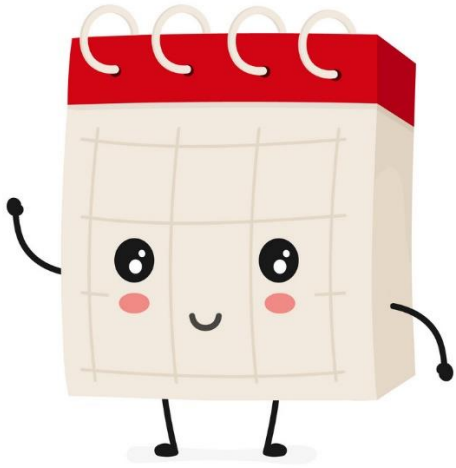
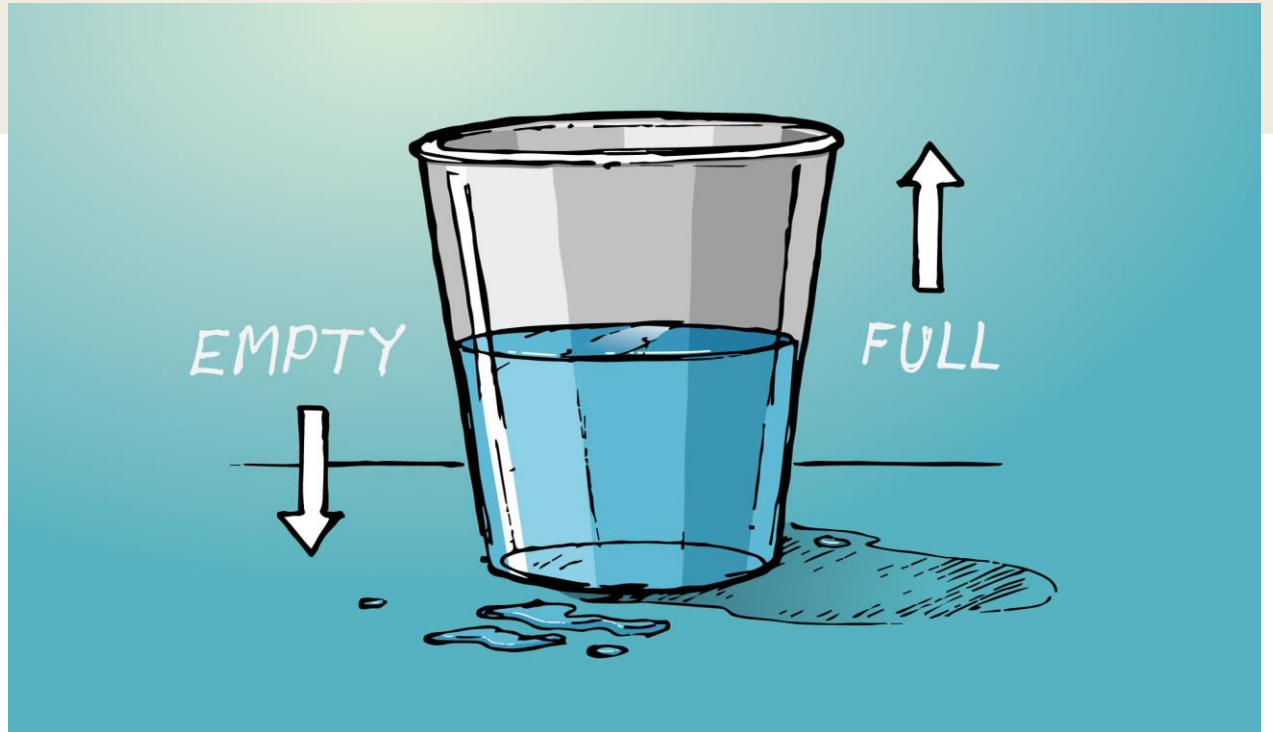


# RPS CHATTER

## IS YOUR GLASS HALF FULL OR HALF EMPTY?



Want to know what's happening?



“Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence” *Helen Keller*

## Dates to Remember

Date	Event
September 18 <sup>th</sup>	Last day Term 3
October 5 <sup>th</sup>	First day Term 4 (cross every finger and toe that we are back onsite for a return to “normal” schooling)
November 3 <sup>rd</sup>	Melbourne Cup Day Public Holiday
November 4 <sup>th</sup>	Curriculum Day (i.e. students not required at school. CommunityOSH will be offering a program. Contact them for details)
December 18 <sup>th</sup>	Last Day 2020 school year
January 28 <sup>th</sup> 2021	First day 2021 school year for students

## Message from the Principal

### MEGNA DELL

I cannot believe we are more than way through the term.....fingers crossed we are all back onsite in Term 4!

I was reading an article recently by Adam Voigt and it got me thinking about where my own mindset is at the moment. He reinforces the fact that we know it hasn't been easy in the current climate, and we all face tough days/hours/minutes. It's how we react, think and act during these tough times that make a big difference. It's the old cliché “are you a glass half full or a glass half empty person?”

He talked about mindset, and defining our attitude and beliefs is by being optimistic or pessimistic. Defined by Martin Seligman, optimism is when we react to problems with a sense of confidence and hold a belief that negative events are temporary and manageable. The other key thing about optimism is that it doesn't mean that we deny reality or that we have all the answers immediately. It means we are willing to confront the challenges ahead.

Pessimism is quite the opposite and is where people tend to believe bad events will last a long time and the outcome is their own fault. Optimism and pessimism exist on a continuum.

Perhaps the more important question is, “which end of this continuum are you spending most of your time at?”

I like to think I spend most of my time at the optimistic end of the continuum....but it's not always easy on this “roller-coaster”. Adam added five steps to help us all improve our levels of optimism:

- Keep your expectation bar high!
- Be realistic and don't forget to acknowledge the negative.
- Keep one eye on today and the other on the future.
- Your attitude is contagious.
- Be grateful.

Despite the challenges we all face, the RPS staff try to ensure the glass is always at least half full.

Stay safe. Stay healthy. Stay happy.

## IN THIS ISSUE

### STAFF SPOTLIGHT

### VISUAL ARTS

## STAFF SPOTLIGHT

*George Morgan*

**You are a new addition to the crayon box. What colour would you be and why?**

I would be green as I love being in nature and I feel at peace amongst the trees and their surroundings.

**When you are by yourself in the car, what's your "go to" song/artist that you sing along with?**

I love Ziggy Alberts, its calming and soothing. Better than the rap music I am constantly subjected to by my son Ben.

**What's the last thing you watched on TV and why did you choose to watch it?**

I've been watching re-runs of "Modern Family". So many belly laughs and I think laughter is the best medicine at the present moment.

**What's your favourite movie?**

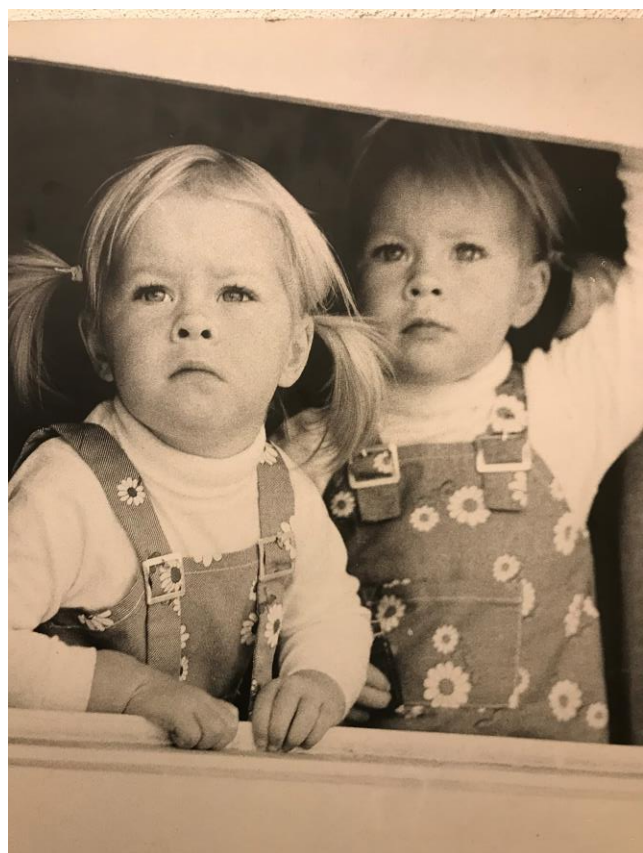
"Good Will Hunting" as it has an amazing cast and I love the intellectual battles Will has with his psychologist (Robin Williams) uncovering each other's deep insecurities.

**If we opened your fridge, what would we find?**

Lots of berries and vegetables, different types of cheese, salami and dips, leftovers and a Cup Cake Central box (my girls are obsessed)

**Which football team do you support?**

GO DEES! I love the footy season as all my extended family barrack for Melbourne and we meet up every weekend and hang out together.



**What superpower do you wish you had?**

Memory – so I could remember absolutely everything! I have a memory like a sieve.

**Are you a dog or a cat person?**

Definitely a dog person. My Jack Russell, Millie, is my 4<sup>th</sup> child. She gives the family so much love and joy.

**What is your favourite memory from Primary School?**

I can remember in Grade 5 I swapped classes with my identical twin sister and I had to wear her reading glasses in English and I couldn't see a thing. We got caught out.

**What was your favourite subject at School?**

Sport, Sport and more Sport. I wasn't much of an academic, I was a natural sportsperson and doing any activity with exercise or team was my happy place. Still is today!

*In 2020 I pledge:*

*To always bring a positive attitude to work.*

*To be a good support and to have constant communication with my teachers and fellow aides.*

*To work as part of the team in each year level I work in.*

*To be patient and resilient in supporting the students with additional needs I work side by side with.*

*To always make the students feel safe and supported at school, with lots of praise and positive reinforcement.*

*To continue to be an advocate for our funded children.*

*To encourage every student to come to school each day because it's fun and exciting to learn.*

## VISUAL ARTS

## Botanical Drawing

BLYTHE NEVE



Hugh Davidson 3/4E



Chloe Assender 3/4K



Anouk Smart 3/4P



Declan Webb 3/4P



Elodie Worth 3/4J



Prachyal Labliam 3/4S