Day 8 Confirmation

Our enrolment stands at 272, which means that we can confirm 11 classrooms, all of which have healthy numbers. Class allocations remain the same, which is the best outcome for students, who have already settled into regular daily routines with their teachers. Mrs Janet Karle may have an increase in her fractional allocation due to a significant increase in students with disabilities. Miss Suzanna Jurd will work with us three days a week, one of which will be on Fridays when Mrs Grant is on leave. Mr Clark leaves us at the end of this week, with Mrs Walker returning to teach Year 3 after being on long service leave. Mrs Alison Cavanagh will be working one day each week as our Head of Curriculum while Mrs Marsh works as a Project 600 coordinator, assisting selected Year 5 students to improve their reading results. We look forward to a positive year of learning with quality teachers, quality students, and quality support staff working hard to assist children to reach their potential.

Active After School Activities have begun!

In a slight change of format, Active After School Activities began yesterday, with the Year 4 – 7 students learning Oztag with Vicki Kirkland and Sandra Henry. Tomorrow the Prep to Year 3 students will be learning karate with Mr & Mrs Sim in the parade area. Vicki is the supervisor as well as coach this year, and Sandra is her helper both Monday and Wednesday. Please remember that students must have handed their forms to the office before they can participate in these activities. Afternoon tea is held in the hall at 3:15pm, and activities finish at 4:15pm. Parents and carers are asked to arrive promptly at 4:15 please.

Important Upcoming Events

Our Annual General Meeting for our P&C Association takes place next Wednesday, February 20 at 5:30pm in the hall. Everyone is most welcome, and we would really appreciate those of you willing to take on a role on the executive for 2013. A light supper is provided.

Due to my late arrival back this year, and the significant number of new staff and new families in our school, we have postponed the Meet & Greet BBQ until Week 5, which is Wednesday, February 27. The skipping team and choir will perform for us, and the P&C tuckshop convenors will prepare a delicious sausage sizzle. Staff will follow tradition by serving delicious fresh fruit to families. Teachers will be available to speak to parents and carers after the BBQ about their plans for their classrooms in 2013.

Insights Article this week

This week’s article focuses on helping children face their fears in a positive way. I hope there are some helpful hints for you to use with your children.

Puzzle of the Week

Solution to last week’s word puzzle: Associated words — video, board, waiting. Answer: GAME, as in video game, board game, and waiting game.

This week’s puzzle: What is the common word that goes before or after each of these words: master, wedding, side?

Happy puzzling! Answer in next week’s message!

Joke of the Week

Why do bicycles fall over? Because they are two — tyre’d!

Thought for the Week

What the mind can conceive and the heart can believe, the will can achieve!

Have a great week!
Congratulations to our students of the week.

SOUTHERN DOWNS SWIMMING CARNIVAL
Tuesday 12th February 2012

The District Swimming Carnival will be held next Tuesday at WIRAC commencing from 8.30 a.m.

Students who have seen Mr Willing and have nominated must be at WIRAC ready to start at 8.30 a.m.

ACTIVE AFTERSCHOOL PROGRAM

Our Active Afterschool Program will commence this week.

Students from Years 4 – 7 will be participating In Oz Tag on Monday afternoons.

Students from Prep to Year 3 will be participating in Karate on Wednesday afternoons.

Our program commences after school with students having an afternoon tea of fruit and concludes at 4.15 p.m. with parents collecting their children from school.

Participation forms will be sent with this newsletter.

SCHOOL PHOTOS

Our school photos will be taken on Monday 18th March 2013. Please ensure your children are in full school uniform and arrive on time as the class photos will begin at 9.00 a.m.

IMPORTANTS INFORMATION ABOUT UNIFORM SALES

Parents please be advised that as and from this week you may only purchase uniforms and school supplies such as recorders, headphones etc. from the office from 1.45 p.m. to 3.30 p.m.

This change was made to ease congestion in the office area each morning.

BOOKCLUB

All bookclub order forms need to be returned to the office by this Friday 15th February.

If parents would like to collect the order please write PARENT TO COLLECT and we will call you when it arrives.

STUDENT PERSONAL INFORMATION CARDS

Parents please return all student cards to the office regardless if they have any changes marked on them.

Student’s names are being marked off at the office when they are returned.

These are very important as it allows us to keep our records updated and correct in case of an emergency.

THANK YOU

We would like to thank all parents and community members who participated in the Woolies promotion for schools last year where you received stickers when buying your groceries.

We have received the rewards and we now have new musical instruments for classroom music, art paper and stationery which were distributed to each class.

EMAIL NEWSLETTER

We will be emailing the newsletter to families again this year. If you would like to receive the newsletter this way please fill in the slip below and return to the office as soon as possible.

Parents who received their newsletter emailed last year please fill in the slip below as well so we may check all email addresses.

Thank you

…………………………………………………………………………………………………………………………………….

Emailed Newsletter

We would like to receive an Emailed Newsletter this year (Student Name) …………………………………………………………..

Our Email address is …………………………………………………………………………………………………………………….

Parent Signature ………………………………………………………………………………

PARTICIPATION FORMS IN OZ TAG

Please return the form below.

Thank you

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WINTER UNIFORM - HOODIES

We will be once again be ordering Hoodies as part of our winter uniform. We would like to get an idea on how many to order and which sizes we will need. They will be $29.00 each. Please fill in the form below and we will hold the required size for you when they arrive.

Student Name ................................................................. Class .................................

Hoodies Sizes required ..................................................

Parents signature .............................................................
Help kids face their fears

Navigating fear is part of growing up. It’s important to remember that fear decreases (and sometimes disappears) with positive experiences.

Fears need to be faced

It’s important to remember that fear decreases (and sometimes disappears) with positive experiences. Walk past a scary dog without being bitten often enough and you’ll learn that it’s not so scary after all! Give enough talks at school and kids will wonder what all the fuss was about.

Scaffolding is one way to help kids beat their fears. That is, if they are fearful of going into a new situation on their own, go with them for a short time, then find an excuse to leave once they have settled. Alternatively, leave them to spend just a short time in an unknown situation at first. Increase the time as kids get used to the situation. Scaffolding beats avoidance and helps overcome fear.

Validate your child’s fears but let them know you have faith that they will be able to face them. Point out that they have conquered fear before - when they rode a bike for the first time, gave a talk, slept on their own with the light off for the first time – and they can do so again.

Other ways to help kids be brave and reduce their fears:

1. Increase their physical skills. Increased physical confidence comes when children explore and learn to control their bodies. Gymnastics and martial arts are two activities that give boys and girls greater physical confidence.

2. Teach them how… Parents protect kids best by teaching them how navigate new situations rather than by preventing participation. Teach kids how to hold a knife, how to walk home from the park safely on their own, and how to climb a tree and get down again.

3. Teach kids simple relaxation techniques. Babies learn to self-soothe by sucking their fingers. Older children use other relaxation methods ranging from deep breathing, singing and self-distraction by, say, reading a book or listening to a story.

4. Show confidence and hope. Kids often take their cues from their parents, so if you want your child to be brave then you need to be brave too. I’m not suggesting you be dismissive of real fears, but your confidence and reassurance can really help when kids have to face their fears.