SWPBS Parent & Community Meeting

On Monday, March 25, at 9:30am in our library, a short presentation on School Wide Positive Behaviour Support (our Central RULES – Respect, Understanding, Learning, Effort, Safety) will be held for parents, carers and community members so that a clear understanding of the purpose of SWPBS is understood by everyone. You are all most welcome! The presentation will be accompanied by a delicious morning tea. We look forward to seeing you there!

Term One School Disco

This Friday, March 15, from 6pm to 8pm in the school hall, our first disco for the year will be held for all students from Prep to Year Seven. Janelle Fien and Nick Dromgold will be organising the music and games, and Mrs McConville has organised some fabulous prizes in honour of the St Patrick’s Day theme. Please come along dressed in green and have a fabulous evening with us for only $5 per student, which includes a drink and chips at 7pm. Families are able to pre-pay at the office. This will also give us a good idea of attendance. The evening will be lock-in, with parents signing their children in and out. Supervision will be provided for those needing to use the bubblers and/or the toilets. Funds from the evening will go towards the new Prep playground.

Staff Changes

Sadly, at the end of this term, we say goodbye to two of our very valuable staff members. Mrs Ros Grant has been here at Central since 1999, working in the early years classes, and guiding our youngest students through the first most important years of their schooling. Ros has an instinctive understanding of young children and their needs and will be greatly missed. We thank her most sincerely for all she has done for Warwick Central State School. Ros is looking forward to spending more time with her family, particularly her beautiful grandchildren! Suzzie Jurd has been Ros’ intern, and has worked two days a week this term in the Prep class, so it will be a smooth transition for our children from Mrs Grant to Miss Jurd in Term 2.

The second staff member bidding goodbye is Mrs Julie Kirk, our Behaviour Coach. Julie and her family have given so much to our school. Julie was P&C president in my first year at Central, and her dedication to the school, her loyalty, and her willingness to go that extra mile for the students, particularly those who face more challenges than most each day, are to be commended. Julie has been a integral part of Central for eight years in many capacities as a volunteer, on the P & C, and as a teacher aide. Paul, Julie, James and Alex are moving from Warwick to be closer to family, and we wish them all the very best for the future, and thank them sincerely for all they have done.

Insights Article this week

This week’s article focuses on doing less, not more for our kids, that is, helping them develop independence, therefore confidence, that they can make their own positive decisions, have better self-esteem, and can forge their own way in the world, with our guidance and support, rather than expecting us to do everything for them. (A habit it is certainly easy to fall into!) I hope you gain some helpful ideas from this article.

Puzzle of the Week

Solution to last week’s word puzzle: Associated words – neck, snapping, dove. Answer: TURTLE, turtle neck, snapping turtle, turtle dove.

This week’s puzzle: This garbled proverb has one letter changed in each word. Can you identify the letters which have changed to make a well-known proverb? Wetter mate that fever!

Happy puzzling! Answer in next week’s message!

Joke of the Week

What kind of dog likes baths? A shampoodle!!!!

Thought for the Week

For one minute, walk outside, stand there in silence, look up at the sky and contemplate how amazing life is!

“Each time I meet someone, I silently wish them happiness, joy, and laughter.” Deepak Chopra.

Have a great week! Chris
Congratulations to our students of the week and Mrs Kirk our staff member of the week.

What is left in Term 1
1. Dress in Green – Go Green for Gonski Thursday 14th March.
2. School photos – Monday 18th March.
3. Monday 25th March – Arts Council
4. Wednesday 27th March - Young Leaders Conference – Brisbane Exhibition Centre (Excursion for our Senior Leaders)
5. Book Club – If you wish to order anything from the current book club please return order forms to the office this Wednesday 13th March.

UNIFORMS
Winter uniforms have been ordered – they will be ready for the start of Term 2.

TUCKSHOP
Monday Orders - If you are ordering Tuckshop on Monday the orders go straight to the Tuckshop on Monday morning.

Friday Orders - When ordering Tuckshop on Friday the orders still come to the office. Orders for Friday tuckshop need to be in on Thursday so Mr Wells can have time to get the appropriate supplies.

CHAPPY CHAT
I have confidence in sunshine
I have confidence in rain
I have confidence that spring will come again
Besides which you see I have confidence in me

Do you remember these lines sung by Maria in Sound of Music? She was contemplating her new role looking after 7 children – quite a big task! Naturally she was having some doubts and worries about her ability to cope, survive and ultimately have some measure of success. While our tasks may be different from Maria, we each face challenges every day whether we are managing a household, working outside the home or doing both! Sometimes we are blessed with great role models, friends and mentors who cheer from the sidelines. Other times we are alone with the thoughts in our head. Our confidence can be shaken by what we think and allow to take hold in our minds. The first step in improving our confidence is to become aware of the record that plays over in our minds and the next step is watching what comes out of our mouths. Those words affect us for better or for worse and lead down a path of action. Catch your thoughts today. Are they worth holding on to or do they need examining because they are affecting your confidence? More next week....

Donna Angell

SCHOOL PHOTOS
School Photos will be taken next Monday 18th March 2013. All students must be in full school uniform.
Photos commence at 9.00 a.m. please ensure your children arrive at school on time.
Payment must be made BEFORE Monday. We cannot accept payment after the photographer has left.
If you wish to order after the photos have been taken you must deal directly with the Photographer in Brisbane.

GO GREEN FOR GONSKI
FREE DRESS IN GREEN PLEASE

This Thursday 14th March we would like all the children to dress in green in support for the Gonski Review.
This review if implemented would provide much needed funding to all schools.
We would also like to see parents dress in green as well to show their support.

HAVE YOU RECEIVED THE SCHOOLKIDS BONUS?
Do you know about the Schoolkids Bonus? It is a new cash payment to help eligible families and students with the costs of primary and secondary school studies. Around 1.2 million families have already benefitted from the first wave of payments in January 2013 – have you?
If you received a family or income support payment, including Family Tax Benefit Part A, you could be eligible to received $410 a year for each primary student and $820 a year for each secondary student, with half paid in January and half paid in July.
The Schoolkids Bonus replaces the Education Tax Refund (ETR) and is a much simpler system. You no longer need to collect receipts and payments are made automatically so you don’t have to wait months to make a claim via your tax return. Unlike theETR you can choose how to use the payment to best support your children’s education – whether it be school books, stationery, uniforms, school fees, or excursions.
Check you eligibility by visiting australia.gov.au/schoolkidsbonus and if you think you might have missed out on the January payment, contact Centrelink or visit a Centrelink-Medicare office.
Do less, not more, for your kids

With school-aged children we can find ourselves making lunches, getting kids out of bed and cleaning out schoolbags rather than giving these basic tasks of living over to them.

The basic task of parenting, whether you have a two year old or a twenty-two year old, is to work yourself out of a job at the first possible chance.

REDUNDANCY should be the aim of the game! We never become redundant in a relationship sense – the emotional connection between our children and us is never severed.

In a practical, physical way we need to make children less, rather than more, reliant on us.

Developing independence is really about stepping back to allow children in. Doing less rather than more!

We develop greater independence in our kids one job at a time.

Recently I gave my 22 year old son a job that I had been doing for a while. He lives in North America and I had taken on the job of being the connector between him and one of his sisters, who lives in the UK. It had been my job to pass messages on between the two via telephone and emails. I would update each of them about how the other sibling was going.

Frustrated being the go-between I made sure he had contact details and let him know that it was his job, not my job, to connect with his sister.

We easily take on children’s responsibilities

It is easy as parents to take on the jobs and responsibilities that really should belong to our children. With toddlers it is so easy to dress, feed and clean up after them rather than give these jobs over to them.

With school-aged children we can find ourselves making lunches, getting kids out of bed and cleaning out schoolbags rather than giving these basic tasks of living over to them.

And as I discovered, it is easy to still do the basics of life for adult-aged children.

TIP NO. 1 for developing independence:

Be clear about who owns jobs or tasks in your family and never take on a child’s job, or part of a task, unless there is extenuating circumstances such as illness.

A mother I met recently is very clear on who does what in her home. It is her job to wash the clothes of her early teenage children but it is their job to place them in the washing basket. She doesn’t check bedrooms as it is not her job to place kids’ clothes in the washing basket.

Okay, I can hear your thought processes. Sounds good but what happens if kids don’t give a toss and they don’t mind being dirty.

Good point. In this case, this mum has a son who is, to say the least, fairly slack in the area of hygiene. But she didn’t become overly fussed about that.

She certainly didn’t get fussed when he played a game of football in the wet, muddy jumper that lay in his sports bag for a week. And she happily showed him how to work the washing machine when he wanted his favourite shirt (that he forgot to put in the washing basket) to be washed for a special night out.

TIP NO. 2 for developing independence:

Never be more worried about a child’s job than they are, otherwise it becomes your job, not theirs.

This mum remained very clear that it was her job to wash the clothes but not to place them in the washing basket. She would remind kids about washing night, but never nag them to put clothes in the basket. She knows that as soon as she keeps reminding them, it becomes HER job rather than her children’s job to put the washing in the clothes basket.

The school holidays provide a good opportunity to reflect on the whole notion of job-sharing. It’s also a good time for kids to increase their job load when they are not burdened with schoolwork and extra-curricular activities.

Here’s my challenge for you: Think of a job that you regularly do for your child that he or she can do for him or herself. Then step back and enable your child to do that for themselves on a full-time basis. Do less not more for your kids.

If you do that, then you can congratulate yourself as you have moved one step more toward REDUNDANCY.

Published by Michael Grose
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For more ideas, support and advice for all your parenting challenges visit: www.parentingideas.com.au

PO Box 167 Balnarring VIC 3926  P. 03 5983 1798  F. 03 5983 1722  E. office@parentingideas.com.au

www.parentingideas.com.au

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SOUTHERN DOWNS RUGBY LEAGUE TRIALS
The Southern Downs Rugby League trials will be held at the Suburbs Junior Rugby League fields in Warwick on Thursday, 21 March starting at 9:00am and concluding by approximately 2:00pm. These trials are for two age divisions:

- 12 Years (Born 2001)
- 11 Years (Born 2002 or later)

Players born in 2003 may play, but children and parents need to be aware they are playing against 11 year old players.

Children need to provide their own playing equipment except a jersey this will be provided. The children chosen from these trials will attend the Darling Downs trials in Toowoomba on Sunday 28 and Monday 29 April 2013.

Children need to provide their own lunch as lunch will not be available at the venue.

Nominations need to be received by this Wednesday. If your child wishes to nominate they need come to the office to collect a Medical Form. This form needs to be completed and taken to the trials.

WARWICK CENTRAL STATE SCHOOL – EASTER RAFFLE
The P & C are having an Easter Raffle with some great prizes. Prizes have been donated by Betta Electrical, IGA and Celebrations.

Tickets have been sent home today.

There will be a prize for the family who has sold the most tickets.

If you require extra tickets to sell please see Kerri-Lee Ellis during parade times each morning.

Project 600 – Year 5 Reading
Students from our school are involved in Project 600 – Year 5 Reading. This is an online learning program that develops the reading skills of the students involved.

The program is delivered by our school in partnership with Education Queensland’s Darling Downs South West Region and Brisbane School of Distance Education. Lessons will be delivered until May 2013. The students are really enjoying and benefiting from the program. Here are some quotes:

**Student Quote**

“It helps us to comprehend in a fun way”

**Student Quote**

“It’s easy to operate and helps us with reading”

PITTSWORTH JRL HOLIDAY FUN CAMP
Pittsworth Junior Rugby League, together with NRL Development are hosting a morning of fun rugby league drills and games. The main aim of the morning is to give those interested in giving rugby league a go for the first time ever as well as an opportunity for existing players the chance to further develop their own games. Players aged 6 to 12 are encouraged to attend. Qualified Pittsworth JRL coaches and NRL Development Officers will be in attendance and running drills and refereeing the games.

Girls are strongly encouraged to attend and be involved in all the activities. If enough girls are able to attend it would be great to have a girls team compete in the league tag comp.

The morning will have the players rotating around a series of drills before being placed in teams to play in a league tag competition against players of similar ability. The whole program aims to ensure the first time players have a great time and existing players gain some valuable tips to help their game for the 2013 season.

Any current registered player who brings a mate who has never played the game (new to the game) will receive a free football for themselves and their mate.

**WHEN:** Friday April 5, 2013
**WHERE:** Pittsworth Rugby League Grounds
**COST:** Free
**AGE:** Male & Female aged 6 years to 12 years
**TIME:** 9am to 1pm
**R.S.V.P** Wednesday April 3, 2013 by phone or email to:–

Lennie Currie (NRL Development Officer) – 0402 892 835 or lcurrie@nrl.com.au
Lyndon McGinn (Pittsworth JRL) – 0428 371 354 or mcginnl@skymesh.com

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