Growth Mindset

Growth Mindset is a term that many of you may have heard, but may not know much about. To quote James Anderson, “A Growth Mindset is not the same as self-esteem or positive affirmations. It is about an understanding that the right sort of effort leads to real growth of our most basic abilities”.

On the Student Free Day we attended in Week 3, staffs from the Upper Mid North Partnership were able to listen to and engage with James as he spoke about this topic, and how we can help students to develop an improved Growth Mindset. It is important to remember that we all have a mixture of a Fixed and Growth Mindset, and this can be dependent on any day and task we may be doing at the time. We all find some tasks easier than others, and we tackle those tasks with more enthusiasm than those we dislike or struggle with. Changing the way we tackle those difficult tasks, or having a Growth mindset towards them, would enable us all to perform them better. But how do we do that, and how do we help our students, your children, to do so?

James referred to Carol Dweck’s work on growth mindsets, and her research regarding praise towards students. Dweck has found that praising a child in the manner of “you’re so smart” instead of “you’ve worked so hard” has been shown to lead to a fixed mindset and decreases student performance (yes, we would all be guilty of having said something similar to our children, self-included); so it is suggested that we praise our child’s strategy, or the specific action/s that they used to complete a task e.g. “well done, you persisted with the task”, or “good job on trying different strategies until you found one that worked for you”.

So where to from here? At the end of the month, I will be attending another workshop with James and hope to find out more about how we can support you as parents with this area, as we need to be working together to ensure success for our students. Staffs have begun introducing some of James’s ideas with students and addressing how we as teachers praise our students to ensure we encourage a growth mindset.

If you would like to research more information on this topic, some good websites to check out would be: www.mindfulbydesign.com and www.habitsofmind.org

Principal’s Position

Due to the treatment required and the follow up rest that is required by Prue Hunter in lieu of her cancer diagnosis, she will remain on leave for the remainder of 2016. To ensure continuity for the school, the Education Director, Terry Sizer, has asked me to remain in the Principal position for the remainder of the year to which I have accepted. I am greatly excited by this and look forward to a wonderful year ahead.

STUDENT BANKING at LAURA PRIMARY

With the closure of the Bank SA agency in Laura this week we have had to look at what happens with student banking at Laura Primary School. At this stage I have negotiated with the manager at Bank SA Jamestown branch to supply debit only cards to students who bank at school so we can bank the money at the Laura Post Office. If you have any questions regarding this please contact me at school.

Pauleen
Independent Learning Goals
Separate to this newsletter, there is a note regarding this change to our interview structure this year. Please ensure you read the information carefully and return your time preference to your child’s teacher as soon as possible. It is an expectation that ALL students will set an ILG this term with their parent/s and teacher, for it to be reviewed in Term 3.

Gladstone HS Athletics
Good luck to our year 6/7 students, who will be participating next Friday, March 12th, in the Gladstone HS Athletics carnival – have a great day trying your best. Congratulations to Lara Zanker, Casey Cleggett and George Klemm who have been selected in the SAPSASA Swimming team to participate in Adelaide on March 18th.

School Photos
School Photos have changed from March 30th to Tuesday March 29th (first day back after Easter). All correspondence regarding this remains the same.

Have a great fortnight
Kelly

Hand, Foot and Mouth Disease
Please Note: There has been some reported cases of Hand, Foot and Mouth Disease in the Kindy, Rural Care and Primary School.
Symptoms include a fever, tiredness, loss of appetite, blisters in the mouth and on the hands and feet and a sore mouth for a few days before the ulcers or blisters appear. Affected young children may refuse to eat or drink. Diagnosis is usually made by clinical examination. Spread takes place through contact with the fluid in the blisters. This is most likely to occur when the virus becomes airborne during coughing and talking. Contact with faeces can also spread the infection.

Incubation period – 3-5 days.
Infectious period – As long as there is fluid in the blisters. The faeces can remain infectious for several weeks.
Treatment – Usually none is required. Use of paracetamol for the fever and any discomfort.
Control of Spread
- Exclude from child care, preschool and school until all blisters have dried.
- Follow good hand washing techniques and keeping areas clean procedures.
STUDENTS OF THE WEEK

**Chloe Nettle** received this award for producing excellent work & for being a great support and role model to the younger students.

*Well done Chloe!*  

**Lillie Shepherdson** received this award for an excellent attitude towards her learning and putting 100% into all tasks.

*Well done Lillie!*

**RECOGNITION AWARDS**

**Week 3 & 4**

Sophie Clogg – for trying hard at all tasks and for being super helpful.  
Lucas Jackson – for working hard & for being a great class leader.  
Destiny Catford – for a great job dancing the “Birdie Dance”.  
Angus McCallum – for excellent homework.  
Callum Brennan – for excellent participation in swimming.  
Jez Hartmann – for excellent participation in swimming.  
Hannah Zanker – for overcoming her fears in the pool and showing great improvement.  
Kathryn Zanker – for having a go at new things with encouragement from others and showing great improvement at swimming.  
Jackson Fudge – for responding to advice and working hard to improve Maths feedback.

Nicholas Venables – for a great job learning his letters.  
Emma Zanker and Rohan Smith – for trying hard at all tasks.  
Duncan Clogg – for an enthusiastic approach to school.  
Jackson Staker – for working hard in Maths.  
Will Griffin – for good persistence in Maths.  
Casey Cleggett – for having a determined approach to everything she does.  
Samuel Shepherdson – for being responsible and considerate towards school property and for having excellent manners.  
Angus Kleinig – for asking questions and working hard to compete work.  
Makayla Fennell – for following instructions and working independently on mapping tasks.  
Isabelle Jackson – for paying attention, following instructions and doing her best.  
Thomas Smith – for pleasing mental maths skills.

**BEE ATTITUDE AWARD**

This award is for recognizing students who use our school values of respect, responsibility, honesty, care and compassion.

This encouragement award is awarded to:

**DAISY WOOLEY**

For demonstrating responsibility and leadership on pancake day and helping new reception students at Laura Primary School.
COMMUNITY NOTICES

SOUTHERN FLINDERS NETBALL CLUB:

REGISTRATION NIGHT
All players for 2016 season are invited to a registration night this Monday 29th February the from 5:00 p.m. at the Laura Tennis/Netball courts. Uniform fittings, and registration of names with a light fitness training starting at 6:00 p.m.
Remember all netballers including subbies and minis are now required to wear the new dress.
If you have a uniform to sell you may be able to sell on this night.
PRELIMINARY SELECTION:
We will holding a preliminary selection night for 2 weeks at Laura on Thursday March 3rd and March 10th for any new players for season 2016.
New players are invited to come out at 6:00 p.m. with any E and F grades from the last couple of years.
From 6:30p.m. the C and D grade
7:00 p.m. A and B grade.
This will give selectors a chance to view all new players and previous throughout the next couple of weeks.
This is only Senior Grades.
Players from the ages 16 before 31 December 2015 are of senior age.
Any queries please
Ness Watson 0439755108
Bern Schmidt 0439864330

URRBRAE AGRICULTURAL HIGH SCHOOL
Providing unique opportunities for learners and future innovators.
URRBRAE COULD BE THE SCHOOL FOR YOU
To find out what Urrbrae has to offer, come along to one of our Information Sessions on

Tuesday 22nd March, 2016
Meeting at the Farm Shed.

Two hour visits to the school will include:
Information about the Application Process, Farm Tour and School Tour
The Open Day Program runs from:
9.30am - 11.30am and will be repeated at 1.00pm - 3.00pm and again at 6.00pm - 8.00pm
Applications for Year 8 2017 will close at 5.00pm on Wednesday 4th May 2016
Collect a brochure from your School Office for more details.

E-mail: dl.0798_admin@schools.sa.edu.au
Website: www.urrbraehs.sa.edu.au

Well done Casey Cleggett and George Klemm who represented Laura Primary School in the Gladstone High School Year 6/7 team which competed in the Annual MNSEC Swimming Carnival. The Gladstone team came second by 1 point to Orroroo Area School.
COMMUNITY NOTICES

PARENT GROUP

Would you like your child to:
- Enjoy more happiness with their parents
- Turn to you for help when in trouble
- Solve problems on their own
- Get along better with friends and siblings
- Know to be kind to others around

Circle of Security is a DVD based parenting program which focuses on the parent child relationship. Circle of Security is an internationally recognised evidence based program which draws from 50 years of attachment research.

Where: Saint Joseph's Parish School
1 West Terrace Gladstone, SA, 5473
When: Thursday mornings at 10-11:30am (approx. 1.5 hours)
The group will run for 6 weeks

Commencing Thursday the 3rd of March 2016

Who: Alyse Lynch and Ottavia D’Agostino (CAMHS Clinicians)
Registration: ALL WELCOME – RSVP required as spots will fill fast!
Please contact Alyse Lynch or Ottavia D’Agostino to register
Child & Adolescent Mental Health Service (CAMHS)
86325304

*THIS IS A FREE PROGRAM

Unfortunately we cannot provide childcare at this group

LAURA FOLK FAIR
Saturday 2nd April 2016
Sunday 3rd April 2016
OFFICIAL OPENING
Saturday @ 12.30pm

By Cosi (South Aussie with Cosi)
Support the Laura Folk Fair

Jamestown Junior and Senior Futsal
Registrations are now open.
Junior competition will start Term 2, Friday 6th May. Age of participants has been extended to include players 18 years and under. Youngest participants must be born in 2010. (Turning 6 years old this year)
Please email your child/ren’s name, date of birth and age, along with parents contact details to jamestownfutsal@gmail.com to register.
More details on our website www.jamestownfutsal.com and Jamestown Junior Futsal Facebook page as it becomes available. Any enquiries contact Claire Smallacombe on 8664 1848 or 0417867654.
Senior competition will begin within the first week of Term 2.
Please email name and contact details, or team name, contact details and members, to jamestownfutsal@gmail.com. Please contact Marie Irrgang on 0427 282 670 with any queries.
ALL REGISTRATIONS WILL CLOSE ON MARCH 31ST.

Southern Flinders Football Club
Junior and Senior Colts players
Pre-season training commences
Thursday 17th March
At Laura Oval
Starting at 5:00pm

Mini’s and Sub Mini’s
Training commencing
Friday 1st April
At Gladstone Oval
Starting at 5:00pm
This is also the Football Registration Night

Chook Harslett - 0407618008
Lachlan and Di Smart - 0428684268

LAURA FOLK FAIR
Saturday 2nd April 2016
Sunday 3rd April 2016
OFFICIAL OPENING
Saturday @ 12.30pm

By Cosi (South Aussie with Cosi)
Support the Laura Folk Fair
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<tr>
<td>Feb 15th-19th</td>
<td>15 Governing Council AGM</td>
<td>16</td>
<td>17 GHS swimming carnival 3:30-7:30</td>
<td>18</td>
<td>19 STUDENT FREE DAY</td>
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<tr>
<td>Feb 22nd-26th</td>
<td>22 Swimming SAPSASA trials</td>
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<td>26 Assembly</td>
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<td>Feb 29th-March 4th</td>
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<td>4 Rocky River Performance Wirrabara Dinosaur Science</td>
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<td>March 7th-11th</td>
<td>7</td>
<td>8 RE Seminar</td>
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<td>11 Assembly GHS Athletics carnival</td>
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<td>March 14th-18th</td>
<td>14 ADELAIDE CUP</td>
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<td>18 Swimming SAPSASA</td>
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<td>March 21st-25th</td>
<td>21 Governing Council meeting</td>
<td>22 Young Leaders Day</td>
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<td>24 Assembly</td>
<td>25 GOOD FRIDAY</td>
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<tbody>
<tr>
<td>March 28th – April 1st</td>
<td>28 EASTER MONDAY</td>
<td>29 School Photos</td>
<td>30</td>
<td>31 Tennis/Cricket SAPSASA Trials</td>
<td>1 Rocky River Sports Day Folk Fair</td>
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<tr>
<td>April 11th-15th</td>
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<td>15 Last day of term</td>
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