MPORTANT DATES

<table>
<thead>
<tr>
<th>March</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday 17th</td>
<td>F-6 Pet Incursion</td>
</tr>
<tr>
<td>Wednesday 18th</td>
<td>House Athletics Standards</td>
</tr>
<tr>
<td>Thursday 19th</td>
<td>2016 Potential year 7 students information night – HUB in Horsham</td>
</tr>
<tr>
<td>Sunday 22nd</td>
<td>Year 11/12 Outdoor Education camp – Otways starts</td>
</tr>
<tr>
<td>Tuesday 24th</td>
<td>7-12 Parent/Teacher Interviews</td>
</tr>
<tr>
<td>Wednesday 25th</td>
<td>VCE Art Excursion – Melbourne</td>
</tr>
<tr>
<td></td>
<td>Senior Basketball - Ararat</td>
</tr>
<tr>
<td>Thursday 26th</td>
<td>VCE Outdoor Education camp – Otways finishes</td>
</tr>
<tr>
<td>Friday 27th</td>
<td>Last Day of the Term</td>
</tr>
<tr>
<td></td>
<td>Whole School Assembly</td>
</tr>
</tbody>
</table>

Week 8 - Term 1

Relay for Life – Cancer Council
The ‘Relay for Life’ has brought out the best in The Murtoa College Community. Team Murtoa with 43 students and staff participated in the Horsham and Districts Wimmera ‘Relay for Life’ at Coughlin Park in Horsham on Friday night and Saturday morning. For 18 hours students and staff walked and ran laps of Coughlin Park to raise money to help support the Cancer Council in its fight against cancer. The team was led by Captain Rachael Littore and raised $2,146.80. What a fantastic effort by the team! Being present and seeing how wonderful our community is was the highlight of the week. Congratulations to team Captain Rachael Littore who inspired this and thank you to her band of merry students and staff that were involved. Congratulations should also be extended to Racheal Littore for her efforts in assisting the local community to lobby the federal government for funds to upgrade the oncology unit at the Wimmera Base Hospital in Horsham. Her efforts were truly inspirational and to have the Prime Minister, Tony Abbott come to the hospital and announce that the government would pledge $1 million to upgrade the unit is remarkable. Well done on a huge week for one of our fantastic young staff members.

Parent/teacher Interviews
Please note that next Tuesday is the 7-12 parent/teacher interviews. I encourage those who would like an interview with any of your child’s or children’s teachers to book an interview time online through the Portal. If, you are having trouble with this process please ring the office for assistance.

Reading
Books have the power to benefit toddlers and pre-school children in a myriad of ways. As a parent, reading to your child is one of the most important things you can do to prepare him or her with a foundation for academic excellence, self-discipline and creativity.
Sadly, many children enter school never having had the pleasure of their parents reading to them. Some children do not know that books in English are read from left to right and some have no idea what the printed text means. These children are immediately behind when they enter school.
Our school is very lucky to have capable and enthusiastic staff who are continually reading to and assisting our students, especially the foundation and grade one students to learn to read. Unfortunately this is not enough. We could do with more support so if you are interested in reading to children, your time and effort would be really appreciated. In the meantime please read the following which outlines the importance of parents reading to young people.
10 Reasons Why You Should Read to Your Children

Parents are the most influential people in a child’s life, and as a parent, you have the power to boost your children’s learning potential simply by making books an integral part of their lives. We all know reading to our children is beneficial but are you familiar with the specific advantages your toddler or preschool-age child can receive by being exposed regularly to reading? There are a number of benefits of reading to your child between the ages of two and five.

1. **A stronger relationship with you.** As children grow older, they will be on the move and playing, running, and constantly exploring their environment. Snuggling up with a book allows you to slow down and enjoy each other’s company.

2. **Academic excellence.** One of the primary benefits of reading to toddlers and pre-schoolers is that it increases their aptitude for learning. Numerous studies have shown that students who are exposed to reading before preschool are more likely to do well in all facets of formal education. After all, if a student struggles to put together words and sentences, how can they be expected to grasp the numeracy, science, and social concepts they will be presented with when they begin primary school?

3. **Basic speech skills.** Before your children attend school, they are learning critical language and the skills of pronunciation from you. By listening to you read, your child is reinforcing the basic sounds that form language.

4. **The basics of how to read a book.** Children aren’t born with an innate knowledge that text is read from left to right, or that the words on a page are separate from the images. Essential pre-reading skills like these are among the major benefits of early reading.

5. **Better communication skills.** When you spend time reading to toddlers, they will be much more likely to express themselves and relate to others in a healthy way. By witnessing the interactions between the characters in the books you read, as well as the contact with you during story time, your child is gaining valuable communication skills.

6. **Mastery of language.** Early reading for toddlers has been linked to a better grasp of the fundamentals of language as they approach school age.

7. **More logical thinking skills.** Another illustration of the importance of reading to children is their ability to grasp abstract concepts, apply logic in various scenarios, recognize cause and effect and utilize good judgment. As your toddler or preschooler begins to relate the scenarios in books to what is happening in their own world, they will become more excited about the stories you share.

8. **Acclimatization to new experiences.** As your child approaches a major developmental milestone or a potentially stressful experience, sharing a relevant story is a great way to help ease the transition. For instance, if your little ones are nervous about going to the dentist, reading a story dealing with this topic shows them that their anxiety is normal.

9. **Enhanced concentration and discipline.** Toddlers may initially squirm and become distracted during story time, but eventually they’ll learn to concentrate for the duration of the book. The act of reading not only enhances comprehension but develops stronger self-discipline, a longer attention span and better memory retention, all of which will serve your children well when they enter school.

10. **The knowledge that reading is fun!** Early reading for toddlers helps them view books as fun, not a chore. Children who are exposed to reading are much more likely to choose books over video games and television as they grow older. Give your children the best start in their schooling by reading to them on a regular basis. The Murtoa College library has an abundance of the latest picture books and board books for toddlers. Come along and browse and borrow; you will be surprised at how relaxing reading can be.

Helping kids deal with rejection
This is part of the resilience that we have talked about in previous newsletters. Please see the attached article for some interesting reading.

The week that was! (Week 7 Term 1)

School Council and AGM
The AGM and March school council meeting was held on Tuesday evening. The Annual report was presented and the 2015 school council formed. I would like to congratulate the following on their appointments to the following positions on the School Council:
1. Mr Peter Ballagh - President
2. Mr Malcom Schier - Vice-President
3. Ms Anne Sudholz - Treasurer
4. Mr Brad Venn - Assistant Treasurer

I would like to take this opportunity to thank the two outgoing council members in Mrs Jo Koschmann and Mr Ryan Metelmann for their contribution and efforts while on the council. I would also like to welcome two new members in Mr Ross Sudholz and Mr Phil Edgerton. I look forward to working with the School Council over the next twelve months. If, anybody in the community would like to see a copy of the annual report please contact the college office.

Parent Portal
The follow up to the Parent Portal being opened has been positive. Community members were given the opportunity to come into the college on Wednesday and have a 1 on 1 in-service in how to use the portal. That was received favourably. If, anyone is still having problems with using the portal I encourage them to ring the college and organise to come in and use our computers or to get some support with a 1 on 1 session with one of our leadership team.

Tony Goodwin
Principal

**INFORMATION FOR ALL BUS TRAVELLERS**

Your child would have received an ‘Application for Permission to Travel’ Form. This form needs to be returned to the office as soon as possible please.

Please contact the office to receive another one if you have misplaced it.

This form is a requirement of the Department of Education and Training and Public Transport Victoria.

If not completed your child may not be permitted to travel on the bus.
Dates:

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday 17th March</td>
<td>A Slice of Vaudeville (CEP) in Minyip</td>
</tr>
<tr>
<td>Friday 17th April</td>
<td>Responsible Pet Ownership Incursion</td>
</tr>
<tr>
<td>Friday 24th April</td>
<td>Dunmunkle Sports Association F-6 Cross Country in Murtoa</td>
</tr>
<tr>
<td>Tuesday 5th May</td>
<td>Black Ranges F-6 Cross Country in St Arnaud</td>
</tr>
<tr>
<td>Tuesday 19th May</td>
<td>Kasa Jizo (CEP) in Murtoa</td>
</tr>
<tr>
<td>Friday 21st August</td>
<td>Dunmunkle Sports Association F-6 Athletics in Minyip</td>
</tr>
</tbody>
</table>

Primary News

We are pleased to be involved in our first Country Education Program excursion this week. The performance ‘A Slice of Vaudeville’ is set to be an entertaining affair in Minyip. We have already scheduled the following term’s performance ‘Kasa Jizo’ in Murtoa too. Tomorrow we will be leaving at 9:45am after a brief period 1 and morning snack, and return in period 3.

Parents and students are reminded that hats still need to be worn for the remainder of the term. Teachers will either keep them at school at the end of the term or send them home to ensure they are ready for term 4.

It has been very positive to see so many students receiving reading awards already. Reading is the most important academic task which can be completed at home for primary aged students. Research clearly shows the benefits of daily reading at school and home. Please continue to set aside time each day at home for reading and discussing texts. If you are unsure of the strategies which may best benefit your child please ask the classroom teacher.

The Xuno Parent Portal is now operational and teachers are uploading tasks over the coming weeks. We will use the newsletter to inform you of when new tasks have been added to the portal.

Xuno Parent and Student Portal Assessment Results

<table>
<thead>
<tr>
<th>Class</th>
<th>Subject</th>
<th>Date Uploaded</th>
</tr>
</thead>
<tbody>
<tr>
<td>5/6</td>
<td>Mathematics</td>
<td>Friday 13th March</td>
</tr>
<tr>
<td></td>
<td>Art</td>
<td>Friday 13th March</td>
</tr>
</tbody>
</table>

Mr Brad Venn

Acting Assistant Principal

Parents and Friends

Easter Raffle

We are asking for donations of Easter eggs, chocolate and baskets for the Primary Easter Raffle. All donations need to be back at school by Wednesday 25th of March.

All families will be sent home 10 raffle tickets to sell for our annual Easter Raffle, tickets are $1 each. Please write a name and contact number on each ticket, and return these by Wednesday 25th March. The raffle will be drawn Thursday 26th March, at the Primary assembly.
Students of the Week

Back row: Nadene, Nicholas, Cameron, Cameron, Aiden and Monique.

Front row: Barney and Kobe.

Reading Awards

Back row: Nicholas, Seth, Noah, Lochie, Archie and Elijah.

Hello from year 8 Home Economics

This week the year 8s carried out production for the **design brief** they had been working on. The brief was as follows:

Your home economics class has been asked to cater for an afternoon tea. You must produce an item that is tasty, inexpensive, able to be made in one and a half hours, suitable to be eaten with hands and that is appropriate for afternoon tea. Your item can be sweet or savoury.

**The results:**

### 8A

### 8B

On the menu for the rest of term one:

<table>
<thead>
<tr>
<th>Week</th>
<th>Production/activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>Apple pie</td>
</tr>
<tr>
<td>9</td>
<td>Pecan/Orange/carrot cake</td>
</tr>
</tbody>
</table>

CONTAINERS – 8A Tuesdays and 8B Fridays.
Sport Dates for Term 1 & 2 2015

<table>
<thead>
<tr>
<th>Term 1</th>
<th>Week</th>
<th>Date</th>
<th>Period</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEEK 8</td>
<td>Wednesday</td>
<td>March 18</td>
<td>Period 1-4</td>
<td>HOUSE Athletic Standards</td>
</tr>
<tr>
<td>WEEK 9</td>
<td>Wednesday</td>
<td>March 25</td>
<td>All day</td>
<td>Black Ranges Senior Basketball (Ararat)</td>
</tr>
<tr>
<td>WEEK 9</td>
<td>Wednesday</td>
<td>March 25</td>
<td>All day</td>
<td>GWRegion Swimming (Warrnambool)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Term 2</th>
<th>Week</th>
<th>Date</th>
<th>Period</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEEK 1</td>
<td>Thursday</td>
<td>April 16</td>
<td>All day</td>
<td>HOUSE Athletic Sports (Horsham)</td>
</tr>
<tr>
<td>WEEK 2</td>
<td>Thursday</td>
<td>April 23</td>
<td>All day</td>
<td><em>Back up date</em> HOUSE Athletic Sports (Horsham)</td>
</tr>
<tr>
<td>WEEK 4</td>
<td>Monday</td>
<td>May 4</td>
<td>All day</td>
<td>Black Ranges Athletics (Stawell)</td>
</tr>
<tr>
<td>WEEK 4</td>
<td>Wednesday</td>
<td>May 6</td>
<td>All day</td>
<td>GWRegion Inter &amp; Senior Volleyball (Horsham)</td>
</tr>
<tr>
<td>WEEK 4</td>
<td>Thursday</td>
<td>May 7</td>
<td>All day</td>
<td>Black Ranges &amp; Little Desert GIRLS Football (Horsham)</td>
</tr>
<tr>
<td>WEEK 5</td>
<td>Thursday</td>
<td>May 14</td>
<td>All day</td>
<td>Black Ranges &amp; Little Desert Senior B Netball (Horsham)</td>
</tr>
<tr>
<td>WEEK 5</td>
<td>Thursday</td>
<td>May 14</td>
<td>All day</td>
<td>Black Ranges &amp; Little Desert Senior B Football (Horsham)</td>
</tr>
<tr>
<td>WEEK 6</td>
<td>Monday</td>
<td>May 18</td>
<td>All day</td>
<td>Black Ranges &amp; Little Desert Inter B Netball (Horsham)</td>
</tr>
<tr>
<td>WEEK 6</td>
<td>Monday</td>
<td>May 18</td>
<td>All day</td>
<td>Black Ranges &amp; Little Desert Inter B Football (Horsham)</td>
</tr>
<tr>
<td>WEEK 6</td>
<td>Wednesday</td>
<td>May 20</td>
<td>Period 4</td>
<td>HOUSE Cross Country</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>into lunch</td>
<td></td>
</tr>
<tr>
<td>WEEK 7</td>
<td>Thursday</td>
<td>May 28</td>
<td>All day</td>
<td>Black Ranges Cross Country (Murtoa) Murtoa convening</td>
</tr>
<tr>
<td>WEEK 8</td>
<td>Tuesday</td>
<td>June 2</td>
<td>All day</td>
<td>Black Ranges &amp; Little Desert Year 8 Netball (Horsham)</td>
</tr>
<tr>
<td>WEEK 8</td>
<td>Tuesday</td>
<td>June 2</td>
<td>All day</td>
<td>Black Ranges &amp; Little Desert Year 8 Football (Horsham)</td>
</tr>
<tr>
<td>WEEK 9</td>
<td>Wednesday</td>
<td>June 10</td>
<td>All day</td>
<td>Black Ranges &amp; Little Desert Year 7 Netball (Horsham)</td>
</tr>
<tr>
<td>WEEK 9</td>
<td>Wednesday</td>
<td>June 10</td>
<td>All day</td>
<td>Black Ranges &amp; Little Desert Year 7 Football (Horsham)</td>
</tr>
<tr>
<td>WEEK 9</td>
<td>Friday</td>
<td>June 12</td>
<td>All day</td>
<td>GWRegion Cross Country (Warrnambool)</td>
</tr>
</tbody>
</table>

For more information and details of GWR and State events please refer to SSV website. See below.

www.ssv.vic.edu.au

The place to go to find all information regarding Victorian School Sport

"Save it in your favourites"

Once in the site, navigate your way using the blue rectangular buttons down the left hand side.

You will find; dates, draws, competition conditions, results and photos.

On the ‘Home’ pages you will find a calendar as well as important competition dates and Coordinator contact details.

For the Greater Western Region information:

• Sports Regions
• Greater Western Sports Region
• Greater Western Sports
• (Select the required sport)

For your Division information:

• Sports Regions
• Greater Western Sports Region
• Greater Western Secondary Division
• (Select your Division name)
• (Select ‘Division Name’ Sports)
• (Select the required sport)

Please look at any other relevant pages on the website.

You will find the most up to date information on all aspects of School Sport in Victoria.
Important information for all students & parents

- Standards on Wednesday March 18th, Periods 1-4.
- HATS! All students must be wearing a hat to do the standards. Make sure your hat has your name in it as you may take it off when you are competing. WEAR YOUR OWN SUNSCREEN as well and bring a drink bottle for WATER ONLY.
- If you have a spare broad brimmed hat at home, bring it along to lend to a friend if they forget. Students who don’t have a hat will be given old hats to wear from staff for the day. STUDENTS MUST BE WEARING A HAT FOR STANDARDS.
- Students can come to school in sport uniform only (not casual) and must get changed into proper school uniform at lunch time after standards have finished. Students who don’t have sport clothes, may wear other shorts and t-shirt but must bring a note explaining this from a parent/guardian. Students may wear their House t-shirt (if they have purchased one) or dress in house colours.
- Students will record the first score in each event. If there is time, then students may have a second or third attempt to better their score.

NEW standards points system - 5 points for your HOUSE for just attending per student! 2 additional points for attempting the event LJ, TJ, HJ, Jav, Shot, Disc, 100, 200, & 400m. 3, 4 or 5 points if you match or better the standard.

- Using the standards score sheet, each score will be ranked according to the specific scores for each age group.
- TRACK EVENTS – participation = 2 points equal the standard = 3 points
- FIELD EVENTS – participation = 2 points 2 levels of achievement worth 4 & 5 points
- Students will have 30 minutes at each event. Groups must keep to your own time. **DO NOT** move on early to the next event, use your spare time to enter your scores, have 2nd & 3rd attempts and slot best students into the house team sheet. Any time left at the end of the session would be best used for having a drink and resting before the next event.

- There will be 7 x 30min sessions for each event.

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>9.00 - 9.30am</td>
<td>4</td>
<td>11.00 – 11.30am</td>
</tr>
<tr>
<td>2</td>
<td>9.30 - 10.00am</td>
<td>5</td>
<td>11.30am - 12.00pm</td>
</tr>
<tr>
<td>RECESS</td>
<td>10.30 - 11.00am</td>
<td>6</td>
<td>12.00 - 12.30pm</td>
</tr>
<tr>
<td>RECESS</td>
<td>10.30 - 11.00am</td>
<td>7</td>
<td>12.30 - 12.45pm</td>
</tr>
</tbody>
</table>

- Group at event 7 responsible for pack up of equipment
- House Teams for the Athletics Carnival Program needs to be finalised and given to Joanne Baker by **Wednesday 25th March**

- Students cannot participate in the same event for more than one age group.
- Students can participate in a maximum of 6 individual events plus a relay.
- Age Champions will be calculated based on performance in 6 events.
- House Captains are strongly encouraged to ensure that all students are entered into at least one event.
- Students who know they are not going to the Athletics Sports must send a note explaining their pending absence. ALL STUDENTS ARE EXPECTED TO ATTEND. It is a normal school day.
This year, Volleyball tops and Hoodies orders are being taken early to ensure prompt delivery. If your child is wishing to compete in Volleyball at Murtoa College they must order a top. Hoodies are an optional part of the uniform.

The tops and jumpers are not just for Volleyball, but can be used in PE classes, Sport days and excursions. Tops and Jumpers will be $45 each and include the surname on the back. Please see Mr. Argall, Mr. Bray or any of the students involved in the Volleyball Program for sizes.

### Playing Tops: $45

### Hoodies: $45

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**VOLLEYBALL UNIFORM ORDER FORM**

*Return to the Office*

<table>
<thead>
<tr>
<th>Name</th>
<th>Year Level</th>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Playing Top $45</th>
<th>Playing Number</th>
<th>1st pref:</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Compulsory if playing)</td>
<td>YES</td>
<td>2nd pref:</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Hooded Jumper (Optional)</th>
<th>Total Payable:</th>
</tr>
</thead>
<tbody>
<tr>
<td>NO</td>
<td>$</td>
</tr>
<tr>
<td>YES</td>
<td></td>
</tr>
</tbody>
</table>

**Total Payable:**

(Must be paid at the office prior to order) $ 

Please note: Sizes will be confirmed for your child at school by Mr. Argall or Mr. Bray
Scholastic Book Fair finishes

Thank you to all the parents, students and staff who supported the book fair. I am still finalising figures, however it looks like we have sold over $1,000 worth of merchandise, qualifying us for a 30% commission. The winners of our buyers prizes were Felicity Okley $30, Lily Adler $20, and Nadene Adler $10.

The Victorian Premiers’ Reading Challenge is now open!

The 2015 Victorian Premiers’ Reading Challenge begins in February 2015 and officially ends on 14 September 2015. Students in Prep to Year 2 who accept the Challenge need to read or ‘experience’ 30 books during this period. Students in Years 3 to 10 who accept the Challenge must read 15 books during this period.

Three elements support students and schools participating in the Challenge: the rules, the book list and the online system for recording books.

Students must choose most of their books from the Challenge book list, and record their reading online as set out in the six rules for the Challenge. Teacher judgment in applying the rules and using the book list to meet individual students’ needs is an additional critical element that will ensure both the integrity of the program and that all students can participate, be challenged and succeed.

FREE Premiers’ Reading Challenge Calendar

Don’t miss your FREE giant calendar poster in the Herald Sun on Tuesday 17 March. Featuring key Challenge dates, literary events, fun facts, popular authors’ birthdays and tips, it’s a great way for parents and children to track their reading progress, count down the days and stay motivated throughout the Challenge.

For more information on the Challenge visit: www.education.vic.gov.au/prc, or see Jenny Reading in the library.
Parent teacher interviews for all secondary students will take place on **Tuesday March 24th**. Bookings are now available from **4:00pm until 6:30pm** with your student’s teachers.

If you wish to book interviews you can do so now by logging on to the XUNO portal at the address below using your username and password that have the college has sent to you.

[Portal image]

After logging on, navigate your way to the interviews using the menu.

Bookings can be created and edited until 4:00pm on **Tuesday March 24th**.

If you cannot access the XUNO website please contact the general office and they will arrange bookings with your student’s teachers.
MMFNC Football/Netball Information

Training in Murtoa – Tuesday & Thursday

We will still need an U14 & Auskick umpire, this is not a taxing role and anybody that has a basic knowledge of the game can do it, please contact the relevant Coach/Team Manager if you can help out, would be great to have a roster so we can share the load.

U17’s
Coaches – Derek Cameron, Angus Trethowen.
Training as per usual.

Derek Cameron 0428 316 319
derekjcameron30@gmail.com

U14’s
Official training starts Thursday 12th March 5pm at Minyip, keenly led by new coach Gavin Young. Your child’s participation is important to the success of the Burras in 2015. Looking forward to seeing all on Thursday. Cheers Leigh Bell

Coach – Gavin Young
Official U14 training will start this Thursday @ 5pm.

Gavin Young 0417 372 120
Team Manager – Leigh Bell

Auskick/U 12’s
Reminder - Registrations can now be paid online at aflauskick.com.au, just follow the prompts. For those that pay by Monday 20th April, they will receive access to four free tickets (i.e. two adults and two children) to a selected 2015 Toyota AFL Premiership Season match.
Training will commence at 5pm on Thursday 16th April (Term 2). I look forward to seeing lots of registrations come in. Please contact me if you have any queries.

Nat Johnston 0428852308
natalie.johnson8@bigpond.com
Anne Hammerton

Piano & Theory Teacher

CLASSICAL, POPULAR
AND JAZZ

Ph 5385 2422

50 Marma St., Murtoa. 3390
Email: murtoan@bigpond.net.au

Minyip Murtoa Netball Club

All training has been changed to Thursday night at Murtoa.

Rupanyup Netball Training

U 15 & U 17
Thursday 19th March @ 5pm

New players welcome
Helping kids deal with rejection

A bit of rejection and disappointment is good for kids, as long as they learn how to cope with it...

One of the keys to functioning socially and emotionally is the ability to deal with disappointment and rejection. Most children experience some type of rejection from their peers throughout childhood. One study found that even popular children were rejected about one quarter of the time when they approached children in school.

Paradoxically, children's experience of rejection and disappointment at school is good for them, as long as it's balanced with successful experiences too. They learn that they can cope and solve problems in their own way and that bad experiences don't last forever.

And they learn that sadness and disappointment can be managed too, which is an important lesson to learn to take into adolescence and beyond, when life is full of ups and downs.

Helping them move on

Most children recover from such rejection. They move on and form constructive, worthwhile relationships but some children need help. They often take rejection personally, blame themselves. And parents it's useful to challenge children's unhelpful thinking and encourage them to look for new friendship opportunities. Parents can help children understand that rejection may happen for any number of reasons that are unrelated to them.

In the course of school day children will meet with a number of challenges and even setbacks. They may struggle with some schoolwork. They may not do well in a test and they may not be picked for a game that they wanted to play. Children grow stronger when they overcome their difficulties.

The challenge for parents is to build and maintain children's confidence levels to help them get through the tough times.

One way to help children deal with rejection and disappointment is to talk through problems or difficulties, recognising and accepting their feelings. Talk about various scenarios, discussing possible outcomes. The age of your child will determine the amount of detail. Keep things simple and avoid burdening a younger child with concepts he or she doesn't understand.

Your attitude as a parent can make a huge difference to how a child reacts. If you see rejection or disappointments as problems then your child will see them through this view. See them as challenges then your child, in all likelihood, will pick up your upbeat view and deal with disappointments easily. After all, confidence is catching!

To help children handle rejection and disappointment try the following four strategies:

1. **Model** optimism. Watch how you present the world to children as they will pick up your view.

2. **Tell** children how you handle disappointment and rejection. Not only is it reassuring for children to know that their parents understand how they feel but they can learn a great deal by how their parents handle situations.

3. **Help** children recognise times in the past when they bounced back from disappointment. Help them recognise those same strategies can be used again.

4. **Laugh** together. Humour is a great coping mechanism. It helps put disappointment in perspective. It helps them understand that things will get better. They always do.

The stronger the wind, the stronger the trees is the notion here. Supporting kids to handle life's challenges helps them to develop a strong sense of resilience, which is essential for good mental and emotional health.

Michael Grose

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GOLF FUN DAY FOR FAMILIES

Where: Horsham Golf Club
When: Sunday 22nd March 2015
Time: 10am – 1pm

Fun Activities: Big Hole putting; Chipping into a crate;
Basketball shooting; Throwing Balls in a drum; Jumping Castle;
3 holes x 2 person (1 Adult & 1 Child U18) ambrose / bring sticks.
Sausage sizzle @ 12 noon

COST PER FAMILY $5

For Sale - Cakes and drinks
To the Murtoa College community,

Thank you for helping our Relay For Life team raise $2,171.80 for the Cancer Council.

Hope lives here.