

Term 1 Week 10 This week's expectation: Show respect to yourself and all others Tuesday 28 March 2023

#### Dates to Remember

20 - 31/3 Parent Teacher Interviews 30/3 - Girls Cricket Match 31/3 - Primary Cross Country 03/4 - Boys Cricket Match 03/4 - Zone Netball Trials 04/4 - Zone Soccer Trials 06/4 - Easter Hat Parade 06/4 - Easter Hat Parade 06/4 - Last Day of Term 1 24/4 - Staff Development Day 25/4 - ANZAC Day 25/4 - First day of Term 2 for students 14-17/8 - Stage 3 Excursion

Canteen Days: Monday Wednesday Friday

Uniform Shop is open every Friday morning 8.30am - 9.30am. (EFTPOS Cash or Service NSW Back to School Vouchers)

Please check our SkoolBag App for updates daily. This is the easiest way to stay up-to-date with school events, last minute notices, newsletters and all school communications.

- 1. Download the app
- 2. Create an account
- 3. Add our school









Stage 1 students had a wonderful time at Gloucester Show last Friday.





#### **CROSS COUNTRY EVENT**

The weather is looking great for our Stages 2 & 3 Cross Country this Friday.

Those students travelling by bus will be dropped off at the park. If your child does not catch a bus to school, he/she will need to walk or be driven straight to the park for a 9.00am start.

Students are required to wear their normal sports uniform – they may wear a house-coloured t-shirt.

If you have not ordered a sausage sandwich, please ensure that your child brings his/her lunch as there will be no canteen orders for primary students.

Thank you to all who have volunteered to help. Your roles will be allocated on Friday morning.

Susie McLeod & Hayley Winsor - Cross Country Coordinators



## **Book prize**

A big shout out to the organisation "Your Kids Next Read" for the books they have sent us as a prize for a competition Mrs Mac was entered into for subscribing to their newsletter and listening to their weekly podcast.

As a result, we have some lovely new books that have already had many reservations placed for them.

Winners are grinners!



#### Infants' Easter Hat Parade

Next Thursday 6 April, infants will be parading around the school and down the main street in our annual Easter Hat Parade. Students have been busy creating their amazing Easter Hat creations.

We will be leaving school to parade down the main street at approximately 9:30am. When students return to school at approximately 10:30am, we invite parents/carers and friends to join us for a picnic recess.

After recess the infants will hold their Term 1 expectation

assembly at 11:30am to present students with their expectation awards and showcase some items for parents and carers.

It would be lovely to see you there! Amy Schafer, Assistant Principal (Infants)



#### New Executive Team for our P&C Association

Last night was the P&C AGM. I would like to sincerely thank Mrs Sally Maslen and Mrs Ruth Edwards for their support and years of service to our school. Both ladies bid farewell to executive positions at our P&C last night.

I would like to warmly welcome the new executive members of our P&C Association.

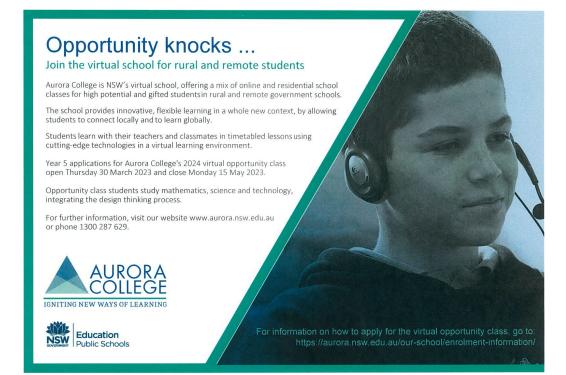
President – Mrs Aleena Kellner

Vice President (Canteen Liaison) – Mrs Jodie House

Vice President – Mrs Emma Swilks

Treasurer – Ms Katharine Wilson

Secretary – Mrs Hayley Laurie





#### **Expression of Interest – Year 6 Students**

Last week, all Year 6 students were given an Expression of Interest form for placement in Year 7, 2024 in a NSW Government school.

These forms need to be returned to the office by the end of this week please.

# Class Awards Term 1 Week 9





**Kindergarten - Wathu:** Lincoln Markham, Forest LeBrocq, Toby Saunders

Balay – Angus Hall



1 Wathaan: Lachlan Sansom, Aaron Castles Isabelle Geosits



1 Bikan: Sienna Ross, Hunter Andrews, Mitch Laurie

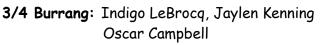


2 Guula: Elsie McSwan Ashlyn Martin



2 Wayila: Harrison Leitch, Dallas Hennessey, Abigail Walker







**3/4 Dhurrgung:** Aria Jory, Charlie Regan, Roy Fisher



3/4 Gukundi: Isabel Williams, Spencer Haschek Cooper Walker



**3/4 Gulan:** Liam Witham, Ryan Campbell, William Faull



5/6 Mikiri: Logan Fisher, Destiny Osland



5/6 Wambuyn: Cooper Harris, Eli Stuckings, Hamish Haschek



5/6 Witjagit: Matthew Geosits, Jazmayn Rumbel



5/6 Wurran: Chay Harris, Ellie Cameron, Grace Markham



INSIGHTS

happy families SCHOOLS

#### ISSUE 7 | TERM 1 | 2023

# My child is a bully

No parent wants to hear that their child is a bully. It's awful to think that your child maybe inflicting harm on someone.

If you hear that your child is being a bully, resist the temptation to panic or be defensive. Stay composed and begin to gather the facts. These tips will help:

# Communicate

Let your child know that you have heard that they are bullying and that you are concerned about this. Let them know that you are worried about them and want to help. This may take many attempts as your child may feel embarrassed, or unhappy that they've been caught. Remain calm and direct and ensure your child that you want to hear their side of the story. Talking through with your child about their situation can help you understand why the aggression is occurring and help you work out what to do about it.

Some children due to their age or mental health may not be able to articulate their thoughts. Consider a visit to as health professional for further assistance.

# Look ahead

Once you've gained an understanding of the causes of the bullying look ahead and work through with your child how they may act in future situations. Help them understand how their behaviour may have impacted on the other child, and what it would be like if they received that behaviour.

# Reflect

Children often copy the behaviours they experience so take the time to reflect on the relationship skills that your child may be witnessing at home. If family members yell, hit or put each other down then look for ways to

# Use consequences

Consequences for bullying can be useful if they are related to the behaviour and reasonable in nature. For instance, it's reasonable for a teenager involved in cyber-bullying behaviour to lose their Internet access and phone use privileges as they've failed to stick to the expectations laid down about responsible use. The length of time for loss of privileges depends on the severity of the issue and your child's attitude. As a rule of thumb lengthy loss of privileges can be ineffective as kids cease to care when they're too long.

# **Restore relationships**

'How will you fix this?' is something a child who bullies needs to hear. Discuss with your child how they will make some restitution to the child or young person they've hurt, whether it's through a written apology, playing a game with a child who they've excluded or apologising to a child whom they humiliated in front of their peers.

# Monitor the situation

Your child's bullying may be a one-off event, however stay mindful or your child's behaviour, their state of mind and the way they continue to relate to others. Let your child know that you want to help them be happy, to enjoy positive friendships and relate well to others.

Bullying is an emotive term that leaves most of us shaken when we hear it. It helps to think of bullying as a being a behaviour resulting from poor decision-making or poor communication skills rather than as a reflection on your child. The latter is hard to change, however the former is always up for change and improvement.





## author Michael Grose

Michael Grose is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including Spoonfed Generation, and the bestselling Why First Borns Rule the World and Last Borns Want to Change It. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.



## P&C Easter Raffle

Our P&C is running an Easter raffle. There are three beautiful baskets of Easter eggs waiting to be won. Raffle tickets must be returned to the school (used and unused) by 3.00pm on **Wednesday 5 April**. Extra tickets are available from the office. Prizes will be drawn on Thursday 6 April. Good luck everyone!



**STEWART HOUSE** - Donation Drive 2023 - 92 years caring for children

Please return completed envelopes (with legible name & contact phone number) to the front office by the end of the term – Thursday 6 April.

Remember, your donation will be supporting the 1600 children who attend Stewart House each year from public schools across NSW and the ACT.

Mrs Seale, Stewart House Fundraiser Coordinator

#### SMART PACKS & VOLUNTARY CONTRIBUTIONS 2023

Kindergarten – Year 6 = \$50.00 per child, OR

#### 1 x Service NSW Back to School Voucher

These packs contain everything your child will require for the year, e.g., pens, pencils, glue sticks, exercise books, textbooks etc.

Please pay for the pack as soon as possible. We would appreciate it if you would make this a priority.

**Voluntary school contributions** will remain at **\$30** per child per year. These funds are used to assist the school to purchase items used in teaching and student welfare such as art supplies, sports gear, library books, photocopying etc.

Payments can be by cash, cheque, online on our Skoolbag App, eftpos or Back to School Voucher. Please note vouchers can only be used for Smart Packs. Thank you!



# **Expectation Raffle Winners:**

Mayson Williams Brooklyn Faull Sahara-Roze Genoli (Absent)