FROM THE PRINCIPAL
RESILIENCE

When things get tough I always like to remember a couple of quotes from movies I have seen in relation to one’s outlook on life. Whilst sitting on the bench waiting for a bus, Forrest Gump stated that “Life is like a box of chocolates”. When you open the lid it is full of surprises in that you don’t know what you’re quite going to get. Some chocolates might be hard, some might be soft. Some might have the flavour you like while others taste nothing like the description on the inside of the box. Life is sometimes like this in that the outcome will not always be to your liking or turn out how you think it should. Success can taste sweet and failure can often be not to our liking, but like the box of chocolates, we should take a deep swallow, get over the disappointment and move onto the next one and hope that this one turns out better. Another scene from a movie titled ‘Parenthood’ also springs to mind when an elderly grandmother loved to ride the big roller coaster. She would outlast the rest of her family as she screamed, laughed and yelled with excitement. In this movie she states that the roller coaster is about .... “Up, down, up, down. Oh, what a ride! I always wanted to go again. You know, it was just so interesting to me that a ride could make me so frightened, so scared, so sick, so excited, and so thrilled all together! Some didn't like it. They went on the merry-go-round. That just goes around. Nothing happens. I like the roller coaster. You get more out of it.”

Life can also be like this, with plenty of ups and downs, highs and lows. It is important for us as parents and educators to equip our children with the necessary resilience to cope with life’s little surprises and disappointments. At Chatham, we try to instil in our students the capacity to have-a-go, keep trying and never give up. Resilient learners persist where others give up. Notions such as talent, ability and intelligence all plant in students’ minds that learning is a fixed commodity and that their performance reflects something about their level of capability that is unchangeable. It is far more preferable to create a culture in which students are taught that almost anyone can learn virtually anything, as long as they persist long enough. As knowledge expands rapidly over the next few decades, and young people need to become lifelong learners to adapt to an increasingly intricate and ever changing world, it is vital that we create young people who are adept, flexible and resilient learners.

Many experts state that the development of resilience, emotional intelligence and social competencies are clear indicators of long-term success. Three major factors associated with resilience in young people are:

- a sense of being loved and belonging to their family
- having a diversity of friendships
- having a sense of fitting in at school where there is a possibility of success and where an adult outside of their family cares for them.

Resilient learners are good managers of their learning but should not be expected to organise their learning alone. Developing the habits for good learning involves building routines within which students can organise their time. Emotional resilience is also an important value for children to learn. They cannot be first all the time, win everything they try, be selected for every event or be the best at everything they do. Sometimes they will miss out on things and sometimes they will get upset about this. Most of the time, they get over these disappointments, forget about the issue and quickly move on. As parents and educators, it is also important for us to support them through these times and to turn these events into learning experiences to help make our children stronger and more able to cope with life’s disappointments. Try to focus on the positives, celebrate the good times and help them learn from these disappointments. This can only make our children more resilient, better risk takers and more confident to take on the challenges of life’s ups and downs and little surprises. I apologise to those who remember this newsletter piece from other years but feel that it conveys an important message and wanted to include it again.

Continued on Page 2...
Boroondara Sustainability Awards
After school last Wednesday I had the great honour of accompanying our Year 6 Environment Leaders and some teachers and parents from our Sustainability Committee to this year’s Boroondara Council’s School Sustainability Awards for 2012. There were 14 schools entered into the 5 categories. These schools ranged from local primary schools, secondary schools and local private schools. We were nominated in 3 of the categories; Water, Waste and Bio-diversity. We managed to win 2 gold awards and 1 silver award for our initiatives for improvement over the past year. These certificates were also accompanied by some monetary awards of $2000 for the school. This was a fantastic effort and a great recognition for all the hard work that has gone into the 5 star achievements for our school. Well done Chatham.

Parking & Road Use
I have had a number of complaints from our local residents about the traffic and parking issues that continue at drop off and pick up times each day. Whilst on yard duty at the end of each day I continue to notice that there are still many cars parked in the 5 minute zone without drivers. These areas are for pick up or drop off only, as is the small section out the front of the school. This means that the driver should remain in their car and wait only for the designated time to drop off or pick up their child. We also continue to have traffic jams as parents turn around and head back up Banool Road. Please drive right through to Whitehorse Road and continue your journey by going around the block instead of trying to come back against the traffic. I ask that you are considerate of others, especially our neighbours and continue to obey the road rules and parking signs. Most of all, please consider the safety and well being of our students. I have encouraged any upset neighbours to make contact with the Boroondara Council to request some traffic inspectors to visit our surrounding streets before and after school times, so make sure you’re doing the right thing for everyone’s sake!

National Assessment Program – Literacy and Numeracy (NAPLAN)
All students in Years 3, 5, 7 & 9 across Australia are due to sit their national tests in Literacy and Numeracy very soon. The National Assessment Program - Literacy and Numeracy (NAPLAN) will involve students in Years 3, 5, 7 and 9 from all States and Territories. In Victoria approximately 260,000 students from all Government, Catholic and Independent schools will participate in the program. The NAPLAN will be administered at the school level for our Year 3 & 5 students on the following dates:

<table>
<thead>
<tr>
<th>Year Level</th>
<th>Tuesday 14 May</th>
<th>Wednesday 15 May</th>
<th>Thursday 16 May</th>
</tr>
</thead>
<tbody>
<tr>
<td>Years 3 &amp; 5</td>
<td>Language Conventions* 40 minutes</td>
<td>Reading Yr 3 - 45 minutes Yr 5 – 50 minutes</td>
<td>Numeracy Year 3 - 45 minutes Year 5 – 50 minutes</td>
</tr>
<tr>
<td></td>
<td>Writing 40 minutes</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Language Conventions comprises spelling, grammar and punctuation.

The results from the NAPLAN tests provide an important measure of how Australian schools and students are performing in the areas of Reading, Writing, Spelling and Numeracy. It is important to remember that NAPLAN is taken for a short time over 3 days early in Term 2. It is a snapshot of a child’s performance on the given day and time. These results do not reflect on the individual learning journey that each child takes. The results from the NAPLAN will be used in conjunction with a myriad of other ongoing assessment strategies that each teacher collates for each individual child across the year, for the purpose of individual student reporting to parents, school reporting and aggregate reporting by States and Territories against national standards. Please contact your class teacher if you have concerns around this testing program.

Continued Page 3.....
2014 Enrolments
We have started to receive telephone calls and email enquiries over the past few weeks from families with prospective student enrolments. While we appreciate it is a very important decision to make and we are always encouraging of the community interest in our school, we prefer to give everyone the same opportunities and access to information about the school. As we’ve had in past years, we will again open up the school to visitors for tours of the school specifically for prospective 2014 Prep families. Usually we have a large number of families collect an information package and intend to keep our 2014 Prep enrolments to approximately 60 – 65 students. If you know of any new families who live nearby, or if you have relatives, friends or neighbours who would like information about the school, then encourage them to contact the school to arrange a personal tour or attend our Open Day tours. The days and times for these tours are as follows:
- Wednesday 22nd May – 9:30am
- Thursday 23rd May – 9:30am
- Saturday 25th May – 9:30 am

Parents’ Club
The next meeting for our Parent’s Club is scheduled for Tuesday the 14th of May. I would encourage all parents to attend this meeting. We have had an offer for Treasurer but have still not been able to fill the very important positions of President and Vice-President. It is essential that someone nominates for these positions to enable this group to continue. As already stated, all planning for this year’s events is already in place but we need some leaders to run this group and to oversee these planned activities. This next meeting is very important to establish the future direction of our Parent’s Club so I would encourage all parents to attend this meeting.

Mother’s Day Stall
The Mother’s Day stall will be held on Friday 10th May. Students should check their money boxes for some money to buy a present for their special mum ranging in price from $1 to $5. There will be a wrapping bee this coming Monday, the 6th of May after morning drop off.

Mother’s Day Breakfast
This event has unfortunately had to be cancelled due to lack of numbers. This is very disappointing as this event has been very popular over the last few years and the organisers have worked hard to put this all together. I would once again encourage parents to support the school and get behind these events.

School Security
We have had 4 incidents of graffiti writing over this year. The last attack occurred on the ANZAC day holiday and was an increase in the amount and the comments used. This is a mindless act of vandalism and takes a great deal of time and effort from others to clean this up. I am intending to put some security steps into action but I would encourage any parents when they are up at the school to keep a look out for any teenagers who may be doing or look like doing the wrong thing in our school grounds. This graffiti has generally been happening at the back of our junior school building or along near the walkway at the back of the art room.

Student Achievement
Well done to Charlie Harper, Year 6, who was down to the last 24 players to try out for the Victorian Primary School State hockey team yesterday. Charlie was very close to being selected but unfortunately did not make it to the final 14 players. Well done Charlie.

Working Bee
The next working bee is scheduled for families of Year 4 and will be held on Saturday 18th May. We have a number of major projects to complete as well as cleaning up the school in readiness for the Open day tours during Education Week. Please mark this date in your diary and find some time to come along and help out for the morning. A letter will be sent home to Year 4 families before this date.

New Letterhead
Congratulations to Jared McCormick, 3TC for being the first student to have their design chosen for this week’s newsletter.

Stephen Rothwell
Principal
DATES FOR THE DIARY

FRIDAY 3RD MAY
Year 6 Interschool Sport—Camberwell PS
Cross Country Trials at Canterbury Oval Year 3-6 11.30am to 1.30pm

MONDAY 6TH MAY
Mothers Day Wrapping Session—9am meet at the office

WEDNESDAY 8TH MAY
Education and Health & Wellbeing Committee Meeting—3.45pm in the library

FRIDAY 10TH MAY
Year 6 Interschool Sport—Glenferrie PS
Mothers Day Stall

MONDAY 13TH MAY
District Cross Country—Anderson Park
School Council—7pm

TUESDAY 14TH MAY
Naplan Tests—Years 3 and 5
Year 6 Excursion to Shrine of Remembrance

WEDNESDAY 15TH MAY
Year 4 Camp—Arrabri Lodge Warburton
Naplan Tests—Years 3 and 5

THURSDAY 16TH MAY
Naplan Test—Years 3 and 5

FRIDAY 17TH MAY
Year 6 Interschool Sport—Balwyn PS
Year 4 Campers return at 3.30pm

SATURDAY 18TH MAY
Year 4 Working Bee—9:00 to 12:00

MONDAY 20TH MAY
Education Week Commences
Grandparents Day—9.30am to 11.30am

WEDNESDAY 22ND MAY
Open Morning Tour—9.30am

THURSDAY 23RD MAY
Open Morning Tour—9.30am

FRIDAY 24TH MAY
Year 6 Interschool Sport—Canterbury PS
Jump Rope for Heart Launch Day—Assembly 2.30pm

SATURDAY 25TH MAY
Japanese Garden Fundraising Sausage Sizzle at Masters Hardware Box Hill South
Open Morning Tour—9.30am

FRIDAY 31ST MAY
Year 6 Interschool Sport—Deepdene PS

SATURDAY 1ST JUNE
Japanese Garden Fundraising Sausage Sizzle at Woolworths Balwyn

FRIDAY 28TH JUNE
Last Day of Term—School finishes 2.30pm
Staff at Chatham Primary School regularly participate in Professional Development after school, so that we are continually updating our skills and understanding for the benefit of all our students. Currently, staff are attending workshop sessions on the teaching of Writing. This involves professional reading from well known academics and literacy coaches, making the links between reading, writing, handwriting and spelling, and reviewing and refining our teaching practices in the Literacy Block. We are examining the Writing Workshop in classrooms and what this entails, including the use of Writer’s Notebooks, exploring the use of writing seeds and the development and monitoring of our students’ writing.

It is a pleasure working with our enthusiastic teachers, student teachers and relieving teachers who have also been attending these sessions. I have included some photos of our hard working staff during one of our sessions.

Glenda Kelly
Literacy Co-ordinator
INTRODUCING KEIKO

We are very excited that we have a wonderful new Japanese Teaching Assistant. Her name is Keiko Kawasaki and she is from Okayama, Japan. Already Keiko is proving to be very popular with the Chatham students and staff. She has a Japanese language teaching degree and is here as part of the Education Department’s Assistant Teaching Program. She will spend half of her week here at Chatham and for the remaining days she will be teaching at Canterbury Girls Secondary College.

Keiko is very friendly and is very keen to experience ‘Chatham Life’ to the fullest. Please make sure you say ‘Konnichi wa’ and introduce yourselves to her when you see her around the school. She is looking forward to meeting all of our families.

Arigatou!!

Bradford Sensei
On Wednesday 24<sup>th</sup> of April 2013 the six environment leaders went to the Sustainability Awards. We had great laughs with Costa the host of Gardening Australia. We sat nervously as the photographer snapped our photos to add to the intensity. The first category was biodiversity which Chatham had entered. Our nails were bitten to what should be further than possible and Mr.Rothwell crossed his fingers and closed his eyes and didn’t open them. “And silver goes to… Chatham Primary Sch-” But before he could finish a huge “YEAH!!” was called as we triumphed over our silver win. We thought we’d walk to school with one, but we bagged gold in the Water category, and to add to our awesomeness, we got gold in Waste! But it was a tie overall— Solway three and us three. Whoever won this was the winner for this year. “With great participation, Solway Primary!” the host said as we all looked with big bug eyes at the host, but he didn’t notice. But we were so happy to have won silver and two golds and to top that up; we got a two thousand dollar prize. To tie the day up we had sausages and berry smoothies that were powered by people riding their legs sore on the blender bike to shake the blender to make delightful smoothies with fresh wild berries. We drove back to school with smiles on our faces and bellies full of spinach or chicken sausages. Next year we’ll have this in the bag!

By Eliska and Hannah

On Tuesday 23<sup>rd</sup> April Phillip, Hannah, Eliska, Grace, Seline, Tom, Mrs M and Mrs D travelled to the Eastern Metropolitan Sustainability Fair at Croydon Hills Primary School.

After the showcase, the school tour and the ‘Kids Teaching Kids’ workshop, it was time for the sharing circles, where ten school shared information on a topic of their choice. Hannah and Eliska spoke about our chickens and how to care for them. and Tom and Phillip spoke about raising money for a good cause. The whole day was really, really fun. All the environment leaders learnt lots and they have plans to make the school a more sustainable place.

Tom Yakubowski

Last Tuesday the Environment Leaders went to Croydon Hills Primary School for a Sustainability Fair. They took us for a tour around their school and showed us the sustainable things they did at their school. They have chickens and a vegie garden and a frog pond. We had a great day there.

From Grace and Seline

Parents’ Club will be holding a Mother’s Day Stall for the students on Friday 10th May. If you can help with the wrapping please come along to the school on Monday, 6th May after drop off - more hands, light work.

All students will have the opportunity to buy something special for their mother and/or grandmother. Gifts range in price from $1.00 to $5.00. Each class will be given a set time to view and purchase items. Students will need to bring some pocket money on the day (or to ask Dad for some money) so they can buy something special that mum will love. Please bring a bag to take your gifts home. All gifts have been carefully selected and beautifully packaged.

SUSAN WILDING AND AMY STEVENTON
MOTHER’S DAY STALL COORDINATORS
ATTENTION YEAR 6 PARENTS
Canterbury Girls Secondary College – uniform for sale
50% of normal rates
I have 2 school bags, spray jackets, blazers, rugby tops, dresses and winter skirts and shirts
If interested please call Deb Carr 0408579386 or email deejays@pacific.net.au

ONE DIRECTION TICKETS
Thursday 03 Oct 2013 12:30PM - $99.00
Contact Anita Drake on 0400202570

THANK YOU TO ANGE AND ROB HOUSE
For opening up their beautiful house to all Year 6 parents on Saturday Night. A great time was had by all and $200 was raised towards the Japanese/Mr P’s garden.

WANTED OLD BLANKETS, DOonas, SLEEPING BAGS AND GLOVES/MITtENS
Over the last few years, Chatham has supported a Soup Kitchen in St Kilda that is desperately in need of warm blankets, doonas or sleeping bags as well as gloves, mittens and beanies to give to the poor and homeless. They are given out directly to families/people who come to the Soup Van to get their evening meal of soup and sandwiches. If you have any that you no longer use, we would love to collect them. Please leave at the office. Dianne Beardall
Scholastic Bookclub

Brochures for Issue 3 were sent home this week and are due back by Friday 3rd May.

If you are ordering from multiple brochures, please feel free to total your orders and include just the one payment. I.e. One cheque or one credit card payment.

Any cheques should be made payable to Scholastic Australia – NOT Chatham PS.

It’s helpful if you can write the payment method on the front of your bookclub envelope too.

Any questions, please call Karen on 0400 833 975

Happy reading!

Karen Winch & Kathy Magoutis
Bookclub coordinators

The Canterbury Art Exhibition will hold its 41st exhibition this weekend 3rd – 5th of May at the Canterbury Primary School in Molesworth Street, Canterbury.

This year the Exhibition will showcase over 650 individual artworks from over 150 talented Australian artists. A highlight of the exhibition will be the work of our feature artists, Roy Wilkins and Anna Blatman.

Opening Night is Friday 3rd May from 8pm – 11pm. Further information can be obtained from http://www.canterburyart.com/

Saturday 4th May from 10am – 5pm.

Sunday 5th May from 10am – 4pm (Family Day).

Weekend Entry fee is $5 for adults and children are free. The cafe and gift shop will be open all weekend and children’s activities will be offered at the Family Day on Sunday.

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SAVE TIME AND PURCHASE YOUR QUALITY SCHOOLWEAR ONLINE

Winter Trading Hours: MON- FRI 9am- 4pm 1st SAT of the month 10am- 1pm
Hi everyone and welcome back for Term 2.

This Term is shaping up as one of our best, we have AASC care on Tuesday with Multi-Sport and on Friday we are going to learn all about Athletics. We are also going to make some yummy foods like Jelly and Chocolate balls and Biscuits.

This term I have had some great helps are the OSHC house, they are Zac, Thomas D, Matthew D, Jessica P, Matthew T-H and Thomas H. Thanks for all the help.

We are also playing heaps and heaps of games outside, inside and up in the Hall, I hope you are already for some action and excitement.

This week the star of the week is: Thomas Doyle. Tom has been a great help around the OSHC house and has been using his manners. Tom tries really hard in all sorts of different activities and always wears a smile. Thanks Thomas.

Have a great week! Rhett

Once registered
You can make bookings and cancellations, view your statements and manage your details anytime of the day.

Save on Care
Save 50% or more on Before and After School Care with the Child Care Rebate. Almost all families are eligible. To find out more call our Customer Service Team on 1500 105 343

Holiday Clubs
Don't forget about the Camp Australia Holiday Clubs these school holidays. Use the Holiday Club Finder on the website to find the nearest program: www.campaustralia.com.au/holidayclubs

Healthy Snacks
Afternoon tea is served daily. Menus are tailored to children's tastes, developmental and nutritional needs. Afternoon tea includes a selection of yummy sandwiches and fruit. Children may also engage in fun cooking activities.

HOW TO GET STARTED
Before using our programs register online for an account. This enables you to make bookings, view your statements and manage your details anytime of the day. Registering is quick and easy. Visit www.campaustralia.com.au/newparents

we make kids smile
www.campaustralia.com.au
The effects of a special extract of Bacopa Monniera on children and adolescents with hyperactivity and inattention

* The Centre for human Psychopharmacology at Swinburne University of Technology is currently investigating the effects of a special extract of Bacopa Monniera (an Indian Herbal medicine) and its ability to reduce symptoms relating to hyperactivity, inattention, and impulsivity.

**We are seeking children & adolescents** who would like to participate in this 3½ month trial.

**Your child may be eligible if they are:**
- Aged between 6 & 14
- Experience high levels of hyperactivity, impulsivity or inattention
- Not taking any other natural supplements

**Your child will NOT be eligible if they:**
- Have existing or pre-existing physical or neurological conditions
- Have a history of substance abuse
- Have visual or hearing impairment

You will be compensated with $50 and your child will get a $50 book voucher at the end of the trial. As well as 3 months supply of Bacopa Monniera extract once the study has finished.

You will then be given a 14 week supply of either Bacopa Monniera or placebo on **for your child to consume**.

Participation involves **4 testing sessions over the course of 3½ months**. Sessions will take 2 hours each. All testing will take place at the Advanced Technologies Centre at Swinburne University (Hawthorn Campus).

If you or someone you know are interested in taking part in this clinical trial and would like further information, please contact the Swinburne Centre for Human Psychopharmacology, Hawthorn on:

**Phone:** (03) 9214 4444 (please leave a message) or

**Email:** jkean@swin.edu.au

* the study will be looking at males only