

Nords Wharf P.S. Newsletter

Forever Onward



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Term 1 Week 8

Thursday 19 March 2015

Principal's Message

As you may be aware, Mrs Hird will be on long service leave for the remainder of the term. If parents have any issues that need to be discussed and cannot wait until her return, then I, Mr Westcott, will be happy to discuss them with you. As I may be on class or playground duty it would be preferable if an appointment could be made so that I may be available. Please see Robyn Hamilton in the office to make a suitable time.

National Day of Action Against Bullying

Friday, 20 March, is National Day of Action Against Bullying. Each class will discuss this topic and participate in related activities. I found the following information on the internet concerning bullying and thought it was worth sharing.

Parents of kids being bullied

Observe your child for signs they might be being bullied

Children may not always be vocal about being bullied. Signs include: ripped clothing, hesitation about going to school, decreased appetite, nightmares, crying, or general depression and anxiety. If you discover your child is being bullied, don't tell them to "let it go" or "suck it up". Instead, have open-ended conversations where you can learn what is really going on at school so that you can take the appropriate steps to rectify the situation. Most importantly, let your child know you will help him/her and that they should try not to fight back.

Teach your child how to handle being bullied

Until something can be done on an administrative level, work with your child to handle bullying without being crushed or defeated. Practice scenarios at home where your child learns how to ignore a bully and/or develop assertive strategies for coping with bullying. Help your child identify teachers and friends that can help them if they're worried about being bullied.

Set boundaries with technology

Educate your children and yourself about cyberbullying and teach your children not to respond or forward threatening emails. "Friend" your child on Facebook or Myspace and set up proper filters on your child's computer. Make the family computer the only computer for children, and have it in a public place in the home where it is visible and can be monitored. If you decide to give your child a cell phone think carefully before allowing them to have a camera option. Let them know you will be monitoring their text messages. As a parent, you can insist that phones are stored in a public area, such as the kitchen, by a certain time at night to eliminate night-time bullying and inappropriate messaging. Parents should report bullying to the school.

Parents should report all threatening messages to the police and should document any text messages, emails or posts on websites.

Parents of kids engaged in bullying

Stop bullying before it starts

Educate your children about bullying. It is possible that your child is having trouble reading social signs and does not know what they are doing is hurtful. Remind your child that bullying others can have legal consequences.

Make your home "bully free"

Children learn behaviour through their parents. Being exposed to aggressive behaviour or an overly strict environment at home makes kids more prone to bully at school. Parents/caregivers should model positive examples for your child

in your relationships with other people and with them.

Look for self-esteem issues

Children with low self-esteem often bully to feel better about themselves. Even children who seem popular and well-liked can have mean tendencies. Mean behaviour should be addressed by parents and disciplined.

School Cross Country

The school Cross Country was held on Wednesday and was a great success. The first four place getters in each division were:

Kindergarten Girls – Mya, Taleah, Tilly, Taylah

Kindergarten Boys – Tyler, Ossian, Hamish, Callum

Infants Girls – Sophie, Hallie, Charlotte, Evie A

Infants Boys – Joe, Tommy, Wil, Aamon

8/9 year Girls – Aliyah, Keely, Isabelle, Bailee

8/9 year Boys – Ben, Ted, Daniel, Koby

10 year Girls – Savita, Sunny, Ruby, Mimi

10 year Boys – Billy K, Jay, Thai, Taj R

11 year Girls – Madison G, Kaitlyn G, Sammi, Tiahna

11 year Boys – Joel, Sam, Oliver, Jay T

12 years Boys – Stanley, Jessie, Keeley, Todd

13 years Boys – Harry, Jared

A big thankyou goes to all the parents who came along to cheer the runners and to those who helped out. A special thankyou goes to Mr Derbyshire who organised and ran the event.

The Zone Cross Country will be held on Friday, 24 April 2015. This is the first Friday back after the holidays. This event is open to those who are eight years and older and who came in the first four of their race. Here are some of our place getters!



Easter Hat Parade

On Monday, 23 March at 2pm, we will have a hat making afternoon. This is where the whole school will come together in the COLA to make their hats for the parade. Parents are very welcome to come along and help.

The parade will be on Tuesday, 31 March.

Donations for the Easter raffle are now being accepted at the school office. Perhaps when shopping, parents may purchase an extra egg to help with this raffle.

School Crossing

Last week saw another close call on the school crossing. We have contacted the council to ask for the 'crocodile teeth' to be re-painted on the road and would like to remind parents, careers and the community of the road rules that apply to a 'Children's Crossing'.

*These are part-time crossings which operate just before and after school hours, as well as other times such as school excursions and lunch times. They are highlighted by red flags with the words **children crossing** on them.*

When the flags are displayed you must slow down and stop before the stop line if a pedestrian is on or entering the crossing. You must not proceed until all pedestrians have left the crossing.

You must not stop on or within 20 metres before or 10 metres after, a children's crossing.

For more information please visit: www.rms.nsw.gov.au/roads/safety-rules/road-rules/pedestrians.html

This is also a timely reminder that the school car park is for staff and deliveries only (this includes parent volunteers delivering goods to the canteen). For the safety of all our children, staff and visitors we ask that all parents and carers park outside the school gates at all times.

Peter Westcott

K/1 News

This week in Maths, we have been making 'groups of' a number of objects and pictures. Students are practising sharing a group of objects so that each group is equal.

Congratulations to everyone who ran in the Cross Country race. I am very proud of their efforts. We have been discussing the National Day of Action Against Bullying. Students have identified what bullying is and strategies they can use if they are bullied or witness someone else being bullied. We have also discussed positive ways to play with each other. If you would like further information to be able to discuss these issues with your child, please visit the website at www.bullyingnoway.gov.au

Trinity Hook

1/2 News

The Star of the Week is Chase. Great running to everyone who participated in the Cross Country. It was the first time some of our Year 2 students had run 2 laps of the course and they did extremely well. 1/2 showed great sportsmanship and cheered on our fellow runners too. Well done!

Our class has begun a personal development unit focusing on the acquisition of interpersonal skills and forming positive relationships with others. Last week we discussed how to join a game by waiting for a gap in play, smiling, using a nice tone of voice and asking to please join in. Our lessons also involve some role plays so students get a chance to act out what they could say or do in the playground.

Tomorrow 1/2 will be involved in activities for the National Day of Action against Bullying and Violence with the rest of the school. We are also looking forward to making our Easter hats next Monday afternoon from 2-3pm and welcome any family members who are able to join us at this time.

Kate Halligan

2/3/4 News

Congratulations to the students who scored 100% in their spelling. They were Alex, Ben, Grace and Sunny. There are still some students who do not have whiteboard markers or a home reading folder, can parents/carers please send these necessary items to school before the end of term to ensure all students can start Term 2 successfully.

Next week our class will continue to look at Patterns and Algebra during maths and our news topic is "What you are doing for Easter" which is not too far away. Thank you to the parents who came and watched as well as assisted with the cross country, all of the students put in such a fantastic effort. I was very proud of each and every one of them.

All students in Years 3 and 4 were given a permission note for the Outdoor Education Camp. Thank you to the parents who have paid the deposit already, please remember the deposit needs to be paid by the end of next week to ensure your child's place. The students are very excited and looking forward to this camp.

I will be away next Thursday and Friday attending a 2 day course in Sydney, Mrs McSpadden will be taking my class. As always please feel free to come and discuss anything that you like or if time is making such a conversation difficult please send a note in with your child and I will get back to you as soon as possible. Thank you to the parents that have already come in to help our students.

Carl Derbyshire

Star Struck News

Well done to the Nords Wharf PS Star Struck dance group who have been successful at audition! Below are some dates for your calendar for next term. A detailed information note will be sent out at a later date to all students involved. As there are some costume and transport costs involved, some families in the past have found it helpful to set aside some money each week to cover the costs (we will do our best to ensure these costs are as low as possible).

Date	
23 rd April	Tickets for Star Struck are available
20 th May	Item rehearsal
27 th May	All schools rehearsal
10 th -13 th June	Star Struck Week

Kate Halligan and Carl Derbyshire

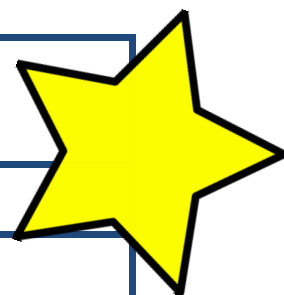
Canteen News

In order for our canteen to stay operational 3 days a week, we desperately need more volunteers. If you are able to help out (even as little as once a term) please complete the 'Availability for Canteen Roster Term 2' note that was sent home today. Our canteen is a major fundraiser for the school and the children really enjoy the treat of having a lunch order or purchasing a snack, so please consider volunteering so we can keep the canteen open.

Sabrina Moore

Merit Awards Term 1 Week 7

Class	Name
K/1	Wil, Mya, Taleah
1/2	Taj M, Bailee, Kamea, Torhi, Joe
2/3/4	Lachlan, Ted, Darcy, Grace
4/5/6	Sam, Mary-Jane, Jesse, Keiley N, Jay P
Reading Awards -Bronze	
1/2	Billy
2/3/4	Darcy

**Community Notice****BaRK Building Reading Confidence for Kids—Lake Mac Libraries**

BaRK is a free eight week program that allows children to practice reading on a one-to-one basis to a trained therapy dog. The dog's trainer will sit near-by to assist the child if needed.

A bond is encouraged between child and dog by having the same child read to the same dog each week. The dog allows children to gain confidence and self esteem by providing his/her love and attention in an atmosphere free of criticism.

For bookings of more information please phone 4945 2452.

