Principal’s Report

The Dark Side of Self Esteem

The unintended consequences of too much praise and affirmation
By Michael McQueen

In 1967, a young psychology professor at the University of California named Stanley Coopersmith, was one of the first academics to formally propose that self-esteem was the crucial ingredient for child rearing. Coopersmith’s work sparked a shift in the way children were seen – a shift that was to become later known as the self esteem movement.

Within a decade, this new approach to educating and raising young people had firmly taken hold. Between the 1970s and 1980s, the number of psychology and education journal articles devoted to self esteem doubled and went on to increase a further 52% during the 1990s.

This trend was also being seen in society more broadly. In the early 1980s, the attitude towards the role and place of children shifted from ‘children should be seen and not heard’ to ‘children are to be prized, protected and above all else pampered’. From birth, children were bombarded with the message that they were ‘special’, ‘magnificent’, ‘unique’, ‘wonderful’ and set to ‘be a leader’.

During this time too, competition became a dirty word in schools - everyone in the athletics race began getting a prize, test scores were inflated, and report cards couched with positive language lest the student’s self esteem become dented by negative or constructive feedback.

In fairness, such a shift away from the sometimes harsh and stern approaches used by parents and teachers in previous eras did represent a very positive step. However, I would argue that the pendulum has swung too far and that the self esteem movement has had some unintended consequences - a dark side - which cannot be ignored.
The 5 Shadows of Self Esteem

1. Depression

Because so much of the focus of the self-esteem movement has been on the way a student feels about themselves and life (rather than what a child does), Martin Seligman suggests that parents and teachers have made this generation of children more vulnerable to depression.

After all, feelings and emotions are intangible and subjective. Furthermore they can be fleeting which can result in a profound sense of helplessness or lack of control.

2. Narcissism

Lillian Katz, a professor in early childhood development education at the University of Illinois suggests that “many of the practices advocated in pursuit of high self esteem may instead inadvertently develop narcissism in the form of excessive preoccupation with oneself.”

As evidence of this trend, the number of university or college students who rate ‘high’ on the Narcissistic Personality Inventory (NPI) has increased by almost 70% between 1987 and 2006.

3. Dependence

By far the most common complaint I hear from employers and managers of Gen Y is that this young group seem to need to be affirmed for everything they do! ‘Why do we have to congratulate Gen Y for simply turning up to work?’ I am often asked by frustrated bosses.

In contrast with older generations, Gen Y tend to crave external affirmation for their performance, development and effort. In one recent study, 60% of Gen Y employees reported wanting to receive feedback from their managers on a daily basis and 35% wanted feedback multiple times a day.

Realizing this, some employers have decided to leverage Gen Y’s need for affirmation in order to motivate them. In an article for the Wall Street Journal, journalist Jeffrey Zaslow cited a scooter store in Texas which now employs a full-time ‘celebrations assistant’. The job description for this position includes throwing large amounts of confetti at employees each week, handing out helium balloons and ‘randomly showing up at employees desks offering high-fives to acknowledge a job well done’.

Such a heavy reliance on external praise and feedback in Gen Y seems to be a key factor in the development of the ‘if no-one is going to notice, why bother trying at all’ attitude so prevalent in this group. It can also result in them appearing high maintenance for employers who expect their team members to be self directed and internally motivated.

4. Apathy

American author Tim Elmore argues that the emergence of the ‘everyone gets a prize’ mentality that has emerged in schools actually robs young people of a genuine pride in their achievements along with motivation to strive for excellence and improvement.

After all, what’s the point of pursuing excellence and striving to win if there is no true competition or reward for effort?

Further still, young people today are anything but naïve. They will quickly learn to ignore or grow suspicious of empty flattery. If they are repeatedly told that everybody is special, they quickly learn that this must mean that no-body is really special at all.

5. Fragility

Perhaps the most telling indicator of the dark side of excessive praise and affirmation is the way young people respond when they receive the opposite of these things. Stories abound of young people simply folding at the knees, dissolving into tears or violently lashing out when criticism or constructive feedback is given. One teacher recently told me of a student’s devastation when she was asked to review her work and do a second
draft – ‘why do you hate me so much’ the student asked.

This final point goes to the heart of the issue: if generations have been raised in the era of self esteem, why does everything seem to come crashing down like a house of cards at the first hint of criticism and negative feedback?

I believe it is because one of the greatest myths of the last three decades is that self esteem can be given or bestowed when it simply cannot. As psychology professor Jean Twenge suggests, true self esteem is an outcome, not a cause.

Let’s be clear: you can certainly give encouragement, affirm progress and build confidence in young people. However, true self esteem is always internally driven. If we are to set Gen Y up for long term success, it is critical we foster a healthy sense of self pride in them that is linked to overcoming challenges, pushing the limits of personal achievement and persisting through setbacks.

Perhaps something for all of us to think about.....

Regards

Lena Clark
General

From the Office

Bulk Billing

Bulk Billing notices have been sent out to all levels. Please contact the office if you have not received Bulk Billing for term 3. Payment is due by Friday 2nd August (Thursday 1 August for Level 1&2 as they have an excursion on the 2nd August) as this will be a very busy term a lot of activities are happening.

There has been some confusion over the Production Bulk Billing. While on the notice it states rehearsal 10 September, this is for your information. The fee not only covers the buses that will transport the children to the rehearsal, but also items sourced for the students use as in any other extracurricular activity.

Every effort is made to keep extracurricular fees reasonable, however for Donvale Primary School to conduct the excursions and incursions the school is obliged to cover the costs.

BPay

We are able to utilise a variety of method of payments. These are listed on the bulking billing notice. All cheques and cash have to be sent to the office in a labelled and sealed envelope. Eftpos, and credit card facilities are available at the office. Attached to snippets is the Bpay information notice sent to parents in Term 2. Statements with your family reference number details were sent home in term 2 with the BPay information notice. If you require these details again please contact the office. Statements will be sent home again later this term.

EMA

The EMA second instalment payment will be made later in term 3. Please read the parent information notice attached to snippets for full details. Parent application for the 2nd instalment close on the 2nd August.

Ricarda Lillis
Business Manager

Production Notes

Please keep the dates for our whole school production free – Tuesday 10th and Wednesday 11th September – which is the second last week of term. We will also be requiring all students to come to the technical rehearsal at the theatre on Monday 9th September. We will also have a full dress rehearsal and photographs taken here at school on Friday 6th September. The three shows are all Revolting Rhymes – Goldilocks (1/2’s and FRG), Snow White (3/4’s and FHW), and Cinderella (5/6’s).

Rehearsals have commenced and auditions are being run for different roles, and we will be looking for parents to help in a number of ways, with costuming, props, scenery, choreography etc, so let you teacher know if you would like to volunteer.

We are looking to borrow a large amount of camouflage netting, so if any parent has a contact with the Army Reserve, or just likes to hide a tank in the back yard, please see me ASAP.

Rick Gordon
For the Production Committee
On Monday July 29th we will be hosting a special musical afternoon in honour of the Seniorés in our community. We have invited residents from several local retirement homes to attend and would like to extend the invitation to Grandparents of our own students! The Junior Jammers choir, Music Makers choir and the Marimba band will each be performing. The afternoon program commences in the Senior Building at 2.40pm and will conclude at 3.30pm. Access will be available from 2.30 and guests are invited to park on the asphalt area adjacent to the Senior Building. We hope many of our families’ grandparents will be able to attend! Regards, Anthea Keep (Performing Arts teacher)

From The Sports Desk

Following is a brief overview of the Physical Education Program for each level for Term 3, 2013. Foundation students will continue to expand and develop their Fundamental Motor Skills which will include Ball Control (the ability to manage a ball in such a way that the participant can do with it whatever he/she wants.)

- Continuous bounce using one hand.
- Tracking/Trapping a ball.
- Receiving a ball.
- Kicking.
- Striking.

At all times balls of various sizes/shapes will be used. Modified Athletic Skills will also be introduced.

Level 2 students will also continue to further develop/expand their Fundamental Motor Skills using balls of various sizes and shapes. Skilling skills and activities using hoops and ropes will be introduced to develop co-ordination. Locomotion/Running/Jumping activities will be developed in line with Modified Athletic skills which will include Relays, Long Jump and High Jump.

Level 3 and 4 students are all involved in a Hooptime (Basketball) experience this term and will thus be developing such skills. Athletics. Athletic activities in Primary School are extensions and developments of running, jumping and throwing experiences.

- Running/Relays/Shot Put/Discus/Long Jump/Triple Jump/High Jump

Our District Athletics is on 22nd September 2013.

John Pianta
Basketball

Last Friday we saw our basketballers receive their medals at assembly. They looked so proud! Congratulations to all who participate not only are they having fun but they get to feel very important too. Well done to Ruby B for a taking the time to put together a slide show for assembly thanks Ruby. Results for last Saturday games were 3 wins and 2 losses. Go Donvale! Congrats to Jessica C (Dreamers) for shooting 5 goals her personal best. Great Job Jessica!

A big warm welcome to our new coaches for the Dreamers - Brittany Mc, Rachael B, and Jesse D, ex DPS students who are now in year 7. Thanks for taking up the challenge we are very happy to have you. The Dreamers won the first game with their new coaches well done!

Welcome back to Kiara S (Delights) who has been travelling around Australia. We missed you!

**Times for this week are as follows:**

Dinosaurs: v Milgate Jets   2.20pm Disc 2
Daisy’s: v B/hills Bluebirds   10.10am Leeds St
Delights: v Ser/St Ch Spirits   8.30am Disc 2
Dreamers: Bye
Daffodils: v Bye

**Player Profile – LUCY Mc -DELIGHTS**

Q. How long have you been playing?
A. Four and Half Years
Q. What is your favourite subject at school?
A. Sport
Q. What is your favourite food/drink?
A. Lasagne
Q. Where is your favourite place to holiday?
A. Torquay
Q. What do you love doing as a family activity?
A. Going for bike rides

**Information & updates**

For more information or general enquiries please contact Diana on 0434 027 144 or email dianamcn@tpg.com.au. Also contact Diana if you have basketball news for the snippets.

**Quote of the week**

“I can accept failure, but I can’t accept not trying.” – Michael Jordan

**CRE**


Jesus was always a good friend to someone in need. We talked about the importance of being a good friend, by listening, sharing and helping.

The grades 1/2 children heard the story of cousins Elizabeth and Mary sharing their good news of their pregnancies. Luke 1 39-56.

We talked about the ways families and friends can share their good news and the importance of celebrations.

"See how much the Father has loved us! His love is so great that we are called his children!” 1 John 3;1.

Have a great week! God Bless! Cheryl Shanks.
Junior Chef Club

Our creation this term is a "Hamburger with Asian influence" and this week we made Satay Style Hamburgers.

We had a very engaging conversation about why we put vegetables into our meat patties, finally all the junior chefs agreed that it's not just for health reasons but also to make them look more appealing (colourful patties they said). Even the ones who claim they don't eat carrot, had at the end of the session eaten all their hamburgers. Freshly baked home made bread rolls was also our big topic of discussion as in Junior Chef we try to create as much of the food as possible. We brushed beaten egg on top of our bread rolls before we baked them, it's not necessary but gives them a shiny caramel colour on top.

All the recipes are in this year’s cookbook, if you misplaced yours please feel free to check recipes on the DJC Room wall. The little Chef's presentations looked fabulous, all were different as we always encourage them to create what they want not just follow what we show them.

Thank you to Jaqui Frigo, Maggie Tran, Niki Savage, Liz Brown, Mr P, Mrs Clark and Martin for helping in the program. Also thank you to the Savage and Brown families for their food donations, and to the families that gave us lemons (sorry we didn’t catch your names).

Next Tuesday is the turn of Group 2 to create hamburgers with us. Ingredients we need for next week are spring onion, cabbage and lettuce.

Congratulation to Sebastian K 34E and Zed G 34P for their new role as Junior Chef Room Monitors, well done boys.

We don’t cook, we create food.

Liang Dimitroff

BIG THUMBS UP:

Kiara S 56G for sharing with us all her culinary experiences while on her trip around Australia./Michael W 34P for baking scones for his family./Joel D-F 34MP for helping us in the session./Emma W 34MP and Jackson C 12W for doing a great job as the Group Leaders.

Well done boys and girls.

FROM THE LITTLE CHEFS:

Emma W 34MP : Best hamburgers ever/ Jackson C 12W : Delicious and perfect/ Joel D-F 34MP : Awesomely awesome.

Josh G 34MP : WOW ..../ Chantelle F 34MP : Amazing/ Leo Z 34MP : Very very good.

Nikki A 56R : Super fun/ Joshua A 34E : They looked small, but very filling./ Tyler D 34E : Great hamburger.

Sebastian K 34E : Excellent looks, tasted perfect and I'll make them any day./ Aaron R 34E : Best burgers I've ever had./ Max M 12W : Delicious.

Sophie S 12W : Awesome !!!/ Lola S 34P : Very tasty./ Jade M 34MP : Very good and so amazing.

Jayden B 56R : Best hamburger ever, a marvellous creation.
Dear Parents & Students,

Children continued working on the aboriginal handprints and enjoyed playing with the dress ups.

Please make sure all enrolment forms are up to date and all medical action plans have also been checked and changed or updated if needed.

Remember bookings can be made right until 12pm the night before, or you can book on the day by calling or leaving the text message but there will be an extra charge of $3.00 for bookings within 24 hours. If you’re ever stuck and would like your child to attend OSH After School Care you can call me or leave a message on 0402 362 443 and I will get back to you. For some reason if you need to cancel the child from attending the after school care session you can cancel online or leave a text message on the program phone.

Jagruti Shah

Next Week’s Activities

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<th>Monday</th>
<th>Tuesday</th>
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<tr>
<td>Before Care Activities</td>
<td>Balloon Painting &amp; Sharks &amp; Islands</td>
<td>Car track Painting &amp; Obstacle Course</td>
<td>Carrot painting &amp; Lego challenge</td>
<td>Shaving cream Painting &amp; Silent ball</td>
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<tr>
<td>After Care Activities</td>
<td>Balloon Painting &amp; Footy (AASC)</td>
<td>Car track Painting &amp; Poison ball</td>
<td>Basic sponge cake &amp; Basket ball</td>
<td>Shaving cream Painting &amp; Octopus</td>
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All families must be enrolled to attend the program, remember this is Free!! Please create an account online at [www.oshclub.com.au](http://www.oshclub.com.au) all bookings and cancellations can also be managed via your online account. For on the day bookings please contact the Coordinator direct at the program.
Parents Association

WOOLWORTHS EARN AND LEARN

Is now closed for 2013

Thank you to everyone in the school community for donating.

ENTERTAINMENT BOOKS

We have 3 books for sale at the office $65 each.

FEDERAL ELECTION 2013

Come On Ruddy!! Give us a date!!

This is going to be a great opportunity to raise some funds for our school.

When you come to vote you can look around at some stalls, have something to eat and drink, even get your car washed by the local 1st Doncaster East Venturer’s.

Start collecting all those things around the house you have been meaning to get rid of and store it to sell on this day.

More details to come – Car Boot Sale and Stall Holder Enquiries to Stacey Browne

brownestacey1968@gmail.com

If you are interested in assisting on the day or with the planning of this event, please come along to our meeting in the library, 1.45pm TOMORROW Friday 26th July, prior to the commencement of assembly.

Hope to see you there

Meal Deal Day - Pizza

Our next Meal Deal Day is scheduled for Wednesday 7th August.

Order forms coming home soon

Coming in Term 3

⇒ Scholastic Book Fair and Book Week activities, Thu 22nd, Fri 23rd and Mon 26th Aug
⇒ Father’s Day Evening activities, Thu 29th Aug
⇒ School Production Raffle, Aug-Sep
⇒ Federal Election Day, Aug-Sep

Next scheduled P.A Meeting is Monday 5th Aug at 9am in the library. Everyone welcome even if you have never attended a meeting before.

Stacey Browne
Parents Association
Donvale Primary School is committed to providing a range of options to parents to make the payment of School fees as easy as possible. As well as cash, cheque, credit card or EFTPOS payments we are pleased to advise that BPay is now available as another payment alternative.

Full details are available on the Family Statements. Please use the reference on your statement to make a payment using BPay. A current statement is attached to this letter. It will currently show any fees or bulk billing that is still outstanding. If you have made a payment this week, or are on an instalment plan, or have nominated EMA towards the annual fees these amounts will still be showing. If you have any queries regarding your family statement please call the office. Reminder statements will be sent home from time to time as required throughout the year.

To ensure the correct allocation of payments, parents are asked to forward the remittance advice from their statement, with the charges being paid marked, as shown below. Or the bulk billing notice with BPay indicated and the charges that are being paid indicated on it. If the School does not receive this advice within two (2) days of the payment being made, the funds will be allocated at the School’s discretion.

Please feel free to contact the School if you wish to make special arrangements for the payment of your account.

Ricarda Lillis
Business Manager
Sample Newsletter Article

Education Maintenance Allowance

Instalment Two

The Education Maintenance Allowance (EMA) is provided to assist eligible families with the costs associated with the education of their children.

Parents and guardians may be eligible for the EMA if they have a valid Centrelink Health Care Card or Pensioner Concession Card.

The second instalment of the Education Maintenance Allowance (EMA) payment is due to be paid from mid-August onwards for parents/guardians who chose the ‘direct deposit’ or ‘pay direct to school’ payment option on their application form.

Parents/guardians who chose the cheque payment option will receive their payment from late August / early September.

Parents and guardians who lodged an EMA application at the beginning of the year do not need to lodge another EMA application to receive the second instalment EMA payment.

Parents/guardians whose children have transferred to this school since 28 February 2013 will need to submit a new EMA application form. Applications close on 2 August 2013.

Eligibility information can be obtained from: www.education.vic.gov.au/aboutschool/lifeatschool/ema/default.htm

Contact: School Office for an application form and further information.

Key Dates:

- Eligibility day - 15 July 2013
- Parent applications close - 2 August 2013
- Direct Deposit payments - Mid August 2013 onwards
- Cheque payments - Late August / Early September 2013
Birthday Wishes To
Celebrating from 26th July to 1st August
Maggie B, Mira C, Liam D, Michael W, Jayden B

Advertising Material
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More information on the following advertising is available from the office:

KUMON - Free trial 15-30 August

2013 CGSV SOLO GUITAR COMPETITION - Entries close 31st July. Over $10,000 worth of cash and prizes to be won. 5 Sections ranging from total beginner to highly advanced.

SBC FUN FUNDRAISER RUN - Sunday 17th November 8.00am. It will be a 5.2km fun run at Lilydale Lake in November, and all money raised goes to a non-for-profit organisation called Amaze...
Amaze supports people suffering from Autism

Do your children have asthma or allergies?
Are you a part of the local footy team, scouts club or netball club?
Do you worry about your children’s asthma when they are not at home?
Learn practical strategies for helping your children to live well with asthma each day from people who know. Join The Asthma Foundation of Victoria’s online forum. Ask a question, share your story, meet with others in your area. Call (03) 9326 7088 for more information or follow the link below.

forum.asthma.org.au