



# NEWSLETTER

## Assemblies

Nil

## Attachments

- 1.NRG Holiday Program
- 2.Junior Cricket Registration

Term 3, Week 9, 2011.

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

## Dear Parents and Community Members.....

### NAPLAN Results

Tomorrow students in years 3 and 5 who sat the NAPLAN tests earlier in the year will receive their results. This will be sent home with the students in an envelope. The school has only just received the results and will spend the next few weeks analysing whole school results to see what changes in programming and future directions the school will need to take. Early views indicate great results for those students in year 3, excellent results for our Indigenous students and good growth for many of our year 5 students.

### School Social

Don't forget about the school social to be held on Wednesday September 21<sup>st</sup>. We are expecting to see a room full of "Superheroes" lots of capes and students who think they can jump tall buildings in a single bound!! This will be for all students in years 2-6 excluding students who have been on a level 4 or higher.

### University of NSW English Results

Congratulations to the following students for their results.

**Participation** - Phoebe Cooper, Angus Koch, Anthony Luxford, Cassidi Bird, Leyla Campbell, Georgiana Chawner, Rylee Cooper, Ky Eaton and Patricia Willoughby.

**Credit** - Lachlan Keevers and Aislyn Kerr.

**Distinction** - Ella Wishart

### K-2 Excursion

A reminder that this Thursday, September 15<sup>th</sup> is the long awaited K-2 excursion to ten pin bowling and the wave pool. I know that these students have been eagerly counting down the days to this wonderful day out. Students will need to be at school by 6:50am so rolls can be checked, students and parents loaded onto buses and the day started. The buses are expected to return to school around 6pm with lots of tired but excited children. Mrs Caldwell will have the school mobile on her and can be contacted on 0447 476 398 for inquiries on the day.

### Summer Uniform

Girls can start wearing white socks from now and boys can wear shorts. We normally have a transition period for a number of weeks so girls can choose either blue or white socks and boys short or long pants depending on the weather conditions.

### Spring holidays

The last day of Term 3 is Friday, September 23<sup>rd</sup>. With warmer weather hopefully upon us, here are some ideas for enjoying the holidays with your family:

[www.nsw.gov.au/school-holidays](http://www.nsw.gov.au/school-holidays)

<http://goplay.nsw.gov.au/>

[www.kidspot.com.au](http://www.kidspot.com.au)

<http://ourkidz.com.au/content/view/196/156/lang.en/>

[www.visitnsw.com](http://www.visitnsw.com)

### Insights Reading

With the holidays fast approaching I thought it might be appropriate to add an article about Resisting Kids Pester Power. We all know what it is like when we go shopping or during the holidays when kids want everything under the sun. Maybe you will find some really good ideas in this article about resisting the pester power.

### P&C Meeting

The next meeting for the P&C committee will be held on Monday, September 19<sup>th</sup>. This will be at 6:30pm in the staffroom at school. Everyone welcome.

### Red Cross Out of Uniform Day

Tomorrow, Wednesday, September 14<sup>th</sup>, the Student Representative Council (SRC) will be raising funds for the Red Cross. The Red Cross helps millions of people across the world in times of crisis such as floods, storms, cyclones, famines, fires and war. They provide food, shelter, clothing, medicine and help find loved ones. The Red Cross also helps with blood donations.

Students are encouraged to wear red and bring a gold coin donation.

### Regional Spelling Bee

This Thursday, September 15<sup>th</sup> our Junior Champions Angus Koch and Cassidi Bird and Senior Champions Georgiana Chawner and Juda Callaghan travel to Glen Innes for the regional Spelling Bee Final. We wish them well and safe travelling.

### Crunch and Sip and Fruit and Vegie Month

See if you can guess these fruits and vegies and then read the following information about each.

1. I have large, spreading, green leaves at my base, which surround, but do not completely cover my centre stalk which bears a large, round tightly packed mass of white. What am I?

2. I'm closely related to potatoes and tomatoes but don't look like them at all. My stem is covered in short

- spines and I have a dark purplish, smooth skin and white spongy fles. What am I?
3. I look like red coloured celery with larger droopy leaves. What am I?
4. I contain more vitamin C per 100g than oranges. I'm egg-shaped with green flesh and brownish skin covered hairs. What am I?
5. I come in varieties known as Cavendish, Williams and Lady Finger? What am I?

#### **ANSWERS:**

1. Cauliflower- not really flowers at all or even a group of flower buds. It's a bunch of stems.
2. Eggplant – a delicacy enjoyed by Emperors in China as early as 600BC. Ladies of the time apparently created a dye using the eggplant's skin to stain their teeth black which was considered fashionable.
3. Rhubarb – botanically they are a vegetable but often eaten like a fruit.
4. Kiwifruit – originated in China and sometimes known as Chinese Gooseberries.
5. Bananas – usually harvested by hand and usually takes 2 people working together to do this because each bunch weighs about 40kg.

Last week at school, students in K-4 entered a Fruit and Vegie colouring competition and Yrs 5-6 competed in a poster competition.

Each year from K-4 was given a different poster to colour and students in Yrs 5-6 were required to design a poster to encourage people to eat either fruit or vegetables or both.

Each year winner received a \$4 canteen voucher and a certificate and two students from each year were also awarded with a Highly Commended certificate.

There were MANY high quality works which made the judging extremely difficult. Winning and Highly Commendable entries can be viewed on the Primary Hall doors.

#### **WINNERS**

- Kinder – Mackenzie Koch (KM)  
 Year 1 – Connor Weinard (K/IC)  
 Year 2 – Hannah Phelps (2PB)  
 Year 3 – Angus Koch (3B)  
 Year 4 – Erika Hickey (4/5E)  
 Year 5 – Abby Henry (5/6T)  
 Year 6 – Sophie Sutcliffe (5/6M)

#### **HIGHLY COMMENDED**

- Kinder – Nessa Butler (KM) and Ryan Sutcliffe (KM)  
 Year 1 – Bree McCowen (K/1C) and Gabrielle Hawke (K/1C)  
 Year 2 – Roshan Caldwell (2PB) and Abbey Holley (2PB)  
 Year 3 – Matthew Carpenter (3B) and Phoebe Cooper (3B)  
 Year 4 – Rachel Cowin (4/5E) and Katie Preston (4/5E)

Year 5 – Emma Anderson (5/6M) and Jayme Seary (5/6T)

Year 6 – Yagan Phoenix (5/6M) and Jessica Hall (5/6T)

#### **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. The program runs until the middle of October.

#### **SRC**

Thank you to all the people who sent in shoe boxes and tin cans with lids for the S.R.C.

#### **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.

#### **Year 5 and 6 Lake Ainsworth Excursion**

The Year 5 and 6 camp is just over 2 months away. Please keep paying off your camp.

#### **Book Club Clearance**

Order forms have been given out this week and are due back on **Thursday, September 22<sup>nd</sup>**. Order's will be placed on this day and should be here Week 1 Term 4.

# CALENDAR

MTH	WK	MON	TUES	WED	THUR	FRI	S / S
Sept.	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 P&C Trivia Night 6.30pm.	17/18
	10	19  P&C mtg 6.30.	20	21 Guitar Lessons. Social Years 2-6.	22 PB Assembly.	23 Rewards Day. Term 3 ends.	24/25

## CANTEEN

### CANTEEN ROSTER

Wed	14	Aleeca Zellers, Jen Sutcliffe
Thur	15	Monika Freeman
Fri	16	Monika Freeman, Fran Horan
Mon	19	Janice Chawner, Robyn Brookes
Tue	20	Monika Freeman, Robyn Hillier
Wed	21	Deanne Eaton, Help needed Please

### Homebake (Next Week)

Mon	19	Nikki Phelps
Wed	21	If you can bake thank you
Fri	23	Kim Cox

### DONATIONS (This Week)

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

## Student Achievements

### STUDENTS OF THE WEEK:

Charlotte Weinand, Jordan Duroux, Zephyr Horan, Thomas Lee-McCawley, Nicole Cowin, Ethan Alchin, Katie McQuirk, Aislyn Kerr, Cassidi Bird, Lachlan Keevers, Teegin Paris

### BRONZE PENNANT:

Charlotte Weinand, Ava Pedersen, Chantelle Swan, Anita Cochrane, William Tyler, Rosie Snape, Luke Bates, Tahlia Zellers, Rylee Cooper, Brianna Pasco, Billy Henry

### SILVER PENNANT:

Nicholi Robinson

### KINDNESS CERTIFICATE:

Nicholas Law, Acacia Robinson, Shania Paris, Bree McCowen, Ryan Sutcliffe

### MEAL DEAL - Wed, Sept 14th - "Spud Spot"

Treat yourself to a baked potato filled with savoury mince and topped with cheese plus an LOL Drink and a fruity stick icy pole \$4.50.

**Other Choices:** 2 Mini Pies \$2.00  
Ham Cheese & Tomato Sandwich \$2.50

### COMMUNITY NOTICEBOARD

Swimming Club Registrations will be held on Thursday, September 22nd from 4:30 to 5:30pm at the local pool. Cost \$55 per member. Contact Mark Cooper on 0411 864 042 for further information.

# INSIGHTS

by Michael Grose - Australia's No 1 parenting educator



## Resisting kids' pester power

*Kids have a way of getting under your skin when they really want something.*

"Mum, can you buy me a treat?" "MUUUMMMM, can you get me some new clothes?" "It's not fair. You never let me have any fun."

Sound familiar?

Kids have a way of getting under your skin when they really want something. You can refuse their request for a treat, some extra time up out of bed or some new clothes and they can keep at you until you give in.

Some kids when they receive a knockback from one parent, will try the other parent. "Okay, mum said no to an ice cream, I'll just check to see what dad says" is the type of tactic I'm talking about here.

Sole parents can easily become worn down by pester power as there is no one to share the burden with.

There is no doubt that kids' pester power is alive and well and living in Australian homes right now. In these times of small families the voice of one child resisting can be the only voice a parent hears.

Currently, kids are seen as fair game by marketers and advertisers that use increasingly sophisticated tactics to stimulate consumerism in kids. This makes life increasingly difficult for parents.

Pester power hasn't always been a problem for parents. In the days of large families, when four or more children were common, not only was there less propensity to give kids what they wanted but siblings had their own way of dealing with rebellious or prima donna type behaviour.

If your kids don't take no for answer, particularly when they want you to buy, buy, buy consider these well-tested resistance strategies:



1. **Avoid getting into too many negotiations with kids.** It's worth remembering that it's okay to say no...without always having to explain yourself.
2. **Make yourself scarce, either physically or psychologically when they don't take no for an answer.** My wife was an expert at the latter method when my kids used to argue the point with her. She would ignore attempts to change her mind, going about her business as if they weren't there. They soon realised that arguing was futile.
3. **Differentiate between a want and a need.** Kids want many things including the latest gadget, more free time and lots of treats. But they don't necessarily need these things. Understanding the difference between a need and a want helps you resist pester power.
4. **Communicate with your partner.** Teenagers are adept at putting pressure on parents to acquiesce to their demands, particularly when it comes to going out. Get into the habit of bringing your partner into the picture. "I'm not sure about that. I'll check with your father and get back to you" is a handy response.
5. **Draw strength from a friend.** It helps, particularly if you are on your own, to phone a friend to check if you are being reasonable. It's easy to doubt yourself, and your sanity, when you are on your own.
6. **How can you make this happen?** Sometimes it's best to put the onus on to kids, particularly when they pester you to buy them things. "Sure, you can have a new mobile phone. Have you got enough money to buy it now or do you have to save for it?" is the type of response I suggest for kids who just love you to be their automatic teller machine.

Resisting kids pressure for parents to purchase items for them is a challenge that comes with living in more affluent times. But it's a challenge that's worth meeting, not just for our peace of mind, but to promote some restraint and self-discipline in kids.

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for all your parenting challenges  
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# Don't forget the Trivia Night this **Friday Night Sept 16th**,

6.30pm for 7pm start at the Primary Hall.

Teams of 6-8ppl, cost \$15pp.

Get your team together, brush up on your trivia  
and come dressed in your footy clothes for a  
great night out.

**Lots of Prizes, Raffles, Games, Heaps of Fun**  
BYO Snacks, Bar running so **NO** BYO Drinks,  
Payment required with booking.

Further information or **individuals looking for a team:**  
contact Deanne 0401305572

## SHPMS P&C Association Fundraiser—Trivia Night

### Team Nomination Form

Drop your completed  
team form and money to  
the school front office in a  
sealed envelope

Team Name:

Team Members

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Team Contact

Name

Phone

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