Thank you to everyone who attended the working bee last Tuesday night—Kellie Bonnici, Stephanie Coy, Sarah Harris, Glenn Langdon, Amanda & Daniel Ruzciska, Davina Taylor and Tuula Ferraro. I apologise if I have left anyone out. Many weeds were pulled out and one and a half cubic metres of soil was shovelled into the vegie garden beds. We are now ready to sow seeds this week.

**Year P– 2**
Declan McLaughlin— For communicating well with others during group activities.

**Year 3– 6**
Angus McLaughlin — For his enthusiasm in writing narratives.

Unfortunately both boys are absent today. We will give them their certificates next week.

**Student achievement awards**

**Reading awards**
Congratulations to the following students
Lili Taylor 175 nights of reading
Emma Rose Langdon 125 nights of reading
Melissa Salmon 100 nights of reading

**Happy birthday**
A very happy birthday to Luke today. We hope you have a great day.

**Bolina Spring Fair**
The school will once again organise a cake stall for the Bolinda Spring Fair.

We are asking each family to bake something for the stall. A plate and instructions was sent home with last weeks newsletter.

We will require volunteers to man the stall, we so far have 5 people and require a few more especially for the afternoon. Please complete the form attached to the newsletter and return to John.

As a part of the Stephanie Alexander Kitchen Garden program we are looking for some items you may have lying around the house. If you could help us that would be great, there is a box in the office for your kind donations.

This week we are looking for hand trowels for the Garden program and stainless saucepans for the Kitchen program.

If you could also send a small (600ml) drink bottle with lid for your child on Thursday afternoon, that would be appreciated.

Thanks Janine

The topic for this term has been Australia, and in celebration of this we are having our own Bolinda Primary School Australia Day on Friday 20th September (last day of term). We require parents to bring along a plate of Australian food, this can be

Vegetarian Sandwiches
Anzac biscuits
Mini Pavlovas
Lamingtons
Rock Cakes
Weet-bix Slice
Milo
Party Pies
Fruit – Watermelon / Rockmelon / pineapple

Please see Meagan to confirm what you are bringing.
We have had a number of students coming to school with a cough. Some of these children become distressed and as with many viruses they are very contagious. In these instances we ask that you keep your child at home to prevent the spread of viruses.

We would ask parents to emphasise to their children that if they cough they should cover their mouths with their hand then wash their hand.

Further information from the Children’s Hospital is attached to the newsletter.

We have new date for the Astronomy Night, Tuesday 8th October, the second day of term four at 7.30pm.

The information in this article from ‘Kids Matter’ will be very useful for the parents of some of our junior students who at times find it difficult to make friends and understand how other people feel about some of their behaviors.

Everyone needs a friend

“Those kids at school are mean. I told them about this great game but they wouldn’t play it. They said I couldn’t play with them.” Rebecca, who is seven, plays happily at home with her four year-old sister Samantha. Samantha adores her big sister and will do anything she says. But with school friends it’s not so easy.

Rebecca’s mother wonders whether the other children really are mean or whether Rebecca may be too pushy. When children come over to visit it seems to go well as long as they are doing what Rebecca wants. But if the other child wants to do something different, Rebecca often sulks or goes off in a huff.

Children’s friendships often have their ups and downs. When friendships are going well they support children’s emotional wellbeing and confidence, as well as providing someone to play with. Positive friendships help children have fun, and also help them cope during periods of stress and change. This is why having friends at school is so important for children.

Helping kids with the ups and downs of friendships

It is not always easy for children to know how to manage friendships. Problems with friends can affect how children feel about themselves and their enthusiasm for activities that involve others. Parents and carers can help children learn the kinds of friendship skills they will need as they grow and develop.

Learning how to make and keep friends involves a number of skills. Children learn more and more complex social skills from those around them as they develop.

Home life has an effect on the development of social skills. A child who has an adoring little sister is likely to have more skills of leadership. A child who is the little sister may be more used to fitting in with what others want to do. These children are likely to react differently when they go to school and meet other children with different life experiences and different social skills.

Friendship skills for children

Cooperation

How to share, how to take turns, how to work together towards a common goal.

Communication

Using words to explain what you want and
others’ nonverbal reactions.

**Understanding and managing feelings**
- Being able to express feelings in ways that help others understand you.
- Recognising and responding to others’ feelings.

**Accepting and including others**
- Recognising others’ needs for respect and friendship.

**Solving friendship problems**

Children develop friendship skills through playing with other children. Because they are learning, they are sure to have times when things do not go as they would like. Sometimes they blame themselves for what has happened. They may say: “Nobody likes me ‘coz I can’t run as fast as they can.” Sometimes they blame everyone else for the problem and, like Rebecca, say: “The kids are all mean to me.” Even though they blame the other kids they may still think of it as a problem they cannot change.

**How parents and carers can help**

First and foremost you can help children by listening to them talk about the everyday joys and troubles that arise out of their friendships. Asking what might have led to others’ reactions can help the child, with your assistance, to think of possible solutions.

**Try a problem solving approach**

When problems arise in friendships it is important not to blame children but to show them how to find a solution. A problem solving approach is often helpful.

1. Encourage the child to describe what has happened.
2. Ask about how they felt.
3. Ask them how they think the other person might see it and how they might be feeling.
4. Get them to think of ways they could do things differently next time.
5. Encourage them to try the new approach – get them to practise with you so they feel more confident.
6. Check back with your child to see how things turned out.

The following web pages may also be of interest:
