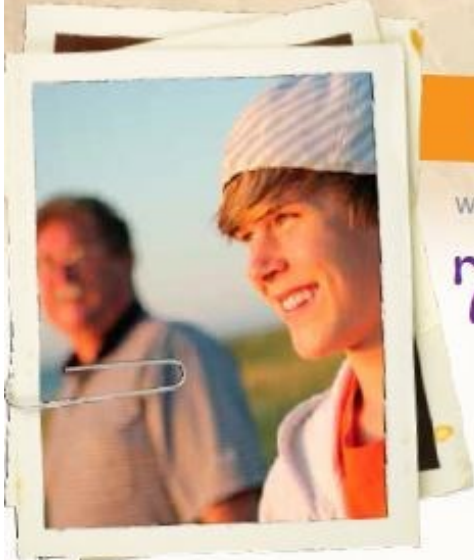
# Parenting *ideas*

## INSIGHTS

### *Building parent-school partnerships*

WORDS Michael Grose

## 7 ways to help you be on top of your parenting game



Effective parents equip their children with the skills, know-how and values they need to stay safe and be successful. These seven ideas will help make sure your parenting reflects the times in which we live.

Everyone wants to be the best parent they can be, yet it can be confusing knowing just what to focus on. Here are seven ideas that reflect current trends and needs and will help you be on top of your parenting game:

#### 1 Give the gift of restraint

At a time when kids receive so much it's easy to forget that restraint is a virtue. Just because you can afford to give children and young people what they want, doesn't mean you should. Differentiate between a want and a need, and encourage restraint, goal setting and saving.

#### 2 Build your developmental knowledge

Lucky you have two eyes, as you need to keep one parenting eye on meeting kids' current needs and the other on preparing them for the next stage of development. If starting or leaving secondary school is a year away then start thinking now about how you can make sure your child or young person is ready for the next phase of their life.

#### 3 Reinforce self-regulation

*"You waited your turn! Great stuff!"*

*"Thanks for packing away the toys without being told." "Good on you for staying in bed when you*

*woke up rather than coming to our bedroom and waking us up."*

A child's ability to self-regulate behaviour (like the ability to self-soothe and self-occupy) is highly underrated, and doesn't come naturally to all kids. That's where consistent parenting using visual management and behavioural consequences comes in.

#### 4 Practise digital parenting

The most tech-savvy generation ever raised needs digitally-aware parents. The internet is fun and it's here to stay, but it can pose risks for some kids. Digital parenting means providing guidelines for safety without limiting children's opportunity to learn and communicate in the online world. It also requires you to understand the digital world that your kids inhabit.

#### 5 Develop character strengths in kids

Recent studies (most notably the work of US-based Angela Duckworth) have found that character, not cognitive ability, is the single most reliable determinant of how a person's life will turn out. The traits associated with success include the inclination to persist at boring

or difficult tasks (**grit**), the ability to delay gratification (**self-control**) and the ability to follow through with a plan (**conscientiousness**).

#### 6 Practise reciprocity

The best families, like the most meaningful communities, are built around the principle of reciprocity. *"We help each other out and we treat each other fairly"* builds belonging and forges greater kinship between siblings. Start by getting kids of all ages to help out at home without being paid.

#### 7 Encourage social risktaking

One in three children are risk-adverse when it comes to meeting new people and entering new social situations. Social media removes risk for these kids, yet it's not the answer. Use a variety of strategies ranging from **scaffolding** (baby steps), **practising** meeting and speaking to new friends and **modelling** social risk taking yourself to encourage kids to continually refresh their social networks.

Pick one or two of these ideas, or your own parenting idea, to focus on over a month. Once you've mastered one idea then move on to another, so that you are constantly improving and being up-to-date as a parent.

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Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW ParentingIdeas Club** today at [parentingideasclub.com.au](http://parentingideasclub.com.au). You'll be so glad you did.



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