Dear Parents and Carers

We all know how important it is for everyone, particularly children to develop resilience. Resilience is that happy knack of being able to bounce back and cope with all the setbacks and hurdles of life. Some children are resilient by nature, as their temperament helps them to be mentally and psychologically tough and they are able to deal with most of the curve balls that life throws at them, others need a bit more support and coaching to help them to become more resilient. The characteristics that resilient children share (according to Michael Grose) are independence, problem-solving, optimism and social connection. As parents and teachers how can we best help our children to develop resilience?

• Give Children the opportunity to develop their own resourcefulness. As adults we often need to let children fight their own battles. There is nothing wrong with going into bat when children struggle or meet with difficulty inside or outside school but this should be the last resort, not the first option.

• Make their problem, their problem not your problem. Sometimes parents and teachers can take too much responsibility for issues that are really up to children to work out or decide. Taking on too much responsibility for children's issues also sends the message that they are not capable of solving the issue themselves.

• Where appropriate make decisions for children and expect them to adjust and cope. In this era of giving children a voice it is easy to go overboard and allow them too much say in what happens to them. Children can often take the easy option to avoid hard or unpleasant situations.

• Keep expectations in line with children's abilities and don't put excessive pressure on them. Expectations about success and achievement are important; too low and children will meet them, too high and children can give up, too much and children can experience anxiety.

• Don't let children give in too easily. Resilient learners link success with effort. They don't give up because things get difficult, or because they don't like a teacher or subject. Similarly they don't bail out of a sporting team half way through the season because the team is not winning or they are not enjoying it. Children need to develop persistence and honor their commitments.

• Develop Independence. Don't routinely do for children what they can do for themselves (eg carry their bag, pack their sport gear etc). Don't wait until children are teenagers to develop the skills of independent living. Start early and promote a broad skill set so that they can look after themselves if you are not around.

• Overcoming challenges enables children to grow and improve. Don't step in too early to 'rescue children'. There are many times that children are put in situations that are outside their comfort zones for a time. For instance, giving a talk, singing at a school concert, or going on school camp may be challenges for some children. They are all situations that children usually cope with so show your confidence in them and skill them up, rather than opt for avoidance. Sometimes the manageable hardships that children experience such as a friend moving away, not being invited to a party or completing a difficult school project are excellent learning opportunities as they help children to stretch and grow.

• Reframe things in a positive light. Help develop a sense of perspective. While it is vital to acknowledge a child's feelings particularly if they are feeling down it is important to help them to develop a sense of perspective. For example the statement “Nobody played with me today” often means that for 5 minutes of that particular day they had no one to play with and yet for the rest of the 7 hours and 55 minutes they worked and played happily with others!

• Social connection. A sense of belonging is crucial for children to develop resilience. Family is obviously the most important place where children learn how to connect. School is probably the next most important but other community organisations that they belong to are important too—Church, football club, scouts, chess club, neighborhood friendships etc.

As Confucius said "Our greatest glory is not in never falling, but in rising every time we fall".


Jenny Manthey - Head of Junior School/Early Learning Centre

Samuel Harris, Fletcher Hilder and Henry Reeve at swimming lessons at Collegiate Pool
**Kindergarten**
The boys in Kindergarten T have been investigating ‘birds’ this term. Each group of boys has chosen a bird to learn about; Eagle, Cassowary, Kiwi, Woodpecker and Flamingo. Here is some of their work:

Edward Broadby’s Eagle. “I painted the legs...and those are the claws. Those are the wings. One’s brown and one’s dark. They have feathers. The yellow part is what he’s eating.”

James Greenaway has carefully drawn a Flamingo “I noticed that he has a very, very, very, very long neck. He has a very black beak on the end. They have wobbly knees”.

**Year One**
We had a lot of fun at swimming lessons!

Mrs Colev with her group

**Prep**
We have been busy in Prep F making snow man picture and stories. Please come in and read our fabulous stories and admire our art work.

**Year Two**
Swimming
S Smelly chlorine
W Water in goggles
I It is slippery
M Mums are watching
M Mum getting wet with water
I Interesting diving
N No running!
G Getting better at swimming.

Swimming
S Stay cool, stop and listen
W Watching Mum texting
I In the water floating lazily
M Me listening to the coach
M Moving in the water
I In the water interesting
N Nice boys
G Good boy good swimming!

Tom Maclachlan
Joe Clifford
**Junior School**

**Year Three**

In 3M we have been looking at how groups work. We have worked in pairs, small groups and as a class. We have focused on listening and how to disagree politely. Learning how to argue a point in a safe and positive way has been fun. We can use these skills for any subject and anywhere any time.

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**Year Five**

On the 6 July a naval helicopter landed on the War Memorial Oval. In the helicopter was my cousin Will Calvert who is a Naval helicopter navigator.

The helicopter landed at 10:00 am. First the news crews went out and talked to my cousin and the pilots. After the news crews finished, me and four other friends Daniel, Alec, Patrick and Max went forward to the helicopter to see my cousin. Once we greeted each other we had to stand for photos and then the Mercury interviewed me.

After the Mercury interviewed me I had to sit in the cockpit and have some more photos taken. Once we finished that I talked to Will for a few minutes. Then he had to help the pilots show the boys from the ELC the helicopter. At the end we were given a pen and a ruler and went back to class.

I think overall the experience was great for the younger children and for me because I got to see my cousin.

Hamish McCulloch 5W

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**Year Four**

Year 4 welcome Brentyn Muir and his family to our year group. We hope he has a positive start to his education at Hutchins.

Timmy Mison used the experience he had on a recent excursion as an inspiration for his writing.

On an average day in an average school we went on a not so average trip to Mount Wellington. We went on a 3 - 5 kilometre walk! It was hard work. I made it half way up. I was exhausted.

When I breathed I tasted the sweat dripping down my face. I heard rocks falling. On no! I found myself the only one there. I felt scared.

The class went up a different path. I ran to my left instead of going down. I ran and leapt and found myself running at 30 kph. A rock hit both my croc off. I ran on my bare feet. I felt like I was in hell. I started running diagonally. I reached snow and felt cold. I got to the ice and slipped. I started sliding towards the rock fall. I screamed and the ice shattered and I fell into the water. I got onto the snow and I took my top and shorts off. I started thinking this couldn't get any worse and then I saw a type of snow mobile. I ran towards it. I was saved!

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**Junior School / Early Learning Centre Newsletter**

Due to lack of numbers OSHC will not be open for the mid-term break (Monday 19 July)

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The happiest people don’t necessarily have the best of everything. They just make the best of everything. Anon
Year Six Football Match

On Friday the 2 July the Hutchins Year six football team played against John Paul II at Clarendon Vale. It was a half hour drive and when we arrived we were pumped and ready to go.

We started slowly in the first quarter and at quarter time we were down a few goals. In the second quarter we came back strongly to level the scores going into half time. We dropped our standard in the third quarter and the opposition scored most of the goals and at three quarter time we were hanging onto a slender lead.

We started well in the last quarter kicking the opening goals playing our best quarter of football and winning by a few goals.

Patrick Eberhard and Edward Johnstone

Connor Schmidt celebrates a Best On Ground performance

School Shop

Opening Hours for the School Shop are:

- Monday, Wednesday and Friday
  8.30 am to 4.00 pm

- Short and long sleeve logo shirts are now available.

TERM DATES FOR 2011

TERM 1
Monday 31 January (New Staff PL Day)
Tuesday 1 February - Friday 4 February (Staff PL Week)
Monday 7 February - Staff PL Day
  - Orientation Day for new students

Tuesday 8 February – Friday 27 May
Easter Break Friday 22 April to Friday 29 April inclusive

TERM 2
Monday 20 June (Staff PL Day)
Tuesday 21 June – Friday 2 September
Mid Term Break Monday 18 July

TERM 3
Monday 19 September – Tuesday 13 December
Mid Term Break Thursday 20 October to Friday 21 October
Wednesday 14 December (last day for teachers)

Old School tracksuits and white polo tops wanted! As the old school tracksuits and white polo tops cannot be recycled in the school shop the SRC Year Six leaders have suggested that we collect them and send them to the orphanage/school in Thailand where our senior global challenge boys have been working.

The idea has already been gratefully received in Thailand, now we just have to collect the clothing and post it off. Please send the items to your son’s classroom or JS reception where it will be collected and posted. Many thanks.