The PURPOSE of Plenty Parklands Primary School is -
to educate children as lifelong learners to shape a better Australia.

Principal’s Message

Anyone who missed Chris Daicos on Monday night missed the chance to ask questions, reflect on their own parenting style, laugh at themselves and hear some true “words of wisdom”.

As in the past Chris was insightful, practical, realistic and entertaining about the challenges of parenting. While she talked about building our kids’ resilience, she also touched on how we can build the protective factors within our families that will support kids as they grow, experiment, experience failure, get frustrated, show persistence and know the benefits of personal achievement.

“Yesterday evening I attended the Resilience program conducted by Chris and volunteered to write a few words for the newsletter. A big thank you to PPPS for firstly organising such an informative night around Resilience. Chris D is not only a funny person but very informative. We all want to be good parents and we all want to ensure our kids are happy and can deal with day to day events.

This night with Chris gave me some great ideas on how to teach my daughter resilience. I want to help my child help themselves. Teach them to deal with issues not only at home but at school. A big take out for me was to teach my daughter how to make friends. It’s ok to make mistakes, it’s ok not to be perfect, but don’t give up, keep trying. Reach for the stars. Encourage development, teach the skills needed to enable development. I look forward to seeing my daughter being able to articulate her feelings and being able to think of her own ways to deal with them.

I look forward to reading the extra materials that will be provided to be able to support not only my 5 year old but also my 17 year old. It’s never too late. Thank you for a great night” **Melissa**

A couple who attended together also offered these comments.

“Let your children feel a sense of belonging at home. Give them love and encouragement for their achievements and efforts. Teach your children to make friends and keep friends. Children should be consciously aware, however so should parents as we are role models for our resilient children.

When faced with difficult problems, problem solve to find good solutions and evaluate the outcome, whether it is good or bad. This process is learning to be resilient.” **Cathy & Tony.**

“I am one of the parents that attending the abovementioned session on 15th Feb and I offered to write a short reflection/commentary for the school newsletter. “We have child who started Prep in 2016 and felt that the “Building Resilience” session would be helpful. We were not disappointed. Chris delivered a lively, humorous and non-judgmental session which was both informative and educational.

The session began with a discussion of what resilience is and what it is not. Failures and disappointments are inevitable, and for the most part necessary. Resilience was therefore discussed as a set of coping mechanisms/skills that can help children (and adults) navigate the difficult terrains of failure, disappointments, etc, rather than as a way of avoiding failures and disappointments.” **Principal’s message continued over page**

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**Calendar of Events**

**2016 Term 1**

**Week 4**

Friday 19/2  • Year 3 Healthy lunch day

**Week 5**

Tuesday 23rd  • Year 3 ‘Catchment Story’ in school activity

Wednesday 24/2  • BDSSA Swimming Carnival years 4-6 (selected students only) • Year 4 Family Life lessons begin

Thursday 25/2  • Year 6 Family Life lessons begin

**Week 6**

Tuesday 1/3  • Prep home reading parent information night

Wednesday 2/3  • 9.50am –12pm Year 5 Light & Sound in school activity In the Library

**Week 7**  **PLANNING WEEK**

Monday 7/3  • Year 6 planning

Tuesday 8/3  • Prep and year 1 planning

Wednesday 9/3  • Specialists and year 4 planning • Hot Cross Bun orders and payment due today • Year 3 Clean Up Australia Day 11am to 1pm

Thursday 10/3  • 8-8.30am Year 6 camp parent / staff briefing • Years 2 and 5 planning

Friday 11/3  • Year 3 planning

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**Principal** - Claire McInerney  
**Assistant Principals** - Julie Nixon and Alison Devereux  
**Business Manager** - Kristina Elvey  
48 Blossom Park Drive, Mill Park, 3082 Phone: 9404 4311, Fax: 9404 4702  
E-Mail: plenty.parklands.ps@edumail.vic.gov.au  
Website: www.plentyparklands-ps.vic.edu.au
Chris then provided a set of causes of lack of resilience. These mainly revolved around actions of parents that lead to children not developing independence, problem solving skills, and consequently resilience. These actions broadly speaking involve overprotecting or shielding children from everyday social and physical situations where chances of failure or embarrassment are likely. For instance, communication skills in children are not likely to develop adequately where a parent answers questions put to the child by another adult. Other specific factors include “cotton-wooling” children, expecting perfectionism, and not encouraging open, critical thinking.

Chris also discussed the fundamental characteristics of children that exhibit traits of resilience and this discussion was followed by strategies to improve or build resilience. The three key factors that can help build resilience were described as:

- Provide caring and supportive relationships,
- Have high, but realistic expectations of children, and
- Encourage and foster participative decision-making; i.e. allow children to partake in age-appropriate decision-making process at home.

These “protective factors” were seen as leading to the development of the traits of resilience including social competence, problem solving skills, autonomy and a sense of humor in children. Overall, we found this to be a good framework through which parents could go about inculcating habits in children that improve their resilience and ability to cope.

One of the key messages that we took from the session is that parents are (explicitly and inadvertently) a huge influence on their children’s behavior and our own ability to be resilient and practice resilience is probably a significant determinant of how our children cope with life’s ups and downs.

We would definitely recommend this session to other parents. Venkat & Melinda

“Both my husband and I really enjoyed Chris Daicos workshop on building resilience in children. She delivered priceless information in a humorous way. Even though we try to practice most of what Chris spoke about we did also take away some valuable skills. I think as parents it is our responsibility to lay a strong foundation for our kids in order to help them become the best that they can be. The key message we both took away from this workshop would be it is not what you do for your children but what you have thought them to do for themselves that will make them successful human beings. We are delighted we made the effort to come and listen to Chris Daicos as it will make us better parents to our children. Noreen & Padraig

Thank you to the fifty or so parents who took advantage of the opportunity. Thanks also to the staff who had not heard Chris before, and to several who had, for also attending. Parents and teachers alike took away some useful and relevant information from a very enjoyable night.

I will leave you with Andrew Fuller’s (child psychologist) definition of Resilience as “the happy knack of being able to bungy jump though the pitfalls of life”.

Speaking of resilient children one of the times that may test your child’s resilience is the transition from primary to secondary school.

Whether your child is in year 4, 5 or 6 we invite you to our Transition to Secondary School Information night next Tuesday February 23 between 7 and 8 pm in the gym foyer.

On the night the following information will be provided;

- the enrolment process (for government and non-government schools)
- things to consider when choosing a secondary school
- applying for scholarships
- preparation for secondary school
- what government secondary schools offer. A representative from Mill Park Secondary College will share valuable information and answer your questions.

Everyone is welcome.

To also help with this transition we received this invitation.

MILL PARK SECONDARY COLLEGE INVITES YEAR 5 AND 6 PARENTS TO JOIN THEM FOR THEIR SHOWCASE EVENING on Monday March 7 Monday Middle Years Campus Moorhead Drive, Mill Park

Principal’s welcome will be held at 5pm, 6pm and 7pm followed by school tours.

Experience what makes Mill Park Secondary College special and learn about programs and successes including: Extensive Curriculum from Year 7–12, Wide range of VCE, VET and VCAL subjects, Strong Pastoral Care Program, SEAL (Select Entry Accelerated Learning) Program, Safe learning environment, Excellent specialist classroom facilities, Extra Curricular activities and Accelerated Programs in STEM and English.

With Chris on Monday, photo day and the year 3 BBQ on Tuesday, Volunteer Training and family photos on Wednesday, and Interschool sport and the year 3 healthy lunch day on Friday, time just flies. Each day in every way we try to make the best use of the children’s time by providing opportunities to focus on learning and build resilience, so that they too, can get the best from themselves.

Claire McInerney
Principal
Family Fun Night
Your donations needed now for our Family Fun Night

KEEP THIS DATE FREE: Thursday 17th March
5:00 to 8:00 p.m.

Once again it is time to call on the generosity of our community for donations for our 2016 Family Fun Night.
We’ve had a fantastic response in the past and we are trusting that you will support the Family Fun Night with some great donations again this year.
We are hoping to once again organise a range of hampers to raffle containing items such as:
- new toys, games, art and craft materials, books, hobby activities etc.
- party items
- pampering services and goods
- chocoholic items (anything chocolate) and other treats within the ‘use by date’.
- vouchers for donated goods and services

Plus, we are seeking donations for our stalls such as:
- coloured hair spray

Plus, we have a pre loved toy and book stall again this year so we are seeking:
- good quality and in good condition pre loved toys and books

We would be happy to help off load any items of good quality.

All donations will be acknowledged with a special principal’s award.
Please bring all donations directly to the office.

Family Fun Night Sponsorship

We are seeking sponsorship for the Family Fun Night 2016 RIDES. If you would like to sponsor our school or know of a company that may be interested in sponsoring us, please contact Antonella in the school office with details.
Any amount small or large will be greatly appreciated.
Thanking you in anticipation – The Coffee and Chat Group

ALL PROCEEDS FROM THIS YEAR’S FAMILY FUN NIGHT WILL GO TOWARDS PURCHASING NEW SHADE SAILS TO GO ABOVE THE PLAYGROUNDS
As part of the start up program 3-18 have been learning about cooperation. They were very excited to share what they had learnt about getting along and being part of a successful team.

‘3-18 performed We are the Champions with style and enthusiasm.’ Herald Sun
Prep and Year 6 Buddies

It has been wonderful to see our preps settle in so quickly with the fantastic help of their year 6 buddies. The year sixes have shown such care, tolerance and respect for our newest members to the Plenty Parklands community. They have welcomed them by showing them around the school, the good places to play, we have seen many games of “Duck, Duck, Goose” where several buddies have joined to teach the preps how to play together and make new friends.
Hello one and all. My name is Cindy Nightingale. I have been at Plenty Parklands since it's relocation from Bundoora P.S. I consider myself lucky to be teaching at such a great school. Our staff is pretty fabulous and of course the children are the best. My home group 1-15 is made up of twenty three energetic and excitable little people. I would not have it any other way. I go home exhausted almost every day with a huge smile on my face. I know it sounds corny but teaching really is one of the best jobs in the world. When I’m not at work I am busy catching up with family and friends. I love walking my little dog Bonnie, and visiting the local markets.

Hi! My name is Sarah Cunningham and I have the very exciting job of teaching 1-23 this year. I am looking forward to a fun and rewarding year with such a fabulous bunch of children. This is my seventh year at Plenty Parklands Primary School and my fourteenth year of teaching. I enjoy working with children because they are so much fun – there is never a dull moment in a room full of six year olds! In my spare time I like to watch movies, eat out and spend time with my family, friends and my two big baby girls - Zia the Rhodesian Ridgeback and Zoe the German Shepherd. I also enjoy keeping fit through roller skating and going to the gym.

Wow. What a terrific start to the year! My name is Drew Norgate and I am the proud teacher of 1-16. When I am not at school I enjoy spending time with my family. I have two daughters, Samara who is two years old and Annika who is almost one. I am passionate about books, maths and the Collingwood Football Club. I love reading books to my students and daughters. This year I will be reading lots of Grug and picture fiction stories. I am very fortunate to have been teaching at PPPS since 2007 and have always taught in year levels one, two and three.

Hello, my name is Christine Gioules and I am the proud teacher of the delightful children in 1-21. In our class we have 24 students and two friendly mascots called Foxy and Loxy. We are off to a flying start with the children displaying a great awareness of the school values and an eagerness to learn. As a teacher at P.P.P.S I have been in the fortunate position to be involved in a diversity of exciting events at P.P.P.S. Some of the memorable moments have included the school concert, the year one and two swimming program, Twilight school, Family Fun night and the myriad of learning experiences offered to year 1 students.

Hello! My name is Samantha Tyers and I am lucky enough to be teaching 1-22 this year! It is my second year here at Plenty Parklands and I am so excited to be teaching another wonderful group of year ones. I am very lucky to have a job in which every day is different and I am never, ever, bored! After school I spend my time playing netball, meeting up with family and friends or sitting on the couch with my cat Louey. I absolutely love being in the water and spend most of my weekends down at the beach attempting to surf.
Bushrangers Vs Mill Park Primary
Cricket– Bushrangers 152 runs to Mill Park 136 runs
Tee-Ball– Bushrangers 14 runs to Mill Park 1 run
Bat Tennis– Bushrangers 31 games to Mill Park 37 games
Girls Volleyball– Bushrangers 1 set to Mill Park 2 sets
Boys Volleyball– Bushrangers 2 sets to Mill Park 0 sets

Findon P.S. Vs Redbacks
Cricket– Findon 132 runs to Redbacks 68 runs
Tee-Ball– Findon 18 runs to Redbacks 9 runs
Bat Tennis– Findon 20 games to Redbacks 54 games
Girls Volleyball– Findon 0 sets to Redbacks 2 sets
Boys Volleyball– Findon 0 sets to Redbacks 2 sets

Interschool Sport Program - Round 2 Friday February 19th
All games to commence by 9.30am. First named school is the home team and PPPS home grounds are - Bat Tennis, Volleyball, Tee-Ball all played at PPPS, Cricket at Kelynack Reserve (across the road)

PPPS Redbacks Vs Jets (Mill Park Heights) Rockets (Mill Park Heights) Vs Bushrangers (away).

For away games this week: Volleyball, Bat Tennis and Cricket are at Mill Park Heights
Tee-Ball is at YMCA (Morang Drive)
A reminder there is Training every Friday 8.00am-8.45am for all interschool sports teams. District Grand Finals will be held on March 18th, only teams involved in finals will train the morning of the finals.

Interschool Sport Program: It is temporarily being run at Mill Park Basketball Stadium due to Epping Leisure City closure due to fire and storm damage. Students to board the bus by 9.10am. Games to commence by 9.30am and conclude by 11am. The Interschool Sports program will run on the following Friday’s: February 12, 19 and 26. March 4, 11 and 18. If there are parents who are available to travel on the bus to and from the venue please contact Mr Scanu directly on scanu.sebastian.s@edumail.vic.gov.au. A phone call will be made to confirm the parents attendance on any given date.

PPPS SWIMMING TRIALS
On Thursday February 11, 55 excited students left PPPS to attend the swimming trials at the YMCA in Mill Park. Every student gave a 100% effort and should be proud of their efforts. I would like to thank the following parents who assisted me on the day: Mrs Krstevski, Mr Couper, Mrs Kotronis, Mrs Koletsos and Mrs Khy. To the staff who attended: Miss Seidel and Mr Lowes. thank you for all your support in making the day run so smoothly.
FINANCIAL ASSISTANCE NOW AVAILABLE! CSEF
The Camps, Sports and Excursions Fund is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities. If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seekers and refugee families. The annual CSEF amount per primary student will be $125. Complete the CSEF application form elsewhere in this newsletter and return it to the school office. The form can also be collected from the school office or downloaded from the school website or from www.education.vic.gov.au/csef.
Closing Date: You should lodge a CSEF application form at the school by 29th February, 2016.
Kristina Elvey, Business Manager

PREP STUDENT OF THE WEEK
The following students will be presented at assembly on Monday February 22

<table>
<thead>
<tr>
<th>P-9</th>
<th>Iliana</th>
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<tbody>
<tr>
<td>P-10</td>
<td>Madison</td>
</tr>
<tr>
<td>P-11</td>
<td>Nicholas</td>
</tr>
<tr>
<td>P-12</td>
<td>Isabella</td>
</tr>
<tr>
<td>P-13</td>
<td>Dexter</td>
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STUDENT OF THE WEEK
The following students were presented on Monday February 15, 2016

<table>
<thead>
<tr>
<th>6-8</th>
<th>Jordan</th>
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<tbody>
<tr>
<td>6-7</td>
<td>Mark</td>
</tr>
<tr>
<td>6-2</td>
<td>Leon</td>
</tr>
<tr>
<td>6-1</td>
<td>Rebecca</td>
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<td>5-6</td>
<td>Zak</td>
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<tr>
<td>5-5</td>
<td>Amani</td>
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<tr>
<td>5-4</td>
<td>Rawa</td>
</tr>
<tr>
<td>5-3</td>
<td>Aaron</td>
</tr>
<tr>
<td>4-32</td>
<td>Andrew</td>
</tr>
<tr>
<td>4-31</td>
<td>Brandon</td>
</tr>
<tr>
<td>4-30</td>
<td>Blayde</td>
</tr>
<tr>
<td>4-29</td>
<td>Marcus</td>
</tr>
<tr>
<td>3-20</td>
<td>Natalie</td>
</tr>
<tr>
<td>3-19</td>
<td>Evan</td>
</tr>
<tr>
<td>3-18</td>
<td>Ethan</td>
</tr>
<tr>
<td>3-17</td>
<td>Mackenzie</td>
</tr>
<tr>
<td>2-28</td>
<td>Ahilan</td>
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<tr>
<td>2-27</td>
<td>Kenneth</td>
</tr>
<tr>
<td>2-26</td>
<td>Mia</td>
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<tr>
<td>2-25</td>
<td>Eva</td>
</tr>
<tr>
<td>2-24</td>
<td>Roberta</td>
</tr>
<tr>
<td>1-23</td>
<td>Zack</td>
</tr>
<tr>
<td>1-22</td>
<td>Joshua</td>
</tr>
<tr>
<td>1-21</td>
<td>Ghaanavy</td>
</tr>
<tr>
<td>1-16</td>
<td>Adam</td>
</tr>
<tr>
<td>1-15</td>
<td>Sinan</td>
</tr>
</tbody>
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LOST PROPERTY ROSTER
Fri 19/2 Sophie Lay
Fri 26/2 Kaisha Taylor

FIRST AID LINEN ROSTER
Fri 19/2 Katerina Grozdan
Fri 26/2 Kaisha Taylor

HOUSE POINTS
15/2/16
1st Red Rosellas
2nd Gold Goannas
3rd Blue Bandicoots
4th Green Grasshoppers

ANTI LITTER AWARDS:
Congratulations to the following students for receiving an anti litter award.

<table>
<thead>
<tr>
<th>P-11</th>
<th>Heidi</th>
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</thead>
<tbody>
<tr>
<td>1-15</td>
<td>Besa</td>
</tr>
<tr>
<td>1-16</td>
<td>Sia</td>
</tr>
<tr>
<td>1-16</td>
<td>Caitlin</td>
</tr>
<tr>
<td>1-21</td>
<td>Zoe</td>
</tr>
<tr>
<td>3-19</td>
<td>Evan</td>
</tr>
</tbody>
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ART ROOM DONATIONS
The art room is looking for old/unwanted CD, records and tin cans. If you are able to help. Please drop them in to the art room with Ms Keating. We will be using these to create some amazing garden art.
**ASSEMBLY PERFORMANCE ROSTER**

**Term 1**
- February 22: JSC Presentation
- February 29: 2-27
- March 7: 4-30
- March 14: No school—Labour Day
- March 21: 5-6

**Term 2**
- April 11: No performance
- April 18: 4-29
- April 25: No assembly—Anzac Day
- May 2: 3-19
- May 9: 2-24
- May 16: 1-23
- May 23: No performance—Report Writing Day
- May 30: 5-3
- June 6: P-9
- June 13: No assembly—Queen’s Birthday
- June 20: 2-26

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**Little Groovin’ Guitars**

Guitarists extraordinaire and amazing teachers Julia Mammon and Nguyen Pham performed for the students during lunchtime last Friday. The kids heard some AC/DC, Michael Jackson, The Beatles and and current music by Taylor Swift and Justin Bieber.

Julia handed out flyers to promote the program. Please ask your child if they’re interested in joining the program and rocking out!

Contact info@littlegroovinguitars.com.au with your child’s name and home group for information on enrolling in 2016. We are accepting enrolments up to the end of this week.

Regards, Angus and Nguyen

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Opening Hours: 7.00-8.45am and 3.30-6.00pm

For bookings/cancellations call Kristine on 9404 4516

Last week we welcomed new preps to our service. Many children were busy creating Chinese New Year art. Leon, Lavinia, Alana, Ollie, Christopher and Adam G did a wonderful job colouring in a giant dragon for display.

Outdoor games and sport are always popular which encourages team work and cooperation.

Next week we will continue with our ‘All about me’ theme, working on family trees and profiles.
Plenty Parklands Press
Date: February 18 2016 Issue 3

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Enquire now about our Free Trial Offer

- A fun and engaging learning program
- Focuses on literacy, numeracy and language
- Features the Little Learners Love Literacy program
- Builds confidence and self-esteem
- Small class sizes
- Run by a qualified and experienced teacher

All this is delivered in a fun structured program, made up of story time, crafts, songs, movement and group share time.

PROGRAMS OFFERED:

**TODDLER GROUP**  
2½–3 years old (parent & child)  
Learn alongside your child in this invaluable 45 minute session

**PRESCHOOLER GROUP**  
4–5 years old  
A 2 hour session that offers everything your child needs and more to become school ready

ENROL TODAY

Learning Buds is located at:  
Plenty Parklands Primary School  
48 Blossom Park Drive, Mill Park  
Contact Kate on 0408 292 975  
Visit us: www.learningbuds.com.au  
Email: kate@learningbuds.com.au