October 24 2016

Dear Parents/Caregivers

'The Princess and The Bean' – School Musical was a huge success. Thank you to all students, parents, staff and the local community for all their support and positive feedback.

The musical was filmed by a professional Production Service. DVD's will be available to purchase on order for $30.

Please fill out order form below and return to the school front office with payment $30 (cash only) by – Thursday, November 3rd 2016.

Thank you

Katherine Miller
Performing Arts/Front Office

' The Princess and The Bean' – School Musical DVD Order Form

Please return to Front Office by Thursday, November 3rd 2016

Student Name: __________________________________________

How many DVD's I would like to order: ______________________

☐ I have enclosed $30 payment (cash only) per DVD with my order.

Signed: _______________________________ Parent/Caregiver

Courage Excellence Respect
Our Menu is like this: 

**PITA WRAPS**
- Salad ($4.50)
- Chicken or tomato ($3.90)
- Ham/Tuna or salad ($3.50)
- Roast chicken & salad ($4.50)

**BREAD ROLLS (White or Wholegrain)**
- Cheese or tomato ($2.60)
- Ham/Tuna or salad ($3.00)
- Roast chicken & salad ($4.00)

**SANDWICHES (White or Wholegrain)**
- Chicken Calgary Wrap ($4.50)
- Chicken Club wrap with lettuce, cheese, mayo & chilli sauce ($3.50)
- Roast chicken & salad ($4.50)

**PASTRIES**
- Mini pies ($3.50)
- Sausage rolls ($2.70)
- Pastries ($3.50)

**POTATO DISHES**
- Lasagne cup of noodles ($2.60)
- 1/2 serve penne pasta bolgnese ($2.20)
- Penne pasta bolgnese in read ($2.00)

**PASTA**
- Spaghetti in a roll with cheese ($2.80)
- Spaghetti in read ($2.00)

**HOT DOGS**
- 2x hot dogs with sauce $2.00

(March 2018)
Canteen Menu Terms 4 & 8
Allen Dale East Area School
Our Menu is in line with the Right Price Policy

PIZZAS

Cheesy Garlic Bread
Garlic Bread
Cheese & Bacon Singles
Ham & Pineapple Singles
Fresh Ice (made fresh, served in noodle box)
Com mi on the boil
Nachos / Tots – Corn chips, sour cream, salsa
Nachos / Plain – Corn chips, sour cream

ICE CREAMS

Calippo - Raspberry / Pineapple
Frozen Guini
Paddepop
Joy Pie - Lemonade

DRINKS

0.00
0.80
0.80
1.50
1.00

LOL - Topoli / Razz-bli / U-Qua-man Carbonated Fruit Drink
Assorted RTD boxes
Ice Tea
Water
(Chocolate, strawberry, & real good coffee)
Flavoured Milk Small

Mash potato & gravy (pasta optional)
Cheese Burger (meat or cheese x sauce)
Nugget Break (5 nuggets + potato gems)
Chicken Hawaiian Attack (8 nuggets + potato gems)
Chicken Chili Sub (Nachos, cheese & mayo)
Meatball Sub
Dine snack attack (5 dine snacks + potato gems)
Fish & Chips (4 fish nuggets + potato gems)
2 Sausages with mashed potato & gravy
Fish Fingers
Steamed Dim Sims

ASSORTED HOT FOODS - NEW

Cheese Sausage
Cheese & Bacon
Ham & Pineapple

FRUIT

Watermelon slices
Watermelon juice
Mixed pack
Fruit salad mix
Cheese & Vegetable
Ham, lettuce, tomato & pickles
Tuna, lettuce, tomato & mayonnaise

SUSHI SANDWICH BITES

Six pieces per pack
Cucumber Salad
Greek Salad
Sandwich Salad
Chicken Salad
Kimchi Salad

ASSORTED PLATES

Greek Salad
Chicken Salad
Kimchi Salad
Sandwich Salad

0.00
0.25
0.50
0.75
1.00
3.00
3.20
3.50
4.00
5.50
2.50
3.00
4.00
4.50
5.00
6.00
9.00
8.00
$2.00
$3.50
$4.00
$4.50
$5.00
Research has proven Henry Ford correct when he said, "whether you think you can or that you can't, you are usually right".

Helping young people develop a positive growth oriented mindset where they can improve over time and overcome setbacks powerfully predicts success. This shifts them from "can't do" to "can do". Here are some ways that parents develop this attitude in children.

**Have a policy of "we fall down 7 times but we get up 8".**
We all have set backs. There are times when we all have to pick ourselves up, dust ourselves off and start again. Most of us are experts in this even if we've forgotten it because this is the way we learned to walk. Sucking at something the first few times you do it is the first step to getting good at it.

**Use "I noticed" feedback**
Parents can use "I noticed" feedback for positive and negative behaviours. The number of comments made to kids that begin with the phrase "I noticed", shape behaviour powerfully. For example, "I noticed you like to draw", "I noticed you are really trying hard to", "I noticed you're reading a good book". Believe me, they will notice that you have noticed!

Parents can use this to calmly draw attention to negative behaviours. For example, "I notice you are up when you are supposed to be asleep" or "I notice that you are feeling upset right now". This gives kids a chance to explain their actions or comply with parents' wishes.

**Praise effort more than ability**
Tell your kids that they are geniuses but they don't know it yet. It's good to know that your parents think you are wonderful. Then focus most of your comments on effort. For example, "You really worked hard at that well done!" "I noticed you really tried your best at that, I'm impressed" or "Wow, your practice seems to be really paying off".

**Mistakes are opportunities to learn.**
If a child thinks they didn't do well at something because they lack intelligence, they give up. When they can see they are on a pathway of improvement they persist.

Mistakes are an essential part of learning. The physicist Niels Bohr defines an expert as "a person who has made all the mistakes that can be made in a very narrow field."

Creating something new involves make a lot of mistakes. One example is the bestselling Dyson vacuum cleaner. The inventor made 5,127 prototypes of the vacuum before getting it right. "There were 5,126 failures. But I learned from each one. That's how I came up with a solution. So I don't mind failure".

Parents can help children to learn that when you make a mistake all it means is that you haven't learned how to get it right yet.

**Dealing with set backs**
No one really enjoys making mistakes. If we don't learn from our mistakes we are destined to repeat them. It is hard to keep your enthusiasm up when you've not been selected for a dance team or a drama part or a sports team or failed a test at school.

Parents can help kids by helping them to analyse mistakes. Some questions used to review a setback are:
Ok so you didn't do as well as you would have liked. Let's see if we can learn from this?
What parts of it did you do well?
What parts of it didn't go as well as you hoped?
How much work would be involved in getting better at those parts?
Would you change the way you prepared for it next time? In what ways?
I know you can do better at this if you want to. Do you want to try again?
How can I help you with this?
If they decide not to have another go say, "Ok but don't let your decision trick you into believing you couldn't get better if you tried."
Turn losses into tournaments
You may have already done this as a kid. After losing at a game, you may have said, “Ok, best out of three is the champion”. If you didn’t win that tournament perhaps you may have said, “Ok, best out of five is ruler of the universe”. Teach your kids that there is no loss; there is always a chance to have another go.

There is no try!
As the Jedi master puts it, do or do not, there is no try. Parents shouldn’t accept ‘try’ either. When kids say they are going to try ask them, “does that mean you are going to do it or not?”

Focus on the way we do things rather than the result
Successful sports teams play the game the same way regardless of the score in the game. Focusing on the result causes people to panic or freeze up. Parents’ comments can cause a shift in their child’s awareness. Instead of commenting on the result, find something you like and notice it. For example, “you sang the first few bars of that song beautifully, it’s coming together”. Avoid the temptation to then add suggestions of ways to improve.

Talk about your role models
Young people today seem to lack positive role models. The media seems determined to serve kids up role models of testosterone fueled bozos or ditzy socialite women.

The idea that you can partly shape your life on someone who you admire is alien to them. Talk about the people you admired as a kid. Explain why they have been important. Talk about the everyday heroes who have inspired you.

How to avoid a boring life
If you get scared of getting things wrong, you won’t try new things. If you don’t try new things you become bored and boring. Life becomes mundane, dull and routine.

Parents can arrange to do things with their kids that they have never done before. Quirky adventures don’t have to take a lot of time or money but they do take some thought and planning. Plan to have your child (and yourself) go somewhere they’ve never been before or do something they have never done before. Don’t settle for anything less than an interesting life.

Think of a time when it was hard
We’ve all done things that at first seemed impossible. We’ve all struggled at times in our lives. Share some of those stories with your kids so they know that you have shared the same doubts as they have. Talk about times when you could have given up but you didn’t.

How to talk with them about successes.
Kids want their parents’ approval. The way you provide praise will shape their future efforts. Let them know you are proud of them. Try to include in your delight at their success a comment on the effort that went into their success.

For example, “I am so proud of you for getting that A, I know how much work you put into that project.”

“You were great today. All that practice has really paid off. I’m proud of you”.

“Wow when you put your mind towards something you really work hard and get it. That’s great”

Be exuberant
If you become the proud parent, kids will tell you that you are embarrassing them. Don’t believe them. Maybe don’t do it in front of other people but when you get them in private, let them know that you love them and think they are fantastic. They may pretend to you that they hate it but they all secretly lap it up.

Be the antidote to the drip feed of despair
Your kids will become upset at setbacks, will label themselves as “no good” or stupid if they don’t get a good mark and compare themselves negatively to others. It is so tempting for parents to try to soothe kids out of this or even provide a salutary lesson, “well if you’d tried harder you would have done better”. Don’t do this!

Be determined to stay focused on effort and improvement. “I’m sorry you didn’t do as well as you hoped and if you want to have another go, let’s work out a way of getting better at it”.

At first changing your parenting language might feel a bit weird. Focusing on noticing, commenting on effort and emphasising the power of having a go are the most powerful ways parents can set kids up for success.

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Ten ways to promote the natural genius in your child

Andrew Fuller

The contribution made by parents and grandparents to a child or teen’s success in school and in life is enormous. When teachers and families work together the results that kids achieve are amazing.

Here are some of the main things we can all do to give children and teenagers a boost in school success.

1. Be positive about learning ourselves

By taking on hobbies, new courses and discussing new inventions and ideas we show our children and grandchildren that learning is interesting and it is for everyone. This can be as easy as discussing new idea and shows, interesting facts and discoveries, reading new books- the key idea is for young people to know that learning is something adults do too.

2. Have a creativity corner

Find somewhere in your home for projects, art works and collections. Setting this up doesn’t need to be expensive. Creative geniuses need somewhere they have to invent, work on and keep ongoing projects. One of the great ways to learn about persistence is by starting a project and then building upon it and improving it over time. Warning- cover the carpet under this corner and at times you may need to cover it all with a drop sheet. Expect this area to get messy and wild. Becoming a genius is not always neat.

3. Experience + reflection = learning

The experiences we have in our lives build our brains. When parents and grandparents involve children in experiences they grow their brains. By giving our children new and interesting positive experiences, we stimulate their brain development and make them smarter.

By asking them to think about the things they have seen or felt they consolidate this new experience into their brains.

To really have the natural genius of kids surge don’t keep doing the same things over and over again. Find ways to do new things, visit new places and try out different ways of seeing the world.

4. Look for strange and weird ways to connect things

Imagination and creativity is often about thinking ideas that no one else really thinks. You can help stimulate this by playing a game of thinking up ways that different things are alike. For example how are the planet Mars and an apple alike? Do not worry if you don’t have an answer. Genius is more about asking questions than having answers.

5. Know that mistakes are opportunities

If you can’t make a mistake you’ll never do anything new. If children can’t bear to make a mistake they can’t access their inner creative genius. Help them to realise that we all make mistakes. No one gets everything right the first time they try. In fact making mistakes is the way we learn.

6. Stretch ideas

The world seems to encourage people to seek answers (usually from google) and then stop thinking. Be the antidote to this by helping your child or teen to take ideas and stretch them out. This requires parents and grandparents to have a good sense of humour and an enjoyment of the absurd. Ask kids to take ideas and apply them in as many strange ways as they can. Geniuses take information from multiple sources, recombine them in new and interesting ways and apply them in settings not many people thought of before them.

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7. Develop concentration

It is hard to imagine attaining success in an area of life if you cannot learn to concentrate. Anyone who has even learned to ride a bike, play a musical instrument, surf a wave or drive a car knows that concentration is a skill we can get better at.

Often kids are drawn to different things to concentrate on. Notice what draws their attention and build upon that.

8. Help them learn to plan and make decisions

Being able to anticipate what is likely to happen as a result of your actions is an essential life skill. The ability to look beyond your current circumstances and consider the outcomes of possible courses of action is something we can help children and teens to learn.

This can be as simple as mapping out different pathways or asking kids, what do you think will happen if we did this or what do you think would happen if we did that? Our actions have consequences.

Decision making is a rare skill. Some people just allow life to happen to them and then express dissatisfaction about where they end.

Help kids to become active decision makers if you want them to have a happy life. Much of our life's happiness - where we live, where we work, who our friends are and who we are in a relationship- is determined by the decisions we make.

Decisions are like crossroads that we meet in life. Helping kids to stop, pause and weigh up the likely results of taking different actions or pathways is one of the most powerful things a parent can do to help create a happy life for their child.

9. Don’t just read to kids, read with them

Reading with kids helps them to gain an interest in new information. By pairing time with parents and grandparents as learning time helps them to see the value in new learning.

Even when children are older capable readers, occasionally sharing a story, reading out something interesting from the newspaper or reciting a poem, saying or song will show them learning is something older people do as well.

Genius is about being more interested in the things we don’t know than the things we do know. It is very difficult to become intrigued in the things we don’t know if we don’t occasionally see the world from someone else’s perspective. Films and computer games will do this to some extent but nothing beats a good book. Even for really reluctant readers, it only takes one great book being read to them and with them to make a world of difference.

10. Let them know how incredible they are

These days, we talk of some people being a genius but have forgotten that everyone has a genius. Within each person is an inner genius, an inner passion, ability and desire that we can unlock and draw out. As parents and grandparents it is much more important to focus on drawing out potential and focusing less on current performance.

One of the things very successful people say is that they had someone who believed in them as a child. When asked how they managed to achieve a remarkable accomplishment they often pause and reflect that no one ever told them they couldn’t do it.

Andrew’s latest book is Unlocking Your Child’s Genius (Finch, 2015) and is available in nine languages.