



The Hamilton Herald

Issue 17: August 15, 2014

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PARENTS & CITIZENS
ASSOCIATION:
Meets 2nd Wednesday of each month
at 3.15pm.
All parents are invited to attend.

The newsletter is published each
fortnight

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From the Principal

This school and community is one to be so proud of – and I am (for so many reasons). One reason, in particular, is the support offered and given when it's needed. As you are most likely aware, one of our Prep Mums is not well at the moment. A number of parents have approached me wanting to assist this family. To assist this family, the money raised from our Free Dress Day and Fun Food Friday today will be donated to them. Thank you for your support in advance.

Resilience, the ability to bounce back when challenging situations occur, has to be learnt. Being resilient will allow students to deal with situations that arise in their life – as child or in the future, as an adult. Research shows that resilient children tend to display the following characteristics:

- Social competence
- Problem-solving skills
- Autonomy (degree of independence)
- Optimism

More information about the resilient child is included in this newsletter.

Hope the Ekka holiday was enjoyed by all!

Kind Regards,
Robyn Nicholson

Hamilton State School.... *Safe*
Respectful Responsible

DATES TO DIARISE

Aug 25-31	Literacy and Numeracy Week
Sept 3-5	Year 5/6/7 Camp
Sept 5	Teacher Aide Day
Sept 18	Raw Art
Sept 19	End of Term 3
Oct 15	Swimming
Oct 22	Swimming
Oct 29	Swimming
Nov 5	Swimming
Nov 12	Swimming
Nov 19	Swimming



Book Fair

Next week is Book Week! To celebrate, we are hosting a Book Fair in the Library. During the week, students will visit the library to look at books that are available for purchase. Each student will complete a 'wish list' and have the opportunity to buy the book/s during the week. See the flyer attached.

District Athletics

On Monday 4 August and Tuesday 5 August, a group of students participated in the City Districts Track and Field competition. Congratulations to the following students who represented our school:

- Ciara Robertson
- Jamie Collins
- Phoebe Liang
- William Haigh
- Cara Wood
- Kody Heta-Pace

Well done!

Special mention...Cara Wood made the Semi-Finals for the 13 years 100m event.

Big congratulations...Kody Heta-Pace who will be competing at Regionals for Shot Put. He placed 2nd in the 13 years Shot Put event at Districts. Good luck at Regionals, Kody!



Signing Out

Please ensure that you sign your child in and out from the office if you need to collect your child during school hours. While informing the Class Teacher is appreciated, parents/carers are required to advise the office. The sign in/sign out book is on the counter at the office.

Fun Food Friday

Next week's Fun Food Friday menu and order form is attached to the newsletter.



The items that can be bought over the counter and do not require pre-ordering will be cordial cups and a limited amount of muffins.

Our handful of parents that are regular Fun Food Friday volunteers (a big thank you to them!) need your help! There is a roster on the wall outside the parent room and there are some Fridays with not enough helpers.

No volunteers = no Fun Food Friday

We'd appreciate your help on the occasional Friday if every Friday is not possible – just put your name on the roster or contact the office.

P&C Meeting

The next P&C meeting is on Wednesday, 20 August at 3.15pm. It will be held in the library. All are very welcome!

Blue Light Disco

The next Blue Light Disco is next Friday, 22 August.

Happy Birthday

Best wishes to the following students who have celebrated a birthday over the past fortnight:

Aug 6	Simon
Aug 8	Manaia
Aug 13	Hope



Hamilton State School



Fun Food Friday



Friday, 22 August, 2014

Next week's menu:

- Mini Pulled Pork Roll (with coleslaw) \$1.50
- Mini Pulled Beef Roll (with coleslaw) \$1.50
- Ham and Cheese Sandwich \$2.30
- Cheese Sandwich \$2.00
- Fruit Salad Tub \$2.00
- Blueberry Muffin 50cents

Ordering process:

1. Receive order form with menu available for upcoming Friday
2. Return order and money to class teacher by **Wednesday, 20 August**
3. Food provided to student at 1st break on Friday

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Student Name: Class:

I would like to order:

- Mini Pulled Pork Roll (with coleslaw)
- Mini Pulled Beef Roll (with coleslaw)
- Ham and Cheese Sandwich (toasted or untoasted) please circle
- Cheese Sandwich (toasted or untoasted) please circle
- Fruit Salad Tub (yoghurt or no yoghurt) please circle
- Blueberry Muffin

Thank you!



The Resilient Child

A great deal of research has gone into distinguishing the characteristics of resilient children from their non-resilient peers. These findings consistently show that resilient children tend to display the following attributes:

* Social competence

Resilient children tend to be responsive, socially adept, capable of initiating and sustaining close relationships with adults and peers, and able to show appropriate empathy. They have good communication and conflict resolution skills, and possess a healthy sense of humour.

* Problem-solving skills

The resilient child is typically able to think creatively and flexible about problems, to make plans and take action on them. They are able to ask adults for help when needed, and show resourcefulness in dealing with problems.

* Autonomy

Resilient children show a healthy degree of independence, are able to think and act independently from adults, and are able to reflect critically on their environment. They have a well-developed sense of their own identity and believe in their own ability to effect changes in their environment.

* Optimism

Optimism encompasses the sense of having a bright future, a tendency to see challenging situations in positive terms, and a belief in one's ability to deal with whatever life brings.

(Edith H. Grotberg)

