October 8, 2015.

**Welcome to our new students**

A big welcome to our new students. It’s great to have you at Cranbourne Park. We hope that you settle into our school and quickly make lots of new friends.

**Meet our new Business Manager, Ms Alisha Guest**

![Alisha Guest](image)

It is with great pleasure that I introduce our new Business Manager, Ms Alisha Guest. We warmly welcome Alisha to our staff.

**Changes to Sherpa Kids Staff**

Sadly this week we farewell Belinda. We thank her for her work as the Sherpa Kids Program Manager and wish her all the best for the future.

Ashleigh Wurst will be taking over the role of Program manager at Cranbourne Park Primary School. We hope you enjoy working with the children and the families who use the after school program provided by Sherpa Kids.
Visit from the Lions Club President and from Roary.

Cranbourne lions Club President, Kerry McMahon and the Lions Club’s mascot, Roary, visited us on the first day of term. They were a big hit at assembly.

Goodbye to Rooms 18 and 19

Over the school holidays Rooms 18 and 19 were removed from our school. The portables have been relocated to a school in Reservoir West.

M18 and M19 have relocated to Rooms 9 and 7 respectively.
Sunsmart

Our school is a Sunsmart School. From September 1 until May 30, all members of our school community are required to wear an approved sunhat (broad-rimmed or bucket style) when participating in any outdoor activity. We also encourage the wearing of sunglasses to protect eyes from UV damage and the use of sunscreen.

Cyber Bullying

We know that students achieve their best at school in safe and supportive environments, where they are free from bullying and disruptive behaviour.

At our school we put a big emphasis on making sure we provide a great environment for our students – one that promotes tolerance and is inclusive, harmonious and free from bullying. Bullying is a serious issue for all of us. We know that it can happen anywhere, anytime, and can have devastating consequences. We also know that with the rise of social media, cyberbullying is an increasingly important issue. Where bullying was once confined to the playground, it can now occur online at any time of the day or night.

The best way to tackle bullying and cyberbullying is for schools, students and parents to work together. There are some great resources including Speak Up Against Cyberbullying available on the Bully Stoppers website, at www.education.vic.gov.au/bullystoppers

I encourage you to learn more by visiting the website and sharing the commitment to stop bullying and cyberbullying in our school and local community.
Strength-based Parenting and the Impact on Children’s Stress Levels

Is there a relationship between Strength-based parenting (SBP) and kids’ stress levels and their approaches to coping? Findings from a new study by the Melbourne Graduate School of Education at the University of Melbourne, show that parents may make a positive difference on their children’s stress levels.

Strength-based coping is a particular style of coping where the individual makes the best use of their personal strengths, their skills, their emotions, and their family and social resources to deal with stress.

A registered psychologist and researcher conducted a community sample of Australian upper primary school-aged children (aged 10-12) with participants recruited through a stress-management workshop run for children. The study examined the role of parents in helping children to overcome and reduce their stress. The study focused on positive, everyday stress and adopted a positive psychology approach to the research inquiry. In particular, the study examined the role of SBP on stress levels in children.

Levels of stress were identified as toxic, tolerable and positive and given that stress results from an imbalance between demands and resources, SBP is likely to help children to deal with stress because it builds up the child’s resources (their strengths), fostering a better balance between the demands placed on the child and the strengths the child has to meet those demands.

The current results suggest that parents may play a role in assisting their children to cope with everyday, minor stress by parenting in ways that assist children to understand their own strengths and engage in strength-based coping.

Key messages:

1. When parents adopt a strength-based approach, they seek to deliberately identify and cultivate positive states, positive processes and positive qualities in their children. In other words, parents are building up their children’s resources.
2. Although toxic stress has debilitating effects on the well-being of children, not all stress is damaging.
3. Positive stress has the potential to help children learn, grow and adapt if it is successfully managed.
4. Children are more likely to use their strengths to effectively cope with minor stress in their life if they have parents who adopt a strength-based approach to parenting.
Things you can do:

- Parent authoritatively – encouragement, warmth, boundaries, limits, consequences.
- Encourage independence in your kids. They’re never too young to be responsible for small things.
- Role model resilience and other strengths, such as persistence, commitment, organisation, getting along.
- Allow kids to suffer consequences and learn from them.
- Teach kids stress management strategies and calming techniques – deep breathing, thinking of happy times, talking to a friend.
- Have fun with brainstorming and alternative ways to solve problems.
- Help build your child’s confidence and self esteem.
- Accept your kids for who they are, make time for them and accommodate their interests.
- Believe in your kids and let them know you do.


Takeaway from Professor Michael Bernard:

Strength-based parenting is a style of parenting that is warm, supportive, and authoritative. SBP connects children with their own strengths so that they will naturally use these to cope effectively with a stressful situation, rather than engaging in avoidance or aggressive coping responses.

For more information and resources on positive and effective parenting, visit: [www.youcandoitparents.com.au](http://www.youcandoitparents.com.au)

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Founder, You Can Do It! Education

School Enrolments

If you have a child commencing school in 2016 and haven’t yet completed an enrolment form, please contact the office at your earliest convenience.
If you know of any other families not currently enrolled at the school who intend enrolling for 2016 please have them contact the office as soon as possible.

**Disco**

The final disco for 2015 will be held on Thursday 29 October. The theme for this disco is “Scary Things”. We look forward to seeing lots of scary things at our disco!

![Image of various Halloween costumes]

**Come dressed up as something SCARY, or come as you are!**

**THURSDAY 29 OCTOBER, 2015**

Foundation - Year 2, 5.30pm - 6.30pm
Year 3 - Year 6, 6.45pm - 7.45pm

Cost $6.00

Starburst Two head Anaconda products will be for sale at the disco at the cost of $1.50. Free iced water will be provided throughout the disco.

The disco will be fully supervised by staff and all children attending the disco must be current students of Cranbourne Park Primary School. Parents / guardians are requested to drop students off at the gymnasium door and collect the students at the gymnasium door at the end of the disco. Thank you.

**Dates to Remember**

October 12th
October 15th
October 29th
December 3rd

I Can Dance commences
Transition for 2016 peps commences
DISCO
Showtime