



School Newsletter

Term 3, Week 5, 2011.

Assemblies

Nil this Week

Attachments

1. Insights - Persistence.
2. Father's Day Numbers.

BE SAFE, BE FAIR, BE KIND, BE CO-OPERATIVE.

Dear Parents and Community Members.....

Oceans of Fun/Kinder enrolments

We had a fantastic day last Wednesday with 60 pre-schoolers joining us for craft, stories, games and smartboard activities. A huge thank you to Vicki Petrie for hand making 200 burger patties and organising lunch for everyone. Thanks to all the ladies who were in the canteen helping with the amazing Meal Deal.

If you have a child starting kinder next year could you please let the office know as now is the time to start enrolling for 2012. Enrolment forms can be picked up from the front office.



Primary Boys Toilets

Last week we had some vandalism done to the boys primary toilets. A child or children at this school threw the soap all over the floor, crushing it into the tiles and smashing it all over the toilets. Then later on some words were written on the walls in black permanent ink. This is pure vandalism to our school and unfortunately now creates health risks as there is no soap in the boys toilets for them to wash their hands with, meaning the possible spread of diseases. Please discuss this with your child and the associated importance of having the luxury of soap to wash hands with. It is not a requirement that we supply soap and the school must pay for any damage done. This sort of vandalism done by our students unfortunately ruins things for the majority of students doing the right thing.

Late mail-It seems that this is not confined to the primary boys with the infants boys soap dispenser found in one of the bowls of the boys toilet-broken. This now means that the infants boys toilet has no soap dispenser either. Maybe we need to consider that boys can only go to the toilets in pairs and not during class time!!

Bouncing Around

Next Monday we will be having a show called

Bouncing Around visit our school. This should be a fun and energetic show with lots of action. This normally costs \$5.50 but the school is subsidising it by \$2.50 to allow the maximum amount of children to attend. This will be a bargain at only \$3.00 per student, so hand in the permission note and money as soon as possible. This needs to be done this week as the show is first thing Monday morning.

Persistence

This week's article is entitled "Teach Children to Persist" and fits in with one of our keys called Persistence. They talk about developing 4 practical strategies with your children and discussing the importance of hard work.

Westpac Helicopter Fundraiser

Next Wednesday, August 24, the school will be having an out of uniform fundraiser for the Westpac Rescue Helicopter. We are asking students to wear red and yellow on this day and to bring a gold coin with all proceeds going towards the helicopter. Students who do not wear something red or yellow on this day are expected to be in normal school uniform.

University of NSW Spelling results

A number of our students enter competitions throughout the year run by the University Of New South Wales. These are very difficult tests and our students do well to participate in them. We have recently received the results of the Spelling competition, well done to these students;

Distinction - Ella Wishart, Juda Callaghan

Credit - Jacob Chawner

Participation - Phoebe Cooper, Isabell Halliday, Angus Koch, Anthony Luxford, Cassidi Bird, Aislyn Kerr, Declynd Morris, Rylee Cooper, Ky Eaton, Sam Gibbins, Patricia Willoughby, Lachlan Keevers, Baerto Meneguzzi.

Japanese Activity Day.

Last Friday a number of Year 6 students travelled to Jennings Public School to participate in a Japanese Activity Day. The day involved Calligraphy, Japanese numbers, colours, courtesy words/greetings. The students then created origami hats, played Sushi Train (iPods) and trained in the use of chop sticks. After these fun activities the students had a cooking lesson where they made sushi rolls.

The day was very educational and the students enjoyed all the activities and socialising with fellow students from Jennings and Mingoola.



Crunch and Sip

Water is the best drink for kids

Plain tap water is the best thirst-quencher as it has no added sugars, and contains a mineral that helps strengthen teeth and bones. Soft drinks, cordials, sports drinks and flavoured mineral waters contain 6 teaspoons of sugar in every 250ml glass, which means they contain a large amount of energy.

This can contribute to dental cavities and decay and an excess energy intake (which can lead to overweight and obesity). So make sure you encourage your child to drink plain tap water at school by sending a bottle in their school bag. Children often enjoy cold water, so why not freeze a bottle to send in the lunchbox. Also, try making water readily available at home. Have a jug of cold water in the fridge and place a jug of water on the table at meal times. Or make jugs of water more appealing by adding a slice of lemon or ice cubes made in novelty shaped trays. Sending water to school will help prevent dehydration and help your child work and play all day long.

Premier's Spelling Bee

Last Thursday, the school's Premier's Spelling Bee was held for students in Years 3-6. Congratulations to all the students who were involved and Mrs Mulcahy for officiating and Mrs Buckley for time keeping on the day. The students spelt many difficult words in front of a very large audience. Two students from each section have been selected to attend the regional Spelling Bee finals in Glen Innes on Thursday, September 15th.

JUNIOR – Angus Koch (Runner-up) and Cassidi Bird (Champion)



SENIOR – Georgiana Chawner (Runner-up) and Juda Callaghan (Champion)



Premier's Debating Challenge

Next Wednesday, August 17 our two debating teams, The Arguers and The Persuaders, will participate in Round 4 of the state wide Premier's Debating Challenge. The debate will be held at 10:30am in the Bruxner Hall. We wish both teams well.

Coles Sports Program

Once again, Coles stores are helping schools purchase sporting equipment. All schools have to do is collect vouchers and then use these vouchers to purchase sporting equipment. For each \$10 spent at a Coles or Bi Lo supermarket, families collect a blue voucher. These vouchers then can be brought to school and placed in the small blue box in the foyer near the front office. We've already received hundreds of vouchers, so keep collecting from families, friends or people in front of you in the queue that don't have children or want their vouchers.

NRMA'S Gold Medal Challenge for families

NRMA Motoring & Services and Bicycle NSW have joined forces again to encourage students from Primary to High School and their families to be more active while improving their skills as cyclists. NRMA's Gold Medal Challenge is something whole families can participate in together. Participants set a goal (between 250 and 2,000 kilometres) and then cycle towards it. They receive a Gold Medal to recognise the attainment of their goal. The NRMA Gold Medal Challenge runs until December 16th.

This important health and safety initiative improves rider safety through practical skills' workshops and raising Awareness of cycling safety issues.

To keep cycling a fun and safe activity the NRMA and Bicycle NSW recommends the following:

- * Before riding anywhere wear a properly fitted bicycle helmet as a correctly fitted helmet can reduce the risk of head injury by up to 85 per cent.
- * Wear fluorescent clothing, bright colours or use reflective tape or markings when riding day or night to increase visibility.
- If riding on the road watch for parked cars and ride far enough out from the curb to avoid the unexpected, like doors opening or cars pulling out.
- When using a footpath or shared pedestrian/bicycle path, keep to the left and give way to pedestrians.
- Always obey the road rules.

Register online <http://www.bicyclensw.org.au/content/nrma-gold-medal-challenge> or call **9704 0808**.

Toy Catalogues

The Infants Teachers are organizing a toy fundraiser. Catalogues were distributed to the students today. We receive a voucher for 20% of all purchases. Last year we got a voucher for over \$400 which we used to purchase sandpit equipment.

Please return orders and payment to school by Friday, August 26th. You will be contacted when the orders arrive back to school.

CALENDAR

MTH	WK	MON	TUES	WED	THUR	FRI	S / S
Aug	5	15 Hearing teacher visit.	16 Hearing teacher visit. Uni Maths Comp. Aboriginal Playgroup.	17 Guitar Lessons. Debating, here.	18	19	20/21
	6	22 Visiting Perf: Bouncing Around.	23 Verse speaking at Eisteddfod. Aboriginal Playgroup.	24 Our-of-uniform day Westpac Helicopter.	25 Regional Athletics Tamworth.	26 Infants Assem. 11.30. Primary Assem. 12.30pm. Choir - Eisteddfod.	27/28

CANTEEN

CANTEEN ROSTER

Wed	17	Aleeca Zellers, Jen Sutcliffe
Thur	18	Monika Freeman, Faye Moylan
Fri	19	Monika Freeman, Abbi Maher
Mon	22	Janice Chawner, Robyn Brookes
Tue	23	Monika Freeman, Robyn Hillier
Wed	24	Deanne Eaton, Help Needed Please
Homebake		
Mon	22	Joanne Willoughby
Wed	24	Kristine McCowen
Fri	26	Shona Clark

DONATIONS (This Week)

Cruskits	Shona Clark
Tomato Sauce	Trudy Campbell
Mayonnaise	Melissa Clancy, Joanne Willoughby
Vegemite	Dana Bird
Eggs	Jacqui Koch
Lettuce	Deanne Eaton
Tomatoes	Robyn Hillier

MEAL DEAL - Wed, Aug 17th - Munch & Crunch

Nachos: Corn chips topped with tasty meat sauce & melted cheese plus a popper and a scoop of ice cream with strawberry topping \$4.50.

Other Choices: 2 Mini Pies \$2.00
Hot Dog Roll \$2.50

STUDENT ACHIEVEMENTS

STUDENTS OF THE WEEK:

Jai Moore, Monique Hooper, Brianna Pascoe, Ella McIntosh, Yagan Phoenix, Chevez Ethell, Mariah Cutmore, Mikayla Cox, Jayden Swan, Sophie-Lee Latta, Jamie Benstead, Haylee Sheppard.

BRONZE PENNANT:

Kasey Gruber, Amelia Luxford, Breea McIntosh, Raya Woodbridge, Jordan Duroux, Zephyr Horan, Jayden Swan, Malik Wightman, Jerry McGrady, Hailie Ross

SILVER PENNANT:

Tatyana Cook, Jade Sargeant, Grace Butler, Angela Moore, Bayley Daniels

SPORTS AWARD:

Alex Butler, Connor Wicks.

COMMUNITY NOTICEBOARD

The Salvos are happy to announce that the Mobilise Mission Team are coming to town. They have a thirty piece band, 40 songsters and Timbrels. Everyone is welcome to attend the following events: Saturday, September 3rd, 10am Free concert in the park. 7pm Free concert corner Logan and Naas streets. Contact Joel Soper on 6736 1722.

Mainly Music at the salvos for parents and 0-5yr olds is on every Wednesday at 10am. \$4 per family which includes morning tea.

Kids Club is held every Tuesday at 3.30pm. \$2 primary aged kids. Afternoon tea provided, games, stories, craft, and fun activities. Contact Joel Soper on 6736 1722 for more information.

INSIGHTS

by Michael Grose - Australia's leading parenting educator



Teach children to persist

Parents can promote persistence by encouraging their children to keep going and not give in at the slightest hurdle or difficulty.

"Persistence and patience have a magical effect before which difficulties disappear and obstacles vanish."

John Quincy Adams

The ability to persist at a task and see it through to the end is one of the most important success attributes that you can develop in a child.

There are numerous times every day when children must persist rather than give in. A young child learning to tie shoelaces must persist. A primary aged student must show determination to finish tasks and a secondary student needs to work through difficulties, particularly those he doesn't understand or complete right away.

They need to be able to persist when work gets hard or life gets tough. They need the 'stickability' to work through difficulties and hang in there when things don't go their way.

Some children are more naturally predisposed to persist than others. They have a determined, even competitive streak in their temperament that doesn't allow them to give in. These children and young people can drive themselves very hard to succeed.

The results of the Australian Temperament Project show that persistence is the one temperamental factor that can be improved over time. Parents and teachers can develop persistence in children and also impede its development by making life too easy for children so that they don't have opportunities to persist or hang in there.

Parents can promote persistence by encouraging their children to keep going and not give in at the slightest hurdle or difficulty.

Parents can be a sounding board for children's gripes but they should show confidence in their ability to cope and get through their difficulties. "You can do it" is far more powerful in terms of promoting an attitude of persistence than "If it is a little too hard then try something else."

Let children know that there is a correlation between effort and success. In fact, they need to learn that by GIVING EFFORT they will more than likely experience more success. The ability

to persist in the face of difficulties maybe an old-fashioned quality but it is one of the best success attributes that children will ever develop.

Here are four practical strategies you can use to promote a sense of persistence in your children:

1. Develop a vocabulary for persistence.

Words like "Hang tough", "Work Hard" and "Hang in there" can become part of their every day vocabulary.

2. Point out to children when they stick at a task.

Most parents know it pays off when they catch their children being good but it also pays off to catch them being persistent. The behaviours you focus on as parents expand so let them know when they have been persistent. Also remind them that persistence generally pays off.

3. Help children to remember times when they experienced success by HANGING IN when they were younger. Let them know that persistence has paid off before and it will again.

4. Talk about HARD WORK with your children.

They need to understand that to be successful they need to do things that are NOT fun or easy. While it would be good if all work and learning was fun, in reality, this is not always the case.

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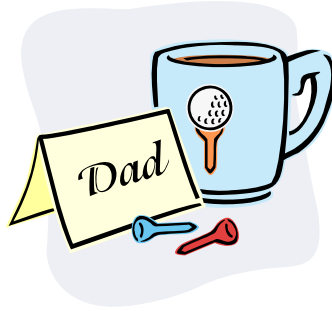
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FATHER'S DAY BREAKFAST

Friday, September 2nd, 2011

From 7:30am to 9:00am.



Please bring Dad to see your school and celebrate Father's Day.
Breakfast provided by the P&C.

Activities.

Please fill out the form below and return to the school as soon as possible.

✂.....

Yes I will be attending the Father's Day Celebration at the
school on Friday, September 2nd.

Number attending breakfast: _____

Signed: _____

