



Dear Parents and Community Members.....

Eisteddfod

We have had some fantastic results in the Eisteddfod both with individual children and groups that have gone down from the school. Congratulations to 2PB and 2/3K who came first in their verse speaking. They did an excellent job. Also to K/1C who came 2nd and Kindergarten who came 3rd in their sections. Also the choir who did a great job in coming 2nd in the small choral group section.

Town library visits

This week a number of classes are taking the opportunity to visit the town library as part of Book Week. Yesterday 2PB walked down, today KC, KM and 4/5E will be visiting while on Wednesday 1L and K/1C will visit and Thursday 3B, 2/3K and the Sunshine room will all visit the library. While there they will investigate the resources available, look at stories and what is available and have some time to investigate the town library.

Fathers Day BBQ

Don't forget, this Friday the P&C are hosting a BBQ breakfast for all of our fathers out there. Come along to the basketball court Friday morning to enjoy a free BBQ breakfast cooked by members of our P&C. Students who are accompanying their dad are also welcome to attend the BBQ. This is a great way for Dads to spend some time with their children at school in a relaxed and enjoyable way.

Insights

This weeks reading is entitled "Easing Children's Anxiety" and goes through some skills in helping you to ease anxiety by Staying Calm and Making a Plan. Anxiety is normal for everyone so it is important that everyone learns how to deal with it.

End of Term

A reminder about a couple of events for the end of term. There will be a social held on Wednesday September 21st here at school. On Thursday, September 22nd at 10:15am there will be the PB assembly while Friday September 23rd is the last day of school and Rewards Day. We have an interactive show booked for rewards day plus class based activities. A reminder that some children will not be eligible for these events due to poor behavior during the term.

Free app for homework and study

Do you struggle to understand your child's homework? Does your child need to practice their spelling and times tables? Are you looking for inspiration for projects and assignments? The free School A to Z app is an essential tool for every parent of school-aged children.

Containing a range of fun applications including English, Maths, a spelling bee, times tables, technology A-Z and assignment starters, it's great for parents and students. Download it for free at: www.schoolatoz.nsw.edu.au/about/mobile-applications

Trivia Night

Please remember our fund raising Trivia Night which will be held on Friday, September 16th in the Bruxner Hall at school. Get your team of 6 or 8 together for a great night's fun. Come dressed in football gear. NO BYO. Drinks will be on sale. Bring supper. 6.30pm for a 7pm start. Nomination forms available at the front office.

Kindergarten Enrolments 2012

We are currently taking enrolments for 2012 so if you have or know someone that will be starting school with us in 2012 please come to the front office to obtain an enrolment form.

Kindergarten orientation dates are early next term on a Thursday for 4 consecutive weeks being October 13, 20, 27 and November 3. It is important for the school to have an idea of incoming numbers so we can plan classes and teachers for each grade.

What you need to know about head lice:

- They do not live on pets.
- They are reddish-brown wingless insects.
- They are about the size of a sesame seed.
- They feed on human blood 3-4 times daily.
- They can't live off the human host for more than 24 hours.
- The female's can lay up to 100 eggs and require just one mating to be fertilised.

- They are able to reproduce in 10 days and live eggs hatch in 7-10 days.
- They live on a host for approximately 30 days.
- They are mainly transmitted by head-to-head contact but can also be spread through the sharing of personal articles.
- They can't hop, jump or fly. They swing and climb on the hair and scalp.

Repetition

If you are considering repeating your child in 2012 please contact your child's teacher as soon as possible to discuss with them your child's progress. There are forms the school use for both parents and teachers to ensure we are all on the same page. The most important thing is that there must be a benefit for the child to repeat.

Crunch and Sip and Fruit and Vegie Month



"Fruit and Vegie month" started yesterday, Monday, 29th August and runs until Friday, 23rd September. During this month our school will be encouraging students, staff and parents to eat fruit and vegies. This includes trying new fruits and vegetables and exploring new, healthy recipes. Healthy foods are delicious and provide people with many benefits – reduced risk of developing heart disease, some forms of cancer, mental illnesses such as Alzheimer's disease and diabetes, strengthens hearts, brains (greater concentration, improved memory, reduced stress and anxiety), muscles and bones, gives healthy eyes, tongues, skin, hair and nails, provides fuel for long lasting sustained energy and improves sleep.

Fruit And Vegie World Records

The longest carrot was measured at 5.841m in the UK on September 2nd 2007. The heaviest parsnip weighed 5.9kg, measured in the UK on September 4th 2009. The fastest marathon run dressed as a vegetable was recorded as 3 hours, 9 minutes and 21 seconds, run in the UK on April 25th 2010 dressed as a carrot.

Regional Athletics Carnival

Last Thursday, 22 students travelled to Tamworth to participate in the Regional Athletics carnival. All students performed and behaved exceptionally well and demonstrated pleasing sportsmanship. Congratulations! Thank you to the parents who assisted with transport and supported the students.

RESULTS:

Daniel Easton – 4th 8yrs 100m
 Cassidi Bird – 5th 10yrs 100m
 Chaney Rhodes – 4th Jnr High Jump
 Will Evans – 1st Jnr discus, 5th 10yrs 100m, 6th Jnr Shot Put and 7th Jnr 800m

Georgiana Chawner - 4th 11yrs 800m
 Brendan Klazema - 4th 13yrs 100m
 Malina Hatfield – 7th 11yrs 800m
 Geoffrey Swan – 5th 11yrs High Jump
 Sam Gibbins – 2nd 11yrs Long Jump
 Joshua Collins – 1st 12yrs 100m
 3rd in heat Jnr Girls' Relay (Kirri-Lee Cutmore, Skye Daniels, Rylee Cooper and Cassidi Bird).
 2nd in heat Jnr Boys' Relay (Adam Hayne, Jacob Chawner, Tyler Sargeant and Will Evans)
 5th in heat Snr Girls' Relay (Malina Hatfield, Sophie Sutcliffe, Ivy Cross and Georgiana Chawner).
 1st in final Snr Boys' Relay (Sam Gibbins, Zac Lieberman, Blair McIntyre and Joshua Collins).
 Congratulations to Will Evans, Sam Gibbins and Joshua Collins who have gained individual selection in the North West Team to participate in the State Athletics carnival at Homebush in October as have the Snr Boys' relay team. We wish them well.



Above: are members of the Senior Boys Relay Team: Sam Gibbins, Zac Lieberman, Blair McIntyre and Joshua Collins and Right: Will Evans, 1st in Discuss.

Coles Sports Program

WOW! We're a well on our way to collecting thousands of sporting vouchers with nearly 10 000 already counted by Mrs Gibbins. Keep it up! The more vouchers we collect the more sports equipment we can purchase. Keep collecting from families, friends or people in front of you in the queue that don't have children or who don't want their vouchers.

SRC

The Student Representative Council (S.R.C.) are asking for donations of shoe boxes (to be turned into suggestion boxes) Please hand the boxes to either Mrs Strachan or Miss Eakin.

Westpac Rescue Helicopter

Last Wednesday, the students and staff dressed in red and yellow to raise funds for the free, vital and life saving service of the Westpac Rescue Helicopter. The school raised \$270 for this service. FANTASTIC work!

Toy Catalogue

Last minute Toy Catalogue orders will be accepted until Wednesday, August 31st. **No orders can be placed after this date.** Thank you for your support.

CALENDAR

MTH	WK	MON	TUES	WED	THUR	FRI	S / S
Aug/ Sept	7	29 2PB Library visit.	30 Aboriginal Playgroup. KC, KM, 4/5E Library visit.	31 Guitar Lessons in Infants Hall. 1L, K/1C Library visit.	1 3B, 2/3K, K/6S Library visit. Book Club orders close.	2 Father's Day BBQ 7:30am - 9:00am.	3/4
Sept	8	5	6 Aboriginal Playgroup.	7 Guitar Lessons.	8	9 Assemblies	10/11

CANTEEN

CANTEEN ROSTER

Wed	31	Kim Cox, Maria Fittler
Thur Sept	1	Monika Freeman, Angela Brown
Fri	2	Jody Lieberman, Aleeca Zellers, Abbi Maher
Mon	5	Help Needed Please
Tue	6	Monika Freeman
Wed	7	Vicki Hill, Bev Dorrington

Homebake (Next Week)

Mon	5	Jacquelin Koch
Wed	7	Natalie Strong
Fri	9	Roberta Koch

DONATIONS (This Week)

Cruskits	Natalie Harris, Tanya Shearer, Jess Gibbins
Eggs	Kristy Faulkner
Sliced Beetroot	Roselee Henry, Jennifer Rhodes
Lettuce	Tracy Caldwell

STUDENT ACHIEVEMENTS

STUDENTS OF THE WEEK:

Paddy Hawke, Angus Koch, Michael Benstead, Liana Meneguzzi, Shaynae Mason, Ava Pederson, Adam Thomas, Gabrielle Hawke, Natalia Gillson, Jessica Thomas.

BRONZE PENNANT:

Laylah Maher, Indi Maher, Dwana Evans, Taylor Morris-Airs, Nicholas Law, Bradley Newman, Sarah Harvey, Christopher Benstead, Haylee Sheppard, Kori Eaton

SILVER PENNANT:

Mackenzie Cox, Raymond Jai-Evans.

KINDNESS CERTIFICATE

Kirri-Lee Cutmore, Bradley Newman, Bonnie Zappa, Rosie Clancy, Ellie Campbell.

MEAL DEAL - Wed, Aug 31st "It's Showtime"

A mini dagwood dog on a stick (school approved) plus a popper with a scoop of ice cream topped with strawberry topping and a wafer biscuit \$4.50.

Other Choices: 2 Mini pies \$2.00
6 Chicken Nuggets \$2.20



Otitis Media

What is it?

It means 'Disease of the middle ear.'
Fluid builds up in the middle ear.
It can be very painful.
It can be silent and last for months.



It is the most common reason children cannot hear.
If it is not treated your child may go deaf.

What other names does it have?

It is also called 'glue ear'.
It causes a conductive hearing loss.



Information compiled by Bev Walls, Literacy Support Teacher – Hearing, Inverell Public School 2

COMMUNITY NOTICEBOARD



INSIGHTS

By Michael Grose –No 1 Parenting Educator

Easing children's anxiety

“Anxiety is normal and part of everyday life. There's no better time than childhood for learning how to cope with anxiety.”

For those with no personal experience of anxiety it can be hard to understand how debilitating it can be. “Come on, get on with it,” seems so obvious. Of course, this response is nowhere near adequate.

Most kids experience some anxious moments or have fearful thoughts and feelings from time to time about certain

events. These thoughts and feelings prompt them to proceed with caution.

But anxiety and fear can be paralyzing. Some kids simply can't stop their 'bad thoughts and feelings'. They can't silence the voice of fear that whispers to them continually.

Staying calm

Anxiety is a normal part of life and can be managed, but it takes time.

It's also contagious so it's the job of parents to stay calm, think clearly and role model confidence when kids get anxious.

Calm is created through your words, voice and facial expression. When children become anxious, help them recognise what's happening. Some kids get angry, some become upset and others withdraw. Work out the pattern

for your child and help them recognise when they are anxious.

Accept your child's anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It's hard sometimes to differentiate between what may be a bad case of negative

thinking and true anxiety.

Is a child being negative when she doesn't want to join a new club because she thinks no one will like her, or is there something more going on? Try to confirm whether there is any validity in their fears. If not, point out diplomatically, that they may be catastrophising. If you feel there is reason for concern, help them to overcome their anxiety.

Challenge the validity of your child's fears and anxiety, using logic and rational thinking. Don't allow kids to wallow

in self-pity. Move their thoughts towards the future rather than allow them to mope around.

Making a plan

Encourage your child to overcome their anxiety through action. Vanessa came up with a creative solution to help Ruth, her seven-year-old daughter, overcome her reluctance to attend birthday parties without her. Initially Vanessa attended parties with her daughter so she wouldn't miss out, but Ruth was becoming too reliant on her, so it was time to make a change.

The next time Ruth was invited to a party, Vanessa put a plan into action. First, she set up a little birthday party scenario at home using dolls and teddies as friends, so her daughter would know what to expect. Vanessa explained that she would leave her at the party for a short-time. Vanessa let her daughter know that she had no doubt that she'd cope.

The little plan worked a treat. Vanessa arrived at the party an hour after the start to find Ruth involved in a game. She acknowledged her mum, but she didn't leave the game. Later, at home Vanessa made a fuss over her daughter for being brave. Ruth agreed that next time she was invited to a party she would go for the whole time without her mum.

Anxiety is normal, and part of everyday life. However, it can be debilitating unless it's managed. Anxiety management takes time for kids to learn, but it's one of those valuable life skills that parents can teach their kids.

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