

## Netball Training Meckering



### Term Planner

- Friday 25 June—Netball Tournament, Merredin
- Friday 2 July—Last day of school

### Future Dates

#### 2021 School Development Days

Monday 19 July  
Monday 11 October  
Friday 17 December

This Friday 18th June we will be offering all students a free warm winter lunch of Spaghetti Bolognaise. We once again thank the Kellerberrin Food Pantry for their kind donations to the school.

On Monday, the Miss Sara's 3-6 class travelled to Meckering for some combined Netball skills and training in readiness for the Primary Netball Cup to be held in Merredin on Friday 25th June.

### Student of the Week



**Mason Hayden**—for showing kindness to his peers in and out of the classroom.

## Parent Communication

Reminder that student lunches are available on Mondays and Thursdays. The orders must be placed with the school office by 9am, with the correct amount. Please note school lunch orders **cannot be placed directly with the Tammin Roadhouse**. If you require a menu or more lunch order bags, leave a note in your child's communication book and we will send these home via the student.

## Staffing

Hello everyone my name is Mrs Charmaine Schelfhout and I have joined Mrs Caroline Bradley in the office working Mondays, Tuesdays and Fridays.

I go for the West Coast Eagles, my favourite colour is blue and I love the outdoors. I am looking forward to being part of the Tammin Primary School Community, and meeting you When you are next at school pop into the office and say hello, if you haven't already.



## Optimism

The world needs optimists today more than ever and people who are optimists have better lives. Optimism, or the conviction that things will work out in the end, is a cornerstone of resilience and an important asset in achieving success. Research shows that optimists who believe they can achieve success, are in fact more able to do so. They are less likely to get depressed, get fewer illnesses, have longer relationships and live longer. Findings from Cognitive Therapy show that we can change the way we talk to ourselves about events and how we interpret them, which has a direct impact on our emotional reaction to our experiences.

Pessimistic thinking can be defined as expecting bad things to happen. Pessimists think catastrophically. For example, they might say, "I won't make any friends at this new school. No one is going to like me." To confront pessimism, challenge the four thought patterns that lead to pessimistic thinking:

- Permanence: "This always happens and always will."
- Pervasive: "Nothing ever goes right."
- Personal: "This always happens to me."
- Powerlessness: "There is no real relationship between cause and effect; things just happened; I am the victim of what has occurred."



The essential trick is to remember that you can perceive a setback in any way you choose. We can help our children choose to perceive setbacks as temporary and isolated. In other words, they don't indicate anything about any other part of their life. It is not personal and it is within their power to fix.

We can help our children learn to cultivate optimistic thinking with these three ideas:

1. There are actions I can take to change the situation. (As opposed to "I am a victim here.")
2. There are specific reasons something happened. (As opposed to the global "Everything always goes wrong.")
3. The cause is clearly leading to the effect, and that is true over time. Sometimes I can affect those factors, which means I can make the outcome better. Sometimes I can't affect those reasons, but that means they are not my fault (as opposed to "bad things just happen to me" or "life is just out to get me").

The problem with negative self-talk is that when you hear it, you believe it! Then you act as if it were true. But in fact, just because you are telling yourself something, does not mean it is true. It's a belief that could be wrong. There are many ways to interpret events and some are much healthier than others. Cognitive therapists teach pessimists to confront this kind of thinking by a three step process: Notice it, Externalise it, and Dispute it (NED). You can teach yourself, and your child, the NED process:

**Notice** negative self-talk: recognise when you are being negative about yourself or a situation.

**Externalize** it: treat it as if it were said by an external person whose mission in life is to make you miserable (some kids call him NED).

**Dispute** it: in the same way you would an external person. We generally have the skill of disputing other people when they make false accusations, and we can learn to do so with ourselves as well.

It can be a challenge at times, but I like to role model optimism whenever I can, even as a Dockers supporter. Do you say things like "I know we'll find a parking space soon!" or "We'll NEVER find a parking space? I KNEW this would happen!"? Our view of the world and our prospects within it communicates itself to our children daily. If we want to help our children become more optimistic, experiment with learning to be more optimistic yourself.