Dear Parents and Carers

Welcome to the 2013 school year! I extend a special welcome to all families who are new to the area or the school and to those returning after the vacation. We look forward to making 2013 a successful year for all the children and staff in the school and in the spirit of our Kidsmatter initiative, making it an inclusive, participatory and supportive year for all parents.

2013 Enrolments and Classes
Thank you to those parents and family members who assisted us yesterday morning while the new classes were announced. I'm happy to say that the process went quite smoothly. However, we have had a significant number of new enrolments from other schools and while all children have been placed in new classes, I advise you that it is very likely that some reorganisation of classes and movement of children may need to occur later next week as we confirm the total number of enrolments and possibly form 35 classes, which is one more than anticipated. We will not have an accurate total until later next week when all our new kindergarten children have started and all children in other classes return from holidays.

You will recall from information in last year's newsletters that the staff go through a detailed process to allocate children to new classes. I will be happy to discuss any issues related to classes once any final adjustments have been made. I understand that some children and parents do become anxious about class placements for a number of reasons including composite classes, being in different classes to friends, adjusting to new teachers and even being in different parts of the school, so I seek your support and patience while any adjustments occur. I would much rather have a small period of disruption now than a major disruption and restructure later in the term. Encouraging and supporting your child to adjust to any changes is a key part of making the year a successful one for them and we are very grateful for your support during this uncertain transition period.

I am looking forward to welcoming all the new Kindergarten children and their families when they commence school from today. I'm certain they will make a terrific start to their school time and we all look forward to a very successful year with them. Pictured are some of our new Kinder children from Mrs Milner and Mrs Johnstone's classes.

Below is the class structure at present, but changes to some may be expected in coming days.

Best wishes for a very successful 2013!

Regards

Steve Cooper
## Term 1 - Week 1

**Thursday 31 January 2013**

### Early Stage 1
- **Kinder**: Mrs Hill, KH, B Block Downstairs
- **Kinder**: Mrs Finch, KF, B Block Downstairs
- **Kinder**: Mrs Milner, KM, B Block Downstairs
- **Kinder**: Mrs Johnstone, KJ, B Block Downstairs
- **Kinder**: Mrs Shopovski, KS, F Block
- **Kinder**: Mrs Farag/Mrs O Grady, KIB, F Block

**Stage Leader:** Mrs Farag (Mon - Wed) & Mrs Milner (Thur - Fri)

### Stage 1
- **Year 1**: Mrs Theo, 1T, A Block upstairs
- **Year 1**: Miss McKenna, 1M, A Block upstairs
- **Year 1**: Mrs Christie, 1C, A Block upstairs
- **Year 1**: Mrs Uzunovska, 1D, A Block upstairs
- **Year 1**: Mrs Kozanitis, 1K, A Block upstairs
- **Year 1**: Mrs Sabah & Miss Stergiou, 1S, A Block upstairs
- **Year 2**: Miss Derwent, 2D, A Block downstairs
- **Year 2**: Miss Morrison, 2J, A Block upstairs
- **Year 2**: Mrs Adams, 2A, A Block downstairs
- **Year 2**: Mrs Kohler, 2K, A Block upstairs
- **Year 2**: Mrs Palmer, 2P, A Block downstairs

**Stage Leader:** Miss Morrison

### Stage 1/2
- **Year 2/3**: Mrs Maaka & Mrs Mallios, 2/3M, B Block upstairs
- **Year 3**: Mrs Thompson, 3T, Demountable
- **Year 3**: Miss Martin, 3J, H Block Upstairs
- **Year 3**: Ms Boesen, 3B, B Block Upstairs
- **Year 3**: Mrs Miller & Ms Leedham, 3AK, H Block Downstairs
- **Year 4**: Mr Granger, 4G, H Block Upstairs
- **Year 4**: Mrs Churcher, 4J, B Block Upstairs
- **Year 4**: Miss Archer, 4A, H Block Upstairs
- **Year 4**: Mrs Colubriale/Mrs Kirman, 4C, H Block Downstairs
- **Year 4/5**: Mrs Smith/Miss Piper, 4/5SP, H Block Downstairs

**Stage Leader:** Mr Granger
P&C News
An invitation is extended to all parents to attend the first P&C meeting of the year on Tuesday, 12 February at 7.30pm. The meeting will be held in the staffroom.

School Banking
School banking will begin for Years 1-6 on Tuesday, 12 February. Please remember to fill in the deposit slip and make sure your child’s new class is written on the front of their wallet. Wallets should be given to the class teacher as soon as they go into class. Kindergarten students will receive information about school banking in the coming weeks.

Swimming Carnival
The swimming carnival will involve all students in Years 3-6 (plus any year 2 student who is turning 8yrs old in 2013 and can swim 50m competitively. New families to the school can enquire about this at the school office)
It will be held on Tuesday 5 February, 2013 at Bexley Swimming Pool, Bexley.
Students who wish to enter race events, must be entered into each race by completing the entry form and returning it before Friday 1 February. Parents must complete the permission slip for your child to participate in the events and sign the consent form to verify the child’s swimming ability. All students are expected to attend on the day, even if they are not competing. These students will have the opportunity to participate in novelty events and be a part of the cheer squad. Children will be expected to wear school sports uniform, a school hat and sunscreen. All children should bring their recess, lunch, drinks, towel, swimmers and a bottle of water. Students will return to school by 3pm. The pool canteen will be available on the day to provide snack food and drinks.
We will accept permission notes and money to the office until Monday 4 February 2013.
Please note: all race entries must be returned by Friday 1 February.
All parents are invited to attend but must make their own way to the pool and pay their pool entrance fee when they arrive.

HOUSE COLOURS FOR 2013
BLUE: A, B, C, D, E
RED: L, M, N, O, P, Q
If there are any questions or you require a permission note please visit the office or speak with Mrs Hanley.
Drama Classes
Free Information Session

High energy, fun-filled workshops playing drama games, improvisation, creating comedy skits, performing plays, puppets, dressing up as different characters & Theatresports.

After school classes will be commencing in Week 3 at Carlton Public. Come and find out more info and watch some fun drama in action. Kids will love it!

AGE: Juniors: K- Yr 2, Intermediate: Yr 3-6

WHEN: Thursday 7th February, 2012

TIME: 3.15pm – 3.45pm

WHERE: Carlton Public School Library

CHECK OUT OUR WEBSITE FOR MORE INFO & SOME AWESOME VIDEOS:

Type into Google: dramaworld Sydney
OR
Type into your url: www.dramaworld.com.au

Bookings preferred but not essential:
Yvette McDonnell - Ph: 0413 233 319;
or Email: admin@dramaworld.com.au

Drama World - BUILDING CONFIDENCE IN A FUN & CREATIVE ENVIRONMENT
10 ways to promote good mental health & wellbeing in kids

This year make mental health a parenting priority. Kids with good mental health feel better, learn better and are better equipped to handle life’s curve balls.

It seems strange to talk about promoting good mental health in children.

Shouldn’t all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that come hand in hand with adulthood.

Sadly, it doesn’t seem that way. According to the Australian Psychological Society one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common.

Having good mental health doesn’t mean kids don’t experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life’s curve balls that come their way. They also don’t let their emotions overwhelm them. As a result they learn better and have more friends as well.

As a parent it’s useful to reflect on the mental health habits that you promote in your kids. Here are ten ways to promote good mental health and wellbeing in kids:

1. Model good mental health habits: If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as regular exercise, plenty of sleep and doing relaxation exercises. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. It’s worth remembering that kids learn what they see, so make sure they see good mental health habits first hand.

2. Make sure they get enough sleep: Sleep is the one of the building blocks of mental health and wellbeing. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well! Children need between 10 and 12 hours’ sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the single most powerful strategies to improve kids’ abilities to cope with stressful or changing situations is to ensure they get enough sleep.

3. Encourage your kids to exercise: When my mum would tell me all those years ago to turn the television off and go outside and play, she didn’t know she was promoting good mental health. She just knew that physical activity was a good thing for an active growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour’s movement per day seems the minimum for kids. How much exercise does your child receive?

4. Encourage creative outlets: Kids should practise creativity if for no other reason than it helps them experience the state of ‘flow’. This is the state of getting so immersed in an activity that you forget about time and place. Writers and other creatives understand the concept of flow. It’s energizing and helps take stressed and worried kids out of themselves.

5. Provide a space of their own: Children of all ages benefit from having some space of their own where they can think. Quiet time and down time give boys the chance to let their thoughts wander around inside their heads. It also helps them get to know, and even like, themselves. Boys will often do their best thinking on their own, so they tend to retreat to their caves (bedroom) when things go wrong at school or in their relationships. They need to go within to find their own answer.

6. Talk about their troubles: A problem shared is a problem halved. Talking about what’s worrying you is a great way to remove the burden of worry and reduce anxiety. Some kids bottle up what’s inside, while others will catastrophise a situation, which can make matters seem worse. If your child has a problem let him know that his
concerns are important to you. Kids often can’t tell you what may be wrong, so be observant and gently ask questions to help gain a clearer picture of how kids may be feeling.

7. Help them relax: Make sure your child has a hobby or activity that relaxes them. The ability to relax and get away from the stresses of everyday life is essential. Some children who have real difficulty switching off may benefit from practising meditation or mindfulness, but most kids just need time to chill out so they can relax naturally. (I personally practise mindfulness and have found it a really helpful way to turn off my brain for a while!)

8. Have two routines – weekday and weekend: Most households are pretty highly scheduled these days. There are routines for getting up, coming home, eating meals and going to bed. These structures are necessary when we’re busy. Families need a second, more relaxed weekend routine that helps kids relax and unwind. It’s important to have this release valve if families are flat out busy during the week.

9. Foster volunteering and helpfulness: Social isolation is a huge predictor of poor mental health. Encourage your child to be connected to and help others in any way possible. Helping others reinforces social connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition.

10. Bring fun and playfulness into their lives: Kids should be the kings and queens of play; however, some children live such full-on, organised lives that much of the natural fun and spontaneity has been stripped from their everyday life. Mucking around, which is code for having fun, is something many children of this generation don’t have time for. If you see your child constantly stressed or overwhelmed by events, change the mood by going to a movie, joining them in a game or seeking other ways to have some fun.

These ideas are basic common sense. However, as kids’ lives get busier these essentials get squeezed out. Here’s my recommendation to ensure that mental health habits aren’t overlooked or neglected.

First, see these habits as the building blocks of mental health. Don’t ignore or trivialise them. Talk to your children and tie these activities to their mental health. Do this in your own way and your own time.

Second, assess which of these habits need your attention and make some adjustments over time to push the pendulum back in favour of your child’s mental health.

FREE Michael Grose parenting resources to help you promote good mental health in your kids.

- **Coping ebook:** 12 essential coping strategies every child can use when life gets hard.
- **Poster:** 10 ways to promote good mental health & well-being in kids.
- **Poster:** 25 Great Parenting Ideas (to stick to your fridge)

These great resources are waiting for you at parentingideas.com.au/ParentingIdeas-Newsletter. They’re available for a short time only, so be quick!