

*"We at Inverloch and Kongwak Primary Schools, acknowledge that we live and learn on the traditional lands of the Boonwurrung and Bunurong people. We pay respect to the Elders past and present and emerging in our schools."* 



We have been talking about gratitude and personal strengths. As we get tired towards the end of the term, it can be easy to forget to look for the things we appreciate in ourselves, in others and in the world around us.



## 90 Examples of Personal Strengths

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Adaptable	Devoted	Imaginative	Outspoken	Responsive	
Ambitious	Diligent	Independent	Painstaking	Seasoned	
Articulate	Efficient	Innovative	Passionate	Self-confident	
Calm	Emotional intelligence	Insightful	Patient	Self-directed	
Candid	Empathetic	Intellectual strength	Perceptive	Self-disciplined	
Capable	Energetic	Intuitive	Persuasive	Sensible	
Charismatic	Enthusiastic	Inventive	Polite	Sincere	
Clear-headed	Experienced	Involved	Positive	Sociable	
Communicative	Flexible	Kind	Practical	Systematic	
Competitive	Flexible	Mature	Proactive	Systematic	
Considerate	Focused	Methodical	Problem-solving	Team Player	
Cooperative	Forthright	Meticulous	Prudent	Thorough	
Courage	Frank	Motivated	Punctual	Thoughtful	
Creative	Hard-working	Natural Leader	Realistic	Trustworthiness	
Curious	Helpful	Neat	Reliable	Versatile	
Decisive	Honest	Objective	Resourceful	Well-rounded	
Dedicated	Humble	Open-minded	Respectful	Willing	
Determined	Humor	Organized	Responsible		

## We have:

- Talked about things, big and little, which we are grateful for.
- Been given a buddy to look for something that we appreciate about them and then wrote out certificates. Some of us accidentally got ourselves- we found that finding positive things about ourselves was HARDER than finding positive things about others.
- Reflected on the personal strengths we see in ourselves and others, using the list above as a starting point.

## <u>Ask us:</u>

- When have you noticed somebody being a natural leader? It could be somebody in your family, somebody at school, in the community or somebody in the wider world.
- Which personal strengths do you have? Which ones do you wish you had? How could you grow these strengths?
- What are you grateful for today?



<u>We have:</u>

- Been looking at all the different ways the 'oa' sound is made.
- Looked at how commas in our writing replace the word 'and' when listing nouns, verbs or adjectives.
- When adding or subtracting 10 from a number, what is the most efficient strategy to use?

<u>Ask us:</u>

- When spelling words with the sound 'oa' which spelling is used at the end of a word? (oa or ow)
- How could the following sentence be improved?

At my party I had pink and blue and green and yellow balloons.



It was great to have Ms. Marci Katz with us in the Junior Room on Tuesday! In our whole school Visual Art session, we learnt about painter and inventor Leonardo Da Vinci. We looked at his painting 'Starry Night' and then collaborated to make our own Starry Night picture as a group- check it out on the SMART Room window as you drive towards Wonthaggi!





Can you help us with:

- Bigger sized art smocks
  - (old shirts/tshirts/polos work well)
- Magazines to use for collage
- See Fiona/Sally if you can help.



Last Friday we had Sarah Linton visit with 16 Grade 3-6 students and three other staff from Mirboo North PS. It was wonderful to have them join in our Sustainable Kongwak session and then join us for a delicious lunch! A huge thanks to:

- Damian for his organisation of everything, including the burgers for lunch!
- Kelly and Natalie for all of their work helping our students and guests prepare lunch
- Terri-Ann for organising donations of bread and rolls from Paul the Pieman
- Everybody who sent in fruit or salad to go with lunch

The MNPS students and staff told us about the destruction to their area in the recent storms. Mr Anthony Collins showed us a video of their school's resident koalas, who had just last week returned to the school after several weeks away!







THE GREAT FETE







A huge thank you to everybody who helped out at the IKPS Great Fete. The drinks stand was busy on a hot day and we ran a roaring trade! An extra big thanks to Belinda and David Jeffries for their organisation of our stall, Kate Davis for organisation and manning of the Kongwak PS stand in the foyer and Virginia Hunt for all her work on The Great Fete committee representing our school. It was great to see lots of KPS students and their families enjoying the fete, as well as catching up with former students and their families as well!





