



# NEWSLETTER

## Assemblies

Nil

## Attachments

Infants 11.30am  
Primary 12.30pm

Term 3, Week 8, 2011.

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

Dear Parents and Community Members.....

### Father's Day BBQ

A great morning was enjoyed by many dads last Friday as they and their children enjoyed a well cooked breakfast and some games. It was fantastic to see so many dads at school enjoying some quality time, not only with their children, but with other dads. Thank you very much to the P&C especially Maria and Deanne who manned the BBQ to cook a lovely breakfast. Well done to those dads who "won" an assortment of presents for their special day on Sunday.



### Proposed Union Strike

As previously mentioned, there is a proposed union strike set down for Thursday, September 8. This strike involves Police, Nurses, Ambulance,

Teachers and Support Staff. Further information will be passed on as soon as we know, but at this stage the school will be **non operational** as we will not have enough staff to fully supervise any students. Please make alternative arrangements for your children on this day.

### Trivia Night

If you don't have a team please nominate anyway and the organisers will find a place for you. 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.

### Amendment Eisteddfod Results

Last week we incorrectly published some results from the Eisteddfod. Kindergarten came 1st in their section not third as published. 1L and K/1C came 2nd and 2PB and 2/3K came 1st - capping off a great effort not only by our students but teachers as well.

### Merit Selection

We have finally had approval to advertise for the position of Assistant Principal in the school. This is the position that Gary Colless vacated some time ago. The job advertisement is currently open and closes soon. We hope to know by the end of term who the successful replacement will be, however the chance of them starting this year will be slim depending on the circumstances in their current school. When we are able we will let you know who the successful candidate is.

### School Social

There will be a school social held on Wednesday, September 21 with the theme of "Superheroes". This will be for all students in years 2-6 excluding students who have been on a level 4 or higher. More information will be in next weeks newsletter.

### Summer Uniform

With the advent of some warmer weather in recent weeks it might be appropriate for some changes to the uniform. Girls can start wearing white

socks from tomorrow and boys shorts. We normally have a transition period for a number of weeks so that girls can choose either blue or white socks and boys can choose either short or long pants.

### Insights Reading

I thought it might be appropriate (after Father's Day) to include an article for DAD'S this week. It is called *Building up Frequent Father Points* and talks about dads spending time with their kids without mum around. How many times have dads been told that they are just a big kid? Well this article says it is ok to be a big kid when spending time with your kids.

### Red Cross Out of Uniform Day

Next Wednesday, September 14, the school will be holding an out-of-uniform fundraiser day for Red Cross. Students are being asked to come in something red to support Red Cross and to bring in gold coin/s which will be placed on the Red Cross flag. It is hoped that we can fill as much of the cross on the flag with coins as possible.

### There is good news and bad news about head lice...

Do you want the good news or the bad news?  
The **good news** is:

Head lice are easy to kill, just put in hot water above 60 degrees for 10 seconds. (THIS IS TOO HOT FOR A SHOWER OR BATH)  
Concentrate on the head – there is no evidence that you need to make a special effort to clean the house

There are choices about treatment – not all of them involve chemicals

There is new and accurate information available about head lice from the office or look at [www.health.vic.gov.au/headlice](http://www.health.vic.gov.au/headlice)

The **bad news** is:

Head lice have been around for 10,000 years and cannot be eradicated.

We have had cases reported to the school and ask you to please check your family and treat any of them who have head lice.

### Crunch and Sip and Fruit and Veggie Month

"Fruit and Veggie month" started Monday, August 29<sup>th</sup> and runs until Friday, September 23<sup>rd</sup>. During this month our school will be encouraging students, staff and parents to eat fruit and veggies. This includes trying new fruits and vegetables and exploring new, healthy recipes. Try out some of the recipe ideas from [www.freshforkids.com.au](http://www.freshforkids.com.au) (site also includes games, activities, competitions and information about various fruit and vegetables including availability). Some great ideas include using fruit and vegetables in muffins, soups, smoothies, shakes, slushies, with yoghurt, as

toppers on toast, corn crackers or muffins; have a dippers; plate of fruit or combine with cheese.

### Regional Athletics Carnival

Last week I received an e-mail from Mrs Von Slattery, the Principal from Emmaville Central School. She attended the Regional carnival and e-mailed all schools regarding the students' behaviour and effort. This is what she had to say *"They were excellent representatives of their schools. They behaved impeccably, competed enthusiastically, showed great sportsmanship and supported each other well. It was heartening to see many competitors congratulating others after events"*. Mr Peter Pickett, our School Education Director also sent his congratulations to everyone. It is always wonderful to hear such pleasing reports about our amazing students. Fantastic work, students!

### Coles Sports Program

This program is continuing so keep those vouchers coming. 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 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) and tin cans with lids such as old coffee, Milo or Quik tins (to be turned into money containers for the *5cent Foundation*). Please hand the goods to either Mrs Strachan or Miss Eakin.

### Free Online Tutoring

Do your children need help with school work? Students can access free online tutoring by visiting <http://yourtutor.com.au/>, clicking on the student log in, click libraries, then click on N.S.W., find Tenterfield Library Service and click on it and then type in their library card number. Operates between the hours of 4pm-6pm. The service is free and provides on-demand access to homework and assignment help in all Key Learning Areas.



### CAUSES OF OTITIS MEDIA

- The Eustachian tube becomes blocked.

(This tube joins the middle ear to the back of the nose & throat.)

- Large tonsils or adenoids.

- Colds and flu.

- Chest infections.

- Allergies.

- Cigarette smoke.

- Bottle Feeding.

(Do not lie your baby down when bottle feeding. Milk gathers at the entrance of the Eustachian tube and gives bacteria a warm area to grow in.)



# CALENDAR

MTH	WK	MON	TUES	WED	THUR	FRI	S / S
Sept	8	5	6 Aboriginal Playgroup.	7 Guitar Lessons.	8 <b>STRIKE DAY.</b>	9 Assemblies:- Infants 11.30. Primary 12.30.	10/11
	9	12	13 Aboriginal Playgroup.	14 Guitar Lessons. Red Cross Mufti Day.	15 K-2 Excursion to Toowoomba. Yrs 4/5 to Movies. Regional Spelling Bee, Glen Innes.	16 Touch Football Inverell.  P&C Trivia Night 6.30pm.	17/18
	10	19  P&C mtg 6.30.	20 Aboriginal Playgroup.	21 Guitar Lessons. Social Years 2-6.	22 PB Assembly.	23 Rewards Day. Term 3 ends.	24/25
T4 Oct	1	10 School resumes for teachers and students.	11	12	13	14	15/16

## CANTEEN

### CANTEEN ROSTER

Wed	7	Vicki Hill, Bev Dorrington
Thur	8	CANTEEN CLOSED
Fri	9	Fran Horan, Help Needed Please
Mon	12	Leeza Wishart, Melinda Campbell
Tue	13	Monika Freeman, Angela Brown
Wed	14	Aleeca Zellers, Jen Sutcliffe

### Homebake (Next Week)

Mon	12	Melissa Cowin
Wed	14	Tania Shearer
Fri	16	Jen Sutcliffe

### DONATIONS (This Week)

Cruskits	Megan Niesen
Tomato Sauce	Melissa Cowin
Block Cheese	Carmel Moore, Angela Brown
Eggs	Rachel Brown
Sliced Beet-root	Aleeca Zellers
Tomatoes	Robyn Hillier
Lettuce	Lou Holley

### MEAL DEAL - Wed, Sept 7th - FRUIT & VEG

Pan fried corn & bacon fritters plus a fruit flavoured popper with warm custard & sliced peaches. \$4.50.

**Other Choices:** Hot Dog Roll \$2.50  
Ham & Tomato Sandwich \$2.20

### COMMUNITY NOTICEBOARD

#### **Border Blues Little Athletics Registrations**

4.30 – 5.30pm Tuesdays 13<sup>th</sup> & 20<sup>th</sup> September, Federation Park, Tenterfield U6 to U17 years \$65.00. \$5 late fee for all *re-registrations* after these dates. Training Night for coming season is Tuesday 5pm-6.45pm commencing 11<sup>th</sup> October. Free trial 11<sup>th</sup> & 18<sup>th</sup> October for newcomers. Please phone Juanita Sullivan Ph: 0427 361694 (m) or Michelle McBurney on 0400 364937(m) for further information.



# INSIGHTS

by Michael Grose – No. 1 parenting educator

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## Building up frequent father points

Most dads tell me that they want a better relationship with their kids than they had with their own father. One way to build better relationships is for dads to build plenty of frequent father points when kids are young. Here's how to go about it.

A good friend enthusiastically told me how he just spent a few days away on his own with his two kids, aged 10 and 13. He was feeling quite chuffed.

He had some 'dad time' with his kids.

Good on him!

He was doing some memory-building & relationship-building, as well as having some fun.

He told me that he was aware that his kids were getting older and he knew such opportunities were diminishing.

I've been hearing this type of story a lot lately.

Gone are the days when the only relationship many men had with their kids was through their wife. She would explain to the kids, 'Your dad's very busy. He would love to see you play sport but he can't make it.' She'd keep him up-to-date with the children's lives, as well.

Blokes, it seems, are valuing the time they spend with their kids on their own. Or at least the dads I mix with are. Spending time alone with kids is a great way to build confidence in dads.

And the kids usually just love it.

Mothers can play a role here by not getting in the way if their husband or partner wants a little time alone with kids. (*Most mums I meet welcome this!*)

Children usually associate their fathers with activity. When I ask children to tell me about their dads they usually talk about the things that they like to do together with their dads. *Playing, walking, fishing, wrestling...* the list goes on.

It's through shared activity and involvement in kids' lives that dads build up frequent father points. It's hard to build good connections with kids when you are not there!



### Don't wait until adolescence

These relationships are best built in childhood, when kids just love their dad to bits and want to be around him. It gets trickier in adolescence, but having shared interests developed in childhood gives you a connection point during these sometimes turbulent times.

Dads also benefit from spending time with their kids. Most health scales state a healthy relationship with their children is a predictor of good health and longevity for men. I'm not sure where the health benefits come from, but I suspect there is something relaxing and de-stressing about getting into a child's space. There is a big kid inside most men just busting to get out.

These days we take parenting pretty seriously and it's easy to forget that one of the fundamentals of raising kids well is to spend some time in your child's space, doing stuff, or not doing stuff, whatever the case may be.

So how are your (or your partner's) frequent father points going? If they need some topping up then you can start by doing something together that they enjoy. Having a bit of fun together is the best place to start.

And then start to block in time to spend with kids on a regular basis. One busy dad I know goes for a bike ride with his teenage daughter each Saturday morning, and then goes to watch the local footy with his son in the afternoon. This type of ritualised approach to relationship-building works well with many blokes.

Whatever method a dad uses, the key is to start spending time with your kids right now. As I well know, they grow up in a flash, and before you know it they have either moved out, or are busy getting on with their own lives.

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