

# Grace Notices

Friday, 27 October 2017 | Term 4, Issue 2



Ephesians 4 : 30 NLT "And do not bring sorrow to God's Holy Spirit by the way you live. Remember, He has identified you as His own, guaranteeing that you will be saved on the day of redemption."

**Term 4 ends: Thursday, 14 December**

## Coming up

### Saturday, 28 October

#### \* Brunswick Show

If you're visiting the show tomorrow, pop in and say hello to the team at the Grace Christian School stand. ☺

#### WEEK 4

### Monday, 30 October

\* Parent Prayer Group 8.45am

\* Year 11 Exams

### Tuesday, 31 October

*Reformation Day*

\* Little Library 9am

\* Year 11 Exams

\* Kindy Parents Dinner 6.30pm

\* Wellington Mills Mountain Bike Excursion (Selected students)

### Wednesday, 1 November

\* Year 11 Exams

\* Year 9 Photography Excursion

### Thursday, 2 November

\* Year 11 Exams

\* Year 10 PE Elective Bike Ride

### Friday, 3 November

\* Year 11 Exams

#### WEEK 5

### Monday, 6 November

\* Parent Prayer Group 8.45am

\* Year 11 Student Break  
(6 November - 10 November)

### Tuesday, 7 November

\* Little Library 9am

\* School Board Meeting

\* Year 1 & Year 3 BREX Excursion

### Thursday, 9 November

\* School Tour 10am

\* Prefect Camp

### Friday, 10 November

\* Sean W Smith Concert 2.20pm

\* Prefect Camp

## Contact Information

#### Telephone:

08 9726 4200

#### Email:

[admin@grace.wa.edu.au](mailto:admin@grace.wa.edu.au)  
[absentees@grace.wa.edu.au](mailto:absentees@grace.wa.edu.au)

#### Website:

[www.grace.wa.edu.au](http://www.grace.wa.edu.au)

#### App:

Koobag- Grace Christian School

## From the Principal's Desk

### Parenting for Resilience by Michael Grose

from [www.parentingideas.com.au](http://www.parentingideas.com.au)

Resilience has proven to be one of the most important factors in predicting success as an adult. The ability to bounce back, regulate emotions and cope with stress are key traits in a healthy, functioning person. Resilience also helps prevent anxiety and depression. It is something we need to be instilling in our children.

As a child's first educators, parents can't leave it to early learning centres, pre-schools and schools to develop their child's resilience. It's something that parents need to be constantly developing. Building resilience is not a program, but should be an approach or mindset that guides your parenting.

Here are five principles/ideas that you can easily adapt to develop a strong sense of resilience in your child.

#### 1. Develop your child's self-sufficiency

Self-esteem is an essential element for resilience. It teflon coats children against rejection and self-doubt. The foundation for self-esteem is self-sufficiency. It's the simple things such as feeding yourself as a toddler, making your own snacks in primary school and making your own lunch in secondary school that build self-esteem. Mastery over your own life provides a strong sense of self, which is an important piece of the resilience puzzle.

#### 2. Allow kids to resolve their own problems

Resilience is developed when children own and resolve their own problems, whether those problems are learning, relational or organisational challenges. A lunch left at home is a child's problem to solve – either he borrows or goes without. A teenager who sleeps in on a school day needs to be allowed to manage the inconvenience of the situation, experience the stress that comes with being late and find a solution to avoid a repeat. Look for ways to coach your kids through social, physical and learning challenges but resist the urge to interfere or rescue kids unless it's absolutely necessary.

#### 3. Encourage play (and mucking around) at every age

Encourage your child to play and be playful. As a community we seem to hold little store in the value of free, child-initiated, or even teenager-initiated, play. It's almost as if play time is a waste of valuable learning time. As any adult who experienced the joys of 'mucking around' as a child or young person will know, free play has huge benefits. These include helping children manage fear, providing opportunities to negotiate risk, and learning how to work flexibly with others. Importantly, free play and mucking around help children experience and tame stress, which is essential for resilience.

#### 4. Focus on face-to-face friendships

Healthy peer relationships are important protective factors against anxiety and depression for children and young people. From a resilience perspective, peer relationships are most potent when connections are face-to-face rather than through a digital medium. Studies are now showing how simple face-to-face social engagement has a massive positive impact on wellbeing. Positive face-to-face engagement – a smile, a wink or a nod – releases oxytocin, which increases trust and reduces cortisol (stress hormone). These simple face-to-face interactions also release dopamine, which makes us feel better.

For the sake of your child's resilience, encourage more face-to-face interactions, model healthy socialisation and help them balance their time between the online and real worlds.

#### 5. Tell stories of resilience

Storytelling is a powerful way of shaping children's understanding of how the world works. According to a recent study, children who hear stories about family members overcoming obstacles are more resilient and display more grit in the face of challenges. The most helpful stories are those that are realistic, reflecting life's ups and downs. It's often stories of difficulty rather than success that teach and inspire children to persist. Similarly, it helps to remind children of times you worked hard in the past to overcome obstacles. These might include how you learned to ride a bike, how you adjusted to moving schools or how you got along with a seemingly challenging teacher, boss or work colleague.

# Grace Notices



James 1 : 19 NLT "Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry."

Perhaps the easiest way to bring resilience into your parenting is to develop a mindset for resilience. It helps to remember the struggles and difficulties you may have experienced and be willing to keep kids' chins up when difficulties and challenges get them down. It's also helpful to remind kids that things will get better. They always do, which is a fabulous resilience lesson to learn.

**Blessings,**  
**Hugo de Ridder**

## Notices

### 2018 Booklists

The 2018 booklists have gone home with your child this week. All orders for stationery can be done online with Ziggies Educational Supplies. Instructions on how to order as well as the password you require to order online is detailed on the booklist.

Please note:

- Year 12 - all orders must be completed by 5 November 2017 to ensure text books arrive on time. (Year 12 content commences in Week 6)
- All other orders must be completed before 31 December 2017 to guarantee delivery before the start of school next year.

### Student Appointments during School Hours

Students are expected to be at school during school hours, and parents are requested to avoid making general appointments during the day, unless unavoidable, such as specialist appointments. Thank you for your cooperation in this regard.

### Fee Assistance

Fee Assistance forms are due back! If you have not already returned your forms, please do so by Monday, 30 October. Fee assistance is available by application only. If you have any questions, please contact our Bursar, Mrs Fiona de Ridder on 9726 4200.

### Uniform Fitting Appointments

Students entering Kindergarten, Year 1 and Year 6 in 2018 are requested to make their uniform fitting appointments as soon as possible.

Appointments can be made online via the Parent-Teacher online website, with the login and password supplied. If you have any questions, please contact Mrs Mary Kent at Student Services on 9726 4200.

### Business Directory

We are currently working on a brand new Grace Christian School website which will be up and running before the end of Term 4.

The new website will include a Community Business Directory. If you own a business and would like to include your business details in this directory, please email Mrs Sharyn Harris: [sharris@grace.wa.edu.au](mailto:sharris@grace.wa.edu.au).

### Vacancies

#### School Services Officer (Full time)

An opportunity has arisen for an outstanding administrator to join our Administration Team. Duties will include Student Services operations, maintaining student enrolment and family details, as well as providing general administrative support. If you hold the necessary experience, skills and qualifications, are a committed Christian in regular church fellowship, please contact us. (*Applications close: 31 Oct*)

#### Canteen Manager (2 days per week)

We are seeking an enthusiastic and dedicated Canteen Manager to oversee the operations of our school canteen. If you have food handling experience preferably in a school canteen, excellent interpersonal skills, a well-developed understanding of the dietary and nutritional needs of school aged children, we would love to hear from you. (*Applications close: 3 Nov*)

#### Primary School Teachers

- Year 6 - Permanent (Full time)
- Year 3 - Fixed Term Contract (3 days per week)
- Year 1 - Fixed Term Contract (1 day per week)

We are seeking enthusiastic and dedicated teachers to join our team. If you hold the necessary qualifications, excel at teaching, are innovative, a keen student yourself, and a committed Christian in regular church fellowship, please email or call us. (*Applications close: 8 Nov*)

#### Education Assistant—Junior School

Term 1 & Term 4: 2 days per week increased to 3 days during Term 2 & Term 3

We are seeking an experienced and enthusiastic Education Assistant to join the Junior School team, commencing in 2018. If you hold the necessary qualifications, are a committed Christian in regular church fellowship we would love to hear from you.

Position descriptions and application forms are available for download from our website: [www.grace.wa.edu.au](http://www.grace.wa.edu.au)

If you would like to know more or have any questions, please contact the Principal's Assistant, Mrs Sandra Dinkelman on 9726 4200.

### School Sports Polo Shirts

Old stock school sports polo shirts are available for sale at a discounted price from the uniform shop. Selected sizes available. Child sizes: \$20 | Adult sizes: \$25

For more information, contact Mrs Gill Stillman or Mrs Jennifer Monaghan in the Uniform Shop.

# Calendar of Events

Please check the calendar regularly for updates.



Isaiah 40 : 28 NLT "Have you never heard? Have you never understood? The Lord is the everlasting God, the Creator of all the earth. He never grows weak or weary. No one can measure the depths of His understanding."

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 4</b> <span style="float: right;"><b>30</b></span> <ul style="list-style-type: none"> <li>Parent Prayer 8.45am</li> <li>Year 11 Exams</li> <li>Parenting Workshop 6.30pm</li> </ul>	<b>Reformation Day</b> <span style="float: right;"><b>31</b></span> <ul style="list-style-type: none"> <li>Little Library 9am</li> <li>Kindy Parent Dinner 6.30pm</li> <li>Year 11 Exams</li> <li>Wellington Mills Trail Bike Excursion</li> </ul>	<span style="float: right;"><b>1 Nov</b></span> <ul style="list-style-type: none"> <li>Year 11 Exams</li> <li>Year 9 Photography Excursion</li> </ul>	<span style="float: right;"><b>2</b></span> <ul style="list-style-type: none"> <li>Year 11 Exams</li> <li>Year 10 PE Elective Bike Ride</li> </ul>	<span style="float: right;"><b>3</b></span> <ul style="list-style-type: none"> <li>Year 11 Exams</li> </ul>
<b>Week 5</b> <span style="float: right;"><b>6</b></span> <ul style="list-style-type: none"> <li>Parent Prayer 8.45am</li> <li>Year 6 Uniform Fittings</li> <li>Year 11 Student Break</li> <li>Parenting Workshop 6.30pm</li> </ul>	<span style="float: right;"><b>7</b></span> <ul style="list-style-type: none"> <li>Little Library 9am</li> <li>Year 1 BREC Excursion</li> <li>Year 3 BREC Excursion</li> <li>Year 11 Student Break</li> <li>School Board Meeting</li> </ul>	<span style="float: right;"><b>8</b></span> <ul style="list-style-type: none"> <li>Year 11 Student Break</li> </ul>	<span style="float: right;"><b>9</b></span> <ul style="list-style-type: none"> <li>School Tour 10am</li> <li>Year 11 Student Break</li> <li>Prefect Camp</li> </ul>	<span style="float: right;"><b>10</b></span> <ul style="list-style-type: none"> <li>Sean W Smith Concert (Year 1—Year 6)</li> <li>Year 11 Student Break</li> <li>Prefect Camp</li> </ul>
<b>Week 6</b> <span style="float: right;"><b>13</b></span> <ul style="list-style-type: none"> <li>Parent Prayer 8.45am</li> <li>Year 6 Uniform Fittings</li> <li>Secondary Assembly 2.20pm</li> <li>Parenting Workshop 6.30pm</li> </ul>	<span style="float: right;"><b>14</b></span> <ul style="list-style-type: none"> <li>Little Library 9am</li> <li>PP Parent Information Evening (Year 1, 2018)</li> </ul>	<span style="float: right;"><b>15</b></span> <ul style="list-style-type: none"> <li>Kindy 2018 Playcafé</li> </ul>	<span style="float: right;"><b>16</b></span> <ul style="list-style-type: none"> <li>Year 7 (2018) Orientation Day</li> <li>Year 6 Parent Dinner 6.30pm</li> </ul>	<span style="float: right;"><b>17</b></span> <ul style="list-style-type: none"> <li>Middle School Assembly 2.20pm</li> <li>Scholastic Book Sale</li> </ul>
<b>Week 7</b> <span style="float: right;"><b>20</b></span> <ul style="list-style-type: none"> <li>Parent Prayer 8.45am</li> </ul>	<span style="float: right;"><b>21</b></span> <ul style="list-style-type: none"> <li>Little Library 9am</li> <li>Year 7 - 10 Exams</li> <li>Year 3 Bunnings Incursion</li> </ul>	<span style="float: right;"><b>22</b></span> <ul style="list-style-type: none"> <li>Year 7 - 10 Exams</li> </ul>	<span style="float: right;"><b>23</b></span> <ul style="list-style-type: none"> <li>Year 7 - 10 Exams</li> <li>Kindergarten Tour</li> </ul>	<span style="float: right;"><b>24</b></span> <ul style="list-style-type: none"> <li>Year 7 - 10 Exams</li> </ul>
<b>Week 8</b> <span style="float: right;"><b>27</b></span> <ul style="list-style-type: none"> <li>Parent Prayer 8.45am</li> <li>Lunchtime Piano recitals 1pm</li> <li>Year 8N Geography Excursion (Bunbury CBD)</li> </ul>	<span style="float: right;"><b>28</b></span> <ul style="list-style-type: none"> <li>Little Library 9am</li> <li>Year 8W Geography Excursion (Bunbury CBD)</li> <li>Volunteer Appreciation Morning Tea 9am</li> </ul>	<span style="float: right;"><b>29</b></span> <ul style="list-style-type: none"> <li>Year 10 PE Indoor Volleyball Excursion</li> </ul>	<span style="float: right;"><b>30</b></span> <ul style="list-style-type: none"> <li>Year 6 Graduation Dinner 5.30pm</li> </ul>	<span style="float: right;"><b>1 Dec</b></span> <ul style="list-style-type: none"> <li>Dreambuilders Church "Christmas at Ours" 6pm</li> </ul>

## PRESENTATION EVENINGS

**Tuesday, 5 December**  
Kindy/Pre-Primary @ 5.30pm

**Thursday, 7 December**  
Year 1 & Year 2 @ 6.00pm

**Monday, 11 December**  
Year 3 & Year 4 @ 6.00pm  
Year 5 & Year 6 @ 7.15pm

**Tuesday, 12 December**  
Year 7 - Year 11 @ 6.30pm

## 2018 TERM DATES

**Semester 1**

**Term 1:** 31 January to 13 April  
**Term 2:** 1 May to 29 June

**Semester 2**

**Term 3:** 23 July to 21 September  
*Student Free Day: 17 August*  
**Term 4:** 9 October to 13 December

## UNIFORM SHOP OPEN TIMES

**Monday and Friday**  
8.15am—9.00am

**Wednesday**  
3.00pm—3.45pm

**dreambuilderschurch**

BUILDING LIVES | TRANSFORMING COMMUNITIES

**Friday Evening | 7pm**

Sixth Youth from 5.30pm  
Family Service starts at 7pm  
Crèche and Kids Program available

More Info: Tel. 9726 4201 or email [bunbury@dreambuilders.church](mailto:bunbury@dreambuilders.church)

**Sunday Morning | 10am**

Family Service starts at 10am  
Crèche and Kids Program available