



# NEWSLETTER

## Assemblies

## Attachments

Term 1, Week 4, 2012

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

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

#### Welcome BBQ

A big thank you to the hard working members of the P&C who hosted a great BBQ last Friday. It was fantastic to see both old and new faces having the opportunity to mix informally in a relaxed and friendly environment.

A big thanks to the cook Troy Hillier and all of the members of our extended parent community who took the time to come along and say hello.

It was also a great opportunity for parents to mix with many of the teachers and staff who were present.

#### Teacher Professional Learning

Teachers at this school, like many others, are required to attend professional learning courses throughout the year.

These courses are either related directly to the schools management plan and directions for the year or hold a particular interest to the teacher.

All courses are of course educationally based and are designed either in the short term or long term to boost the outcomes for students in this school.

The school tries to minimise the impact on students but sometimes this is unavoidable.

This week (and throughout the year) some of our teachers will be attending some of these courses and I'm sure you will agree that it is imperative that the teachers knowledge is as up to date as possible.

#### Parent volunteers on excursions

Each year we have many parents who volunteer in many ways in our school from parent helpers in classrooms to driving students on sporting trips to attending excursions.

The school would like to remind all of our parent helpers that we require some documentation from them each and every year. So what do we require?

- Parent helpers-a Prohibited Employment Declaration Form (available at front office)
- Parent drivers-a copy of your drivers licence, registration and comprehensive insurance.



(Both forms to be handed in at the front office)

#### Wintersong Activities

Last week the year 5 and 6 students were able to listen to Mr Peter Harris, who spoke to them about the activities available this year upcoming Wintersong carnival.

Although still a long time away this year our older students are able to participate in some of the activities available. I hope that some of our students take the opportunity to participate in this great event.

#### Oracles

Next week our students will have the opportunity to listen to this years Oracle poet Jack Drake. He will talk to all of our students about different forms of poetry, recite some poetry and try to gain the students interest in entering the Oracle poetry competition.

We will also have the pleasure of Geoff and Jann Newman visiting classes and conducting art lessons with them to again give our students some ideas on entering the Oracle Art competition.



#### Student Representative Council (SRC)

Each year, each class votes on two students to represent them in SRC meetings. These meetings are held as required but generally once a month and discuss issues that come up in classes and in the school.

These students are presented with badges which will occur at the next assembly on **Friday, February 24th**.

As all classes (except Kindergarten) have SRC representatives the next assembly will be a whole school assembly and will occur at **12pm in the Bruxner Hall**.

#### Year 6-7 high school forms

This week the year 6 students will receive a form asking for information regarding what high school they will be attending.

This is important for schools to plan ahead including Transition dates and activities.

Some parents will not know the outcome of selective tests or applications to selective schools but will still need to fill out these forms and return them to Mrs Thomas by **Friday, March 16th**.

#### Absences from school

I have included an article from Michael Grose about "It's not ok to be away or late from school." Of course exceptions always exist especially when children are sick, unwell or have to visit Dr's or Dentists.

In these cases Mrs Preston in the front office should be informed either via telephone or written note.

If a child is away sick for several days you may be asked to produce a Dr's certificate. If parents need to take their children out of school for a week or more an exemption certificate can be filled in at the front office meaning the absences do not count against the child or school.

Children should spend as much time as possible at school and parents should resist temptations to leave children at home just because it is their birthday.

## Crunch and Sip and Health Message

### How much fruit and vegetables do children need?

We are encouraged to go for 2 fruit and 5 vegetables every day.

The amount children should eat depends on their age, appetite and activity levels. With the emphasis on 'Go for' it is valuable if children learn they should be aiming to eat 2 serves of fruit and 5 serves of vegetables every day.

The emphasis in education should be on eating a variety of fruit and vegetables (including raw, cooked and different colours). This provides a wide range of nutrients.

The Australian Guide to Healthy Eating recommends that children and adolescents eat the following number of serves of fruit and vegetables per day.

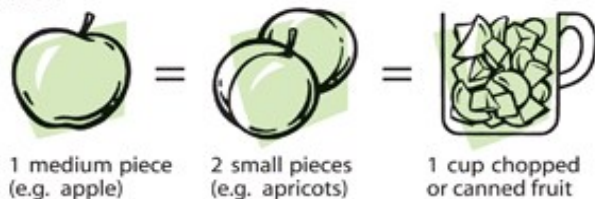
#### RECOMMENDATIONS:

| Age of child (years) | Fruit (serves) | Vegetables (serves) |
|----------------------|----------------|---------------------|
| 4-7                  | 1-2            | 2-4                 |
| 8-11                 | 1-2            | 3-5                 |

#### What is a serve?

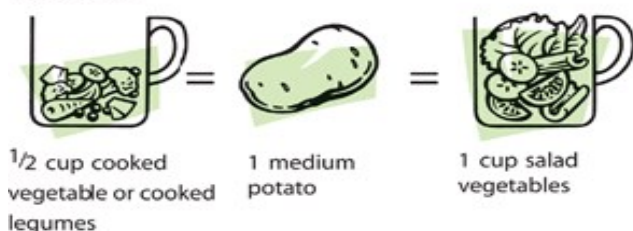
A serve of fruit is equal to an average sized piece of fruit.

##### Fruit



A serve of vegetables is equal to one medium potato, ½ cup cooked vegetables or legumes or 1 cup salad.

##### Vegetable



## 2012 School Swimming Carnival

Yesterday our school held its annual swimming carnival. Some exceptional Performance's were achieved with many students participating in several events, achieving personal best and most importantly having fun and showing excellent sportsmanship.

Congratulations to all the students who entered an event whether it was a swimming or novelty event. Thank you to all the staff for their wonderful work.

Carnivals are long days with no breaks. A MASSIVE thank you to the parents who

assisted with the set up, pack up and time keeping. Without you we could not hold such a successful event. Twenty students who placed first and second in events and satisfied selection criteria (times) have been selected for the zone carnival to be held in Glen Innes this **Friday, February 17<sup>th</sup>** and are required to return their notes AND money by this **Thursday, February 16<sup>th</sup>** to their class teacher.

#### RESULTS:

Jnr Girl Champion – Ella Wishwart  
Jnr Girl Runner-up – Phoebe Cooper  
Jnr Boy Champion – Kori Eaton  
Jnr Boy Runner-up – Jacob Chawner  
11yr Girl Champion – Rylee Cooper  
11yr Girl Runner-up – Liana Meneguzzi  
11yr Boy Champions – Chaney Rhodes and Will Evans  
11yr Boy Runner-up – Adam Hayne  
Snr Girl Champion - Courtney Moss  
Snr Girl Runner-up – Georgiana Chawner  
Snr Boy Champion – Ky Eaton  
Snr Boy Runner-up – Zac Lieberman  
Kernot Family Participation Shield -1<sup>st</sup> Donaldson, 2<sup>nd</sup> Goudy, 3<sup>rd</sup> McKenzie and 4<sup>th</sup> Bruxner  
The Quota Club Shield Champion House  
1<sup>st</sup> McKenzie, 2<sup>nd</sup> Donaldson, 3<sup>rd</sup> Goudy and 4<sup>th</sup> Bruxner

*Finally, the Staff regained pride in the students V parents V staff relay as they smashed the opposition.*

## School Cross Country

The annual school cross country will be held on **Friday, May 4<sup>th</sup>** with students walking the course the previous week. The zone cross country will be held here, at Tenterfield, on **Friday, May 25<sup>th</sup>**.



## School Athletics Carnival

Our annual school athletics carnival will be held in Term 2, Week 6 on **Tuesday, May 29<sup>th</sup>** at Federation Park. Selections for events (field events and relays) will start Friday, February 24<sup>th</sup> for students aged 8-13yrs.

Approximately 5 students will be selected for high jump, 8 students for both long jump and shot put Discus will be finalised here at school due to safety concerns.

## School banking

School banking packs will be going home with your child within the next few weeks please keep a eye out for them. As soon as a day has been decided to start banking we will let you know through the newsletter. 🐸

## Guitar Lessons

Guitar lesson will start this WEDNESDAY for any students in 3-6 wishing to learn to play Guitar. If any student owns there own guitar that are asked to bring them along.



# CALENDAR

| MTH | WK | MON  | TUES | WED                       | THUR   | FRI                                 | S / S |
|-----|----|--|------|---------------------------|--|-------------------------------------|-------|
| Feb | 4  | 13<br>Swimming<br>Carnival   | 14   | 15<br>Guitar lesson start | 16<br>Zone note and money<br>due<br>Scripture Starts | 17<br>Zone Swimming<br>@ Glen Innes | 18/19 |
| Feb | 5  | 20<br>Oracles Poet<br>11:30- Infants<br>12:00- Primary<br><br>P&C 6:30pm | 21   | 22                        | 23   | 24<br>K-6 Assembly<br>12pm          | 25/26 |

## CANTEEN

### CANTEEN ROSTER

|                             |      |                                     |
|-----------------------------|------|-------------------------------------|
| Wed                         | 15th | Kim Cox, Deanne Eaton               |
| Thur                        | 16th | Monkia Freeman                      |
| Fri                         | 17th | Bev Dorrington                      |
| Mon                         | 20th | Monkia Freeman                      |
| Tue                         | 21st | Angela Brown                        |
| Wed                         | 22nd | Kim Cox, Aleeca Zellers, Vicki Hill |
| <b>Homebake (Next Week)</b> |      |                                     |
| Mon                         | 20th | Joanne Willoughby                   |
| Wed                         | 22nd | Kristine McCowen                    |
| Fri                         | 24th | Trudy Campbell                      |

### DONATIONS (This Week)

|                 |                                  |
|-----------------|----------------------------------|
| Cruskits        | Jessica Gibbins                  |
| Mayonnaise      | Kristine McCowen, Tracy Caldwell |
| Margarine       | Megan Condric                    |
| Sliced Beetroot | Roselee Henry, Roberta Koch      |
| Lettuce         | Trudy Campbell                   |
| Tomatoes        | Robyn Hillier                    |

### MEAL DEAL - Wednesday Feb 15th

#### What's Cooking

A tray of tasty beef lasagne plus a popper and a mini pancake with a scoop of ice-cream topped with maple syrup \$4.50

Other Choices: Sausage Roll \$2.20  
Hot dog in Roll \$2.50

*Things you may need to know: We offer the menu on  
**Monday, Tuesday,  
Thursday and Friday.***

**Wednesday** is MEAL DEAL DAY, only the meal deal which will be listed on the weekly newsletter and 2 other choices will be available on that day.

**Our New kindy kids in KL Showing some of their Hard work and there great BIG smiles**



### STUDENTS OF THE WEEK:

**INFANTS:** Georgia Hollis, Abby Phelps, Nicholas Law, Joseph Brown, Jimi Henry.

**PRIMARY:** Rebecca Brown, Roshan Caldwell, Hamish Cook, Chloe Morris, Connor Hogan, Rylee cooper.

### BRONZE PENNANT:

**INFANTS:** Joseph Brown

### SILVER PENNANT:

**INFANTS:** Richard Duroux, Amelia Luxford

### KINDNESS CERTIFICATE:

**INFANTS:** Davina Evans, Savannah Caldwell

**PRIMARY:** Shania Paris, Ella Wishart, Sonya Campbell-Astruc, Elizabeth Brown

### COMMUNITY NOTICEBOARD

#### Tenterfield Family Youth Support Service

Dates of upcoming events  
February 15th "Hey Dad"  
16th-17th "Strong Women Camp"  
29th-"Rent it, Keep it"

For more information please contact Jenny Melmeth on  
(02) 67 362 619



# INSIGHTS

by Michael Grose – No. 1 parenting educator



## It's not okay to be away ... nor to be late to school

When kids miss school, not only is their academic progress impeded, forcing them to catch up on missed work (which some never do), they often miss important interactions with their peers which can compound issues of social isolation and low self-esteem.

One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day—and gets there on time.

It sounds simple, but it's true.

The correlation between school attendance and children's achievement levels is well-established. The more time kids spend at school, the more likely they are to experience school success.

Conversely, according to a report from the Victorian Auditor General, students who are regularly absent from school are at the greatest risk of dropping out of school early, and of experiencing long-term unemployment.

When kids miss school, not only is their academic progress impeded, forcing them to catch up on missed work (which some never do), they often miss important interactions with their peers which can compound issues of social isolation and low self-esteem. Also, many teachers tell me, it's often the kids who can least afford to take time off school who are most likely to be serial absentees.

Of course, most people know this intuitively, yet school absenteeism is a huge problem in Australian schools—and much of it is parent-condoned.

It's hard to get an accurate picture across the country but it would appear that Australian students miss an average of between 12 and 15 days per school year, with parent-condoned absenteeism highest among young primary-aged children.

That adds up to a year's lost schooling over the school-life of a child.

In today's highly competitive world, this rate of absenteeism is alarming, putting our kids at a distinct disadvantage.

### That's not a reason to be away!

It's now commonplace for children to stay away from school for reasons that would have been unheard of just twenty years ago. These include staying away to celebrate their own or a sibling's birthday; being absent because they stayed up too late watching television; going shopping for clothes; an extended long weekend; and kids not wanting to take part in a sports day or special school event.

This type of absenteeism sends a strong message to kids that parents don't really value learning or their children's school experiences.

Australian kids only spend 15% of their total time at school. They spend more time asleep than they do at school. So we need to maximise every day to get full value. That means turning up to school every day, on time.

### As a Parent:

- ☒ Commit to sending kids to school every day.
- ☒ Make sure kids arrive at school and class on time.
- ☒ Inform the school when they are away, sending medical certificates and other evidence of genuine absence.
- ☒ Consider catching-up on missed work.
- ☒ Make kids who are away stay in their bedroom – that is where ill kids should be.

### Being late is not okay either

Missing a few minutes each day may not seem like a big deal but your child may be missing more than you realise if he or she is continually late.

Current research shows that mornings for most children are the most productive time of the day, with 10.00am the peak period for productivity. When children arrive late and take time to settle as they inevitably do, valuable learning time is lost.

### It takes strong parenting...

As a parent myself I know how persuasive children of all ages can be when it comes to taking a day off school. It takes a strong will to resist the persistent pressure that kids can bring to bear, particularly if they play the guilt card with comments such as "It's not fair that I have to go school today because Aunty is coming to visit!"

Nice try. But the answer should be "No!"

As parents we need to make a commitment that our kids make the most of their precious time at school. That means that we send them to school every day, on time and ready to make the most of the school day.

Of course, there will be times, such as illness or genuinely extenuating family circumstances, when kids should be away. But these need to be a rarity rather than the norm.

It's reassuring to know that you increase their chances of future success just by making sure they turn up to school every day. And of course regular school attendance also helps kids prepare for the workforce, where it will be expected that they turn up each day work-ready. The real world is unforgiving of those who stay away with NO EXCUSE.

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