Congratulations to the following students who have been selected as Carlton PS sports captains for this year.

**Sports Captains**
Nuradin Mohamed & Hajer Esmael

**Sports Vice Captains**
Eman Abdulkerim & Tam Le

I’m sure that they will wear their badges with pride.

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**School Council Nominations**

Congratulations and thank you to the following parents who have nominated or renominated for School Council:

- Poormina Poornima (Raja)
- Mahir Ibrahim (Mohammed & Ibrahim)
- Amina Alinaitwe (Amira)

They will join me, Francesca Mitchell, Neil Cole, our co opted member, and existing parent nominee Rebecca Price (Kingston) in making up our school council for 2015.

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**Bike Safety**

It’s great to see so many children riding to school and we are in the process of installing additional bike racks to accommodate the demand. All children riding a bike need to be wearing a helmet at all times and bring a lock to secure their bike during the day.

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**What are you reading?**

**Name:** Ali Abdulkadir  
**Grade:** 2/3 Anne

**Book:** Where the Wild Things Are. Story and pictures by Maurice Sendak

**Why should other people read this book?**

This book is really interesting and the pictures are better than most books that I have read in the past. I like it because it is funny. The best part is when Max, the main character, arrives in the land of the wild things. If you read this book you would want to keep it in your book box every day.
The Importance of Resilience in Children

Why is it important to be resilient?
It's important to be resilient so that you can build a capacity to cope and to persist when faced with challenge. Persistence is the key to learning. If children don’t understand something and quickly give up, they will learn less effectively, so persistence and resilience are key.

What can parents do at home to help children be resilient?
The number one thing is to be a role model, and then to share with their children the techniques they use to help them face a challenge. Parents can talk to their children about techniques they use to cheer themselves up or to calm down. For example, it can be something as simple as helping a child to make a plan when they are feeling overwhelmed. Or it can be talking with them about counting to 10 when they are angry with their siblings.

What does a resilient student look like in primary school?
A student who is able to identify when they can successfully problem-solve and when they can successfully identify the need to seek help. A child in the playground may be disagreeing with a friend about what to play together and they problem-solve by deciding to take turns playing different games. Help-seeking is about asking a teacher, parent or an older child to assist them when they are unsure.

If I'm a parent and I don't think my child copes very well with challenges and change, what should I do?
You can provide positive experiences for your child, something as easy as involving them in conversations between you and your friends and neighbours, or encouraging them to participate in group activities such as sport to build connectedness with society. It's important to remind children of times they succeeded at something. For example, a time they used courage or were patient. This encourages a child to build on prior, similar successes.

What is the school’s role in building resilience among children?
The school has a number of key roles to play, and the first is about providing a positive environment where students feel safe. Then there is the more explicit curriculum, where teachers teach problem-solving, communication, help-seeking skills and emotional literacy. Then there is the teacher’s role in modelling resilience and problem solving skills themselves.


I hope parents find this information from the Education Department helpful.

Regards

Julie Large
Principal

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