Dear Parents / Caregivers,

Building Resilience
As you may be aware our students have been learning social and resilience skills through a program called Bounce Back. This program has been operating in our school for the past few years. The Bounce Back program offers practical strategies to help children cope with the complexity of their everyday lives and learn to ‘bounce back’ when they experience sadness, difficulties, frustrations, disappointments and hard times. With teachers’ guidance students explore a range of topics as they progress from Kindergarten to Year 6, such as developing positive values, developing courage and strategies for bouncing back, looking on the bright side, managing emotions, relationship skills, dealing with bullying and being successful.

It is such a valuable program that I believe it is important we publish the acronym again so that families can use the same strategies at home when things don’t quite go the way we otherwise want them to.

**B**ad times don’t last. **T**hings will get better. **S**tay **o**ptimistic.

**O**ther people can help if you talk to them. **G**et a reality check.

**U**nhelpful thinking makes you feel more upset.

**N**obody is perfect – **n**ot you and **n**ot others.

**C**oncentrate on the positives (no matter how small) and use laughter.

**E**verybody experiences sadness, hurt, failure, rejection and setbacks sometimes. They are a normal part of life. **T**ry not to personalize them.

**B**lame fairly – how much of what has happened was because of you, how much was because of bad luck or circumstance?

**A**ccept the things you can’t change, but try to change what you can first.

**C**atastrophising exaggerates your worries. **D**on’t believe the **w**orst possible picture.

**K**eep things in perspective. It’s only one part of your life.

International Research Opportunity
NSDS has been selected to participate in a research study being conducted by Dr June Maker, Dr Robert Zimmerman and Randy Pease of the University of Arizona, USA. It is part of a project designed to adapt, modify, and test the effectiveness of an educational teaching program developed in the USA. We are hoping to involve all students from Years 1-6 in this project, as it is important to find out how the teaching program needs to be changed – if at all – to make it more useful and appropriate in Australia.

The information from the study will be used to decide whether to use this teaching method and program in NSDS or retain our existing Conceptual Programming Units as they currently are, if and how it can be adapted or changed to fit our school community, and whether to teach others how to implement it. The results of the study will be reported to the DEM community as well as being reported in educational journals, at educational conferences, and in teacher workshops.

More information and consent forms are being sent home today with students in Years 1-6. There will also be an information session held next Wednesday evening, 26 June, at 7.00pm in the Library, at which time Myra Wearne will be explaining the project in more detail and answering any questions parents may have.

Catherine Williams
Relieving Principal
The Dem P&C proudly presents a
Winter Movie Night
Friday 21 June

We’re showing E.T. – The Extra-Terrestrial to celebrate it’s 30th anniversary.
It’ll be very exciting to come to school at night to watch this magical, classic family film in the Pacific playground with your family and friends.

It all kicks off at 5.00pm so don’t be late to put down your rug and stake your spot under the blue shade sails! The big screen will be set-up on the soccer pitch.

The fun begins with a pre-movie music so the kids can sing and dance to their favourite songs. The tuckshop will be selling yummy special treats and the delicious aroma from the sausage sizzle will be tempting your tastebuds!

The film starts at 6.00pm sharp and if you’ve never seen it, you’ll just love it!

Stay cosy by bringing rugs, cushions or beanbags to sit on and blankets to keep snuggly and warm. There will also be some seats set up at the back.

Pre-sale tickets are $10 per family (for up to eight family members).

Tickets will also be on sale on the night for $15 per family.

You can even request your favourite songs for the pre-movie disco by going to: www.popupcinema.com.au/playlist.html

Please go to www.trybooking.com/CXLT to buy your family ticket online and then simply print it and bring it along on the night.

Alternatively, you can write one child’s full name and class on an envelope, pop $10 inside and drop into the P&C Box in the school office. The ticket will be put in the envelope and returned to that child to bring home. This option closes at 3pm Thursday 20 June.

Sincere thanks to our major sponsor
McGrath Neutral Bay / Mosman