A Message from Mrs Bonello
What a busy term we have had — but I have to say it’s been wonderful. We have joined together as a community on many occasions and worked together, parents and teachers and children, to keep our school the envy of all around. We have children who feel safe and happy and are busy learning. We have parents who know they are partners in their children’s education. And we have teachers who are highly skilled and caring. Bankstown West is a great place to be.

Uniform News
Please remember — winter uniform should be worn from the beginning of Term 2. Please make sure you are ready for the changeover. Track pants, long or short sleeved polo shirts, and jackets are all available. We also have stocks for girls of long pants that are lighter, and dressier than track pants. These are perfect for girls who are uncomfortable wearing dresses. Order forms can be obtained from the office or our website. Please leave exact money at the office or write a cheque made out to Bankstown West Public School P&C. EFTPOS can also be arranged.

Please remember, we have a ‘no hat, play under the shelter’ policy at our school and children will not be able to play on the field or on the basketball court without a school hat. There is a choice of three different styles of school hat, costing between $9 and $12. Just ask at the school office or the canteen for details.

Today’s Top Tip – How to get through the lows
Life inevitably throws hard times our way. Children experience rejection (I didn’t make the PSSA team), may be perfectionists (I didn’t get 100%), or may simply feel overwhelmed. Sometimes they think too much; sometimes they’re just too busy. They experience social problems. They make mistakes. This is all part of growing up. Our language when we deal these issues can make a world of difference. Don’t feed the negativity if you are keen to build up resilience in your children. Try these lines in your conversations:
1. “Who have you spoken to about this?” (seeking help)
2. “What can we do about this?” (taking action)
3. “Don’t let this spoil everything.” (seeing the bigger picture)
4. “What can you learn from this so it doesn’t happen again?” (being optimistic)
5. “Let’s take a break.” (providing distraction)
6. “I know it looks bad now but you will get through this.” (offering hope)
7. “Come on, laugh it off.” (using humour)
8. “Don’t worry, relax and see what happens.” (finding acceptance)
9. “This isn’t the end of the world.” (perspective)
10. “You could be right, but have you thought about…” (flexible thinking)

Resilient people get through hard times and move on. They see them as learning opportunities. Helping our children build up resilience is an imperative if we want them to grow into healthy, happy adults. Remember, this too shall pass.

P&C (Parents and Citizens) News
On the second Wednesday of every month the P&C holds their meeting. Yesterday we held the AGM and congratulations go to the following people who form our new executive: President Sylvana Wehbe; Secretary Oliyah Azis; and Vice Presidents Fatima Krayem and Rawak Rustom. We also welcome our new committee members: Uniform — Fatima Krayem and Sylvana Wehbe. Fundraising — Nagham Chmali and Fouziea Malak. This promises to be an exciting year for the P&C as we are already off to a great start with both the Harmony Day and Easter celebrations. Please join us at our next meeting on Wednesday 14 May at 2:15pm in the art room.

Calendar – The weeks ahead
Term 1 Week 11

Fri 11 April Eater Hat Parade Last day of term

Term 2 Week 1

Tues 29 April Children return for Term 2 – in winter uniform.