



Grit – The Winning Edge

When I read the following article it seemed to me that given we have just distributed reports and had parent teacher interviews that our students would benefit from hearing this message about the importance of ‘persistence’. I have adapted the message slightly to suit our own situation and what follows is essentially an abridged version of the article which appeared in this month’s *Principals’ Digest* and is a reprint of Peter Dorskoch’s article in *Psychology Today*. Whilst this was the substance of my message to students at this week’s assembly, it seems to me a message worth sharing with parents as it focuses on the things that you can encourage in your children which will ultimately make them the successful people you want them to be.

‘For those of you already feeling disheartened by the year’s work ahead, here is some encouraging news. It is now thought that only a third of the difference between grades can be attributed to IQ. Once you are in the workforce, IQ will account for only 25% of the difference between your job performance and that of others. So the intelligence you were born with is important but there are other key factors that will help you succeed no matter what your IQ. The essential ingredient appears to be grit.

Think of these examples. Andrew Wiles of Princeton University spent years of intense work before he proved one of mathematics great mysteries, Fermat’s Last Theorem. Lance Armstrong was so determined to find something he could succeed at that from the age of ten he was winning swimming competitions and triathlons before achieving his record wins in the Tour de France. Mozart worked for months perfecting a symphony. A poet says he writes up to 70 drafts before deciding one poem is good enough.

In fact, one research study showed that children who are praised for their intelligence give up quickly when they experience failure while children praised for their effort will keep on trying to succeed even when they find it hard. Students who understand that keeping on learning strengthens their brain, achieve higher grades than those who believe intelligence is fixed and there is nothing they can do about it.

The winning difference appears to be a mixture of motivation, perseverance and character, otherwise known as grit. How can you develop grit for yourself?

First of all, make use of the opportunities at school to try out as many academic, artistic and athletic activities as you can because that is how you will find out what you really love doing. Passion for a subject or sport is the greatest motivator of all.

Give everything your best shot but accept you cannot be good at everything. They say it takes ten years to become successful in any one field. Give the subjects you like best your greatest effort while ensuring you keep your grades up to the required level in all subjects. Success breeds success. You will soon find being good at one thing helps you become better at others.

Accept criticism as the way to make yourself better at what you are attempting. The best coaches are supportive but they are also honest and won’t let up until you succeed. Become your own coach and be tough on yourself. Learn the habits that lead to success. Confucius teaches that perfection can be reached through practice and effort.

Understand that it is effort that truly makes the difference. Your best friend may be brilliant but if you work harder you will do better in the long run. Many young prodigies fade away because no one showed them how to persevere. If you know you are not so bright then you can be sure your hard work and perseverance will guarantee your success.



Take on challenges. If you cannot understand an important piece of work, do everything in your power to master it, even if that means extra hours of study. Everyone who succeeds in every field puts in hours of work. The harder they work, the more they succeed.

Learn from your failures. Thomas Edison, one of the greatest inventors ever, said, ‘Most of life’s failures are people who did not realise how close they were to success when they gave up’. He always backed perspiration over inspiration.

Be optimistic. Set your goals and believe you will achieve them. If you expect to succeed you are more likely to make the effort to ensure you will succeed.

Remember the 10 year rule? At the end of the next ten years, where are you going to be? What will you be good at? What will you have accomplished?

Think about these quotes –

“Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections, but instantly set about remedying them – every day begin the task anew”. *Saint Francis de Sales, Bishop of Geneva (1567-1622)*

“Energy and persistence conquer all things”. *Benjamin Franklin, American Founding Father, Inventor and Statesman (1706-1790)*

“Nothing in this world can take the place of persistence. Talent will not; nothing is more common than unsuccessful people with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan ‘press on’ has solved and always will solve the problems of the human race.” *Calvin Coolidge, 30th American President (1872-1933)*

“It’s not that I’m so smart, it’s just that I stay with problems longer”. *Albert Einstein*

“I’ve missed more than 9,000 shots in my career. I’ve lost more than 300 games. Twenty-six times I’ve been trusted to take the game-winning shot and missed. I’ve failed over and over and over again in my life....And that is why I succeed.” *Michael Jordan*

“With ordinary talent and extraordinary perseverance, all things are attainable.” *Thomas Foxwell Buxton*

“Look at a stone cutter hammering away at his rock, perhaps a hundred times without as much as a crack showing in it. Yet at the hundred-and-first blow it will split in two, and I know it was not the last blow that did it, but all that had gone before,” *Jacob A Riis*’.

Principals’ Digest Volume 12 Number 12 – 2006

Get on board

The sustainability movement is a wide phenomenon with people looking at all aspects of their lives to see how they might personally contribute to preserving our future. Whether it is buying a hybrid car, purchasing ‘green power’, installing solar hot water or developing an organic vegetable garden, there are many small things which we can all easily do that will make sure that there is something for future generations to enjoy. Our students obviously have the bug as our year 6’s are currently organising an expo of sustainable products to be used in our homes which is to be held in our new Sustainability Centre on 13 August. For more information see Mrs Rawlings’ article on page 5.

Now it is your turn

St Leonard's is pleased to provide the opportunity for our community to gain knowledge and develop skills in living more sustainably.

Permaculture design based workshops and presentations with guest speakers will be held at our new Sustainability Centre on the 2nd and 4th Sunday of each month, from 1.00pm to 3.30pm, commencing in September 2006. Cost is \$25 per person. Our facilitator is Jill Taylor, a permaculture design consultant and teacher.

The foundation for our program will be permaculture design ethics and principles and includes practical and interactive workshops in a range of sustainability topics:

- Waste management and minimisation
- Better buying
- Sustainable food gardening
- Creating natural habitats
- Saving water and creating energy efficient homes
- Plus more.....

Bring your family and friends along to Cornish campus with a picnic lunch and whilst Mum or Dad are participating in the workshops, utilise and enjoy our wonderful outdoor resources.

Please reply with an expression of interest to Jill Taylor c/o cornishcampus@stleonards.vic.edu.au

Invitation

With the official opening of the Sustainability Centre by the Governor of Victoria, Professor Dr Kretser, on 3 August, we are busily planning what will be an historic moment in the history of the Cornish Campus. Clearly we would like as many members of our community to share this celebration therefore we are extending a general invitation to attend. As the seating capacity of the new centre is 200 it is going to be necessary to televise the occasion on the big screen in the hall so that everyone can be involved. Any parents who would like, and are able to join us for this occasion, are most welcome and are asked to return the attached R.S.V.P. to the office so that we have an idea of how many people we will need to provide seating for. Whilst we also extend an invitation to morning tea, our hospitality will need to be limited to tea/coffee and a biscuit due to the number expected to attend. All attending will need to be seated by 9.15am. At the conclusion of the ceremony there will be student led tours of the new building

Kerry Bolger
Head of Cornish Campus

Invitation to attend Official Opening of the Sustainability Centre
9.30am, 3 August 2006

Name _____


Number of people attending _____

- I/we are happy to accept the invitation
- I/we will be able to stay for morning tea

Junior School News

Our *rubbish free lunch day* certainly proved that it can be done!! Thankyou to all families and staff for participating in this first step towards being more waste wise! It would be wonderful to continue this practice wherever possible. Start saving those take away food containers and buying single serving sized containers for lunches and play lunches. It is a great habit to get into!

Results of the Rubbish Free Lunch Challenge ELC to Year 6.
(results of years 7 – 10 will be added at a later date)

	Typical Day Monday 17 July	Rubbish Free Lunch Day Tuesday 18 July	Change
Total Rubbish (volume)	27.5 litres or .0275 cubic metres	6.5 litres or .0065 cubic metres	21 litres decrease
Total rubbish / number of students and teachers involved	210 students & staff	210 students & staff	



I would like to thank Sarah Furman and Jake Dimozantos in ELC4 for their help during the week. As our ELC already have a rubbish free lunch policy, Sarah and Jake visited the primary classes to give them some ideas about how to bring a rubbish free lunch to school. Sarah showed us her special containers and Jake related his concern about rubbish in the community by sharing a letter that he had written to a local supermarket about rubbish in the supermarket surrounds. Well done Jake! We all may be able to help you by not dropping rubbish, and by spreading the message to our friends.

Dangerous Australians!

Australia Post are running a competition to design a new postmark based on the Dangerous Australians themed stamps. Students must have parental permission to enter. The competition closes on 31 July. The children may collect entry forms from their class teachers or from the office and post directly to Australia Post.

Family Life

It is not too late to attend the *Family Life Parent and Child Evening* on Tuesday 25 July. Extra forms are available from the office. We would love to see many families at these important sexuality educational sessions.

AIM Testing

Our students are currently participating in the Victorian Government AIM testing program. Students in years 3 and 5 are working on the teacher assessed tasks in writing and mathematics over a two week period beginning Monday 17 July. They will then participate in the centrally assessed tasks in mathematics on Tuesday 1 August, and English on Wednesday 2 August. Please see your class teacher or myself for further information.

We were delighted to host a group of year 7 and 8 students and their teachers from Malaysia last week. They enjoyed the international and environmental focuses of the school and were especially impressed by the kitchens used by our students for food technology, and by the farm as they had never seen alpacas before! We wish them well for the remainder of their trip.

Anne Beruldsen
ELC to 4 Team Leader

Year 1 PYP Unit of Study

Year 1 have been describing different bodies of water as part of their PYP unit of study.

It is a dam. It looks like something that is a hole with nothing. This is water that is dirty. It is silent and nobody can swim in it. Most of the time it is not there and it is hard. It comes from the sky and it can't come from the ground. The sun cleans up the water and the water does not go away for a long time and you don't see it normally and it comes and goes and it is done.
By Zak Rowden

It is a waterfall. It felt cold. The colour is light blue and it was cold. It has no rubbish and it has salt in it. The sound is shshshshshshshshsh and splash. It felt stone cold and soft. It makes me calm because it is cold. I feel like I can swim in it if it was Summer. I feel really happy.
By Brigitte Adam

Bright Ideas Festival

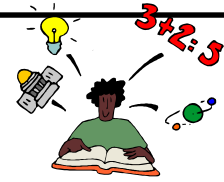
Bright ideas for a better future

Year 6 students have been investigating how to reduce greenhouse gas emissions within the home and they have come up with some wonderfully simple and innovative ideas. These ideas along with their models and useful tips will be presented at a festival organised by the students on 15 August from 3:00 – 4:00pm in the new Sustainability Centre.

We are currently seeking interest from any parents or local businesses involved in manufacturing, distributing, installing or selling any products that could be used in the home to assist with reducing energy or water consumption. There will be an opportunity for interested parties to have a display of their products or services. This festival will be advertised through the local media and invitations will be sent to community members and organisations involved in sustainable living. We also expect media coverage of the event. If you are interested in being involved in this festival could you please email me (Sally.Rawlings@stleonards.vic.edu.au) and I will contact you regarding the finer details. Stay tuned to this spot for further updates.

Sally Rawlings
Year 6 teacher

MATHS IN MOTION AT CORNISH



<http://www.usd298.com/math/games.html> gives you access to a wide range of maths activities for all age levels. ‘[Shape Surveyor](#)--Area and Perimeter’ was a quick little game which reinforced the area or perimeter of given shapes. Plenty of fun activities to be found!

The years 5 and 6 have been working on an EXPLORATION unit and reading a trilogy of books about Mt Everest. Using data about the heights of the tallest mountains in the world, the students have been investigating the mode, mean and median of given mountains. (Did you know that the ten tallest mountains in the worlds are all found in Asia? Seven out of the ten are found in Nepal?)

The Mean is a value that is computed by dividing the sum of a set of terms by the number of terms.

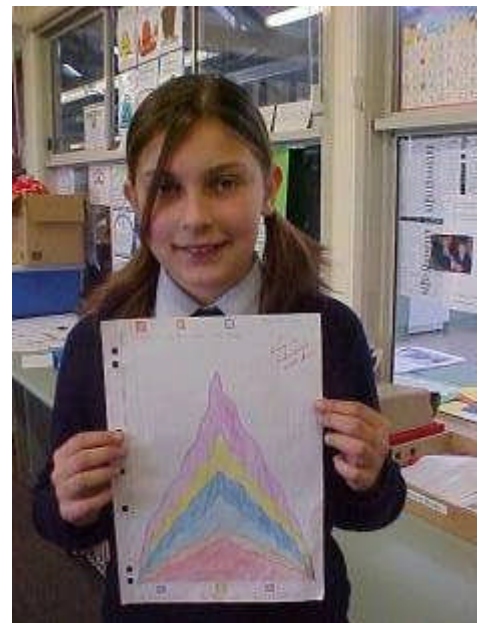
Median is the middle value. Half the numbers are above the median and half are below.

The Mode is the number that is repeated the most.

Here are some photos of the students deep in calculation trying to answer the following questions:

***How much taller is the average of the top ten mountains taller than Mt. Kosciusko?

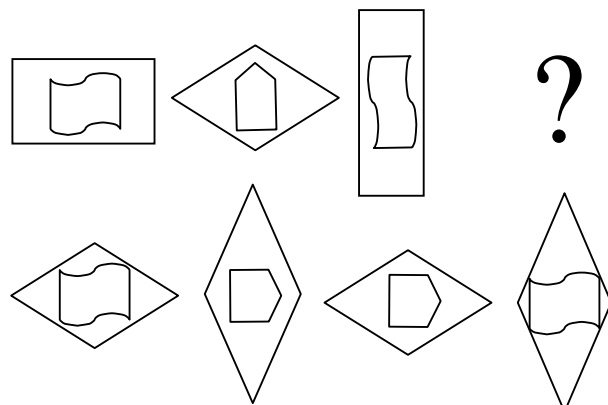
***What is an average Himalayan mountain?



Answer to the quick puzzle to solve:

In ten years time the combined age of two brothers and two sisters will be 100. What will it be in 7 years time?
 Subtract 40 (4 lots of 10 years) from 100.
 This leaves you with 60. Now add on 28 (4 lots of 7 years).
 New total is 88!

A quick puzzle to solve:



Which one continues the sequence?

**Mrs Mary Parker
 Numeracy Coordinator**

Student flying high!

Having recently attained his student pilot licence and having been presented with a Lifesaver of the Year Award from Hampton Life Saving Club year 10 student James Costa is indeed 'flying high'.

To add to this James received a Gold Patrol Award, which is a state-wide award, for having completed over 200 hours of service to his club. This is a wonderful achievement as he was one of only nine people to receive this award.

Special congratulations are extended to James and all are advised to remember his name as he may well be welcoming you aboard his aircraft in the future as his goal is to be a commercial pilot.

Sports Department

Cornish Campus Girls Win Victorian Interschool Sport Climbing Championships

Last Monday three of our year 7 girls took part in the Victorian State Sport Climbing Championships at Cliffhanger Climbing Gym in Altona. It was the first time our campus had entered students in this event. The youngest age group for girls was year 9&10, however we were unable to entice any entrants from our current crop of year 9s. Sarah Davis, Natalie Riederich and Stephanie Campbell happily stepped up and headed out to Altona in the hope they wouldn't finish last! Each team member was required to complete three climbs- a hard, a medium and an "easy". The girls had to change the goals when at the end of the first round, on the medium wall, they held (individually) first, second and third!

The girls put in solid climbs on the hard wall and then all three topped out (got to the top) on the easy climb. The significance of the win was emphasised by the fact that Caulfield Grammar, who have dominated this competition for the past three years, won three of the four divisions, with the Cornish Campus taking out the year 9 & 10 Girls. The day finished on another high when Sarah finished in a tie for first place in the individual competition with a year 10 girl from Caulfield Grammar. Out of a total of 36 competitors, Natalie finished 5th and Stephanie 7th.

Well done girls.



CDSSA Lightning Premiership

Last Friday the Campus hosted the annual Carrum Downs Sports Association Lightning Premiership. We fielded teams in three sports – netball, soccer and T-ball. Our results overall were very good. The soccer team improved with every game, losing only one game for the day. Unfortunately, two other teams were in a similar situation and it came down to a goal the difference, with our team finishing second. The T-ball was a similar story, with our team losing the final in a close fought game. This was an impressive second placing as our team were essentially year 5 students competing against year 6 teams. Mrs Parker has been filled with confidence for next year! The netballers played in two divisions, A and B. Both teams performed very well and Mrs Rawlings was very pleased with their efforts. Both netball A and Netball B finished fourth.

All School Road Relays

Last Saturday seven of our students combined with students from the Brighton Campus to compete in teams of four in the Victorian All Schools Road Relays held at La Trobe University. It was a very wet day and conditions were slippery and cold! Having said that, all of our runners acquitted themselves very well. Well done to Tom Rodgers (7min 38sec), Nathaniel Moffet (7'55), Grayson Genn (8'19), Jordyn Savage (8'41), Jessica Howroyd (8'02), Sarah Davis (8'26) and Tess Parton-Oliver (9'26). Their respective teams finished-

St Leonard's B (included Tom, Nathaniel and Grayson) 9th

St Leonard's A (included Jessica, Sarah and Tess) 9th

St Leonard's C (included Jordyn) 10th

In the overall results for runners competing (individually)-

Girls (48 runners in U14) Jessica 14th, Sarah 23rd and Jordyn 28th, Tess 41st

Boys (103 runners in U14) Tom 28th, Nathaniel 44th and Grayson 60th

A special thankyou to Grayson and Jordyn from year 6 who ran out of their age group in order to fill teams. An extra thankyou to Grayson for coming to the rescue on the Friday afternoon when we were desperately looking for an extra runner! Finally, a big thankyou to Kerry Rodgers, who kindly brought the "wet brigade" home after their race and to Amanda Davis, for feeding them when they got back to the school! I know they all appreciated it!

Mudlarks Update

Mudlarks is well and truly under way for third term. At the time of writing we have had four races with over 40 runners competing on each morning. Using handicaps established last term racing has been a lot closer with runners finding it much harder to manipulate their handicaps!

This term it will only require a runner's best five results to be in the running for a medal at the end of term. Current standings (which at this stage are more a reflection of who has completed the most races) are-

Primary Girls- Brooke Kimberley (254), Kate Rodgers and Joanna Halliday (227)

Primary Boys- Michael Andrews (258), Kane Cann (204), Darcy Merlo (193)

Secondary Girls- Sarah Davis (194), Jordan Marley (149), Natalie Eckberg (138)

Secondary Boys- Tom Rodgers (231), Dominic Huntley (215), Tom Newman (211).

"Seniors" - David Robinson (219), Brad Cann (218), Jackie O'Brien (211)

As always, anyone wishing to take part is welcome. We warm-up at 7.30am on the front oval and race around 7.45am.

Mike Davis
PE Teacher

LANGUAGES CORNER

□□□ Français Deutsch □□□ Français
Deutsch □□□ Français Deutsch

Host Families

We would love to have offers from any family wishing to host a Japanese lady, Tomoko Odagaki (21 yrs old) for around 2 months, Aug to Oct or Oct to Dec.

Please see Booth Sensei for all information. Arigatoo.

Bastille Day Celebrations



A big thankyou to every one who was involved, and supported Bastille Day, on Friday 14 July. Every one from years 7-10 dressed in red, white and blue.

During lunchtime there were activities for everyone to be involved in. The most popular with the year 4's was the storming of the Bastille, where the students had the chance to demolish the Bastille with balls.

The Bastille wasn't the only thing destroyed; the French food in the canteen went very quickly too.

Un grand merci to Mrs Wheeler, for preparing the food even though she wasn't feeling 100%. Other activities were also available at lunchtime. The race to find the king's head was popular with 11 groups of 4-5 students running around the school. The escargot races had so many punters that it was hard to keep tabs on who the winners were! The student quiz was won by 10B, only just though, and the parent quiz was won by Mrs Branton (you can pick up your prize at the Front Office). Félicitations! The teacher's quiz had a draw between Mr Blackburn (congrats on your new daughter) and Mrs Parker. A special mention to Mrs Davis and Mrs O'Brien for a fantastic entry! Again, thankyou to all who participated and helped make the day a huge success.



By Hayley Parton Oliver,
Year 9 French Language Leader

Music Department News

Congratulations to Leighton Triplow of year 8 who had the opportunity to sing with Victoria's newly formed opera company, Victorian Opera during the holidays. Leighton had to audition for this privilege and he was one of 120 young people chosen for the production of Benjamin Britten's *Noyes Fludde*. Leighton enjoyed the opportunity to extend his performance skills and work with director, Richard Gill.

Shireen Rawlins of year 10 also extended her musical experience recently by spending her work experience week at a recording studio – they liked her so much that the studio gave her the chance to make a professional recording of some of her own songs. Well done, Shireen!

Rehearsals for House Music are well under way. This year the Cornish Campus will be competing in the Middle School massed choir section (all students from years 5 – 9) during the day on Friday 11 August. Our Middle school music captains Todd McGeorge and Kathryn Davis are busy developing their conducting skills in preparation for the big day when they will conduct our students. The Cornish Campus will also compete in the Instrumental section (represented by some of our year 10 students) and Small Vocal section (represented by students from year 7 – 10 and staff). Both of these groups will perform in the evening on Thursday 10 August at the Brighton Campus. We encourage all members

DATES TO REMEMBER

25 July	Family Life Evening, Dining room 5.45pm – 9.00pm
25 July	Y7, 8, 10 After school sport
26 July	Y7 Rally Day
27 July	Y7 Hep B 2 nd vaccination
27 July	Y10 Boostrix vaccination
28 July	Y10 SIS sport
28 July	Y5&6 Winter sport
28 July	Japanese Immersion Camp
29 July	Campus Information Session & Tour
1 August	Y3, 5, 7 AIMS testing
1 August	Y8 & 10 After school sport
2 August	Y3, 5, 7 AIMS testing
2 August	Y8 Rally Day
3 August	Opening of Sustainability Centre 9.30am
4 August	Y10 SIS sport
4 August	Y5&6 Winter sport

of our community to come along and support our students.



Meanwhile our prep to year 6 students are working closely with Mrs Marilyn Cameron and Mr Gavin Byrt in rehearsals for the Primary Musical. This year they are presenting 'Circus Mumma Mia' written by our own Mr Byrt with music by local composer, Lloyd Poole. There will be two evening performances on September 7 and 8. Tickets will be on sale later this term.

More dates for the diary include two terrific concerts to be held at the Brighton campus. Our own String ensemble and year 7 string students will be performing in the Strings Concert on Wednesday 13 September at 7.30pm. This will be followed by the Big Bands Concert on Thursday 14 September at 7.30pm which will include performances by our year 7 Band, Concert Band, Stage Band and Latin Ensemble.

We welcome back Mrs Bev Woodford (piano teacher) and Mrs Marilyn Cameron (classroom music/viola/RE teacher) to the music department. They have both enjoyed their enriching experiences of travelling overseas. It's great to have them back!

Liz Furman
Director of Music



EFTPOS is now available

EFTPOS now available at the Cornish Office for the payment of fees.

Homework Club

At present we have had insufficient responses to ascertain the viability of a Homework Club after school. We are aware of a number of families who are interested but not yet returned their forms. We would appreciate it if you could return this form to your form teacher or to the office by Monday 31 August so we can assess this issue further.

Homework Club Survey

Name: _____

Child's Name: _____ Class: _____

Please tick the options you are interested in seeing established.

- I would like to see the library open until 5.00pm, 5.30pm, 6.00pm (please circle) so that my child could use the facilities to work on their homework.
- I would like to see the library open 1, 2, 3, 4, 5 (please circle) nights per week for this purpose.
- I would like to see a 'supervised' homework club established 1, 2, 3, 4, 5 (please circle) nights per week after school, with a teacher available to assist my child to complete their homework.
- In terms of other family/work commitments I would need for the 'supervised homework club' to operate until 5.00pm, 5.30pm, 6.00pm (please circle).

Responses to this survey should be returned to the Campus office by Friday 28 July. Once the responses have been received they will be collated and an assessment made of the demand for such a program.

COMMUNITY NEWS

Chelsea Heights Community Centre

Term 3 has commenced with lots of exciting activities such as mosaics, Thai cooking and knitting groups to mention a few. Also our 'Take A Break' childcare sessions for children under 6 years old is available with 3 hour sessions Monday to Wednesday, and our new 4 hour sessions on both Thursday and Friday. Bookings essential for all activities. We also have a large hall for hire with seating for up to 200 people.

For more information on any classes, hall hire or a copy of our term 3 brochure, drop by or call Lynne on 9772 3391.