Dear Parents / Caregivers,

At the Hub we work with all our students to be successful in both their personal life as well as their academic studies. One of the programs that we use to help us teach children to be successful is Program Achieve. Through this program children learn about being successful at Getting Along, Persistence, Confidence, Organisation and Resilience. Many of these keys to success are self-explanatory and are easy to understand but Resilience often creates some discussion.

Often the question is asked, “Can we teach children to be resilient?” For many of us the answer is yes and no. If children are not exposed to change and disappointment then often they have little or no resilience. Andrew Fuller, the renowned psychologist, says resilience is the art of “bouncy jumping through life”- this means the ability to bounce back when things go wrong or disappoint us.

Change is a part of life. We are all continually changing, facing new situations and dilemmas every day. While we do not want our children to suffer or be harmed in any way, if we never allow them to be disappointed, then how will they learn to bounce back when things don’t go the way they’d planned?

Often the beginning of a new school year tests the resilience of everyone. There are new rooms to find, new teachers and parents to meet, new ways of doing things and new routines to learn. Often it feels as if nothing is the same! Those children who succeed in this whirlwind of change are often those that are reassured that this is normal and whose parents are resilient and positive about the changes that are happening. It is easy as parents to want to step in and protect our children from these changes, but we must ask ourselves before we intervene:

“What is this really going to teach my child if I intervene?”

“Is there another way of supporting my child through these changes?”

“Is it my child who’s having difficulty with the changes or is it me?”

Naturally, if children are distressed then we must work together to support them and help them through the change process. It is amazing how fast children adapt and bounce back, especially in the mornings. Children who have been upset when Mum has left them at the classroom, are more often than not settled and happily engaged by the time Mum is at the gate!

Things you can do to help your child feel positive about coming to school are:

- Be positive yourself, even if you are concerned - always be positive about school when the children are around.

- Listen to your child and encourage them to talk about their feelings.

- Reassure your child that you understand their feelings but that you believe they will get over the issues.

- Talk to the teacher, at a convenient time, about the issues that concern you. Try not to compare your child’s issues with other parents. Every situation is different and needs a different way of resolving it.

- Encourage your child to become independent and do things for themselves e.g. putting their lunch and drink in their bags, letting them organise something to share with the class, creating and following a routine.

Let’s work together to help our children be successful and resilient.

Please find with this newsletter a bookmark which outlines ways you can help your child build their resilience.

Zoe Farquhar  
Assistant Principal

Endorsed by: Julie Gallaher  
Principal
**PRINCIPAL AWARDS**

<table>
<thead>
<tr>
<th>Category</th>
<th>Recipients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Confidence</td>
<td>Ben K, Daniel W, Mitchell D &amp; Scott M</td>
</tr>
<tr>
<td>Organization</td>
<td>Amy H, Emma D &amp; Kayla H</td>
</tr>
<tr>
<td>Persistence</td>
<td>Elliot L, Emily C &amp; Molly W</td>
</tr>
<tr>
<td>Resilience</td>
<td>Michelle H &amp; Stacey L</td>
</tr>
<tr>
<td>Music</td>
<td>Erin S &amp; Harry V</td>
</tr>
</tbody>
</table>

**PUPIL FREE & SCHOOL CLOSURE DAYS**

Each year, schools are permitted to have 2 Pupil Free Days and a Closure Day. Governing Council has approved the following days:

- **The first Pupil Free Day** will be on **Tuesday, 10th June**. Staff will be involved in extensive Training and Development on Restorative Practice.
- **The School Closure Day** will be held on **Monday, 8th September**. Staff and students will have a holiday on this day, which is during the Adelaide Show Week.
- **The second Pupil Free Day** will be on **Tuesday, 9th September**, when staff will be involved in Training and Development in the area of Science.

**DI’s DIALOGUE**

Well, the school year is now in full swing and hopefully families have settled into a routine. Some students find school more complex than others do and this is just one of the areas in which I can assist. Please feel free to contact me and have a talk about your child’s particular complexities. Many people ask me what I do and my stock answer is, “What would you like me to do for you?” The one thing I can tell you that I cannot do is to “be religious”. The contract that Christian Pastoral Support Workers sign is very strict on matters of faith. I cannot push mine and I cannot criticise yours. At Easter, Christmas and during the Christian Option Programs will be the only times that you will hear me talking about the Bible. All other conversations will be initiated by you or your children. My faith provides me with the underlying knowledge that all people are precious and need to be given the chance to reach their full potential - that is why I am in the school as just one of the many adults in your children’s lives to help with this process.

Please feel free at any time to contact me to talk about anything. Remember also, that Room 21 is now set up for morning coffee/tea from the beginning of school until around 9:30am.

Di Brinkworth
Christian Pastoral Support Worker

**SRC ELECTIONS**

Our 2008 SRC has been elected and we congratulate all representatives. Our 2008 Executive is **Meg K** and **Tennyson L** (Co-Chair), **Alana M** (Secretary) and **Jake F** (Treasurer).

These people were selected through a rigorous selection process, comprising a written application and interview. A panel of 5 students and 2 staff facilitated the selection. Congratulations to **Tianna K, William N, Brendan W, Tessa W** and **Caitlin C** for being such excellent panellists. Our Executive has already met with SRC to discuss new ways of working this year and has attended the Young Leaders Forum.

**Class Representatives** are as follows:

- Rec: Ms Gum - Kristy T
- R/1: Ms Kellock - Josh E
- R/1: Ms Smith - Cooper S
- 1/2: Ms Damhuis - Molly P
- 1/2: Ms Bryant/Ms Farquhar - Kerim M
- 1/2: Mr Sickerdick - Chiara D
- JP Spec: Ms Le Maistre - Alyssa T
- Pr Spec: Mrs McCarthy - Matthew E
- 3: Mr Davis - Thomas L
- 3/4: Ms Donlan - Morgan G
- 3/4: Mr Hoopmann - Dylan E
- 4: Ms Clack - Jordin H
- 5: Ms Bashford/Ms Guy - Chloe B
- 5: Ms Fagg/Ms Grund - Nikki J
- 5/6: Mr Murphy - Tianna K
- 6/7: Mr Trenorden - Brendan W
- 6/7: Ms Fudge - Caitlin C
- 6/7: Ms Lithgow/Ms Spangler - Tayla F
- 6/7: Mr Polis/Ms Spangler - Liam A

**SRC Executive: Alana, Meg, Jake & Tennyson**

2008 SRC Class Reps
GOVERNING COUNCIL NEWS
Hi everyone and welcome back for another school year. I hope you have all settled back into the school routine and your children are enjoying their new classes for 2008. I would especially like to say a big, warm welcome to any new families who have joined our school community, as well as Julie Gallaher our new Principal. The Governing Council has already held their AGM and had the first meeting with the newly-elected council. I thought you would like to know who your current office bearers are for 2008!

Chairperson: Brigitte Maxwell
Deputy Chairperson: Carolyn Dodd
Treasurer & Convenor of Finance Committee: Steph Kowalski
Minutes Secretary: Debbie McMahon
Correspondence Secretary: Graham Catt
Canteen Committee Convenor: Debbie Lamps
OSHC Committee Convenor: David Clifton
Grounds Committee Convenor: David Clifton
Fundraising Committee Convenor: Korrina Batty
Sports Committee Convenor: unassigned

I am sure you all know that school committees can only operate effectively with the support of our school families. We need new members on our various committees (as listed above). In the last couple of years we have had several long-serving committee members who have seen the last of their children graduate from Year 7 and move on to new adventures. This has left us with positions to fill and provides us with the opportunity to gain some new members with fresh ideas.

Please, if you are interested in joining any of the committees, leave your details with Judy Poole at Front Office. Currently we do not have a Sports Committee Convenor and we would hate for this to affect any of the Sports we have on offer at our school. This convenor has the most assistants of all the committees, as all individual sports must have their own coordinator, all teams must have a coach and team manager and there is also the assistance of Sarah Magnusson and Andy Polis. If there is anyone willing to take on this position so that our out of hours sports program can continue, please speak to Sarah Magnusson ASAP. Unfortunately, if we do not fill this position our Sports Program will suffer.

Brigitte Maxwell
Governing Council, Chairperson

OSHC NEWS
The term is moving along at an alarming pace. We have begun planning for the next Vacation Care Program and will be taking bookings on Tuesday, 11th March from 7am. Please remember that we only have limited places, so to ensure your child’s place, please book in that week. We have noticed a significant increase in the noise and energy levels of the children this year, particularly in the Multi-Purpose Room. We are continually looking for ideas and strategies to keep the children happy and safe and to provide a calmer environment in the room. We will be playing relaxation music and encouraging children to play outside or in the Hall if they have energy to burn! Don’t forget to provide your date of birth for our data base to ensure you receive the correct amount of CCB when the new system comes in.

SPORTS NEWS - CONGRATULATIONS
Well done Brodie K. Number 2 SA in BMX Racing State Titles. We wish him well in the Nationals later this year.

SAPSASA NEWS
On Sunday, February 24th Aaron B from Room 1 and Jakob S from Room 2 represented Aberfoyle Hub at the District Swimming Competitions. Jakob competed in the 50m Breaststroke, 50m Butterfly and 50m Freestyle. Aaron competed in the 50m Breaststroke, 50m Backstroke, 50m Freestyle and 100m Freestyle. He came first in all of his events. Well done boys. State Day is on Thursday, March 13th. Good Luck to all competitors.

SPORTS RESULTS
BASKETBALL
Yr 3/4 Mixed: 26/208 Hub Eagles (10) def Aberfoyle Campus (6) Hub Hawks (16) def Aberfoyle Campus (8) – Great team work.

Aberfoyle Hub School
Jeanette Crescent ABERFOYLE PARK SA 5159
Phone: 8270 5055 Fax: 8370 5763
Email: info@ahs.sa.edu.au
SRC CASUAL DAY
for
Easter Raffle

FRIDAY, MARCH 7TH
Please bring a donation towards the school’s Easter Raffle (Easter Eggs or Basket) OR a gold coin donation. Please wear suitable, sun safe clothing.

PROGRAM ACHIEVE
Emotional Resilience

Emotional Resilience Behaviour

- Does not get too down when schoolwork results are not good
- Keeps trying in the face of setbacks
- Handles teasing or social difficulties without getting too upset
- Manages frustration when he/she does not understand something right away
- Manages frustration of having a lot of work to do
- Controls anger when treated unfairly
- Manages nerves when taking exams or performing in public
- Is able to say “no” and stand up to negative peer pressure
- Calms down quickly after getting very upset

www.youcandoit.com

Things to Say to Encourage Emotional Resilience Behaviour
- “You didn’t let yourself get too angry.”
- “You’ve learned how not to get too nervous.”
- “You didn’t let that setback stop you from trying.”
- “Even though you didn’t do as well as you wanted, you are still positive.”
- “You seem not to have blown that negative event out of proportion.”
- “Keeping your cool helps.”
- “You see, you can get through the tough stuff.”
- “You chose not to upset yourself about what happened.”

Eliminate the Following Types of Thinking
- Self-Downing: Don’t put yourself down when something bad happens.
- Needing to Be Perfect: Mistakes are normal along the road to success. It doesn’t have to be perfect.
- Needing Approval: Don’t be too worried about what others think of you. You are you.
- I Can’t Do It: If you think you can’t, you can’t.
- I Can’t Be Bothered: Doing things you don’t like to do is the key to your success.
- Being Intolerant of Others: Do not judge people. It is good to find out more about them.
**Catch Up on the Internet**

A free forum for parents to find out what their children and teenagers are doing on the internet and how to keep them safe:

**WHAT**  Police & DECS Speakers  
Lunch provided at no cost

**WHERE**  Australian Education Union Building  
163a Greenhill Road, PARKSIDE

**WHEN**  Tuesday, April 8th

**TIME**  9.30 am – 2.30 pm

**REGISTER**  SA Association of School Parents Clubs  
(By April 1st)  
Phone: 8272 4640  
Email: saparent@arcom.com.au

**REGISTRATION IS ESSENTIAL**

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**ABERFOYLE PARK HIGH SCHOOL**

Taylors Road, Aberfoyle Park  5159  
Telephone: 8270 4455  
www.aphs.sa.edu.au

*Parents and Students are invited to attend*

**OPEN NIGHT**

Wednesday, 19th March 2008  
(Wednesday before Easter)

Meet the Principal 6pm and 6:45pm  
In the Performing Arts Centre  
Guided School Tours afterwards

- Excellence in academic achievement
- Supportive & nurturing environment
- Lovely bush setting – excellent facilities
- Extensive extra-curricula activities, including a wide range of sports and clubs
- Curriculum specialities are:  
  - Ignite Program  - Performing Arts

Principal Tours available on request.  
Please contact the school to make a booking

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**FUNDRAISING NEWS**

My name is **Korrina Batty** and I am the new Fundraising Coordinator to the School's Governing Council. This year we require a new Fundraising Committee and I am hoping that you would be willing to participate and be involved in raising much needed funds to enhance your child’s education. We see this role as not just a fundraising role, but also a community/parent liaison role. I am aware, that like myself, many parents work and find it difficult to make such a big commitment to join a committee. If you feel you do not have the time to be involved all year, are you able to help out in one of the school terms?

If you have any ideas and are willing to be involved at any level, please fill in the tear-off slip and return it to the **Front Office** by **Friday, March 7th**. I will personally be in touch after March 7th to discuss our plans for 2008. If you have any queries, please contact **Zoe Farquhar**, Assistant Principal, or myself on 8270 5055.

We look forward to having you working with us to support our children’s learning.

Korrina Batty  
Fundraising Coordinator

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Attention:  Korrina Batty

Child’s Name: ...........................................................................................................  
Child’s Room No: ........................

Your Name: ...........................................................................................................  
email / phone contact: ..........................................................................................

I am able to be involved in the Fundraising Committee all year  

OR in the following terms:  

- Term 1  
- Term 2  
- Term 3  
- Term 4

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Julie Gallaher  
**PRINCIPAL**

Sarah Magnusson  
**DEPUTY PRINCIPAL**

Zoe Farquhar  
**ASSISTANT PRINCIPAL**

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