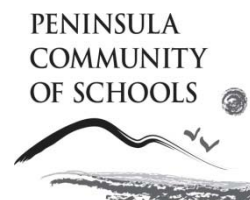




# NEWPORT NATTER



## NEWPORT PUBLIC SCHOOL'S WEEKLY NEWSLETTER

Phone: 9999 3588, 9999 4100 Fax: 9979 6928

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Wednesday 20<sup>th</sup> June, 2012

### PRINCIPAL'S REPORT

We have recently been notified of an intended 24 hour stop work planned for Wednesday 27<sup>th</sup> June. We will endeavour to notify parents by Friday of the supervision arrangements at Newport PS on that day.

#### Sydney North Dance Festival

Over the next two weeks, three of our dance groups will participate in the Sydney North Dance Festival. Our Year 2 Dance Group will perform 'You Are My Sunshine', the Year 3/4 Dance Group will perform 'Le Jazz Hot!' and the Year 5/6 Dance Group will perform 'High Country Muster'. I would like to wish all our dancers all the best in their performances. I know they will be shining lights at Glen Street. I can't wait to see their performances on the stage. Last night our wonderful Year 2 dancers lit up the stage with their performance. Mrs Nicol and their parents were extremely proud of them.

I would like to congratulate all the children involved in the dance groups, Ms Brandenburg and Mrs Nicol for the hard work they have given in preparation for this festival. I would also like to thank Anne Hunt, Tina Bracher, Michelle Parker and Jacqui Paton for coordinating and organising the fabulous costumes. Thanks to Sarah Hudson (a Kinder parent) for sewing the Year 2 costumes, and to Carla Curtin our Treasurer. We would also like to thank Wendy McLean for her ongoing support. It is truly a Newport community event.

#### NAIDOC Week

This year, Newport will celebrate NAIDOC week at school and with the PCS with a range of exciting and engaging activities. In Week 10, all students in their classes will study Aboriginal history and culture. Classes will be involved in lessons based around Aboriginal literature, dreamtime stories, and the achievements of famous Aboriginal people, as well as participating in music and dance.

In the library, there will be a book display of quality Aboriginal literature available to students to add to their learning and in our weekly assemblies, we will pay tributes to and celebrate Aboriginal culture.

On Wednesday 27<sup>th</sup> June, all students in the school will display their art in a PCS initiative called 'Footsteps to Change.' Children will paint and decorate cardboard cut-outs of feet, assemble them with their class or grade, and display them on the asphalt outside the hall for photo opportunities.

Brian Franki and five lucky students (Lachlan Cox, Alex Johnson, Isabelle Harrisson, Erin Murphy and Bridget Nadin) will be Newport's representatives at the PCS "Under a Starry Sky" excursion on Thursday night, 28<sup>th</sup> June. This camp out at Bilgola PS is a huge celebration to mark 40 years since the Aboriginal Tent Embassy in 1972. Mr Franki and the students will be involved in Aboriginal dance and music, get to collaborate with Aboriginal community members to create art, hear stories and feast on traditional Aboriginal cuisine. We hope you all have a fantastic time and we look forward to hearing all about it.

#### Congratulations to our Newport Music Program

On Tuesday the String Orchestra travelled to Greenhalgh Theatre at UTS to perform in the Yamaha Festival. Conducted by Mrs Karen Leimbach, the orchestra played 3 songs including "Robin Hood's Adventure". The children played beautifully and with confidence and as always were well behaved. We wish Andrew Laurich and the Performance Band the best of luck when they compete on Thursday. We would also like to thank the parents who came along and assisted.

#### Year 3 Excursion

Last Wednesday, students from Year 3 visited the Art Gallery of NSW. The children participated in a guided tour called "Let's Go Bush" where they viewed and discussed selected works from the Australian, Aboriginal and Torres Strait Islander artwork collection. This excursion supplements the HSIE unit currently being studied by Year 3 students. All the children were very engaged in the tours and really enjoyed viewing a range of works including sculpture, paintings and installations. We would also like to thank the parent helpers who accompanied Year 3 for their assistance during the excursion.

### **PSSA Zone Combined Gala Day**

We have many of our boys and girls competing in this Combined Gala Day. We have teams competing in netball, rugby league and soccer. All teams have been training hard throughout the term I would like to wish them all the best. I know they will play with great sportsmanship and be great representatives for Newport. Good luck everyone.

### **Multicultural Perspectives Speaking Competition**

Next Wednesday 27<sup>th</sup> June, four of our talented public speakers will represent Newport Public School in the local area final of the Multicultural Speaking Competition. We have two students from Stage 2 and two from Stage 3 participating. I would like to wish them all the best. I know they will be fine representatives for our school.

### **Sydney North Cross Country Carnival**

Congratulations to all the Newport students who represented Pittwater at the Sydney North Cross Country Carnival on Thursday 14<sup>th</sup> June. All our runners gave it their absolute best, showing wonderful determination, school spirit and sportsmanship. Well done to Mac Omm (4<sup>th</sup>), Ashlie Edwards (3<sup>rd</sup>), and Aiden Currie (10<sup>th</sup>), who finished in the top group of their age divisions! Ashlie and Mac will compete in the State Cross Country Carnival on Friday 20<sup>th</sup> July at Eastern Creek. Good luck!

### **Semester 1 Reports**

Teachers are currently in the process of preparing students' Semester 1 reports. Throughout the semester staff have worked together in grade teams to develop common assessment tasks and marking scales to ensure consistency of student assessment. This is followed by the collation of this information along with the assessment evidence teachers have gathered throughout the first two terms about each student's progress. This information is then used to report to parents. Reports will be sent home to parents in the week commencing 25<sup>th</sup> June.

### **Education Week Open Day**

#### **Wednesday 1<sup>st</sup> August.**

Our Open day will be held in Week 3 of next term. The day will be run in the same format as last year, with many demonstrations occurring around the school. Parents and grandparents are invited to join us for the morning. It should be a wonderful community day with plenty of activities showcasing the talents of our wonderful students. We hope to see many of you join us.

### **Term 3 dates**

<b>Staff return</b>	<b>- Monday 16<sup>th</sup> July, School Development Day</b>
<b>Students return</b>	<b>- Tuesday 17<sup>th</sup> July</b>
<b>Last day of term</b>	<b>- Friday 21<sup>st</sup> September</b>

Regards,  
Margaret Charlton

Dear Parents,

In previous weeks, we have published the four distinct areas that can guide a school's approach to the management of bullying behaviour. One of these areas is the socio-cultural approach which falls under the banner of "prevention". This approach focuses on strengthening students' social and emotional skills and enhancing their well-being. In early Term 3, members of the Student Welfare Committee will be looking at K-6 programs which teach social/emotional skills.

In this week's Natter, we have included some information from Program Achieve which aims to strengthen students' social and emotional skills. This program outlines the discernible set of social and emotional capabilities that determine the extent to which students achieve success at school, form positive relationships and experience emotional well-being. Extensive research reveals that what fundamentally determines how children achieve and adjust is the "mind-set" they bring with them to life's experiences. Some bring with them a positive mind-set consisting of well-developed social and emotional capabilities. Others bring with them a negative mind-set consisting of one or more social and emotional difficulties and under-developed social and emotional capabilities. The areas of confidence (respect), organisation, persistence (engage), resilience (achieve) and getting along (co-operate) fit very well with our school code.

*This information was taken from Program Achieve (2006) by Michael E. Bernard*

It is lengthy but please read on...

Regards,  
Natalie Baldi & Anthony Moran

## **IMPORTANT DATES FOR YOUR DIARY**

**Friday 29<sup>th</sup> June**

**LAST DAY OF TERM 2**

### **Term 3**

**Monday 16<sup>th</sup> July**

**Tuesday 17<sup>th</sup> July**

**Wednesday 25<sup>th</sup> July**

**Tuesday 31<sup>st</sup> July**

**Wednesday 1<sup>st</sup> August**

**Friday 3<sup>rd</sup> August**

**Friday 21<sup>st</sup> September**

### **STAFF DEVELOPMENT DAY**

### **STUDENTS RETURN FOR TERM 3**

OC Placement Test for Year 5 2013

UNSW English Competition

Education Week Open Day / Grandparents Day4

9.30-11.00am Garden Club

**LAST DAY OF TERM 3**

### **MERIT AWARD WINNERS**

<b>KDF</b>	Finn Webster, Britt Penders	<b>2TD</b>	Lucinda Bensley, Bryn Melville
<b>KEE</b>	Caleb Robinson, Olivia Vartuli	<b>3DD</b>	Violet Haylen, Grace Green
<b>KGS</b>	William Bryant, Claire Hartley	<b>3GB</b>	Edward Press, Leah Harder
<b>KJP</b>	Jacob Harder, Faith Stewart	<b>3LS</b>	Jack Bates, Charli Yeats
<b>KSO</b>	Mya Hodges, Samuel Moxham	<b>3RN</b>	Poppy Hunt, Tom Cronan
<b>1AJ</b>	Bethany Miller, Joel Ratcliff	<b>4IW</b>	Jade Hodges, Reuben Dutch
<b>1EJ</b>	Josh Myers, Freya Doyle	<b>4KC</b>	James Niddrie, Liam Brennan
<b>1JG</b>	Laura Paterson, Oliver Bloom	<b>4LC</b>	Billy Capewell, Cody Harker
<b>1SN</b>	Heidi Adams, George Davis	<b>4MW</b>	Kyle Ambrosius, Riley White
<b>1/2KH</b>	Orlando Moore, Zoe Turner	<b>5LH</b>	Jasmin Crichton, Tom Hunt
<b>2BG</b>	Jack Nugent, Luke Stonier	<b>5PA</b>	Zane Farquharson, Linda Leck
<b>2JF</b>	Aaron Hughes, Syra Lovett	<b>5SC</b>	Anja Kastowsky, Jackson Parker
<b>2JJ</b>	Ashton Davey, Lily Walsh	<b>5/6AH</b>	Madison Wade, Jerome Cannon

### **CHOOK LOTTO WINNERS**



**KEE** Jemima Johnson    **1EJ** Harrison Shipton    **1JG** Ellie James    **KEE** Daisy Reffold

### **CANTEEN NEWS**

**Thank you to all the volunteers, teachers, administration staff, maintenance crew and the cleaners.**

I have been associated with Newport School since 1988 and in this time I have seen many changes. For the last 12 years I have been running the school canteen. I would like to take this opportunity to thank everyone and especially the volunteers who have helped make my job as Canteen Manager enjoyable, with all your gossip and helpful suggestions. Just remember, without volunteers the canteen does not operate.

Thank you,  
Jenny Schwecke  
Canteen Manager

### **VOLUNTEERS DESPERATELY NEEDED FOR 2012**

We need three volunteers a day in order to successfully run the canteen. Please consider helping, lunch, tea, coffee and lots of gossip are provided. Remember your children love to see you at the canteen. **Please come in or ring Jenny or Tammy on 9979 6504.**

### **CANTEEN ROSTER**

<b>Monday 25<sup>th</sup> June</b>	P. Noble, S. Law, J. Masters
<b>Tuesday 26<sup>th</sup> June</b>	J. Pike, A. Bryant, T. Sturzaker, K. Brennan, E. Link or A. Hunt or E. Bryant
<b>Wednesday 27<sup>th</sup> June</b>	S. Lowe, N. England, C. Tulloch, N. Robards
<b>Thursday 28<sup>th</sup> June</b>	R. Wilson, T. Brennan, A. Robinson, C. McCauley
<b>Friday 29<sup>th</sup> June</b>	<b>LAST DAY OF TERM 2 – M. Jones, S. Maunder, S. Morley NEED HELP'</b>

**If you are unable to come to the canteen for your rostered day, please ring 9979 6504.**



### **CANTEEN NEWS – ONLINE ORDERING IS HERE!**

Our school has now introduced a great new online ordering system for the **canteen** called FlexiSchools. This system allows parents, students and staff to place orders from home, work or school at any time. The payment is also done online, so **you no longer need to send cash or a paper order to school**. As well as being convenient for parents, the online orders are much faster and easier for the canteen to process – so it makes everyone's life a little easier. FlexiSchools is well established and tested, operating in hundreds of schools across Australia.

Getting online is easy and only takes a second to register. Simply go to [www.flexischools.com.au](http://www.flexischools.com.au) and click “**Register Now**”. You will be sent an email with further instructions on how to complete the registration. Once registered, you will be able to place orders for Term 3 – starting 17<sup>th</sup> July. If you have any questions, FlexiSchools provide a great help desk on 1300 361 769, or you can contact them via their website.

There are a variety of payment options supported, including Visa, MasterCard (credit and debit) and Bank Transfer. The system operates via a pre-paid account, so you don't need to scrounge for coins in the morning and can easily budget for your canteen spending throughout the term.

The system is now available for registration. The system will be accepting orders in **TERM 3 from 17<sup>th</sup> July**.

If you have any questions, please ask the canteen for more information.

### **CHESS NEWS**

Last Friday, in the NSW Junior Chess League After School Tournament, Newport A scored a 2½ to 1 ½ win over North Curl Curl A and Newport B continued their blazing run with a 4 to 0 win over Mona Vale C Juniors. Our Juniors had previously had a 2 all draw with Mona Vale in Round 2 back in May so they must have been pleased with Friday's result.

This Friday Newport B Juniors have a home match against Avalon C Juniors. The seniors have completed all their rounds but will be off to the Scots College that day along with the girls' team for the Scots Chess Challenge being held at Bellevue Hill.

### **SNOWSPORTS NEWS**

Don't forget our Winter Season Launch Winter Solstice event is TONIGHT at Pittwater RSL at 6pm. Please come and support our team and sponsors for a night of winter fun.

Payments for the Regional Titles are now due. Invoices will be sent home with the children.

## NETIQUETTE

Sometimes it's easy to forget that the other person you are chatting to on IM, playing a game with, or posting to their profile is a real person. It's easier to say and do things online that you might not do in 'real life'. This may hurt that person's feelings or make them feel unsafe or embarrassed. It's important to be kind and polite to others online—and to stop and think about how your behaviour will affect them.

### Tips

- **Treat other people the way you would like to be treated.** Avoid using bad language and don't say things to someone to make them feel bad.
- Learn about the '**netiquette**' of being online. What's considered okay to do and say and what isn't? For example, if you type a message to someone in UPPER CASE they may think you are shouting at them.
- If someone says something rude or something that makes you feel uncomfortable, **don't respond**. Leave the chat room or forum straight away.
- **Tell your parents** or another adult you trust if you read upsetting language, or see nasty pictures or something scary.

## NO WRAP WEDNESDAY

Congratulations to Tia Symington of 1JG! Tia won the Infants NO WRAP WEDNESDAY prize for May. She chose a recyclable metal drink bottle. Each Wednesday, all students who bring in a NO WRAP lunch receive a raffle ticket for a reusable prize. Prizes are drawn monthly at Infants and Primary Assemblies. Well done, Tia! Keep up the good work on those NO WRAP lunches.

## FUNDRAISING NEWS

### Design a Plate

**Plate artwork and money is due this week.**



We have some very creative children and the artworks handed in so far are fantastic!!

***Please remember to put your child's name and class on the artwork template and ensure your money is handed in with the template.***

Once your child's design is complete (on the template provided) please re-roll the template and send it back to school via the office with your payment of \$25.50. **Please ensure your child's name and class is clearly written on the template and the envelope containing the money.**

All templates and payments must be returned by 20<sup>th</sup> June.

Thank you for supporting this school fundraiser.

Anissa & Meg  
Fundraising Co-ordinators

## MUSIC NEWS

### Upcoming events

Thursday 21<sup>st</sup> June

**Performance Band** to perform at Yamaha Music Festival at 11.30am.

Bus departing school at 9.30am please arrive at 9.00am for sign in. Students to wear band uniform for the rest of the day. Good luck Performance Band, enjoy this wonderful opportunity! (Strings Orchestra played yesterday so we will report on their performance next week.)

Sunday 24<sup>th</sup> June

Sydney Northern Beaches Symphonic Band Ensemble's School Music Festival at Pittwater High. **Training Band** to arrive 11.00am for 11.30-12.30 concert. **Concert Band** to arrive at 1.30pm for 2.00-3.15pm concert. **Performance Band** to arrive at 3.00pm for 3.30-4.45pm concert. On arrival Students will sit in the hall with their instruments in their band groups. All are invited back for the 5.00pm concert which features Cammeraygal, Barrenjoey, TPHS and

SNBSWE if they are interested. Tickets are valid for the whole day. Spectators welcome, tickets on the door.

Wednesday 27<sup>th</sup> June **Performance Band** playing at NNSWE Community Concert at Forest High School. Arrive 6.15pm for warm up at 6.30pm and concert at 7.00pm start. Spectators welcome, tickets on the door.

Sunday 29<sup>th</sup> July **Performance Band** playing at William Lovelock Primary School Concert Band Event at the Clancy Auditorium at University of NSW. Arrive at 2.15pm for 3.15pm performance. Spectators welcome, tickets on the door.

**White Band Shirts** (that were previously worn by the Concert Band) are now going to be kept in the Band Room in the hall so that the Training Band can wear them if they have a performance. We would greatly appreciate donations of White Band Shirts if you have one in your cupboard.

### **UNIFORM SHOP NEWS – IMPORTANT! – CHANGE OF OPENING TIMES**

**We are no longer open on Wednesday mornings. Instead we will be open on Monday mornings from 9-10am.**

**Are you able to spare one hour of your time every second or third week?** We are looking for help every second or third Monday morning, 9-10am and Tuesday afternoon 3-4pm. Any help you can give is greatly appreciated. Please call Kate or Carla or drop by during one of our opening times.

Alice Hair Bands and Hair Bows in the Winter Uniform material are now in stock. Price is \$10 each / pair.

Please feel free to drop any donations of second-hand uniforms to the uniform shop during our opening hours or if this is not suitable, the school office accepts them on our behalf.

The Uniform Shop is open every Monday 9-10am and Tuesday 3-4pm. For enquiries, please contact [newportuniformshop@hotmail.com](mailto:newportuniformshop@hotmail.com) or Carla Pettitt 0413 804 015 & Kate Raffles 0413 519 872.

### **KINDERGARTEN IN 2013**

Is your child starting Kindergarten in 2013? It may seem early, but planning has already begun for next year's Kinder classes. If you haven't already done so, you will need to lodge an enrolment form at the office as soon as possible. Should you require an enrolment form, kindly complete the tear-off slip below and return it to the office. A form will be sent home with your child.



✂-----

### **KINDERGARTEN IN 2013**

Please send home an enrolment form with my child, \_\_\_\_\_ of class \_\_\_\_\_. I will return the completed form to the school office as soon as possible. Thank you.

Parent's name: \_\_\_\_\_ Date: \_\_\_\_\_  
(please print)

Enrolling child's full name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Our Orientation Program will be operating on Monday, Wednesday or Thursday from 9.30 – 11am commencing 15<sup>th</sup> October.

My preferred mornings are 1<sup>st</sup> \_\_\_\_\_, 2<sup>nd</sup> \_\_\_\_\_, or 3<sup>rd</sup> \_\_\_\_\_.

✂-----

### **I would like to receive the Natter by email**

Name: \_\_\_\_\_

Child's Name: \_\_\_\_\_ Child's Class \_\_\_\_\_

Email Address: \_\_\_\_\_

**Table 2. The Five Core Social and Emotional Capabilities ("Foundations") and Supporting 12 Positive Habits of the Mind**

**Confidence** means knowing that you will likely be successful and that people will like you. It means not being afraid to make mistakes or to try something new. It means looking and sounding confident. Examples of confident behaviour are raising your hand in class to answer a hard question, doing hard work without asking for help, sharing a new idea with a teacher or the class, starting a conversation with a new classmate and standing up straight and speaking with a firm voice.

**Positive Habits of the Mind that help develop a young person's Confidence include:**

- **I Can Do It** - thinking that I'm more likely to be successful than I am to fail.
- **Accepting Myself** - not thinking badly about myself when I make a mistake.
- **Taking Risks** - thinking that it's good to try something new even though I might not be able to do it.
- **Being Independent** - thinking that it's important to try new activities and to speak up even if my classmates think I'm silly or stupid.

**Persistence** means trying hard to do your best and not giving up when something feels like it's too difficult or boring. Examples of persistent behaviour are continuing to try even when school work is hard, not being distracted by others, and checking work when it's finished to make sure it's correct.

**Positive Habits of the Mind that help develop a young person's Persistence include:**

- **I Can Do It** - thinking that I'm more likely to be successful than I am to fail.
- **Giving Effort** - thinking that the harder I try, the more successful I will be, and knowing that success is not caused by external factors (luck, ease of task), but by internal factors (effort).
- **Working Tough** - thinking that in order to be successful in the future, I sometimes have to do things that are not easy or fun in the present.

**Organisation** means setting a goal to do your best in your school work, listening carefully to your teacher's instructions, planning your time so that you are not rushed, having all your supplies ready and keeping track of your assignments' due dates. Examples of organised behaviour include making sure you understand the teacher's instructions before you begin work, having all your school supplies ready at a neat desk, recording your assignments and their due dates, and planning when you're going to do your homework so that you have enough time.

**Positive Habits of the Mind that help develop a young person's Organisation include:**

- **Setting Goals** - thinking that setting a goal can help me to be more successful at a task.
- **Planning My Time** - thinking about how long it will take me to do my schoolwork and planning enough time to get it done.

**Getting Along** means working well with teachers and classmates, resolving disagreements peacefully, following the rules of the classroom and making positive contributions to school, home and the community including protecting the rights of others and looking after the environment. Examples of getting along behaviour are being helpful when working in a group, listening and not interrupting when someone else is speaking, talking rather than fighting when someone acts unfairly, not breaking classroom rules, helping others in need, volunteering for a worthy causes and cleaning up the environment.

**Positive Habits of the Mind that help develop Getting Along behaviour in a young person include:**

- **Being Tolerant of Others** - accepting that everyone acts unfairly towards others some of the time, and not making overall judgments of people's character ("good person," "bad person") based on their differences or behaviour.
- **Thinking First** - thinking that when someone treats me badly I need to think about different ways I can react, the consequences of each, and the impact of my actions on the other person's feelings.

**Table 2. (continued)**

- **Playing by the Rules** – thinking that by following important school and home rules, I will live in a better world where everyone's rights are protected.
- **Social Responsibility** – thinking that it's important to be caring, to try hard to do my best, to be fair to others, to make sure that everyone has the freedom to say what they think and feel without fear, to be honest and tell the truth, to have integrity by making sure that I do what I say I am going to do, to respect others and have nice manners, to act responsibly by making good choices, sorting out problems without fighting, caring about nature and other living things, and to be understanding and including others who are different.

**Emotional Resilience** means knowing how to stay calm and being able to stop yourself from getting extremely angry, down, or worried when something "bad" happens. It means being able to calm down and feel better when you get very upset. It also means being able to control your behaviour when you are very upset so that you bounce back from difficulty and return to work or play.

#### **Examples of Emotional Resilience**

- when someone treats you unfairly, inconsiderately, or disrespectfully, you can stop yourself from getting too angry and lashing out
- when you make mistakes, do not understand something, get a bad school report, or are teased or ignored, you can stop yourself from getting very down and withdrawing
- when you have an important test or activity to perform, you can stop yourself from getting extremely worried
- when you want to meet someone new, you can stop yourself from getting extremely worried
- when someone is putting pressure on you to do the wrong thing, you can stop yourself from getting extremely worried about what that person will think if you stand up and say "no"

#### **Negative Habits of the Mind that Lead to Poor Emotional Resilience**

**Self-Downing** – means thinking that I am useless or a total failure when I have been rejected or have not achieved a good result (replace with **Accepting Myself**)

**Needing To Be Perfect** – means thinking that I have to be successful or perfect in everything important I do (replace with **Taking Risks**)

**Needing Approval** – means thinking that I need people (peers, parents, teachers) to approve of me and that, when they do not, it's the worst thing in the world (replace with **Being Independent**)

**I Can't Do It** – means thinking that, when I have not been successful at something important, I am not good at anything and never will be (replace with **I Can Do It**)

**I Can't Be Bothered** – means thinking that life should always be fun and exciting and that I can't stand it when things are frustrating or boring (replace with **Working Tough**)

**Being Intolerant of Others** – means thinking that people should always treat me fairly, considerately, and the way I want and that, when they are not, they are rotten people and I have a right to get back at them (replace with **Being Tolerant of Others**)

#### **Emotional Resilience Skills:**

- Finding something fun to do
- Finding someone to talk to
- Relaxation
- Exercise
- Being assertive
- Changing negative to positive self-talk
- Not blowing things out of proportion
- Figuring out how to solve the problem

**Table 3. The 5 Blockers Leading to Negative Outcomes**

**Feeling Very Down** means that when something negative happens to you – such as when someone is mean to you, you have a break-up with a friend, you have not achieved a good result in your school work, sport or other extra curricula area, and you feel very unhappy – you can, at these times, feel lonely. You might feel hopeless and inadequate believing that everything is bad and will always stay that way. Sometimes, if you feel very down for a long time, you can lose your motivation to work, lose your appetite, and find it hard to get out of bed.

**Negative Habits of the Mind that Lead to Feeling Very Down include:**

- **Self-Downing** – thinking that I am a total failure or useless when I have been rejected or have not achieved a good result.
- **Needing to be Perfect** – thinking that I have to be successful in everything important I do and that it's horrible when I'm not.
- **Needing Approval** – thinking that I need people (parents, teachers, peers) to approve of what I do and that, when they don't, it's the worst thing in the world.
- **I Can't Do It** – when I have not been successful at something, thinking I am not good at anything and never will be; thinking that when someone I like or respect seems not to like me, there is nothing I can do to make things better.
- **Giving Up** – thinking that I have no control over what happens to me (good or bad) and that there is little point in trying anything because I'll never be successful.

**Feeling Very Worried** means that you worry a lot about whether other people like you and what your friends and others think about you. You can also feel anxious about your school work or other achievements and you can spend a lot of time worrying about mistakes or having to do things perfectly.

**Negative Habits of the Mind that Lead to Feeling Very Worried include:**

- **Needing to be Perfect** – thinking that I have to be successful in everything important I do and that it's horrible when I'm not.
- **Needing Approval** – thinking that I need people (parents, teachers, peers) to approve of what I do and that, when they don't, it's the worst thing in the world.
- **I Can't Be Bothered** – thinking that life should always be fun and exciting, and that I can't stand it when things are frustrating, boring, or uncomfortable.

**Procrastination** means that you put off doing tasks and chores because they are frustrating, boring, or hard even though you see the disadvantages of delaying. You give up easily after having started something that is difficult or boring to do. You may rush to finish your work so that you can do fun things.

**Negative Habits of the Mind that Lead to Procrastination include:**

- **I Can't Be Bothered** – thinking that life should always be fun and exciting, and that I can't stand it when things are frustrating, boring, or uncomfortable.
- **Having No Goals** – thinking that it's pointless to have any goals associated with being successful for anything I do.
- **Planning Time Poorly** – thinking that it's pointless to plan my time; thinking that things will somehow get done; thinking, "When is the latest I can start?" when approaching some chore or task that isn't fun.
- **Needing to be Perfect** – thinking that I have to be successful in everything important I do and that it's horrible when I'm not.
- **Needing Approval** – thinking that I need people (parents, teachers, peers) to approve of what I do and that, when they don't, it's the worst thing in the world.

**Not Paying Attention - Disturbing Others** means that you may have trouble paying attention for a long period of time, listening and following instructions, and may find yourself easily distracted. You may or may not have a lot of energy with the result that you may be fidgety, move around the classroom at inappropriate times, or talk excessively, and you may have difficulty working or playing quietly. You may blurt out answers, interrupt others, begin an assignment without waiting for instructions, and have trouble waiting your turn.

**Table 3. (continued)**

**Negative Habits of the Mind that Lead to Not Paying Attention - Disturbing Others include:**

- **Acting Without Thinking** – (this Habit of the Mind can be defined by the absence of reflection about different ways to handle interpersonal conflict, the consequences of different course of action and how someone else will feel after you have chosen to act in a certain way)
- **Being Intolerant of Others** – thinking that people should always treat me fairly and considerately and in the way I treat them, and when they do not, I can't stand it and they are totally bad.
- **Having No Goals** – thinking that it's pointless to have any goals associated with being successful for anything I do.
- **Planning Time Poorly** – thinking that it's pointless to plan my time; thinking that things will somehow get done; thinking, "When is the latest I can start?" when approaching some chore or task that isn't fun.
- **I Can't Be Bothered** – thinking that life should always be fun and exciting, and that I can't stand it when things are frustrating, boring, or uncomfortable.
- **Self-Downing** – thinking that I am a total failure or useless when I have been rejected or have not achieved a good result.
- **I Can't Do It** – when I have not been successful at something, thinking I am not good at anything and never will be; thinking that when someone I like or respect seems not to like me, there is nothing I can do to make things better.
- **Giving Up** – thinking that I have no control over what happens to me (good or bad) and that there is little point in trying anything because I'll never be successful.

**Feeling Very Angry - Misbehaving** means that you may lose your temper easily when faced with people who block you from getting what you want. You may act defiantly towards people in authority. You may break important rules at home and school even if property is destroyed or people get hurt.

**Negative Habits of the Mind that Lead to Feeling Very Angry - Misbehaving include:**

- **Being Intolerant of Others** – thinking that people should always treat me fairly and considerately and in the way I treat them, and when they do not, I can't stand it and they are totally bad.
- **Acting Without Thinking** – (this Habit of the Mind can be defined by the absence of reflection about different ways to handle interpersonal conflict, the consequences of different course of action and how someone else will feel after you have chosen to act in a certain way)
- **Being Intolerant of Limits** – thinking that I should be able to do what I want, that nobody should be able to tell me what to do, and that I can't stand having to follow rules.
- **Social Irresponsibility** – thinking that I only have to be concerned about me and that it is not important to be a good citizen and to help make contributions to my community. It also means that I do not need to concern myself with others who are less fortunate, nor do I need to be sensitive to the feelings of others, act honestly, and to treat others – especially those from different backgrounds – with respect.