As parents and teachers we are concerned with ensuring that each child achieves to their maximum potential as they grow to become adults who believe in their own ability and make a difference for society. Empowering young children to have a belief in themselves and their ability, combined with the need to temper this with realistic perceptions, is an area that has been researched in recent years.

Praise is a behaviour often used to encourage this belief, but recent research has shown that appropriate praise is critical if our goal is for children to deal effectively with the ups and downs of real life. For the past ten years a psychologist Carol Dweck has been studying the effect of praise on students in New York schools. It was shown that when we praise children for effort, a child’s belief in themselves is far more consistent across a range of outcomes. If a child does not do so well on a test or task they are less likely to consider themselves a failure if they know the results are related to effort and understanding at that point rather than whether they are “intelligent” or not.

When we praise a child, our wording can either be specific (e.g. “You did a good job drawing”) or generic (e.g. “You are a good drawer”). According to Andrei Cimpian and colleagues this subtle distinction can make a big difference to children’s motivation when things go wrong. The researchers played a kind of drawing game with 24 four-year-old children using hand-held puppets. The researchers controlled a ‘teacher puppet’ that asked the children’s puppets to draw different objects. No drawing was actually performed, instead the children had to mime their puppet doing the drawing. For the first four drawings the researchers responded as if the drawings had been a success. Crucially, half the children were praised generically whereas the other children were praised non-generically. Then for the next two drawings, the researchers responded as though the children's puppets had failed to draw correctly (e.g. saying they had omitted wheels on a bus or ears on a cat). This was to see how the children responded to criticism. The children who had earlier been told they were good drawers responded badly to the criticism. They lost interest in the drawing and failed to come up with strategies to correct the drawing mistakes. By contrast, the children previously praised in a non-generic fashion, responded better to the criticism, and came up with ways to rectify the failed drawings. The idea is that if children are given generic praise – in this case being told they are a good drawer – this leads them to believe they have a stable, trait-like drawing ability. This belief turns to loss of morale when confronted with failure or criticism. By contrast, the non-generic praise, specific to a given episode, is rewarding without leading to false confidence. Cimpian, A., Arce, H-M. C., Markman, E.M. & Dweck, C.S. (2007). Subtle linguistic cues affect children's motivation. Psychological Science, 18, 314-316.

I have also included in this newsletter an article “When Life Doesn’t Go Their Way” which I am sure you will find helpful as you assist your child in dealing with the reality of them not being the best at everything nor life always going the way they would like it to.

Have a great week

Christine Clark
**COMING EVENTS**

**School Council**
The next meeting of the School Council will be held on Monday evening, June 18 at 7.30pm in the Staff Room.

**Reference Committee Reminders**
The Committees that still have meetings coming up are:
- Property Development
  Tuesday, June 26 at 7.30pm
- OSHC Committee
  Wednesday, June 27 at 9.00am

**Church Services**
For those students involved in the Church Service programs, just a reminder that the Brighton Church Service is on Saturday, June 23. The bus will be leaving the Hall at 10.00am.

Also, the Morphett Vale Church Service follows on Saturday, June 30. Students are asked to meet at 11.15am.

**FROM THE SCHOOL OFFICE**

**School Fees**
Just a reminder that all outstanding accounts need to be finalised before the end of term. Thank you for your cooperation.

**Library Books**
All borrowed library books need to be returned by the end of next week. There will be no more borrowing for this term from Week 9. Any unreturned library books will result in a replacement fee being charged. Thank you for your cooperation so everyone can enjoy the library.

**Vacation Care**
The Vacation Care program for the next school holidays is enclosed. Bookings are essential, so please complete the booking form and any relevant consent forms and return to school ASAP. Places fill fast so get your bookings in quickly.

No excursions are planned for the first week so that any children wishing to participate in the Fiesta program at the church are able to do so. Staff are able to escort children to the church at the appropriate time. Please remember that there is a small charge of $3 to attend Fiesta.

**Food for Rabbit/Guinea Pig**
Thank you to all those children who have been bringing veggie scraps for the rabbit and guinea pig in the Science Room. Here is a list of foods that children could bring in and are great for both the rabbit AND the guinea pig:
- Asparagus
- Broccoli
- Celery
- Parsley
- Zucchini
- Apples
- Cucumber
- Carrots
- Spinach/Silverbeet
- Rockmelon

Please note that the animals are NOT able to eat potato peel, onion or cabbage.

**Science Fair Winners**
Well done to everyone who entered the Science Fair. The projects were excellent and imaginative. Deciding on winners was difficult. Congratulations to the following students who received awards for their science projects:

- Reception: Jake Delyster, Emily Carlsen
- Year 1: Imogen Dwyer, Dylan Hutton
- Year 2: Tyler Peterson, Tayla Kerkemeyer
- Year 3: Caitlin Macdonald
- Year 4: Austin Clark
- Year 5: Chelyah Paterson
- Year 6: Jos Piscopo, Daniel Palmer
- Year 7: Tayla Whyatt, Dylan Bigatton

Scientist of the Future Award went to Judith Gibbs.

Well done also to those students who came dressed as their favourite famous scientist, it was quite an interesting parade.
COMMUNITY ANNOUNCEMENTS

SACA July School Holiday Cricket Clinics
The South Australian Cricket Association July Cricket Clinics are being held from July 16-20 in the Indoor Centre at the Adelaide Oval. The clinics offer both individual and group coaching for boys and girls of all ages. All coaching is done by SACA accredited coaches. Get in quick as places will fill fast. For prices and more information you can visit www.cricketsa.com.au and download a brochure or phone Shaun Seigert on 8300 3838.

Indoor Soccer Clinics
During the upcoming July School Holidays, supervised soccer clinics will be open to boys and girls aged between 5 and 12 years. The clinics provide the opportunity for children to learn the basics of the game, develop their skills and meet new friends in a fun, energetic environment. Cost is $8 per child per clinic.
Venues and Dates: Marion Leisure and Fitness Centre, Morphettville from 3.00-5.00pm on Wednesday, July 11 & Friday, July 13 OR Hub Recreation Centre, Aberfoyle Park from 10.00am-12noon on Thursday, July 12 & Thursday, July 19. For more information please contact James on 8294 6488.

Hub Library Cool Club Members
Book now for our Star Wars Extravaganza on Friday, June 22 from 4.00-5.30pm. For children aged 5-12 years at the Hub Library, Aberfoyle Park. Come for fun, games, activities, food and more. If you are not already a COOL Club member and would like to be, just ask a Library staff member about joining—it’s all free!

FROM MORPHETT VALE CHURCH

Kids Rally
All primary school aged children are invited to a special Kids Rally program being presented on Saturday, June 23 from 3.00-4.30pm at the Edwardstown Baptist Church. There is a special guest speaker as well as lots of music, games and fun. See the enclosed flyer for more details. This program is designed especially for kids, so you won’t want to miss the fun!

Fiesta! Where Kids are Fired Up About Jesus
This year we are going Mexican! Join us at Fiesta for crafts, games, Bible stories, unforgettable music and tasty snacks. You will get the chance to make lots of friends and have loads of fun. If you have been to Lava Lava or Serengeti then you will know what much fun you can have, so you won’t want to miss Fiesta. And bring your friends with you!
See you at Morphett Vale Adventist Church from 1.00-4.00pm Monday, July 9—Friday, July 13 and concluding with a special church program on Saturday, July 14 at 11.30am. Cost is $3 per session per child (third child or more free).

Mexican Social Night
To celebrate the launch of Fiesta for the kids in the school holidays, Morphett Vale Adventist Church is holding a Mexican Night on Saturday, June 30 from 6.30pm in the Hall. Entry price is Adults $6.50, Kids $3.50 & Family $16.00. Food and drinks available. Activities include games, pinata, and a cake decorating competition. For an evening full of fun and fellowship, please come and join us.

“If a child lives with criticism, he learns to condemn. If a child lives with hostility, he learns to fight. If a child lives with ridicule, he learns to be shy. If a child lives with shame, he learns to feel guilty. If a child lives with tolerance, he learns to be patient. If a child lives with encouragement, he learns confidence. If a child lives with praise, he learns to appreciate. If a child lives with fairness, he learns justice. If a child lives with security, he learns to have faith. If a child lives with approval, he learns to like himself. If a child lives with acceptance and friendship, he learns to find love in the world.”
Dorothy Law Nolte
When Life doesn’t go their way!  Handling Rejection

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.

Most children recover from such rejection. They move on and form constructive, worthwhile relationships but some children need help. They often take rejection personally and blame themselves. As a parent it is 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 a 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 to help them get through the rough times.

One way to help children deal with rejection and disappointment is to talk through a problem or difficulty recognising and accepting their feelings. Talk about various scenarios around the incident, discussing possible outcomes. The age of the 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 can make a huge difference to how a child reacts. If you see rejection or disappointments as problems then your child will be hamstrung by this view. See them as challenges then your child will, in all likelihood, pick up your upbeat view and deal with disappointments easily.

After all, confidence is catching!

What’s Your Child Like?  
How resilient is your child?

**DOES HE:**

1. Bounce back when things go wrong?  
   Yes 2 No 0

2. Rationalise disappointment and rejection rather than take it personally?  
   Yes 2 No 0

3. Take a positive view when challenges come his way?  
   Yes 2 No 0

4. Pat himself on the back when he does something well?  
   Yes 2 No 0

5. Let little things spill over and spoil other parts of his life.  
   Yes 2 No 0

Score: 10 A resilient child. He bounces back up when things don’t go his way.

6-8 A hardy soul

0-4 Probably too hard on himself. Needs some help to lighten the load.

Try This . . . . Putting it into Practice

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.

**Quote**

“Fall seven times, stand up eight.”

*Japanese Proverb*

For more ideas about promoting resilience in your children visit www.parentingideas.com.au