



COFFS  
HARBOUR  
CHRISTIAN  
COMMUNITY  
SCHOOL  
*Junior Campus*  
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Terrence Yardley

### **Pray for**

- *the four excursions this week*
- *final preparations for Presentation Night*
- *each class and teacher*

# Coffs Harbour Christian Community School

## *Junior School Newsletter*

Email: [jsadmin@coffsccs.nsw.edu.au](mailto:jsadmin@coffsccs.nsw.edu.au)

Website: [www.coffsccs.nsw.edu.au](http://www.coffsccs.nsw.edu.au)

Newsletter Date 21 November 2016

Week 7 of 9 Term 4

### **Resilience**

We hear a lot about resilience or the lack thereof in today's children and we are constantly challenged to help them to develop resilience. So what is it? Resilience is simply a child's ability to overcome or bounce back from challenges. It has a close relationship with mental health because being able to bounce back from adversity is considered a protective factor for positive mental health.

I love reading Australian history and in particular about the characters who have shaped our sense of what it is to be an Australian. People like Sir Charles Kingsford Smith, Sir Edward 'Weary' Dunlop, Dawn Fraser and Evonne Goolagong Cawley were able to face challenge after challenge in their lives while drawing upon inner reserves to bounce back from adversity. We know that children can bounce back from negative experiences if they are establishing the building blocks to help them cope. What are these building blocks and how do we establish these in the lives of children?

What we learn from biographies, research and experience is that resilience appears to have a genetic component that lies within a child's individual make-up, their temperamental tendencies and personal strengths. However, what compliments and enhances this is being connected to a supportive network of family and caring others. To be loved unconditionally with access to adults with whom they can safely talk about their problems and feelings is a foundational building block for resilience.

Our children are exposed daily to role models but they need positive role models that are connected within their lives, people they know, trust and want to be like. We have all heard the expression, "wrapping them in cotton wool", and intuitively know that this is the antithesis of building resilience. Our children must be encouraged to try new things and they need to be taught how to deal with peers who inevitably use unkind words and actions. Learning how to communicate feelings, even supposed negative ones, is the first step towards emotional regulation and a healthy ability for self-assertion. Much research indicates that children need to believe in a power greater than themselves and as Christians we unapologetically take the stand that learning about Jesus Christ via His life and actions is a further foundation for developing resilience via a positive mindset for dealing with challenges.

Australians are known for our ability to be optimistic in the midst of adversity while seeing the humor in a situation. This has defined our national character and has been championed in terms such as 'the ANZAC Spirit'. To develop resilience we must remove the cotton wool while creating a supportive community for our children where they can learn to deal with life's inevitable challenges.

Paul Edwards (RN, PhD)  
Student Behaviour Services

**Resilience**



# Week 7



## Film Festival



This week, students will enjoy a short Film Festival from Access All Areas. Each small film is aimed at breaking the barrier of people with disabilities. Brief drama's and documentaries will keep classes from K-5 entertained with age appropriate, relevant, easy to understand messages about some of life's challenges. Hopefully your child will be eager to tell you all about them when they get home.

## Uniform Reminders

- ✳ Correct uniform is expected all year—including **black shoes** (no other colour on shoes allowed)
- ✳ Hats need to be replaced when in poor condition—\$15 from our Uniform Shop
- ✳ Nail polish is not to be worn to school

## Library Christmas Craft

**Saturday 3 December  
10am-11am**

**Toormina, Woolgoolga & Coffs  
Harbour Libraries**

Come along to your local library and make your very own Bon-Bons. Everything supplied and all ages welcome—and mum or dad can stay and help.

No need to book—for more info visit the library website.



## More Bankers Needed

We would encourage anyone considering opening a Super Saver Account with the Commonwealth Bank please do so. Unless there is an increase in students depositing, we will be unable to continue taking part in the program. This will be reviewed at the end of Semester 1 2017, and a decision will be made then. So for now, don't forget to claim a reward after every 10 deposits.



## Boys School Shorts

**All boys shorts now have the school logo embroidered on the leg. We understand that in the past, some families have purchased shorts from other stores such as Big W. At the end of Term 1 2017 all students will only be permitted to wear shorts purchased from our uniform shop with the school logo.**

## Good To Know

**doctoronduty**  
1300 2255 47

For more information visit [www.doctoronduty.com.au](http://www.doctoronduty.com.au)  
Phone lines are open from 4pm weekdays, from 10am Saturday and then all weekend.  
All visits bulk billed for calls booked before midnight.



## Calendar Update

Tue 22/11-Yr4 to Carobana & Yr1 to Pool  
Wed 23/11-Yr3 to Carobana  
Thu 24/11-Yr5 excursion to Big Banana  
Fri 25/11-Final Student Banking  
Tue 29/11-Yr2 excursion to Jetty foreshores  
Mon 5/12-Semester 2 Reports due out  
Mon 5/12-Presentation Night at High School  
Tue 6/12 - Whole School Orientation Day, Yr5 to Kegel and last day Term 4

## Term Dates 2017

TERM 1  
Start—30/1 Yrs 1-5  
Start 31/1 Kinder  
Finish 7/4

TERM 2  
Start 24/4  
Finish 23/6 Students  
Finish 30/6 Staff

TERM 3  
Start 17/7  
Finish 22/9

TERM 4  
Start 9/10  
Finish 6/12 TBC