



Issue 8. 8 August 2024

Dear Families

It has been an absolute pleasure reconnecting with our students, parents, and staff this week. Thank you to Annabelle Arnott, Amy Gill, and all the teachers who served in new leadership roles during my absence—they were exceptional!

We welcomed three new families to our school this week. They have come from northern Tasmania, the Northern Territory and Israel! We wish them the very best as they settle into wonderful Cygnet and our school community.

The Secret to a Happy Life?

During the term break and leave I was fortunate to travel to Bali for the first time.

What I enjoyed most during my travels was the Balinese people. They struck me as some of the most happy and friendly people I have ever met. Many of the Balinese I spent time with earn \$8 AUD per day or less and have a family to support. Therefore, they have few possessions such as gaming consoles, computers, sporting equipment or cars. Eating in a restaurant isn't an option. Even though they have so little compared to Australians, the Balinese are incredibly generous, giving and helpful. Not once did I observe a local complain or become upset or angry. What I experienced instead was a society that was constantly thankful for anything and everything. It really left an impression.

Earlier this year, our school subscribed to a national program called [The Resilience Project](#). The program includes emotionally engaging content and provides evidence-based, practical strategies to build resilience. Our students are enjoying the lessons and building an understanding of strategies they can use to become more resilient. It is lovely to see certificates being awarded to acknowledge students who demonstrate these attributes. Last term the focus was on Empathy. This term is Gratitude.

Working on gratitude helps us to be thankful and appreciate what we have in our lives, rather than focusing on what we don't have or what we want. When we practise being grateful, we start to scan the world for positives. Practising gratitude every day increases our energy levels, and helps us to feel happier and more focused, determined and optimistic. It even helps us have better sleep, lowers anxiety levels, and we are less likely to get sick. So many benefits – let's all try to be grateful for the things and people in our lives every day!

We now invite parents to access The Resilience Project's Parent and Carer Hub. This hub introduces the key pillars of resilience: Gratitude, Empathy and Mindfulness. You'll hear stories and be introduced to activities that show how these strategies can support our kids' learning and development and also support you as parents and carers.

This program is an important part of our school's effort to look after the mental health of our community.

Please have a look. Together, we can make an impact.

<https://theresilienceproject.com.au/2023-parent-carer-hub-inspire-martin/>

Kind regards

Darryl Williams
Principal

Congratulations!

PRINCIPAL'S ENGAGED LEARNER AWARD

Levi Allen & Inès Koach

Congratulations also to the following students who received certificates and yesterday's assembly:

Henry Rhodes for **care** by doing lots of helpful extra jobs around the class, without being asked!

Mathilda Harder for **gratitude** for reminding us that "You get what you get and you don't get upset". Thank you 😊

Niamh Hallums for **purpose** by making excellent improvements in her reading and writing because of her hard work and practise

Anna Cleary Sasse for **courage** by trying her absolute hardest at her reading and writing and having the courage to have a go on her own.

Esca Horan for **gratitude** by always ending each day with a smile and thanking his teachers.

Eartha Cooke for **gratitude** displayed during our visit of the Antarctic Science group.

Jack Fitzpatrick for **purposefulness** by making the best of his learning time by focussing on the task and asking for help when needed.

Maddie Ford for **gratitude**. Maddie is always quick to express gratitude by using her beautiful manners.

Pablo Iten-Klockenbring for **courage** by always striving for excellence and taking up any opportunity which presents itself to learn something new.

Louie Seccombe for **gratitude**. Louie shows and shares gratitude for school, learning and friends to play with on an almost daily basis.

Isla Ashlin for **courage** by settling into year 2 routines quickly and making new friends. Great job!

Lilly Goodwin for **gratitude**. Lilly has been a showing appreciation towards her teacher's and staff in the school for helping her to learn.

Ettie Gay for **purposefulness** by improving her reading and comprehension skills.

Emily Dadd for **gratitude** by always showing apprehension towards her classmates and teachers.

Mani Gardner for **enthusiasm** by extending his knowledge and understanding of English.

Eartha Cooke for **gratitude** displayed during the school visit of the Antarctic Adventure tour.

UPCOMING EVENTS

Friday 16th August

Tassie Young Scientists visiting
Grades 2, 3 and 4

Tuesday 20th August

9:15 am Book Week Parade

Tuesday 27th August

Gr 5/6s Volleyball & Come & Try Day
Kingborough Sports Centre

Thursday 12th September

Musica Viva Performance
2pm GP Room.

Friday 13th September

Illawarra Jumping Jacks
9:15 Gym

Tuesday 17th September

Huon Valley Red Ball Tennis
Cygnet Tennis Club Grade 3/4 students

Thursday 26th September

Rev It Up Program
Huonville Primary School. Gr 6

Friday 27th September

Last day of term 3



100 Days of School. Grade 1

Prep Potato Olympics



Gymnastics



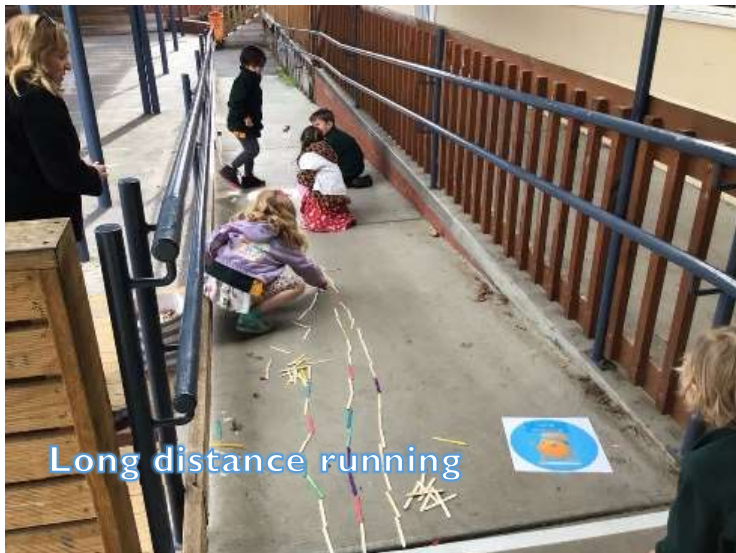
Archery



Diving



Potato and Spoon Race



Long distance running



Weight Lifting

State NFL Flags Tournament



A group of Cygnet Primary Grade 5 and 6 students recently competed in the State NFL Flags Tournament. In what was a new sport for many, team members trained diligently during their recess and lunch times to prepare for the tournament.

Scoring a number of exciting touchdowns, the team managed two wins and two losses. Across the day students showed great determination, matched with a strong sense of fair play to finish runner-up to the eventual winner Howrah Primary School.

