Dear Parents and Caregivers

I have been a Principal for Education Queensland for a number of years most recently at Greenslopes and Brisbane Central State Schools. I live with my husband Mick and my two primary school-aged children Alice and Riley. I have a deep interest in curriculum, teaching and learning. I am a community-minded leader with a strong focus on the academic, social and emotional well-being of the individual children in my care. My focus for this term will be connecting with people; learning about the context of the school; working with staff to sharpen agreed practices in reading, numeracy and assessment.

I appreciate greatly the warm welcome I’ve received from the Grovely community this week despite the chilly weather since my arrival. I have had the opportunity to visit all classrooms and mingle with students before and after school and during play-breaks. The privilege of engaging with some teachers around their Cooperative Professional Learning and the Special Education Program Teachers has demonstrated already to me the commitment these teachers have to the learning and well-being of their students. I look forward to some lengthier class visits commencing with the Robotics Program in the senior classrooms.

I had leave approved prior to commencing at Grovely. This leave will take place from Friday July 17 to Monday July 27 inclusive. Mrs Duncan will replace me as Acting Principal during this period.

NATIONAL TREE DAY JULY 24
A wander in the garden and a conversation with the school’s wonderful gardening volunteers today has led to the organisation of an activity to commemorate National Tree Day. Between 12.30-3.00pm, classes will have the opportunity to visit the garden for some tree planting, mulching and garden care. From 3.00-3.30pm there will be an opportunity for parent volunteers to assist in the garden to mark the day. To help this day be successful, it would be great to have as many volunteers as possible. Please contact Tali on 0432 924 279 if you can spare even a small amount of time on the day.

RESILIENCE
Prior to becoming a parent, for sixteen years I had the privilege as a teacher or Principal of interacting with many families from a number of locations and backgrounds around the state. During that time, I took my time to watch, observe and ask questions of parents with whom I came into contact. One of the most significant conclusions I drew from my observations was the importance of building a resilient family and its’ positive relationship to children’s social and academic outcomes. I found a great article on the weekend from the website Kidspot that has some good advice for parents. It spoke of “10 phrases you hear in resilient families. Are you using them?” I think this is worth sharing.

1. “Come on, laugh it off”
   Strategy: Humour
   Good for: Kids who experience disappointment, failure and even loss. Humour is a great coping strategy as it heightens feelings of control. It releases stress.

2. “Don’t let this spoil everything”
   Strategy: Containing thinking
   Good for: Kids who feel overwhelmed; kids who experience rejection; perfectionists. The ability to compartmentalise bad events and keep them from affecting all areas of life is a powerful coping skill. When something unpleasant happens during play-time, kids need to park their thinking about that event so they can get on with the rest of the day. It is a great life skill.

3. “Let’s take a break”
   Strategy: Distraction
   Good for: Kids experiencing stressful situations; kids who think too much; kids with busy lives. When kids are troubled by events or spend too much time brooding, it helps to do something to get their minds off things for a time. Playing games, going out, watching some TV are all good distractors for worried, anxious or stressed kids. Self-distraction is healthy. It prevents kids form replaying awful experiences in their heads, blowing them out of all proportion.
4. "Who have you spoken to about this?"
Strategy: Seeking help
Good for: Kids who experience bullying and social problems; handling all types of personal worries.
Resilient people seek solace in the company of others when they experience difficulty. The promotion of help seeking behaviours is one of the best coping strategies of them all.

5. "I know it looks bad now but you will get through this"
Strategy: Offering hope
Good for: Kids experiencing loss, bullying, change or extreme disappointment.
There are times when parents can do nothing else but keep their children's chins up and encourage them when life doesn't go their way.

6. "What can you learn from this so it doesn't happen next time?"
Strategy: Positive reframing
Good for: Kids who make mistakes, let others down or experience personal disappointment.
Resilient people seek solace in the company of others when they experience difficulty. The promotion of help seeking behaviours is one of the best coping strategies of them all.

7. "Don't worry-relax and see what happens"
Strategy: Acceptance
Good for: Kids who worry about exams or performing poorly in any endeavour; pessimists.
If you've ever been driving to an important event only to be stuck in traffic, then you would know there are some situations you just can't control. The only way to cope is to accept what's happening because worrying and fretting won't get you anywhere. Similarly, parents with a resilience mindset can help kids understand what's worth worrying about and what's not, and that some things won't change no matter how much kids fret or beat themselves up.

8. "This isn't the end of the world"
Strategy: Maintaining perspective
Good for: Kids who catastrophise or blow things out of proportion.
Jumping to the worst possible conclusion, is a habit that only exaggerates anxiety. When kids constantly think the worst case scenario, challenge their views.

9. "You could be right. But have you thought about..."
Strategy: Flexible thinking
Good for: Kids who catastrophise, experience extreme feelings; who exaggerate.
Develop the habit of winding back their language by replacing "I'm furious" with "I'm annoyed" "It's an absolute disaster" with "It's a pain"
"I can't stand it" with "I don't like it"
Realistic language leads to realistic thinking, which helps kids handle many ordinary situations that they have blown out of proportion.

10. "What can we do about this?"
Strategy: Taking action
Good for: Kids who moan; who experience disappointment; who feel inadequate.
Kids can sometimes feel overwhelmed by events such as constant failure or always narrowly missing being picked for a team. Action is often the best remedy. Help them take the first step forward. Set some goals. Make some plans. Identify the first step and hold their hand while they take it. Taking action is a quality shared by resilient communities, organisations and individuals.

Have a good week

Kathy Canovan
Acting Principal

FROM THE DEPUTY'S DESK

NAIDOC WEEK
On Tuesday we enjoyed a wonderful performance by Troy Allen to help us celebrate NAIDOC week. The performance involved students in a variety of ways. They had great fun dancing and learning some indigenous words. And everyone had a wonderful surprise when the show finished with a bang! We especially enjoyed all of our male teachers dancing like emus and looking after their young!!!

SCHOOL OPINION SURVEY
The school Opinion Survey is undertaken each year by the department's state schools division to obtain the opinions of parents/caregivers, students and school staff about important aspects of schooling. The survey is designed to help schools identify what they do well and what they can improve. A letter will be provided with more information as these are done online by any internet accessible device.

STUDENT RESOURCE SCHEME
Our next school incursion will start next Thursday with the Life Education Van arriving. Each class participates in a Health and Wellbeing program linked to the class needs and school focus. This is an amazing opportunity for our students. All students who have paid their Student Resource Scheme have paid for this incursion. A letter was sent out in May for the term 3 activities for those who hadn't signed up to the scheme yet. If you have not yet signed up for the School Resource Scheme or paid the $13 contact the office so that you can make sure your child does not miss out. There is also a parent information session offered next Thursday before parade at 1.45pm in the Library.

DIANNE DAVIS
We will welcome Dianne back to our school later this term. She will work with our Montessori teachers and community to share her knowledge and passion of Montessori. A parent information session will be held on 03.09.15 from 3.00-3.45pm in GPAC after assembly.

READING
As usual we like to encourage all of our parents to be reading with their children. Our teachers expect all of the students to read at home whether it be home readers in the lower years or books borrowed from the library as students get older and begin to develop different tastes in reading. We would also encourage parents to read with their students and discuss what they are reading. The more they read the better they will become at their reading. They will improve their word vocabulary, fluency and comprehension. They will continue to grow in their knowledge about the world and about how different books and texts work. We are going to be discussing with the students what they like to read and how often they read. We also encourage them to bring books and magazines of interest to school to read during independent reading times.

Looking forward to the P-2 sports morning next Tuesday! Be sun safe and we will see you on the oval!

Leanne Duncan

SEMINAR WITH MAGGIE DENT

BOYS, BOYS, BOYS
Understanding, Nurturing and Connecting with Today's Boys.
Date: Tuesday 18 August
Time: Doors open at 6pm for a prompt 6.30-8.30pm seminar
Venue: GPAC (Hall) Grovely State School
Tickets: $30

In this seminar, popular parenting author and “queen of common sense” Maggie Dent will share her insights, practical suggestions and passion for raising boys in our chaotic world. Statistically, boys are still at greater risk than girls of injury, death, school failure, cancer... The list goes on. From before school to adulthood, the journey of a boy to a man is often misunderstood. Boy's needs are different to girls and in order to help our boys grow into wonderful men, parents, teachers and carers need to understand these needs and how to meet them. Maggie draws her wisdom not only from the research that has gone into writing seven books, but from parenting her own four sons, teaching in high school for over 17 years, counselling trouble lads and working with men in her men’s-only seminars. She is a champion of boys and wants you to be one too.
In your phone

- Dianne 
- Paige 
-OPEN DAY 
-Senior Choir Camp 
-fernly Grove SHS Circus Performance – P-2
- Mathematics ICAS Test
- P&C Meeting 

12 Public Holiday (Exhibition) 
15-23 Science Week
- Seminar with Maggie Dent – Boys, Boys, Boys
- Singfest 
- Ferny Grove Gala Concert
- Year 5/6 Camp 
- Bridge to Bridge Fun Run

SEPT 
3 Dianne Davis
4 Father’s Day Breaky
8 P&C Meeting 
9 Art Show 
10 End of Term 3

FINANCIAL MATTERS

Student Resource Scheme 2015 – Payment in full is now due
On Friday 26 June letters were sent home in regards to the 2015 Student Resource Scheme.

- If you have opted not to join the scheme or did not return the completed participation form a letter, resource list and invoice was sent home.
- For participants with full amount or part amount outstanding a letter was sent home detailing amount to be paid.

For families who received the non-participants information, there is still time to join the 2015 Student Resource Scheme. Please be aware the benefits previously being received will cease.

If you still have not paid the full outstanding amount of the scheme, from Monday 20 July all previously received benefits will cease until full payment is received.

2015 Choir Camp and Singfest
Letters were sent home in Term Two to students who have been invited by Mrs Rossoiw to participate in the overnight choir camp and Singfest. Please note forms and full payment are due no later than Friday 24 July (9am).

We have also registered Grovely SS for ‘Doodle 4 Google’ some teachers have expressed an interest in this competition. Students are given a design brief and are to do a doodle/design around the GOOGLE banner that we see when using the search engine. This year’s theme is ‘If I could travel back in time I would…”. - I can’t wait to see some of the designs that we come up with!

Problem Solving at Grovely: We have embarked on a journey of higher order thinking at Grovely and have been using Polya’s 4 step problem solving process in Maths. These steps are:

1. See – Look at what the question is and any other important information needed to help answer the question.
2. Plan – Choose a strategy to help you tackle the problem.
3. Do – Attack the problem and use the strategy to answer the problem.
4. Check – To see if the answer makes sense.

The answer for the last problem: The farmer has 26 emus and 12 alpacas on her farm.

This week’s problem: The same farmer decided to buy some young calves and piglets at the market. She paid $60 for each piglet and $95 for each calf. She paid for the 10 animals she bought with a cheque for $740. How many calves and how many piglets did she buy?

GROVELY GROWERS

Grovely Growers - Volunteer in the school garden!
New volunteers are welcome every Wednesday morning 9:00am - 11:00am and fortnightly on Thursday 9:00am - 11:00am.

A great way to meet new people and make friends. Young children are welcome. No gardening experience needed, just your enthusiasm. Drop in any week you have time. You will help to:

• Grow organic produce for the school tuckshop and community coffee shop.
• Reduce school waste through our new composting program.
• Provide our students and teachers with a natural learning area for outdoor lessons.
• Stay up to date with what's happening in the school garden.
• Facebook Page Grovely Growers
• Join our email list growerslist@grovelyschool.com.au

Any questions or ideas? Please contact Kerri Walters growers@grovelyschool.com.au

LIBRARY LEXICON

Opti-minds: Congratulations to the following students for being chosen for the 2015 Opti-minds Creative Sustainability Challenge is Sam M, Zahri D, Taliesin D, Paige G, Caitlin B, Macy M, Sharlie W.

This year’s topic is Creative Sustainability

Opti-MINDS’ aim is to enhance the potential of all participants by developing diverse skills, enterprise, time management & the discipline to work collaboratively within a challenging & demanding environment.

Library Lexicon: It is great to see parents sharing reading experiences with their children. We would like to encourage and invite parents to come and read a book with their child in the library when possible. We have enrolled the school into the Premiers Readers Challenge. The class teachers have been given the reading logs to fill out. Prep – 2 need to experience or read 20 books, 3-4 read 20 books and from 5-6 they need to read 15 books. Experiencing a book could be listening to the teacher or parent read a book or having them read a book to you. Everyone has until the 28 August to read the above amount to enter.

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CIRCLE OF SECURITY PARENTING SERIES will help you understand your child’s emotional world by learning to read the emotional needs, support your child’s ability to successfully manage emotions, enhance the development of your child’s self-esteem, honour your innate wisdom and desire for your child to succeed. Held at the Community Centre, Churches of Christ Care, 28 Blaker Road Mitchelton from Monday 3-31 August (5 weeks) from 6.15-8.15pm. Cost is $35 for 5 sessions (free for concession card holders). To register please call 3510 2713 or email mirandam@communify.org.au

DAVE PRICKETTS TENNIS COACHING is held at Grovely SS each Tuesday from 3:00-3:45pm for a cost of $75 per term. Call 3351 4483 for enquiries or enrolment.

If you have any outstanding fees such as Montessori, Instrumental Music, Camp or Student Resource these fees must be paid in full for your child to participate in the Choir Camp and Singfest excursion.

Amounts now due:

- Student Resource Scheme
- Montessori Fees
- Choir Camp & Singfest

P&C

JOIN THE BRIDGE TO BRISBANE GROVELY GATORS TEAM
If you would like to run in the Bridge to Brisbane 5km run, please join our team. The run is on Sunday 30 August 2015; the 5km event commences at 9.40am. We will be having community training sessions on Sunday afternoons for all.

For more info visit gators.grovelyschool.com.au/btb

Please don’t forget to include the urls so it is known where to go for more info.

P&C website - www.grovelyschool.com.au

P&C payments - pay.grovelyschool.com.au or via the QR! app on your phone (includes tuckshop, community coffee, uniform shop, special events and more)