

GLADSTONE PARK PRIMARY SCHOOL

Thursday 27th July

From The Principal

Welcome back to all for the start of yet another term. It is great to be back and staff and students are looking forward to a productive term 3. The calendar is already full of exciting activities, including a range of incursions, excursions and special events- all aimed at stimulating high levels of learning for all students.

STRONG FAMILIES THRIVE ON GOOD FEELINGS

Michael Grose, a prominent parenting expert, provides us with valuable tips on how to create pleasant family environments. He talks about increasing the number of compliments children hear as one particular way to increase good feelings in your family. The following is an extract from one of his recent articles on this subject:

As a general rule, the ratio of compliments to criticism should be around **five to one**. That is, there should be five times more positive, affirming comments than negative comments.

In unhealthy families this ratio is often reversed. Five negative comments for every one positive comment makes for a pretty toxic environment.

How does your family rate on this scale?

If you think about where your family may be on this scale, be careful about how much weight you put on your children's comments, especially to each other. Siblings can be unkind to each other, finding it hard to share a pleasant word, which can skew the positive to negative ratio a lot (and sometimes make family life quite awful for everyone).

However, this can change over time.

Here are five ideas to help you **improve the compliments to criticism ratio** in your family:

1. **Increase the number of affirmations and compliments you make yourself.**
2. **Keep a check on your use of 'good feeling killers' (and self-esteem killers).** Eradicate comments such as:

"Typical boy!"

"If I've told you once I've told you a 1,000 times, don't..."

"What a stupid thing to say to your brother/sister!"

If you find yourself thinking a criticism, keep it to yourself.

3. **Make kids aware of their negative language.**
4. **Make it a habit to follow a negative with a positive.**
5. **Let the bad feelings out.**

These, along with affectionate phrases and kind remarks, will start to skew the ratio a bit. Aim for a five to one ratio. Not only is this good modelling for your kids, but it will make family life more harmonious.

Constant criticism harms self-esteem, not to mention family harmony. Use 'I' statements to let kids understand the impact their negative talk has on you and others. *"When you talk so aggressively I feel quite scared about what you are going to do next."* It's impossible for kids to disagree with 'I' statements.

Sometimes there can be such a build-up of ill will between siblings that you need to find a way for them to let the bad feelings out. One way to do this is let one child vent to you about their sibling. Be warned that *you may not like what you hear* but a clearing of the air can work wonders to improve the family atmosphere.

Most of these suggestions start with you, the parent. Like everything in family life, whatever you want from your kids, you must take the lead and do first. Remember, five positives to one negative is your aim!



Tony Malgioglio, Principal

DATES TO REMEMBER FOR TERM 3 2017

FRIDAY 28TH JULY	Yr 5/6 Girls Netball Finals Boardman Stadium Sunbury
TUESDAY 1ST AUGUST	Yr 5/6 Shelter Building Incursion
MONDAY 7TH AUGUST	Yr 4 Sunny Stones Camp depart
TUESDAY 8TH AUGUST	Yr 4 Sunny Stones Camp return
FRIDAY 11TH AUGUST	Curriculum Day NO STUDENTS REQUIRED
THURSDAY 17TH AUGUST	Yr 3 Sleepover - Yr 3/6 Selected Students Athletics, Meadowglen School Council
MONDAY 21ST AUGUST	Special Assembly 9AM – 10AM BOOK PARADE
THURSDAY 24TH AUGUST	Yr 5/6 Selected Students Rugby Gala Day Dallas Brooks Primary
FRIDAY 25TH AUGUST	PFA Father's Day Stall
WEDNESDAY 30TH AUGUST	PFA Father's Day Stall
FRIDAY 1ST SEPTEMBER	Life Education Program
WEDNESDAY 13TH SEPTEMBER	Life Education Program
THURSDAY 14TH SEPTEMBER	Life Education Program
FRIDAY 15TH SEPTEMBER	Life Education Program
MONDAY 18TH SEPTEMBER	Life Education Program - Yr 5/6 Phillip Island Camp Depart
TUESDAY 19TH SEPTEMBER	Life Education Program - Yr 5/6 Phillip Island Camp
WEDNESDAY 20TH SEPTEMBER	Life Education Program - Yr 5/6 Phillip Island Camp Return
FRIDAY 22ND SEPTEMBER	LAST DAY OF TERM 3

BOOK CLUB

We are strongly encouraging families to use the online **LOOP** ordering option, which is commonly used by other schools to make ordering and payments easier. The Scholastic website has the **LOOP** option for parents to place direct orders and make payments. The orders can still be delivered to our school for distribution to your child. We suggest you to go online and have a look at the website and follow the prompts. Your child's grade will still receive reward points for purchasing classroom resources. All families must register on The Scholastic website: <http://www.scholastic.com.au/schools/bookclub/>

Please find below an example of Scholastic Book Club's website.

To process your Scholastic orders click on LOOP found in the circle below.



A CASE OF SLAPPEED CHECK HAS BEEN REPORTED AT THE OFFICE.

How do you get slapped cheek syndrome?

The virus is spread by close contact with an infectious person, or from mother to unborn baby.

Signs and symptoms

The first symptoms usually appear 5 to 7 days after exposure to an infectious person. The rash appears after 14 to 21 days. Once the rash starts, people are no longer infectious.

Symptoms start with: fever, tiredness, runny nose, joint pains.

This is followed by a bright red rash on the cheeks ('slapped' cheeks) and a generalised 'lacy' rash on the body that spreads down the arms and legs. The rash lasts 7 to 10 days and is sometimes itchy. Sometimes the rash comes and goes.

Adults may have no symptoms at all, or may develop a rash, joint pains or swelling, or both. The joint symptoms usually only last a week or two, but can last longer.

How do I know if I have it?

See your doctor if you suspect you or your child has slapped cheek syndrome.