

Napperby Primary School



Government of South Australia
Department for Education



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Term 4 Week 4

Principal
David Manuel

Attendance:

Term 4, 2018

Weeks 3 & 4:

School total: 94%

If your child is away, please contact the school.

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Week 5

Yr. 7 Canberra Camp

Monday 12th November

Reception Transition 8.45 am—10.50am

Week 6

Monday 19th November

Reception Transition 8.45 am – 1.40pm

Week 7

Monday 26th November

Reception Transition 8.45 am – 3.20pm

Wednesday 28th Nov

Yr. 7 Transition @

John Pirie S.S

Thursday 29th Nov

Yr. 7 Transition @

John Pirie S.S

Thursday evening

Yr. 7 Graduation Dinner

Details will be sent to families

Hot Shot Tennis

This term our students are taking part in the Hot Shot Tennis program run by Grant Hanlon. So far all the feed back from out students has been very positive. Take a look at our future "Rafter and Stosur " enthusiasts!!



RESPECT RESPONSIBILITY CONFIDENCE PERSISTENCE

Principal's Column

G'day everyone,

Transition

It's getting towards the time of year when our year 7 students start to realise they're "on the home stretch" of their primary schooling and are heading towards a couple of major milestones. The first of these is the Canberra Camp next week and the second is of course their transition to high school. Although still a couple of weeks away from their first transition visits, I thought it would be useful to reflect on what change is like for these young people.

Can you remember when you started secondary school? If you were like most people, you probably felt a mixture of emotions. Sadness because leaving primary school signified the end of an era, and excitement at the prospect of secondary school and the new experiences on offer.

For most young teens, starting high school is a positive time, although some students may experience a little anxiety about attending a different, larger school with more students and different facilities. Being the youngest students, adjusting to the different 'culture', changing classrooms for each subject, having different teachers, reading a timetable and carrying books around are all different aspects of high school to get used to.

Some students take these new experiences in their stride, but it is natural to have some difficulty making the transition from primary to secondary school. Most secondary schools go to great lengths to ensure that there is a smooth beginning, with transition programs and school visits for Year 7 students. These programs can really make a difference, but here are a couple of practical suggestions that parents can use to help make the transition to secondary education happy and successful.

Be supportive: Talk to your child about change and reassure them that it is normal to feel unsure and anxious in new circumstances. Some kids may brush you off with a, "She'll be right" attitude but sometimes this is "false bravado". Most will be feeling fairly unsure of themselves. Show confidence in their ability to cope; confidence is catching.

Communicate with the school: Contact the year-level co-ordinator or current teacher if you have concerns about how your child is settling in. If it is your eldest who is starting, then secondary school will be relatively new for you too. It will take time for you to adjust to the school's culture and communication methods. You can learn a lot about the school by talking with your child and encouraging them to share their experiences.

Attached with this newsletter is a flyer with some tips on building self esteem and confidence in young teens. I hope it proves useful for you.

Have a great couple of weeks everyone!

David Manuel

Principal

RESPECT RESPONSIBILITY CONFIDENCE PERSISTENCE

Farewell Hannah

For the past 5 weeks Napperby Primary has had the pleasure of hosting student teacher Hannah Oborn. Hannah has been working with Ms Kerry in our Upper Primary Class. Hannah was recently interviewed by one of our students, Faith. Please take a read below about her thoughts and time here at Napperby.

Interview with Miss Hannah Oborn

Q: What is the best thing you have seen about teaching so far?

A: The relationship with the students and the teaching strategies.

Q: What is the best thing about Ms Kerry's class?

A: The students.

Q: What have you learned about Ms Kerry's kids?

A: What the kids engage in and the year levels of learning.



Q: How has it been as a teacher in training?

A: It's been exciting, rewarding and fun.

Q: What made you want to be a teacher?

A: Working with kids and teaching with a positive influence.

Q: What do you like about Napperby Primary School and why?

A: Because it's small. Everyone is friendly and welcoming. Everyone is friends with each other.

Article and Interview by Faith

Upper Primary

Technology and Design.

The Upper Primary class has explored many aspects of the Design and Technology Curriculum, including textiles.



Ms Kerry brought in her sewing machine and taught us all how to sew simple cushions and toys.

Getting ready for Canberra Camp

Kimberley, Tiana and Ella checking that their Canberra Camp T-Shirts fit. The girls will be heading off to Adelaide Monday morning to catch a plane to Canberra. We hope the girls have a great time and



look forward to hearing how their trip went.

RESPECT RESPONSIBILITY CONFIDENCE PERSISTENCE

15

tips to build

SELF-ESTEEM & CONFIDENCE
in TEENS

1. **Love Unconditionally** - Make sure your teen can rest assured your love does NOT depend on their grades, performance, friend group, college, or any other factor - including their choices or behavior.
2. **Embrace a growth mindset in your home** - Many teens are stuck in a "fixed mindset", bring what you're learning about growth mindset into your family conversations.
3. **Make room for failure** - When you criticize, panic or gloss over a failure, you emphasize a fixed mindset, instead, take a deep breath and open up the conversation with your teen.
4. **Praise the process and tie it to the outcome** - Congratulate your teen's accomplishments, milestones, and growth by emphasizing their hard work, effort, and perseverance.
5. **Help them gain new and lacking skills** - Encourage your teen to see struggles and challenges as an opportunity to grow, learn and expand their interests and abilities.
6. **Be a family that doesn't give up** - Your teen can still try something they're not good at or start something new. If they stick to something wholeheartedly, they can build confidence along the way.
7. **Give reassurance** - Remind your child they are not a "bad person" for moving on from a toxic friendship or choosing an activity over a boyfriend/girlfriend.
8. **Talk about assertiveness** - Discuss how nuances such as tone of voice can make or break a conversation. Point out how body language and nonverbal cues can send a message of their own.
9. **Practice at home** - Create a safe space for your teen to process through difficult situations. Give them the freedom to talk freely about challenges. Explore ways they can manage situations with confidence.
10. **Encourage self-compassion** - Introduce mindfulness apps or activities, create positive mantras, or list affirmations where they will be seen on a regular basis.
11. **Encourage diversity in activities and interests** - When your teen engages in activities helping others, they gain a sense of purpose and tend to have a higher sense of self-esteem.
12. **Give less advice** - Rather than solving all of your teen's problems for them, engage them in the process. Listen as they explore where things went off track and then support your teen's plan to move forward.
13. **Ask for advice** - Be sure to discuss your challenges in front of your kids and see you make mistakes. Discuss the situation with them. Ask them for advice or see how they would approach your problem.
14. **Listen** - Keep the relationship with your teen strong by resisting the urge to turn everything into a long lecture. Focus on improving your listening skills rather than needing to be "right" or having the last word.
15. **Model confidence** - Be careful you don't put others down, criticize yourself, or make your own happiness dependent on other people or circumstances. Embrace a growth mindset!

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