

GRAHAMVALE NEWSLETTER

Week Nine - 19th June 2025



Hi families,

We are well into winter now! I will take this opportunity to remind families that students are required to wear full school uniform. This can include a plain navy beanie. I recommend students wearing more layers underneath their school uniform to keep themselves warm. Please also label every piece of clothing, as we are finding many unnamed items after play times.

Year 6 Melbourne excursion

Yesterday and today our Year 6 students are travelling to Melbourne to participate in 'The Huddle', which is based at North Melbourne Football Club. Students will collaborate to think critically and solve challenges as teams in a variety of STEM activities. We look forward to hearing about their experience at our next assembly.



Rice Drive success!



Do Something Nice, Donate Rice!



Shepparton Foodshare's inaugural 'Great Rice Drive' goal was to collect enough rice to provide 25,000 culturally appropriate rice-based meals for local people. I am excited to inform you that with the support of many organisation and community groups in the Goulburn Valley, including our school, Foodshare smashed their

goal! Total rice donations of 5,542 kilograms were received, or the equivalent of 44,336 rice-based meals!

Helping our children to understand the feeling of disappointment

Dr Michael Carr-Gregg, Adolescent Psychologist and author of 14 books wrote an article in the Age newspaper on 2 June 2025, titled 'Leave concierge parenting at the door to help children'. He believes that young people need to experience and learn from disappointment. As parents/carers, we are often quick to shield our children when things don't go to plan for them. As adults, we know that our lives will be made up of lots of positive experiences, but also disappointments along the way – that's life.

The result of this concierge parenting going too far is a generation less equipped to handle life's inevitable disappointments. So, the next time your child doesn't get much game time on the court or field, or doesn't receive the academic grades they believe they have earned, I encourage you to support them, but let them struggle for a period of time, then discuss their feelings, and provide strategies to help them to see past the disappointment.

Recently, our Year 4-6 students participated in the Department of Education's 'Attitudes to School' survey. Part of this was questions aimed at finding out how our students 'bounce back' from disappointment. For many students, this would have been the first time they have thought about this concept.

Please see the article in this newsletter edition, which has some advice on how to use these opportunities as vital learning for the development of our young people.

Leave concierge parenting at the door to help children

MICHAEL
CARR-GREGG



James Sicily, the captain of my beloved Hawthorn, is lining up for a crucial set shot at goal with just 63 seconds remaining in the 2024 AFL semi-final against Port Adelaide. He hits the post and, ultimately, the Hawks lose the match by three points, ending our finals campaign.

One emotion united all Hawks fans at that moment: disappointment. Whether it's a missed goal, a failed exam or the cancellation of an anticipated event, disappointment is woven into the fabric of life.

Yet, in my decades of working with young people, I have witnessed a growing reluctance – among parents and society at large – to allow children to experience and learn from disappointment. Instead, we rush to shield them, to smooth

the path, and to rescue them at the first sign of distress. In doing so, we rob them of one of life's most important teachers.

Disappointment is a practice lap for adulthood – a necessary training ground where young people develop the resilience, perspective and coping skills that will serve them throughout their lives. When we allow young people to encounter disappointment, we give them the opportunity to process and label emotions. This emotional literacy is a cornerstone of mental health.

Each setback, when navigated with support rather than avoidance, becomes a stepping stone towards greater resilience. The ability to bounce back from disappointment is a skill that will be called upon repeatedly in adult life.

Disappointment teaches young people that setbacks are not the end of the world. It encourages them to step back, assess situations objectively, and reframe negative experiences in a constructive light.

Learning to manage disappointment without immediate adult intervention fosters autonomy and problem-solving skills – qualities essential for successful adulthood.

In recent years, there has been a well-intentioned but misguided trend towards overprotection. Parents, anxious to spare their children pain, intervene at the first sign of trouble – calling teachers to dispute grades, negotiating with coaches for more playing time, or removing obstacles altogether.

This concierge parenting can go too far, undermining the authority and boundaries young people need to thrive.

The result? A generation less equipped to handle life's inevitable disappointments. When children are not allowed to fail, they do not learn that failure is survivable. When every setback is cushioned, they miss the chance to develop grit and tenacity.

So, what advice can this child and adolescent psychologist give

parents when their offspring has to face disappointment?

First, resist the urge to immediately fix the problem. Step back and allow your child time to process their feelings and find the words to express them.

Next, help them assess the situation objectively. A reality check gets them to evaluate whether it is really as bad as it seems.

Importantly, don't let disappointment fester into resentment or anxiety. Encourage constructive reflection rather than rumination.

Finally, talk about it when they are ready – encouraging expression can help young people process disappointment in a healthy way.

Simple techniques, such as deep breathing, can help manage the physiological response to disappointment, keeping young people in "thinking mode" rather than "reaction mode".

Adulthood is not a series of triumphs. It is, more often, a journey marked by challenges, setbacks and

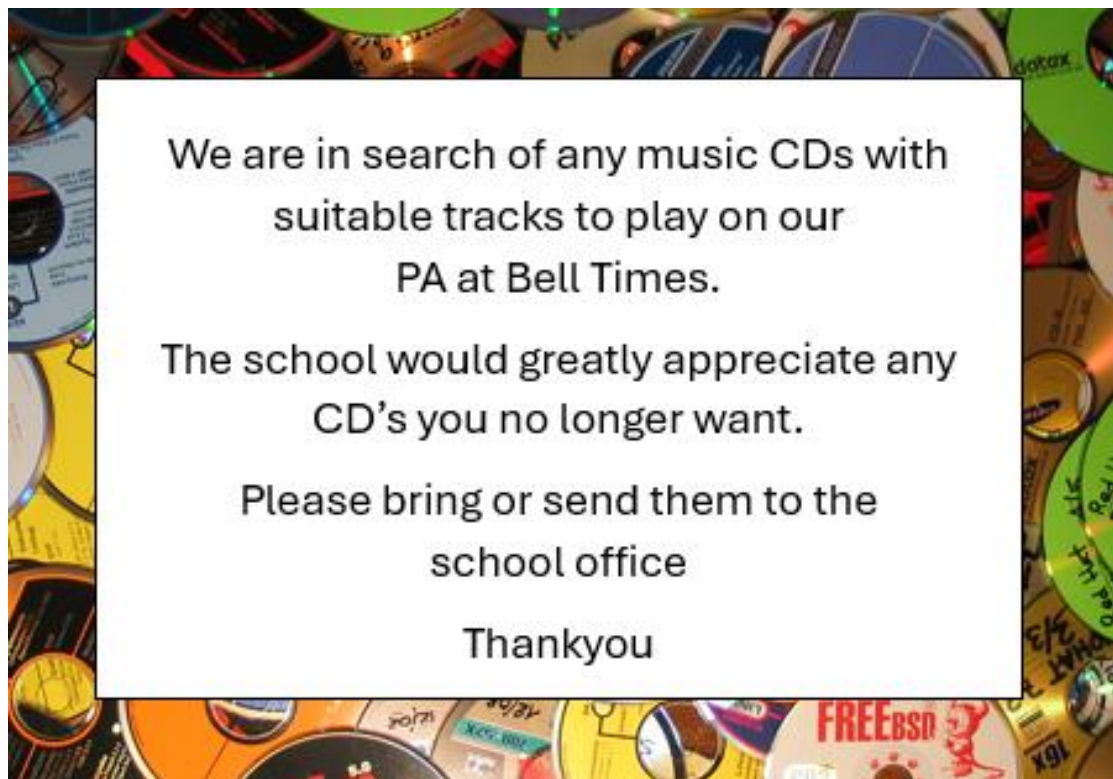
the need for adaptation. By allowing our children to experience and learn from disappointment, we are not being cruel – we are preparing them for reality. We are teaching them that randomness and chaos happen, that life can be tough, that things can go wrong and that what matters most is how we respond.

As parents and caregivers, our role is not to eliminate disappointment but to walk with our young people as they navigate it. We must model resilience, encourage positive thinking and provide the support they need to emerge stronger from each setback.

James Sicily will have other kicks, and Hawthorn will rise again. If we teach our children to greet disappointment not with fear or avoidance but with courage and curiosity, we will give them a gift far greater than any fleeting victory.

Michael Carr-Gregg is an adolescent psychologist and the author of 14 books on mental health.

Mr Simo



Dates to Remember

July	Friday 4	Last Day Term 2 - 2:20pm dismissal
		Pyjama Day
	Monday 21	First Day Term 3
	Thursday 31	Recycled Materials - STEM Incursion
August	Wednesday 6	Pupil Free Day
	Tuesday 12	House Lunch
	Wednesday 13	Foundation 100 days of school
	Thursday 14	Bendigo Gold Mine excursion - Year 5
	Friday 22	House Athletics Day - McEwen Reserve
	Mon 25 Wed 27 Thu 28	Student Led Conferences
September	Thursday 4	Year 3 Legoland excursion
	Wed 10 Thu 11 Fri 12	Year 4 Camp - Camp Phillip Island
	Thursday 18	School Concert - Eastbank
	Friday 19	Last Day Term 3 - 2:20pm dismissal
October	Monday 6	First Day Term 4
	Tuesday 7	Interschool Aths - Year 6
	Wednesday 8	Interschool Aths - Year 5
	Thursday 9	Interschool Aths - Year 4
	Friday 10	Interschool Aths - Year 3
	Monday 13	Division Athletics
	Tuesday 14	Brave hearts - Foundation, Year 1 & Year 2
	Wed 15 Thu 16 Fri 17	Year 3 Camp - Camp Kookaburra
	Mon 20 Tue 21 Wed 22	Year 5 Camp - Sovereign Hill Ballarat
November	Monday 3	Pupil Free Day
	Tuesday 4	Public Holiday - Melbourne Cup
	Thursday 6	House Lunch
	Mon 10 Tue 11 Wed 12	Year 6 Camp - Melbourne
	Thursday 13	Year 1 Late Stay
		Year 2 Sleepover
December	Thursday 4	2026 Student Leaders Assembly
	Friday 12	Final Assembly
	Monday 15	Year 6 Graduation - GV Hotel
	Friday 19	Last day Term 4 - 1:20pm dismissal

Students of the week

Congratulations to last week's students of the week. Keep up the great work for the last few weeks of the term!



State School Relief

State Schools Relief (SSR) is a not-for-profit organisation that works closely with all Government schools across Victoria. Each year SSR provides assistance to thousands of families experiencing disadvantage by supplying new school uniform items and footwear.

Students eligible to receive the Prep 2025 Autumn/Winter Uniform Package must be a Camps, Sports and Excursion Fund (CSEF) recipient.

Applications can be found at the school and will close at the end of Term 3, 2025. Any questions, please contact business manager Michelle Ball.

ICAS Testing

If your child would like to participate in ICAS assessments parents are to sign directly with ICAS for the tests.

If you have any questions, please contact Suzanne Watts through the school.



School Reporters

Dear Parents/ Guardians and Students,

Two weeks ago our year 3 to 6 students watched a performance by Junkyard Beats. They performed music using recycled material to make instruments and at the end the audience got to play some instruments too. Here are what some students thought of it.

Year 3

Jono: "I liked how they recycled instruments and the kitchen scene while they made food and made music using lots of stuff. They also used cardboard boxes to make music and Koby was very clumsy with all the stuff."

Bhagesh: "They used drums made from junk. I got to play the bucket drums, I also liked the shakers made out of rice."

Year 4:

Tasi: "It was very loud but it was good at the same time. I played the drum it was made out of a bucket and I liked how the guy told us what to play on the drum."

Zara: "It was amazing I was kind of shocked. And I played the shaker it was made from a bottle and filled with rice."

Year 5:

Melah: "I thought it was going to be boring but it was actually very cool and interactive with the audience and were very synchronised when playing drums. They were very talented and I very much enjoyed it. I played a shaker and found it difficult but can always improve."

Milan: "It was really loud and all the instruments were made out of junk we all got instruments to play with I played the shaker it was made out of a plastic bottle and rice."

Year 6:

Landon: "It was nice and extremely loud, I thought it was quite creative. I used the bottle and the rice."

Tanya: "I liked Junkyard Beats because of the kitchen scene and how they all work together as a team to make music. I also liked how we got involved at one point to make music and I had the shakers."

Everyone had a great time and really enjoyed it.

Sincerely,

Remi and Indiana

THE SHEPPARTON SOUTH ROTARY CLUB PRESENTS

YOUNG PICASSO ART COMPETITION

Calling all young artists

To enter, please speak with your art teacher



**PRIMARY:
GRADES 4-6**

**SECONDARY:
YEARS 7-9**

**SECONDARY:
YEARS 10-12**

Venue:
Sacred Heart Hall,
Knight St, Shepparton

Saturday 20TH & Sunday 21ST
September: 12- 5pm

Painting, Drawing,
Photography, Multimedia

\$1600 IN PRIZE MONEY
+ \$1000 SCHOLARSHIP
+ Winning School Painting Session
(Valued at \$1000)

Rotary 
Shepparton South

Judged by local artists, Tank &
Greg Beckenham + People's Choice Award



MULTI-SPORTS HOLIDAY PROGRAMS

Join our passionate & experienced team during the school holidays, we guarantee a safe and secure environment supported by incredible staff. Our Multi - Sports holiday programs cater for children aged 5 - 14 working in age-appropriate groups. Our services operate from 8am until 3pm with our Cobram service open until 4pm



LOCATIONS

- SHEPPARTON (Visy community Centre) (8th, 9th, 10th, 15th, 16th, 17th)
- YARRAWONGA (Yarrowonga P-12 ECA) (8th, 9th, 10th, 15th, 16th, 17th)
- WANGARATTA (Cathedral College) (9th & 16th July)
- COBRAM (Cobram Sports Stadium) (30th, 1st, 2nd, 3rd, 4th, 7th, 8th, 9th, 10th, 11th, 14th, 15th, 16th, 17th, 18th July)

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0400 615 145

More Information:

www.skillzonesports.com



admin@skillzonesports.com



0400 615 145



www.skillzonesports.com

WHAT TO BRING

- Packed recess & Lunch
- refillable water bottle
- suitable indoor footwear
- appropriate active wear

In the spirit of reconciliation, TheirCare acknowledges the Traditional Custodians of country in Australia and their connections to land, sea and community. We pay our respects to their Elders past, present and emerging and extend that respect to all Aboriginal and Torres Strait Islander peoples today.



Hello!

It's been a busy and exciting time at before and after school care!

The children have been getting creative with lots of hands-on activities, including making delicious truffles, cake in a cup, cookies, and even whipping up their own playdoh. We've also been getting crafty with colourful friendship bracelets and enjoying plenty of fun in the sandpit outside.

Looking ahead, we're thrilled about our upcoming Holiday Program! We'll be open every day during the holidays, and we've got a fantastic line-up of activities planned. Highlights include a trip to Inflatable World, a theatre drama workshop, ninja teddy bear making, a visit to the movies, and an action-packed ninja gymnastics session.

Have a great week.

