Harmony Day
On Wednesday March 23, all students will participate in Harmony Day. As part of unpacking our enduring understanding, ‘I am unique and I belong to different communities’ and in the lead up to Harmony Day, we will explore our families and cultural backgrounds. We have been discussing special celebrations that we partake in with our families. Do you have a special celebration you’d like to come and talk about with your child’s class? E.g. Hanukkah, Chinese New Year, Greek Easter. Speak to your child’s teacher if you would like to share your experiences with us.

We encourage the children to bring a photo or an item that we could display. Examples: Photos of family, pets, celebrations, cultural artefacts and costumes.

Experiencing ‘Disappointment’
Last week we used the example of unfair trading that could lead to disappointment. Disappointment is something that we all feel from time to time and it is learning to manage it and bounce back from it that is important. A little disappointment can actually benefit your child - as long as you teach him/her how to bounce back from it and cope with failure. This is what we call resilience. The ‘Kids Matter’ website has an article on how to build your child’s resilience. Right click to open the link:

https://www.kidsmatter.edu.au/families/enewsletter/how-build-your-child%E2%80%99s-resilience

Footy and disappointment: In a 2015 article in a South Australian newspaper, child psychologist Dr Michael-Carr Gregg addresses the disappointment many fans felt at Patrick Dangerfield leaving the Adelaide Crows. Carr-Gregg says Dangerfield’s defection is a valuable lesson for children in dealing with loss.

“The number one lesson any parent should teach their kids is if in life you can’t change something, you can always change the way you think about it”.

“This isn’t going to be the first disappointment they’re going to have and it’s a relatively minor one.”

The footy example above, also helps teach children that even if they had wanted the football star to stay, you can’t always get what you want. Dr Carr-Gregg suggested parents say something like: “This is the best thing for Patrick. We can sit back and think about all the great memories and wonderful contribution he made to the club. We wish him the best as a person. He needs to do this for his own mental health and there’s no point in him staying if he’s unhappy.”

Developing a positive mindset that allows us to bounce back from adversity or disappointment is something that we as teachers and parents should develop in our children.
When your child is feeling disappointed for whatever reason, you should talk about any feelings of sadness, because this helps validate and legitimise your child’s feelings. You can share a time when you felt disappointed and how you coped with that situation to allow yourself to ‘move on.’

**Footy Colours Day – Friday 18 March**

Tomorrow, the students are encouraged to come dressed in their football team’s colours/jersey. It is a fun way to celebrate the beginning of the 2016 AFL season and offers a wonderful opportunity to promote team and school spirit. There will be a special assembly and parade from **9:00-9:45am** on the quadrangle. Special footy activities will be held throughout the morning. You are most welcome to join us.

**Parent Helper Session - Tuesday 22 March**

Next week, there will be a Parent Helper session (**2:45 – 3:20pm**) run by Mrs. Cukier. *If you would like to assist in the classroom or attend excursions, then you will need to attend this session.* All parents will also require a **WWW**C to assist with school activities.

**Welcome**

We welcome Liz Heinz from Melbourne University who is doing her Master of Teaching. Liz is working in Prep S.

**Food Allergies**

As we have anaphylactic students in Prep, we ask that you **do not** send food with your child that contains nuts, e.g. peanut butter sandwiches.

**Head Lice**

Thanks to those parents who have reported cases of head lice. Since elimination of these pesky creatures is a result of several weeks of treatment, we do encourage all parents to check their child and treat accordingly. Please be aware that the treatment does not work if it is only done once. In order for it to be effective, treatment needs to be continued over several weeks.

**Late arrivals**

Our expectation is that students are ready to begin their school day at 9:00am. When your child arrives late, he/she is missing out on valuable discussion and instruction time. Please ensure that your child is punctual. If you do arrive late, your child will need to be signed in at the office before they attend class. Should your child arrive late to assembly please take your child to the MPC (Multi-Purpose Centre) side door near the tennis courts so that they can then sit with their class.

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Prep Team
Connie, Angela, Steph, Nikita and Amanda