



# Bute Primary Schools News

Week 6, Term 2

6th June, 2019

FRIENDSHIP

TRUST

LEARNING

RESPECT



## Diary Dates

Fridays 31/5 - 5/7—Dancify

Thurs 6/6—State Championships  
Cross Country

Mon 10/6—Queens Birthday  
Public Holiday

Tues 11/6—Pupil Free Day

17-20/6—State Championships  
Netball & Football

19/6—Volunteers Morning Tea

21/6—Book Club Orders due back

5/7—Dancify Lunch & Presentation

## Reminders

**Breakfast Club** is held Mon, Wed and Fri.

**Assembly** will be held in Week 7

**Newsletters** will be fortnightly

We are a **NUT FREE** school

**Principal:**  
Richard Hall



Reconciliation Week 27-31/5/19



Dusty Feet Mob

BUTE PRIMARY SCHOOLS

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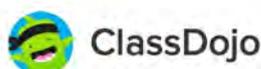
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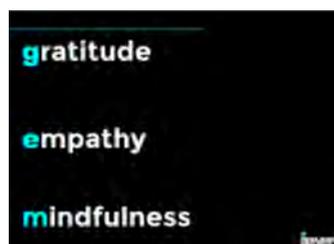


Government of South Australia  
Department for Education

# From the Principal's Desk

## The Resilience Project

It's not often a presentation can appeal and resonate with an audience ranging from five to well...let's say a very mature demographic. However, that is exactly what happened when our students, staff, families and communities were lucky enough to hear and be inspired by the stories and core messages delivered by Hugh from The Resilience Project last week. Below I have included some information from The Resilience Project website which briefly details the inception of this project. Armed with these core messages, an abundance of inspiration and teaching and learning resources; teachers will be continually building on the key themes embedded within this program. Over the course of the year, students will be guided through strategies they can use to consciously practice GRATITUDE, EMPATHY and MINDFULNESS to promote their overall sense of wellbeing, and that of others.



### ***The Resilience Project - OUR STORY***

In 2008, I was fortunate enough to spend a few months living and volunteering in the far north of India. In this desert community, there was no running water, no electricity and no beds; everyone slept on the floor of their desert hut. Despite the fact these people had very little to call their own, I was continually blown away by how happy they were.

It was this experience, and subsequent post graduate studies, that have led me to some pretty simple conclusions about the things that we need to be doing here in Australia if we want to be happier. In a nutshell, I learnt in this desert village that practicing gratitude, empathy (compassion) and mindfulness leads us to a happier more fulfilling experience. Once I discovered these three principles were also evidence based, I thought it might be a good idea to turn this into a program for schools.



***Hugh van Cuylenburg***

## ***The need to act...***

We frequently hear media reports about mental health and the issues that poor mental health brings to our communities and families. The Resilience Project focusses on building positive mental health capacities in people and supporting them to live in the present! The strategies support the wellbeing of adults and children alike! There are staggering facts around mental health:

1 in 4 adolescents have a mental illness

1 in 7 primary schools kids have a mental illness

1 in 5 adults will experience mental ill-health throughout the year

65% of adolescents do not seek help for mental illness

At Bute PS we are committed to incorporating aspects of The Resilience Project work into our classrooms. One of the key strategies, Mindfulness, is not a new strategy for our students with classrooms building this into their learning on a daily basis and also through highly developed weekly sessions facilitated by Michelle Trengove. To further support your family's, and your own, mindfulness the Smiling Mind app and strategies are highly recommended. [http:// smiling-mind.com.au/](http://smiling-mind.com.au/)

Parents are encouraged to contact the school if they would like further information about this program or for further strategies to support the wellbeing of our young people.



# UPPER PRIMARY – BEGINNING THE JOURNEY TO BECOMING MORE RESILIENT

THE  
**RESILIENCE  
PROJECT**

On Thursday, 30<sup>th</sup> of June students at Bute Primary School joined with students from Port Broughton Area School for a student workshop to kick-start the Resilience Project. The students were inspired by many unique stories and valuable messages shared by the presenter and founder of the Resilience Project, Hugh. As part of this program, students will participate in structured lessons to build upon the key messages for this project. This week the Upper Primary students commenced their journey to becoming happier and more resilient young people. During this week the students also reflected on their favourite part of the presentation and also the key message(s) they took away from the experience. They are shared below;



“At the end of each day, say 3 things you are grateful for.”



“Be grateful for everything you have.”



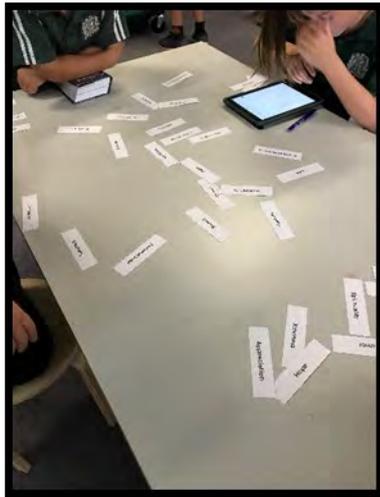
“Be grateful.”



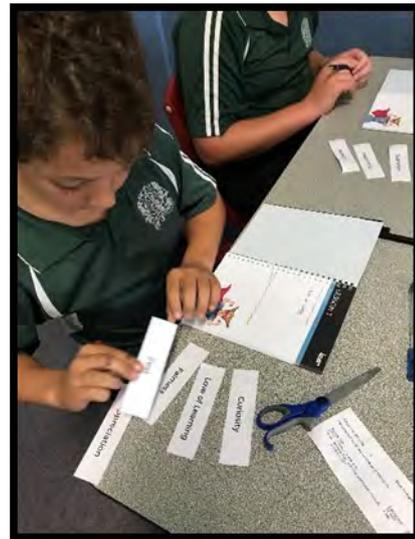
“Be grateful and be kind to others.”



“The three ‘happy tricks’ – Gratitude, Empathy and Mindfulness.”



“Dis, which was a word used by an Indian boy to say all the things he liked, showing gratitude.”

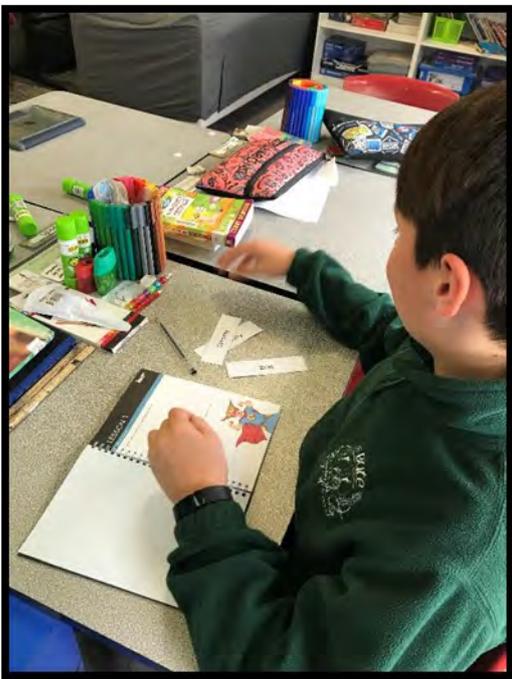


“Be grateful for every good thing you have, be nice to people and be mindful.”

“You can be grateful even if you don’t have anything.”



gratitude  
empathy  
mindfulness



  
Mindfulness



GRATITUDE



# Week 4 Assembly



Junior Primary students presented their poems about what they like.



Middle Primary students presented their work on probability of numbers 1-9 and graphed their results.



After learning about the features of 3D shapes in Maths last term, the Upper Primary students designed and made 3D buildings using their knowledge of nets and 2D shapes.



Laura, Pippa, Angus, Charlie & Will (away) were presented with certificates for District Athletics & Cross Country

Junior Primary Award—Alec Jak for Respect. He always uses his manners. He looks after & cares for school property. He is a good friend to all.



Upper Primary Award—Pippa Krieg for Respect She consistently uses her manners and listening skills when interacting with staff and students. She is kind to others and cares for school property.



Students were presented with certificates for participating in the furry dance.



Principal Award - Mikayla Green for her focus on learning, being positive, cheerful and being kind to others

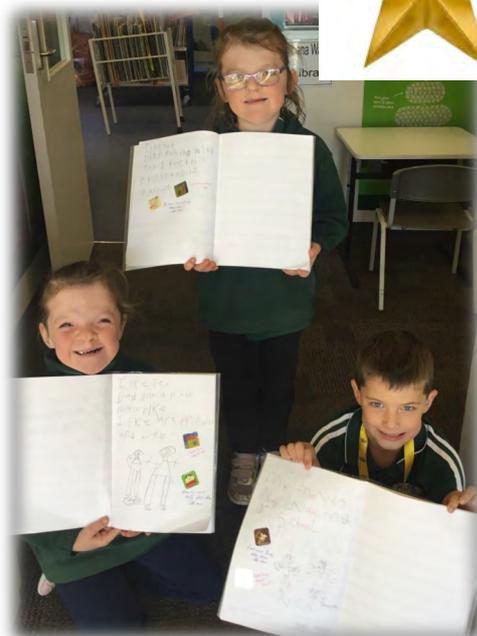
# Gold Pass—Week 5



Holly for her neat independent work



Talisha for describing things



Holly, Eliza and Brodie Green for their writing.



## Parent Club News

### DANCIFY—PRESENTATION

Soup—\$3

Sausage & Bread—\$2

Bring money on the day



Last Day of Term 2 5/7/19

## Community Notices

You are invited to hear guest speaker.....

**MALCOLM WEHR**

At Bute RSL Clubrooms on

**Monday 17th June at 10.00am**

As a former resident of Bute, Malcolm still has a keen interest in our district. Since moving to Glen Innes, Malcolm has served as Councillor and Mayor and is currently **President of the Glen Innes History House Museum and Research Centre.**

Malcolm has a passion for encouraging and assisting communities in preserving their valuable heritage.

**ALL WELCOME**

Please bring a plate.

