



# BROMPTON PRIMARY SCHOOL



No. 12

Term 3 Week 2

2022

Dear families

Families often ask for strategies to support their little people to develop into the best possible versions of themselves. Engaging with them, by reading to and with them, will help to develop their academic skills. Developing their dispositions is another way to support them. Research indicates being resilient correlates with being successful. The list below is not your typical 'do' and 'don't' list but rather a set of prompts to begin reflecting on ways you can teach your child resilience through simple interactions every day.

- Give your child independence to try new things they initiate, such as climbing at the playground or opening a container – even if you think it's too hard for them.
- Do not give in when you have set a limit, such as an amount of TV they can watch.
- Resist the urge to run to your child's rescue immediately — such as when you see them having trouble putting on their clothes or getting organised at school.
- Give your child the opportunity to wait patiently when it is required – do not always provide entertainment or allow them to interrupt.
- Do not give your child every single physical thing they desire (toys, food treats, etc) even if 'everyone else has it.'
- Teach your child to identify struggles as challenges to overcome, not tests to avoid.
- When your child wants to find something let them look for it.
- Require responsibilities be completed even when your child doesn't feel like it such as making their bed, feeding pets or taking a bath. Enjoy your week.

## Reminders ...

### PRE ORDERED LUNCH ORDERS

supplied by La Bottega

**RESUME THISFRIDAY**  
(5/8/2022)



### Fundraising Friday

5 August

**WEAR SOMETHING FROM  
THE THRASS CHART DAY**



Gold coin donation

### Important Diary Dates

**PUPIL FREE DAY**  
**Week 4**  
**FRIDAY 19 AUGUST**

## 10 best phrases to teach **resilience** to your kids

1

Goal  
Humour

Phrase  
"Come on, laugh it off"

2

Goal  
Contain thinking,  
perfectionism and anxiety

Phrase  
"Don't let this spoil everything"

3

Goal  
Distraction

Phrase  
"Let's take a break"

4

Goal  
Handling worry and asking for help

Phrase  
"Who have you spoken  
to about this?"

5

Goal  
Offering hope

Phrase  
"I know it looks bad now but  
you will get through this"

6

Goal  
Positive reframing

Phrase  
"What can you learn from this so  
it doesn't happen next time?"

7

Goal  
Acceptance

Phrase  
"Don't worry – relax  
and see what happens!"

8

Goal  
Perspective

Phrase  
"This isn't the end  
of the world"

9

Goal  
Flexible thinking

Phrase  
"You could be right. But have you  
thought about ..."




10

Goal  
Taking action

Phrase  
"What can we do  
about this?"



# TERM 3 2022 PLANNER

1	25/7 First day of Term 3	26/7 SEDA Soccer	27/7	28/7	29/7 Fundraising Friday <b>Casual Day</b> GOLD COIN DONATION
2	1/8	2/8 SEDA Soccer	3/8	4/8	5/8 <b>Wear something from the THRASS CHART</b> GOLD COIN DONATION
3	8/8 Year One Phonics Screen starts	9/8	10/8	11/8 Governing Council Mtg @ 6.30 pm	12/8 Fundraising Friday <b>Wear your PJs</b> GOLD COIN DONATION
4	15/8 National  Wk	16/8 SEDA Soccer Science incursion	17/8 Science incursion	18/8 STEM Congress →	19/8 STEM Congress <b>PUPIL FREE DAY</b>
5	22/8 Book Week 	23/8 SEDA Soccer	24/8  3.00-4.00pm	25/8 →	26/8 Fundraising Friday <b>Dress up as your favourite hero/person/ character</b> GOLD COIN DONATION
6	29/8	30/8	31/8	1/9 DISTRICT ATHLETICS	2/9 Fundraising Friday <b>Crazy Hair Day</b> GOLD COIN DONATION
7	5/9 PAT Test opens	6/9	7/9	8/9	9/9 <b>SCHOOL CLOSURE DAY</b>
8	12/9	13/9	14/9	15/9 Governing Council Mtg @ 6.30 pm	16/9 Fundraising Friday <b>Dress up "When I Grow Up"</b> GOLD COIN DONATION SEDA Netball
9	19/9 INTERVIEW WEEK	20/9	21/9 3/4 Tennis Carnival	22/9	23/9 Fundraising Friday <b>Spooky Day</b> GOLD COIN DONATION 5/6 Tennis Carnival SEDA Netball
10	26/9	27/9	28/9	29/9	30/9 Fundraising Friday <b>Dress up as an Animal Day</b> GOLD COIN DONATION SEDA Netball <b>LAST DAY OF TERM 3</b> Dismissal at 2.00pm