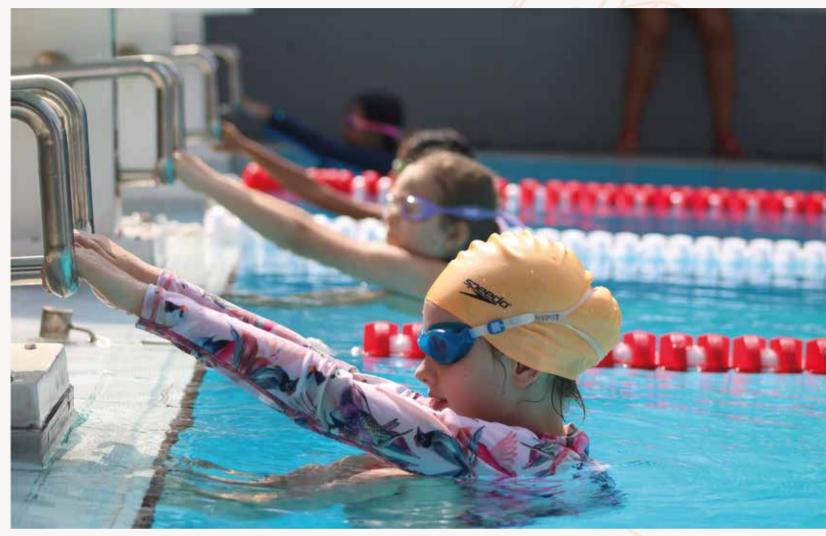


**Newsletter:** Vol. 02 - No. 12 | 29 March 2019

# Hard Work + Skill + Determination + Resilience = Amazing Young Swimmers at our NIS Galas



This week we delighted in the swimming and water confidence skills demonstrated by even our youngest students during our Early Years and Primary Swimming Galas. The children were able to apply what they have been learning in their swim lessons to the gala events and impressed us with not just their skill level but also their determination and resilience to perform to a large spectator audience and within a competitive situation.

Events such as the swimming galas are a great learning experience for the children. We know that there are a wide range of abilities and levels and that the competitive element can be a little scary for some children. However, when managed appropriately, competition can and should be a great experience for children. We help the children to understand that winning is not the singularly most important thing and there is

and lose with grace as competition gives us the opportunities to cope with feelings of pride and disappointment and to learn to process them in healthy ways.

Well done to all our amazing swimmers and water babies – we are so proud of you all. Thanks also to our highly supportive parents who came along to support the children – we hope you were impressed and proud too!

Thanks for your continued support.

Best wishes,

Niki Meehan

plenty of room for more than one to be considered person successful. We want all children to strive to be their best self rather than being better than others. This was clearly evident throughout both days where children really pushed themselves, showing incredible determination // to complete the races to the best of their individual abilities. And wonderful too that they were supported in doing so by their fellow House Team members who enthusiastically cheered them on from the sidelines.

Competition also teaches us to manage our nerves, overcome our

the pressure is on and we are pushed out of our comfort zone, we have to learn to manage our nerves and focus on the task ahead. We have to pull from our previous learning and apply these practised skills and knowledge in the NOW. In doing so we can build our confidence to do things that are hard or uncomfortable and develop



an incredibly useful skill-set that we can carry with us in life, helping in tricky and new situations.

Of course, when we enter a competition, things don't always go our way. Sometimes we work hard, and still lose. Sometimes we win but still didn't perform as we wanted to. When you develop a talent and work hard for a result, it feels great. When you fail and learn that you can bounce back, you feel more confident in yourself because you understand that you have resilience. We build self-esteem and grit in these moments and these are two traits that most certainly are essential in

### fears and learn to take risks. When



## adulthood. We also learn to win Principal

## We wanted to give you a 'Heads Up' for our Book Week that is just around the corner. This week is all about celebrating books and encouraging a love of reading in our students. Throughout the week children will be engaged in a wide range of activities related to books and reading such as book making, story-telling, writing book reviews, buddy reading, acting and performing and a House Competition where children will earn book miles for the books they have read. Children will have the opportunity to buy books at our Book Fair and also take part in a Book Exchange with their peers. The grand finale to

## NIS Book Week (8-12 April)

the week will be the Book Character parade on the morning of Friday 12 April where we ask children to come to school dressed as a Book Character.

Please be creative and inventive with your costumes - upcycling and making where possible - as we would rather any money spend was on buying books rather than book character costumes. Parents are invited to the parade and teachers will also be delighted if parents want to come in and act as 'guest story tellers'. More information will follow but please do speak with your child's teacher if you would like to help.

## **Buddy Reading House Team Event**

by Year 4-5 students<mark>: L</mark>ouis von Rège, Isabella Nel, Wilhelmina Wilmarth, Jesse Omboga and Jessica Paterson

On Friday 22nd March, excited Primary Years students gathered in their house teams – Air, Earth, Water, Light – to participate in a Buddy Reading event. Each house met in a different space. Air grouped together in the gym along with Earth house, while Water lounged in the library. Light gathered upstairs in Stage 1. With books preselected, the older students were paired or grouped with younger children. They quickly settled down to become lost in the world of stories. "It was a joy reading 'Spinderella' with Arthur in Year 1" states Jesse, Year 5. After being whisked off to other worlds, the children selected a favourite story or part to act out. After practising, Earth joined Air, and Light and Water got together to perform. The audience thoroughly enjoyed being entertained by other house teams. Jessica, Year 5 says, " Earth team did a wonderful job of performing the books they had shared with the younger children."

We are already busy planning for next year and prior to the April break will share with you our plans for next year. We have had significant growth this year and will share information about our plans to support our continued growth in terms of staffing, school structures and the campus development plans over the summer. We will also share the re-enrolment process.

# **Diary Dates**

018-2019 Term Dates Calendar Please see our website for our school's calendar

2019-2020 Term Dates Calendar Please see our website for our school's calendar

> Learning Overview Weekly for each class

**Class News & School Newsletter** Every two weeks (alternating)

### Parent Workshops

Transition F1 into F2: 5 April (08:00-08:45) Moving Up Year 2-6: 9 May (07:45-08:30) Transition F2-Year 1: 10 May (07:45-08:30)

> **Student Reports Issued** Thursday 20 June

Family Fun Day Saturday 6 April (10:00 am - 13:00 pm)

> **Book Week** Monday 8 - Friday 12 April

**Book Character Parade** Friday 12 April (07:45 - 08:30 am)

**Sports Day** Primary: 15 April (08:00 - 10:30 am) Early Years: 16 April (08:00 - 09:30 am)

> Indonesia Day Wednesday 29 May

**Talent Show & Garden Party** Friday 21 June



## **Next Year and Re-enrolment**









