This week is Education Week; in fact it is the 60th time Education Week has been celebrated in NSW schools.

In 1954, Education Week first began with the theme *Lighting the Way to a Better World* and this year the theme is being repeated in recognition of the 60th anniversary. I wonder if the better world that was imagined by the children of 1954 has been realised today. I reckon many children of 1954 would have been expecting flying cars and space suits for everyday wear by now.

Today we find ourselves living with various forms of violence occurring around the globe. The nightly news is a program that needs to be viewed with discretion if young children are present when it is on, as images can be distressing, hard to explain, but even harder for a child to understand.

Now, just as many other times in history it is important for us as communities to build in our students a sense of optimism and hope for the future. Our students are the future and it is in our hands as parents and schools that together we light the way to build a better world.

I have include in this newsletter, information from psychologist Michael Grose on optimism that I thought timely in light of the Education Week theme.

This year the GVPS P&C donated $15,000 to the school to purchase the following items: New picnic tables, re-paint the playground games in the shelter area and a new electronic display school sign. These purchases are now complete and I wish to say thank you all for your contributions to the school through raffles, discos and other fundraising events over the last couple of years. Your support is greatly appreciated.

I hope to see you here at school over the course of this week’s Education Week program.

Mr B Warwick
Principal
STUDENT LEADERSHIP DAY—ASHCROFT HIGH SCHOOL.

Please note that the Ashcroft Leadership day scheduled for 13th August has been postponed until further notice. Sorry for any inconvenience this may have caused.

Miss Borrello

KEEP BRAINS TICKING OVER

Don’t forget www.SchoolAtoZ.com.au has lots of information and fact sheets to help with homework.

For students polishing their spelling skills, the free Spelling Bee mobile app also allows them to record a list of their own words and then test themselves. You might even want to challenge them with a list you create. Here’s where you’ll find the free app to download: http://bit.ly/Q9ez0G

SPORT

ATHLETICS CARNIVAL

The Athletics Carnival is being held tomorrow at Ash Road Sporting Complex. Students are to arrive at school as normal and will be transported to the venue by bus. A reminder to pack the following items: hat, medication, (asthma puffer etc) lunch and recess, water bottles.

If you have ordered a sausage sizzle, these will be handed out on the day.

Students are to wear their school sports uniform and may wear their house colours if they wish.

PSSA BEST & FAIREST

<table>
<thead>
<tr>
<th></th>
<th>Juniors</th>
<th>Seniors</th>
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<tbody>
<tr>
<td>Mixed AFL</td>
<td>Yousuf Zaidi</td>
<td>Callum Patterason</td>
</tr>
<tr>
<td>Mixed RUGBY</td>
<td>Aiden Cloke</td>
<td>Leeroy Vaalele</td>
</tr>
<tr>
<td>Mixed NEW/BALL</td>
<td>Seth Mills</td>
<td>Sara Draskic</td>
</tr>
<tr>
<td>Girls NETBALL</td>
<td>Jessie Thornton</td>
<td>Desiah Pukawa</td>
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<tr>
<td>Girls OZ TAG</td>
<td>Jelena Saric</td>
<td>Aveena Saythavy</td>
</tr>
<tr>
<td>Boys SOCCER</td>
<td>Yehya Sous</td>
<td>Marko Kosic</td>
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P & C News

The P&C Disco will be held on Friday 8th August.
K-2 5.00pm—6.30pm
3-6 6.30pm 8.00pm

Please put money in an envelope with child’s name on class on front and hand in to front office.

DIARY DATES

Dates are subject to change due to unforeseen circumstances, * indicates new or changed dates since last newsletter.

JULY
28  Footsteps
28-1  Education Week
29  Athletics Carnival
30  ICAS English Competition
31  P&C Meeting

AUGUST
1  K-6 Assembly
1  PSSA Round 6
4  Footsteps
7  Australian Mathematics Competition
7  Debate vs HPS at CHPS
8  PSSA Round 7
8  P&C Disco 5-6.30 (K-2) 7-8.30 (3-6)
11  Footsteps
12  ICAS Mathematics Competition
12  K-2 Assembly
12  Kinder Farm Excursion
14  3-6 Assembly
15  PSSA Round 8
18  Footsteps
19  GVPPSA Athletics Carnival
22  PSSA Round 9
25  Footsteps
29  PSSA Round 10
30  Koori Bushtucker day

SEPTEMBER
1  Footsteps
1  WLFPA
2  WLFPA
3  WLFPA
3  P&C Meeting
4  Fathers Day stall
5  K-6 Assembly
5  PSSA Trials
8  Footsteps
9  K-2 Assembly
10  SWS Zone Athletics
11  3-6 Assembly
11  Debate vs GPPS
12  Debating Presentation
12  PSSA Season 3 Round 1
15  Footsteps
16  Buzz Day
17  Crazy Carnival Day
19  PSSA Round 2

OCTOBER
7  Students and staff return for term 4
21  Photo day#2 Sport etc
29  P&C Meeting
30  P&C Halloween Disco

NOVEMBER

Next P&C

Wednesday 30th July
9.00am in the school Staffroom
All Welcome.
This week is a celebration of Public Education. It is a great reminder for all that Green Valley Public School is a dynamic, inclusive school that has professional and caring teachers who provide an excellent education for the children in a quality learning environment. We have an exciting and jam-packed week ahead! Please feel free to ask your friends, family or any new families who are interested in enrolling their children to come to the following events this week.

<table>
<thead>
<tr>
<th>Monday 28th July:</th>
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<tr>
<td>• Eid al-Fitr: This is an important Islamic holiday for Muslim communities across Australia. It marks the end of Ramadan and the start of a feast that lasts up to three days in some countries. It is a special celebration that marks the end of fasting that occurs during Ramadan.</td>
</tr>
<tr>
<td>• Footsteps Program</td>
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<table>
<thead>
<tr>
<th>Tuesday 29th July:</th>
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<tbody>
<tr>
<td>• Eid al-Fitr</td>
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<td>• Athletics Carnival</td>
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<tr>
<th>Wednesday 30th July:</th>
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<tr>
<td>• Koori club incursion</td>
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<td>• ICAS English Competition</td>
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<tr>
<td>• 9:00am: P&amp;C meeting in the staffroom. Parents/carers are welcome to attend.</td>
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<th>Thursday 31st July:</th>
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<tr>
<td>Open Day</td>
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<tr>
<td>• 9:00am – 10:50am: All parents are invited to visit their child’s classroom.</td>
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<td>• Community organisation stalls will be available to provide information to parents.</td>
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<tr>
<td>• 11:00am – 12pm: The P&amp;C will be running the BBQ. Please feel free to purchase a sausage sandwich for $2.50 and a drink (soft drink or water) for $1.50.</td>
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<td><strong>NB:</strong> Both Halal and non-Halal sausages will be available on the day.</td>
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<tr>
<td><strong>Come and observe programs in action</strong></td>
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<tr>
<td>• 11:00am-11:15pm: Aerobics Groups will be performing in the school hall</td>
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<td>• 11:00am-11:15pm: Fit Club demonstration and PSSA training demonstration on the back oval.</td>
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<td>• 11:30am-11:45pm: Junior Choir performance</td>
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<tr>
<td>• 11:30am-12:00pm: Interactive Classroom Observation</td>
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<tr>
<td>• Claymation/Library: ICT observation and parent information available.</td>
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<tr>
<td>• 2:00pm-2:55pm: The Ned Show in the hall Parents/carers are welcome to attend.</td>
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<tr>
<th>Friday 1st August:</th>
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<tr>
<td>9:10am: Education Week K-6 Assembly hosted by 2Z and 5P</td>
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Looking for help with social media issues such as cyber bullying, inappropriate content, online grooming, scams fraud and identity theft: try www.thinkuknow.org.au.

**FLU SEASON IS HERE**

Influenza is spread from person-to-person through the coughing or sneezing of infected people. Remind your child about these good hygiene practices to minimise the spread of infection:

Anyone who is sick with influenza symptoms should stay home until their symptoms are gone.

Cover the nose and mouth with a tissue when coughing or sneezing. Throw the tissue in the garbage bin after use.

Wash hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.

Avoid touching eyes, nose or mouth. Germs spread that way.

If you or your child develops influenza-like illness, seek the advice of your family doctor as you would with any other illness.

The seasonal influenza vaccine, which protects against the pandemic influenza strain as well as two other influenza strains, is now available free to eligible people. More information about the vaccine is available from the NSW Health Immunisation Unit’s vaccination page.

Previous vaccination with the pandemic influenza vaccine, Panvax® is not a barrier to also receiving the seasonal influenza vaccine.

**OPTIMISM**

*Michael Grose*

Helping a child to look on the bright side is a significant life skill to develop.

Optimists look at the flip side of negative events for some good, some hope and some reason to be positive. It means having a strong self-belief and confidence to deal with challenging situations.

Optimists do better academically, socially and enjoy better health than pessimists. Helping a child to look on the bright side is a significant life skill to develop. When children think they can succeed they are more likely to give things a try. In other words, if they think THEY CAN, THEY WILL.

Optimists look at the flip side of negative events for some good, some hope and some reason to be positive. It means having a strong self-belief and confidence to deal with challenging situations.

According to the General Parenting tip sheet on this topic published by the Queensland Government there are five building blocks of optimism:

1. Having a go
2. Practicing
3. Coming to terms with success and failure
4. Planning for the future
5. Having the belief and confidence to try again

Importantly, these building blocks link optimism with competence so when children experience success they are more likely to believe that they can achieve and have more success.

Some children are natural optimists. They are born with optimistic temperaments and have natural dispositions to deal with challenges and problems. Others expect the worst and tend to see catastrophes where really small challenges exist. Recent American research indicates that children learn their optimism from their experiences of success and through their interactions with parents, teachers and significant others in the first eight years of life.

So the way adults talk is significant in the way they shape a child’s belief about success or failure. The message is clear that adults need to be aware how they present the world to children as our explanatory style (the way we explain events) is on show.

**OPTIMISTS EXPLAIN ADVERSE EVENTS IN THE FOLLOWING WAYS:**

Adverse events tend to be temporary rather than permanent: “It takes time to find a friend” rather than “No one likes me.”

Situations or causes are specific rather than general: “I am not so good at soccer” rather than “I am hopeless at sport.”

Blame is rationalised rather than personalised: “I was grounded because I hurt my sister” rather than “I was grounded because I am a bad kid.” Pessimists have a tendency to build mountains out of molehills and give up before trying. The trouble with pessimism is that it tends to be a self-fulfilling prophecy. “I told you I wouldn’t get a kick in the game. What was the point of me even turning up?” is a typical pessimist’s approach. Such comments just reinforce pessimism and these feelings of hopelessness lead to helplessness.

To promote optimism in the children around you try the following four strategies:

Model positive thinking and optimism. Let children hear your positive self-talk.

Challenge children’s negative or unrealistic appraisals. For instance, “Everyone hates me. I have no friends” can be challenged with “Sometimes it feels like we have no friends but you spent all morning with Melanie yesterday.”
Anabela

In the holidays I went to Adelaide with my family. First we put away bags. Next we go to the cinema. Then we had to get the tickets. Afterwards we sat down in our seats. Later the lady called out “Attention! That it is time to go.” Finally the plane was landed.

Jayden

7/14 The holidays I went to Lego. I went with my Mum and sister. When we went to the Lego movie, after a while I went to the Lego land. Next I lined up to get food and a drink.

Zac

Holidays Hall 214

Holidays Hall 214

7/14 HOLIDAYS I went to the Lego with my family. First we go to the Lego land. Then we had to get the tickets. After wards we sat down in our seats. Later the lady called out “Attention! That it is time to go.” Finally the plane was landed.

Gabriela

7/14 HOLIDAYS I went to the Lego. First we got popcorn. Next we ate snacks. Then we went to sit down. Afterwards the movie came on. Later it finished. Finally we went home.

Leo
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