

# Newsletter

## Avoca Beach Public School

The Round Drive

Avoca Beach NSW 2251

T: 4382 1416 F: 4381 1431

E: [avocabch-p.school@det.nsw.edu.au](mailto:avocabch-p.school@det.nsw.edu.au)

W: [www.avocabch-p.schools.nsw.edu.au](http://www.avocabch-p.schools.nsw.edu.au)



Monday 9<sup>th</sup> August 2021

*Avoca Beach Public School is committed to providing a safe and caring environment where individuals are respectful, responsible and strive for their personal best.  
Our innovative, collaborative and inclusive culture empowers and supports every learner.*

Dear Parents,

We are nearly at the half way point of Term 3 and hopefully edging closer to the end of lockdown. The teachers are super proud of the students and the resilience they are showing. This week our SRC have put together some beautiful messages to all the students, which will be sent out to each class via google classroom. What an amazing group of young leaders our SRC are!

### **Year 1 Writing**

Our talented Year 1 students wrote persuasive texts as one of their tasks last week. Their job was to persuade Mr Thomas to think about adding something new to our school. We had ideas such as swimming pools, areas for animals and a tennis court. I loved watching the videos that the students posted. They were very persuasive! Well done Year 1.

### **Basketball Court**

As part of the NSW Government Regional Renewal Program, the school has received joint funding to upgrade the basketball court. It is hoped that work will begin during the September holiday period. Fingers crossed that the students will be able to enjoy the new court in Term 4. I would also like to take this opportunity to remind everyone that while we are in lockdown, the school, including the basketball court, is closed to the wider community. Unfortunately, we have had older children coming onto the school site during the day and of an afternoon to use the basketball court and they are putting the entire community at risk by doing so. Please help us to enforce this.

Ben Thomas  
Principal

### **Quote of the Week**

“Don't let today's troubles bring you down. Don't let life's little obstacles keep you from trying. Don't let your fears keep you from dreaming. Don't give up for any reason. Believe in yourself.”

**RESILIENCE- A message from our School Counsellor**

I'm sure most parents in our school community hear about this topic when talking about building strong, confident children. We hear it often on the television when commentators discuss children's issues. It is one of the most important aspects of child development. It is at the core of what we hope to build in our children, but what is resilience? Most people see it as the ability to bounce back when bad things happen to us. In today's world, this ability is seen to varying degrees in our children, with some being able to bounce back quicker and more effectively than others.

Regardless of what the adversity is, three elements have been shown to be pivotal in resilient children. They don't need all three, but one is not enough.

They are firstly: a belief that they have supports around them to help them through their adversity. These supports can be parents or carers, extended family members, teachers, good friends, even the family dog. If the child knows they have at least one caring, interested adult who can hear them and help them, they will have one of the core elements of resilience at their fingertips.

The second secret to resilience is the belief that they have certain strengths, things they have success in, and are confident in. The psychological term for this resilience factor is 'self-efficacy'. An example of how this works is to talk to your child about something they like and are good at, such as soccer, or art. It is then important to look at what qualities or strengths the child needs to be good at that sport or hobby. For example, a soccer player needs to be fair minded, have courage, be a team player and be a good runner, just to name a few. From looking at the child's strengths, we can help them to be more optimistic people.

The final factor essential to resilience is the ability to problem solve. Children need guidance and help with this more when younger, however as they grow, they need to be encouraged to do this on their terms (provided they are reasonable). Parents should act more as sounding boards to what the child can do, and provide options the child can choose from. This way, the child develops confidence and autonomy in their problem-solving skills, and does not feel disempowered when things go wrong for them.

There are of course more elements than these, indeed whole books have been written about resilience in children, which make good reading. The three elements mentioned above are vital though, and merit reflection on how your child meets them. If you and your child are still experiencing difficulties, the school or outside professionals are available to help you.

(this article was based on The Resilience Doughnut, The Secret of Strong Kids, by Lyn Worsley, Alpha Counselling Services, Books and Writers Network Pty Ltd, Watsons Bay 2006)

**Congratulations to the following students who received merit certificates in the last 2 weeks**

|             |   |             |  |
|-------------|---|-------------|--|
| <b>KH</b>   | Nina Rodrigues, Finn Napton<br>Imogen Feist, Tayari Gee                 | <b>3S</b>   | Zeus Curnow, Indiah Shiers<br>William Ceccato, Chrystella Penn       |
| <b>KJ</b>   | Milly Waters, Harry Jereb<br>Charlotte Adler, Harvey Scerri             | <b>3/4T</b> | Olive Morriss, Kai Napton<br>Abigail Armytage, Jack Miller           |
| <b>KT</b>   | Evelyn McKim, Tahnee Ryan<br>Liam Casey, Wynnie Blenheim                | <b>4B</b>   | Dylan de Gruchy, Olivia Schellekens<br>Matilda Harvey, Zoe Powling   |
| <b>K/1B</b> | Clive Morriss, Toby Hall<br>Cleo Drinkwater, Jed Carroll                | <b>4J</b>   | Macy Norris, Dylan McMahon<br>Jasmine Youssef, Finn Casey            |
| <b>1G</b>   | Peyton Halwagy, Frankie Mee<br>Harvey O’Gara, Rosie Lamshed             | <b>5F</b>   | Cameron Dalton, Lilly Folbigg<br>Eli Boys-Smith, Poppy Hilton-Foster |
| <b>1R</b>   | Frankie Mumford, Oliver Lavers<br>Harper McMahon, Thomas Lucas          | <b>5M</b>   | Jett Johnson, Carla Norris<br>Olivia Sumowski, Harper Freeman        |
| <b>1/2C</b> | Jackson Dawes, Beau Banfield<br>Jess Day, Hana Collyer                  | <b>5/6D</b> | Kobi Davies, Jasmine George<br>Jameson Boyle, Shelley Carmichael     |
| <b>2D</b>   | Hudson Douglass, Asha Harris<br>Frankie Drinkwater, Ace Roumanous       | <b>6A</b>   | Fergus Paterson, Jasper Hunter<br>Khloe Richmond, Adam Rignall       |
| <b>2W</b>   | Jaxon Bailey, Myles McIlquham<br>Riley Frew,<br>William George-Davidson | <b>6M</b>   | Amy Woods, Will Tebb<br>Elisabeth Brereton-Garner,<br>Silas Allen    |
| <b>3B</b>   | Mitchell Wong, Kenzie Johnson<br>Sienna Mackaness, Evan Moorcraft       |             |  |

**Year 2 Artworks**

The students in 2D worked on self-portraits during their art lessons last week. Harry, Bonnie, Zanzi and Amelia created these amazing artworks and uploaded them to their google classroom. Outstanding work!

