What is this prized quality we call resilience?

It must be important. Globally, resilience building programs are a billion dollar industry. They abound with variable degrees of credibility and effectiveness.

Can parents do at home what the experts say they can do?

Why is resilience in human beings such a prized quality?

Resiliency, sometimes described as human durability or personal flexibility is such a prized quality as it positions individuals for the inevitable challenges that await them in the future.

While the interplay of genetics and environment on resiliency are complex there is much we can do to steer our children in healthy more resilient directions.

So, come on, take the challenge with me; let's explore what you can realistically do to improve your children's happiness and resiliency.

So often it is the simple easy to remember strategies that engage children to think realistically and logically, that transforms behaviour and sets up healthy, resilient lives.
Dear Parents/Caregivers,

WELCOME EVENING

It’s certainly been a fantastic start to the year and I for one feel blessed to part of our wonderful community. Congratulations to all on the ‘International Food Explosion Night’ and Annual Community Meeting held last night to welcome the new school year. The event highlighted the marvellous sense of ‘community’ we have here at Antonio. For those of us who have been here for a while, it is sometimes easy to take that spirit for granted, but I can assure you that the friendly, relaxed and welcoming atmosphere was commented on most favourably by new families and staff. Our local state member of parliament, Katrine Hildyard, attended and also commented on the warm and welcoming ‘community vibe’.

I am very grateful to our dedicated OSHC/Vacation Care educators (brilliantly coordinated by Di), the PFC group, the chefs and the staff who ensured the evening was a success. And how good were the performances by our choir, and the vocal ensemble group in their first public performance of 2016!

We also thanked the members of our School Board for 2015. In particular we thanked Amy O’Reilly for her service as chairperson, and long-standing Board and Finance committee member Carolyn Stevens. We are currently finalizing the composition of the 2016 school board which will be published in next fortnight’s newsletter.

LEARNING PLAN MEETINGS

Each year we aim for 100% attendance at these Term 1 Parent/Teacher meetings as part of our efforts to engage you, the parents, more in your child’s learning and in the life of the school. The feedback from staff and parents following these meetings has been very positive.

Many of you will already have met with child’s teacher to attend a meeting where you will be asked to share your knowledge of your child’s learning. You will also develop a plan to personalise the learning for your child with a focus for both school and home. This is also a good opportunity to share any other information which may impact on their learning.

We believe these meetings are VERY important in order to set your child up for a successful year. If you haven’t made an appointment yet, please do so.

CAR PARK

You may have noticed that the front car park adjacent to the office has been re-surfaced. In the next week or so, the lines will be marked. From now on the opposite side of the area nearest the large tree will be a No Parking zone. The disabled parking space will remain where it was. PLEASE adhere to the rules associated with these areas for the safety of all in the community.

MINI EXPLORERS PLAY GROUP

From Friday of this week, we have our very own playgroup. The 'Mini Explorers' will happen every Friday morning from 10:00am to 12:00pm in the Community Room (old drama space) which has been refurbished just in time. We are excited to have been selected to participate in Catholic Education SA's Supported Playgroups in Schools (SPiNS) trial program. This means we will be provided assistance and benefits to ensure very high quality sessions happen each week.

Children under five years of age can enjoy stories, puzzles, art, craft and songs and some extra quality time with their parents/carers.

The costs for each session are $2 - 1 child or $3 - family.

Any queries please contact Jasmin, Tanya or Ray through the front office.

WORD OF MOUTH!

We are all fortunate to belong to such a wonderful community. As parents/carers, you are our best advocates. It’s no
secret that we are actively seeking more enrolments, so please be sure to suggest to those friends, relatives or neighbours looking for a school, to make an appointment for a tour of Antonio. This will help us avoid expensive marketing campaigns, so that school funds go directly towards our teaching and learning programs.

Regards and blessings

Ray

SCHOOL BANKING NEWS

Don’t forget School Banking – every Thursday morning. Banks books are to be placed in the classroom office box or they can be left in the office.

PLAYGROUP NEWS

MINI EXPLORERS PLAYGROUP

Welcome to Term 1
Mini Explorers Playgroup welcomes you and your family to enjoy, play, learn, and discover together.

In Term 1 we will enjoy a range of activities including Easter crafts and also a little hunt for the children to participate in!

Playgroup is held on Friday mornings from 10 – 12pm with lots of time to explore and play together. Please bring a hat, healthy snack and water bottle.

For any questions or enquiries please contact
Jasmin 0414 853 792

Term 1 Planner
19/2 Welcome Day
26/2 Paper Plate Sea Shell Craft
4/3 Easter Craft
11/3 NO PLAYGROUP
18/3 Easter Hunt
25/3 GOOD FRIDAY
1/4 Up In The Sky Crafts
8/4 Wind Chime Craft
15/4 Party Day

Please bring a plate of something healthy to share

PARENT & COMMUNITY NEWS

Coming up for the Parents Friends and Community:

- PFC will be joining forces with everyone’s favourite OSHC team to support the Welcome Night International Food Explosion and ACM on Thursday 18th February. It is always a great night. Come along and enjoy some lovely food and a social atmosphere.

Other activities for this term will be:
- Hot Cross Bun Recess and Hot Cross Bun 6 Pack Drive,
- Special Lunch, Easter Raffle,
- Spring Bulbs Fundraiser, and of course
- our weekly BBQ starting from Week 2. There has been 1 change to our BBQ offering. With the retirement of our “Milk Man”, we will not be supplying milk for term 1 while we try to seek out an alternative and hope to have this in place Term 2.

SAVE THE DATE: ANTONIO SCHOOL TWILIGHT FAIR Saturday October 29th 3pm – 7pm
Next whole of school community fair meeting: Tuesday 2nd March 7pm. Come along – all welcome!
If you would like find out how to be involved call:
Greg McEwan 0435 034 044 or Monique Russell 0411 622 916
SPORTS NEWS

In 2 Cricket.  *If the temperature is 32c or above the session will be postponed*
Commenced last week on Monday afternoon from 3.15 – 4.00pm. Cost is $2.00 per session. The children had lots of fun learning skills involved in the game – developing fitness, eye-hand coordination and social skills. If your child would like to join in the fun, please let us know. Sessions may be held in the gym or the school oval.

Michael Taylor.

OSHC/VACATION CARE NEWS

What a celebration we enjoyed last evening at our Annual Food Explosion – the food was amazing! We would also like to thank all the parents, grandparents and relatives and friends for your support and helping to create a wonderful community environment.

Many thanks to our:

**Chefs:** - Jackie D’Cruz, Monica Clement, Rachel Bicknell, Alan Russell.
**PFC team** and to Monique for sourcing donations
**Antonio Teaching Team**
**Amazing OSHC team:** Rita, Agnes, Tracy, Arlene, Ann-Marie, Jess

**Local Business Supports:**
- Bakers Delight
- Romeo’s Foodland
- Adelaide Fresh Fruiterers
- Victoria Traeger and the School Vocal Ensemble

GARDENING NEWS

Parents/Caregivers!

What do you think of this produce from the school garden?

Comparisons with bricks and drink bottles help to show the incredible sizes.

And, Rachel Bicknell has joined the merry band of gardening volunteers. They really do have too much fun – if you want to join them, just turn up or let us know in the office.
On balance, our Credit Union SA Visa credit card is really stacked in your favour. On the one hand, we offer 0% pa interest on amounts transferred from other cards for 6 months. On the other hand, we don’t hit you with an over the top interest rate for purchases and cash advances. After 6 months, interest on balances transferred reverts to our extremely low rate of 10.49% pa.\(^\text{1}\)  
\(^\text{1}\) Rate reverts to 10.49% p.a. variable rate after 6 month balance transfer period. Interest rates current as at 1 March 2015 and are subject to change. Membership & Lending criteria, Fees & Charges and Terms & Conditions apply and are available upon request. The Terms & Conditions contain information that will assist you to compare products and help you to decide whether to acquire the product. The Customer Owned Banking Code of Practice applies. Credit Union SA Ltd | ABN 36 087 651 232 | AFSL/ Australian Credit