Dear Parents & Carers,

It’s been another busy week at Carlton Public School! Today I want to recognise and thank the many staff and parents who contribute so much to provide wonderful opportunities for children beyond the normal lessons that happen every day. So many of these events that add to the richness and quality of school life are organised and supported by teachers and parents on a voluntary basis.

- Thank you to Mrs Hanley, Ms Boesen, Miss Martin, Mr Clark and the many parents who supported our school team at the Zone Athletics Carnival. A report and some fabulous photos are included in this newsletter.
- Thank you also to all the parents who have been involved in school and P&C activities including providing the school banking and book club services for us, organising the upcoming Fathers Matter Breakfast and volunteering to be a part of our school B.E.A.R reading program.
- Thank you to Ms Phillips & Mrs Afonso who organised our fabulous Book Week competitions and performance with the theme of ‘Reading Across the Universe’. See the library report below for all the details.
- Thank you to all the student participants in the Premiers Sporting Challenge and to Mr Clark who has been our school coordinator. Some students have reached impressive physical activity targets during the challenge and of course the benefits help them to form lifelong attitudes to good health through regular physical activity
- The annual Stage 3 Mini Fete was again a great success and a lot of fun due to the teamwork, effort and contributions from the Stage 3 teachers, students and families.

We are again very excited about our upcoming Fathers Matter Breakfast and we do hope that you can vary your normal arrangements to spend some time joining in this activity with your children. The breakfast will begin at 7:30am and there will be a variety of activities set up throughout the hall, playground and in the library for everyone to enjoy. Some activities include ball games; table tennis; chess; computer games; card making; playground equipment and many more. The school band will also be performing.

The P&C will be working with the school staff to arrange and conduct the breakfast and they will be running some small fundraising competitions during the morning as part of the fun.

To help with catering, please return the slip and payment by Wednesday 28 August. You will be issued with Breakfast Vouchers to bring along on the day.

We’re looking forward to making the Fathers Matter Breakfast as successful and enjoyable as last year as we promote the goals of inclusive community participation, respect and respectful relationships as part of the school Kidsmatter and White Ribbon initiatives.

Important Reminders

- Best wishes are extended to our participants in the Tournament of the Minds challenge that will come to a conclusion on Sunday 25 August at Sydney Girls HS. The problem solving and inquiry learning tasks have been challenging all the team members. My thanks go to Miss McKenna who has been preparing the team.
- It’s almost camp time for Stages 2 and 3. All payments and medical forms need to be finalised now.
- The Festival of Instrumental Music at the Sydney Opera House will be held next week. This is an exciting event for the members of our school recorder group who join with the massed recorder band and other talented musical acts for a spectacular concert. I’m sure all the practice led by Mrs Tilse and Ms King will be
rewarded with a very successful and enjoyable concert. See the details later in this newsletter for the chance to watch one of the concerts live on your computer on 29 August, 2013.

- What do you feel and how do you react when you hear the term bullying? It means many different things to different people and can affect our lives in many ways if it is not understood and managed carefully. The school and the P&C are working together to present a parent seminar called *How to Bully Proof Your Child*. The details are provided in this newsletter but also on a separate invitation as well. I'm sure all parents will find this an interesting, informative and useful session to attend. I'm certain there will be good practical advice to make daily life easier for you and your children. I do hope you can attend on **Tuesday, 3 September at 9.15am**.

Regards,
Steve Cooper
Principal

**P&C News**

**P&C Meeting**
Our next P&C meeting will be held on Tuesday, 10 September at 7.30pm.

**Fathers Matter Breakfast**
The Fathers Matter breakfast will be held next week on Friday, 30 August, 2013 from 7.30am. **Don't forget all breakfast orders will need to be back at school by Wednesday, 28 August.**

This year two tickets will be issued for each family member ordering breakfast ie. one ticket for food and one ticket for a drink. When ordering, remember a family ticket for $20 can be purchased for **immediate family members only eg. parents/guardians and children from the same family.** Additional family members and/or friends eg. uncles, cousins, grandparents etc. will need to purchase individual tickets at $5 each. **Remember, all children must be accompanied by an adult.** Tickets will begin to be issued this week.

Of course initiatives such as this one don't run themselves and the P&C will be seeking help on the day to prepare, cook and serve the breakfast. A note requesting help was sent home last week. If you can help or have lost the note just send us an email at carltonpandc@gmail.com

**Parenting Seminar - “How to Bully-Proof Your Child”.**
A seminar that will give parents and care-givers practical strategies for dealing with bullying will be held on **Tuesday, 3 September at 9.15am**. Morning tea will be provided and there will be a small charge of $5 that will contribute towards the cost of the presenter and a manual for each participant. This seminar will be subsidised by the P&C. A note will be sent home next week. If you don't want to miss out on a place fill in the note at the end of this newsletter.

**Date for the Diary - Family Portraits**
By request we organised this popular event during the warmer part of the year. Family portrait day will be **Sunday, 20 October**. Tell your friends and family about it. Flyers will be sent out by the end of term.

**School Banking**

**Classroom Achievement Award**
Congratulations to KJ who are the winners of the classroom achievement award for this week. KJ may just be the class to watch in Terms 3 and 4 for the overall award!

**Term 1/Term 2 Classroom Achievement Award Winners!**
Congratulations to 2/3M who were the winners of the Term 1/Term2 overall Classroom Achievement Award. This award goes to the class of school bankers who have won the most Classroom Achievement Awards in Term 1 and 2. All the school bankers in 2/3M will receive an award at the next assembly. Who will receive the Term 3/Term 4 award?
Silver Awards
Parents are most welcome to attend the assembly to see their child receive this very special award. Silver awards are presented to children when they have received 5 Bronze Awards = 50 tokens. A fantastic effort!

K-2
Congratulations to the following students who will receive their silver awards at the K-2 assembly on Monday, 26 August, 2013 at 2.00pm.

<table>
<thead>
<tr>
<th>Name</th>
<th>Class</th>
<th>Name</th>
<th>Class</th>
<th>Name</th>
<th>Class</th>
<th>Name</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rana T</td>
<td>1S</td>
<td>Amelia J</td>
<td>2P</td>
<td>Tiana T</td>
<td>2P</td>
<td>Shanaya T</td>
<td>2P</td>
</tr>
<tr>
<td>Tavia E</td>
<td>KM</td>
<td>Gracie S</td>
<td>KM</td>
<td>Henry H</td>
<td>KM</td>
<td>Tiara M</td>
<td>KM</td>
</tr>
<tr>
<td>Caleb T</td>
<td>KJ</td>
<td>Aidan Y</td>
<td>KJ</td>
<td>Afseehen M</td>
<td>KJ</td>
<td>Fatima M</td>
<td>KJ</td>
</tr>
<tr>
<td>Erik H</td>
<td>1M</td>
<td>Hiro N</td>
<td>1M</td>
<td>Johnson T</td>
<td>1M</td>
<td>Carlise H</td>
<td>1M</td>
</tr>
<tr>
<td>Selina C</td>
<td>1M</td>
<td>Lucas</td>
<td>Mc 1M</td>
<td>Kishan S</td>
<td>1M</td>
<td>Nika P</td>
<td>1S</td>
</tr>
<tr>
<td>Angelo L</td>
<td>KJ</td>
<td>Musa M</td>
<td>KJ</td>
<td>Stefan T</td>
<td>1S</td>
<td>Andrew Y</td>
<td>2J</td>
</tr>
<tr>
<td>Tiyana P</td>
<td>2J</td>
<td>Michael L</td>
<td>2J</td>
<td>Jad D</td>
<td>2J</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Y3-6
Congratulations to the following students who will receive their silver awards at the Y3-6 assembly on Friday, 30 August, 2013 at 11.30am.

<table>
<thead>
<tr>
<th>Name</th>
<th>Class</th>
<th>Name</th>
<th>Class</th>
<th>Name</th>
<th>Class</th>
<th>Name</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yingyu K</td>
<td>2/3M</td>
<td>Vanessa N</td>
<td>2/3M</td>
<td>Stefan I</td>
<td>2/3M</td>
<td>Jennifer L</td>
<td>2/3M</td>
</tr>
<tr>
<td>Grace M</td>
<td>2/3M</td>
<td>Patrick C</td>
<td>2/3M</td>
<td>Callum P</td>
<td>2/3M</td>
<td>Daniel S</td>
<td>2/3M</td>
</tr>
<tr>
<td>Annie D</td>
<td>2/3M</td>
<td>Cecilia C</td>
<td>3AK</td>
<td>Kayla H</td>
<td>3AK</td>
<td>Andrea P</td>
<td>3AK</td>
</tr>
<tr>
<td>Eismmi T</td>
<td>3AK</td>
<td>Elizabeth</td>
<td>D-S-B</td>
<td>Alannah P</td>
<td>4A</td>
<td>Christine B</td>
<td>4A</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(5C)</td>
<td></td>
<td></td>
<td>4A</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Aaliyah S</td>
<td>4A</td>
<td>Christina</td>
<td>C 4A</td>
<td>Cindy S</td>
<td>4A</td>
<td>Riddhi T-K</td>
<td>4A</td>
</tr>
<tr>
<td>Fiona W</td>
<td>4A</td>
<td>Louisa Z</td>
<td>4A</td>
<td>Ahmed A</td>
<td>4A</td>
<td>Adam C</td>
<td>4A</td>
</tr>
<tr>
<td>Nathan F</td>
<td>4A</td>
<td>Nathan S</td>
<td>4A</td>
<td>Mohamad T</td>
<td>4A</td>
<td>Joseph T</td>
<td>4A</td>
</tr>
<tr>
<td>Bojan B</td>
<td>5NH</td>
<td>Martin R</td>
<td>5NH</td>
<td>Dheeraj P</td>
<td>5NH</td>
<td>Ali H-H</td>
<td>5NH</td>
</tr>
<tr>
<td>JunBin J</td>
<td>5NH</td>
<td>Rosalie C</td>
<td>5T</td>
<td>Jad S-A</td>
<td>5T</td>
<td>Jason L</td>
<td>5T</td>
</tr>
<tr>
<td>Chelsea D</td>
<td>5T</td>
<td>Milan H</td>
<td>5T</td>
<td>Alexandra</td>
<td>P 5T</td>
<td>Iris X</td>
<td>5T</td>
</tr>
<tr>
<td>Max L</td>
<td>4C</td>
<td>John P</td>
<td>4C</td>
<td>Daniel R</td>
<td>4C</td>
<td>Helena Z</td>
<td>4C</td>
</tr>
<tr>
<td>Vincent V</td>
<td>4C</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

Congratulations to the class assembly award recipients:

KM- Tavia E; Krishna S
KH- Stefan C; Alex Z
1S- Amira S; Aleksander P
1K- Remi A; Peter T
2K- Katrina L; Te Koha W
2A- Ali A; Michael T
3B- Ibrahim T; Simone C
3J- Batool A; Barn P
4A- Patrick S; Tamara M

KJ- Nathan C; Zoe W
KS- Martina G; Tanweer D
1C- Aidan W; Aya J
1M- Abbas T; Carlise H
2J- Andrew Y; Michael L
2D- Michael K; Jason T
3AK- Dilan A; Kayla H
4J- Christian J; Grace C
4C- Somya T; Duncan M

KF- Risheeta T; Lucas G
KIB- Shereen K; George Y
1D- Medwin Z; Montana D
1T- Emilia N; Nicholas M
2P- Dion B; Matthew C
2/3M- Sean W; Grace M
3T- Lily A; Osman A
4G- Ryan L; Sara E
4/5SP- Madeline R; Ronald F
LIBRARY BOOK WEEK PRIZE WINNERS ANNOUNCED!

Week 6 is the official week for Book Week Celebrations in Libraries all around Australia. CPS Library has celebrated Book Week all Term by sharing the best Award winning short-listed books (with students voting for their favourites.) We ran Library competitions and are proud to announce the winners below. Also many students have received ‘golden tickets’ for their excellent competition entries (as well as some lucky draw winners) and they will participate in the fun Library lunchtimes this week. This year’s Book Week theme is ‘Read Across the Universe’ and students really enjoyed the ‘Space Jump’ musical which was presented in our School Hall for Stages 1, 2 and 3. The Early Stage 1 performance was based on a very famous Australian story ‘Tiddalick’ which was presented as a Big Book Puppet show. The following winning students will receive a certificate and a Book Prize to be presented in our whole School Assembly at the end of this Term. You can visit the Library to see their amazing winning entries on display. Congratulations to the winners and Happy Book Week everyone!

Organised by Ms Phillips and Mrs Afonso (TL’s)

ES1 task: Draw your smiling face inside the rocket and colour it in.

Stage 1 task: Draw your smiling face inside the astronaut suit and add your favourite book Title to the book the astronaut is holding.

Stage 2 task: Create a ‘cute’ alien saying ‘take me to your readers’. Design a unique space background and the alien should be holding your favourite book.

Stage 3 task: Create a Space poem, rap, song or dance steps related to the Universe/Alien/Robots theme. The Winning Students to perform their item for an audience during Book Week fun lunchtimes.

ES1 - Rina KM and Jason KJ

STAGE 1 - Yr 1 Gabrielle 1D and Jason 1T,
Yr 2 Marium M 2A, Eric 2K and Annie 2/3M

STAGE 2 - Yr 3 (tie: girls) - Amy 3AK and Katherine 3J (tie: boys) - Jeffrey 3AK and Ben 3J. Yr 4 (tie: girls) - Tamara 4A, Violetta 4C and Fiona 4A. Yr 4 boy - Jason 4J

STAGE 3 - Groups: Yr 5 girls - Anastasia, Mya and Olivia 5C, (Amazing Space Dance)
Yr 5 boys - Patryk, Boon and Chirojoy 5C, (Amazing Space RAP)
Yr 6 - Charlotte 6H and Taylor 6KM (Amazing Space Dance)

Night of the Stars
The children who have been chosen to perform at the Night of Stars have received their notes. They need to return them signed to Miss Flowers or Mrs O’Grady. We would like to extend our thank you to all the children who auditioned and encourage them to audition again next year.
Botany Bay Zone Athletics Carnival 2013

On Tuesday 13 August and Monday 19 August, 52 Carlton students competed in the Botany Bay Zone Athletics Carnival. All students demonstrated excellent behaviour and competed admirably. Congratulations to the following students for these terrific results:

<table>
<thead>
<tr>
<th>Event</th>
<th>Students</th>
<th>Position</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Senior Girls Relay Team</td>
<td>Emily Markoski, Harmoni Hunia-Lewis, Fatima Ezzedine and Taylor Wass</td>
<td>3rd</td>
<td>All four off to Area</td>
</tr>
<tr>
<td>Junior Girls Relay Team</td>
<td>Daisy Liu, Rayaan Wehbi, Alexandra Paramythis and Kristina Necic</td>
<td>3rd</td>
<td></td>
</tr>
<tr>
<td>11 Years Boys High Jump</td>
<td>Daniel Bek</td>
<td>2nd</td>
<td>Area</td>
</tr>
<tr>
<td>11 Years Girls High Jump</td>
<td>Emily Markoski, Harmoni Hunia-Lewis</td>
<td>1st</td>
<td>Area</td>
</tr>
<tr>
<td>11 Years Girls Long Jump</td>
<td>Emily Markoski, Harmoni Hunia-Lewis</td>
<td>1st</td>
<td>Area</td>
</tr>
<tr>
<td>11 Years Girls Shot Put</td>
<td>Emily Markoski</td>
<td>3rd</td>
<td></td>
</tr>
<tr>
<td>11 Years Boys Shot Put</td>
<td>Dylan Falesita</td>
<td>3rd</td>
<td></td>
</tr>
<tr>
<td>12 Years Boys Shot Put</td>
<td>Tuarae Rawhiti</td>
<td>3rd</td>
<td></td>
</tr>
<tr>
<td>9 Years Boys 100m</td>
<td>Benjamin Wass</td>
<td>3rd</td>
<td>Area</td>
</tr>
<tr>
<td>10 Years Boys 100m</td>
<td>Ali Mourtada</td>
<td>2nd</td>
<td>Area</td>
</tr>
<tr>
<td>11 Years Girls 100m</td>
<td>Harmoni Hunia-Lewis, Emily Markoski</td>
<td>1st</td>
<td>Area</td>
</tr>
<tr>
<td>Junior Boys 200m</td>
<td>Ali Mourtada</td>
<td>2nd</td>
<td>Area</td>
</tr>
<tr>
<td>11 Years Girls 200m</td>
<td>Harmoni Hunia-Lewis, Emily Markoski</td>
<td>2nd</td>
<td>Area</td>
</tr>
<tr>
<td>11 Year Girls Age Champion</td>
<td>Emily Markoski</td>
<td>3rd</td>
<td>Area</td>
</tr>
</tbody>
</table>

Those students finishing 1st and 2nd for all events and 3rd for 100m, will go on to represent Botany Bay at the Sydney East Area Athletics Carnival on Wednesday 4 September. Overall, we have 7 students off to Area, including our senior girls relay team as their time was fast enough to also compete. Thank you to Miss Martin, Ms Boesen, Mr Clark and Mrs Hanley for an excellent job in organising this event for our students and to the many parents who came to cheer on their children. Students attending the Area Carnival will need to have their note signed by Mr Cooper and return it to Mr Andrews at Ramsgate Public School THIS FRIDAY 23 AUGUST where they will collect their team singlet and make transport arrangements.
Zone Athletics Carnival Day 2
A Journey to Antarctica

Do you think you would be able to survive in Antarctica? I don’t. On Tuesday 20 August a man named Chris Olsen came to Carlton Public School to tell Stage 3 children about his journey to Antarctica.

Chris told us about the harsh weather conditions in Antarctica. In Antarctica the weather is so cold the temperature can reach about -89 degrees Celsius.

Chris Olsen spoke to us about the different types of animals that live in Antarctica and he even showed us a real piece of ice from Antarctic! I was so excited I couldn’t stay seated.

Chris Olsen also showed us some of the equipment he used to survive in Antarctica. Some of the things Chris showed us was an ice pick, spikes to put on your shoe so you don’t slip and a ski pole.

I had great day learning about Antarctica and I hope Chris Olsen comes back next year.

Aaya 5NH

A Journey to Antarctica

KATABATIC WINDS, CRASHING WAVES! OH NO I think the ship is going to sink!! Can u guess were this journey is going?

ANTARCTICA!! Is one of the most extreme places. As stage 3 and I were told on Tuesday 20 August a man named Chris Olsen who has been to Antarctica 3 times on 3 expeditions, let us experience an Antarctica journey in our own head.

We saw all sorts of things from Antarctica like photos and all kinds of gear for us to survive Antarctica, the coldest desert on earth. We got to see and feel all sorts of things that the man of braveness bought back from Antarctica.

We saw penguins of great beauty and seals that for me was like seeing a car with a tail making seal like noises.

We even saw some videos of all the katabatic winds and the crashing waves by the window.

Just by seeing this, I felt like I was bouncing on a trampoline up and down but I just could not stop.

I picked to be a volunteer twice and I wore clothes and got to touch and smell all sorts of things.

I must say, he made me and a whole lot of other people feel like we were on a real journey to Antarctica. I must say this was a great experience and a whole lot of fun to learn about Antarctica!!

By: Amanda 5NH

A Journey to Antarctica

Oceans smashing, penguin chirping, seals fighting. I have been on a journey to Antarctica, well at least felt like I was.

On Tuesday 20 August stage 3 meet Chris Olsen and he told us all about Antarctica.

Did you know that Antarctica is the driest desert in the world? Chris Olsen showed us lots of pictures from Antarctica.

After he showed us tools rocks and some more pictures and even some Antarctic ice!

Finally he showed us how to use an ice pick.

Stage 3 had an amazing time all thanks to Chris Olsen.

By Isaac 5NH

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NSW Education & Training
Stewart House Clothing Appeal

This week your child brought home a Smith family bag. If you have any clean, good quality second hand clothing you would like to donate please place it in the bag and return it to school by no later than Thursday 29 August 2013.

Please leave the bags in the hall by the entrance door.

Thank you for your support.

Arabic Parenting Classes:

It was a cold Monday morning in June, Suzie and I were warmly welcomed by Ms Awad (Arabic teacher) and Ms Rasmussen (Deputy Principal) at Carlton Public School to run our Arabic parenting sessions. Suzie and I were looking forward to meeting with the Arabic parents and discuss with them the enjoyable as well as challenging issues of parenthood. This would be our first session of 123 Magic and Emotion Coaching for Arabic speaking parents after becoming trained facilitators.

In the previous week or so, great efforts on behalf of the school as well as the facilitators where made to encourage the Arabic speaking parents to attend as we only had a short promotion campaign before the sessions were to commence.

Anyway, here we were, although a little nervous mixed with excitement, Suzie and I were ready to go, and very happy to see a few familiar faces and meet new parents from the school with their young children attending. Once settled with a nice cup of coffee/ tea with delicious Lebanese sweets the parents were engaged and discussing issues and challenges they face in parenting such as jealousy, routine, challenging behaviour during shopping (sounds familiar doesn’t it).

Over the three weeks, parents were shown through slides and videos, as well as role play how to deal with these difficult behaviours in a simple way using the 123 Magic and Emotion Coaching methods. What is 123 Magic and Emotion Coaching I hear you ask?

Well, the 1-2-3 Magic and Emotion Coaching program aims to teach parents how to deal with their children's difficult behaviour between the ages of 2-12 years, by using an easy-to-learn and easy-to-use signalling system to manage children's difficult behaviour.

The signalling system requires the parent to use less talk and less emotion, which in turn encourages the development children's ability to manage their emotional reactions to parental boundaries (or emotional competency).

For example: One of the parents had difficulty in getting her 7 year old son to stop an annoying behaviour of crawling on his knees around the house. Shouting and screaming had not worked. She discussed what she had learnt with her husband, agreeing that they both will ignore the behaviour. Surely enough, her son stopped this behaviour very quickly. She commented: “I have applied some of the techniques with my seven year old son and it worked with us.”

It was a great parenting program with robust discussion about learning the child emotions, as one parent commented: “Understanding their emotions and thus learning how to with their emotions”.

All the participants had fun whilst learning and discovering how to be a more in tune parent with their child.

We would like to let other parents know that whilst this program aims to deal with difficult behaviours it also teaches us as parents how to deal with our children on an emotional basis. All parents need help in parenting in this challenging environment as parents are time poor, juggling our work and home lives with good intentions, but sometimes taking time out to learn a few tips can make parenting that little more enjoyable and less stressful.

I also urge the Arabic parents to consider being more involved in the school activities as this encourages positive behaviour and raises the self-esteem and confidence in children when they see their parents participating in their school.

The duty of every parent is to train the child in the right way. Training means teaching and guiding. Training also means producing required changes in a person. It is not enough for parents to cater for the physical needs of the child. They need to give the child an awareness and knowledge, help them gain good characteristics, and develop a virtuous personality. Such training of children has great benefits for the child as well as for the society in which they live.
Remember, although many people have an influence on the training of a child, the first and most important trainers are the parents.

Suzie and I would like to thank Carlton Public School, for giving us the opportunity and hosting the first Arabic parenting program.

There will be 4 other programs for you to attend if you missed out this time, Ms Rasmussen has details or email me on arabicparentingprogram@gmail.com if you would like more information.

Kind regards

Ibtisam Hammoud

Arabic Parenting: Facilitator Training and Program

PREMIER’S READING CHALLENGE 2013 (One week to go!)

Congratulations to the 83 clever readers who have already completed the 2013 Premier’s Reading Challenge. Well done to the 235 students who have begun their 2013 Student Reading Records; take up the challenge and finalise your list of books by next Tuesday, 27 August.

The Challenge website is: www.premiersreadingchallenge.nsw.edu.au

Students register by using their DET username and password to logon and then completing their online student reading record.

Students who complete the Premier’s Reading Challenge will receive a PRC Certificate and appear in the PRC Honour Roll. Those who complete the Challenge for four years receive a gold certificate and after seven years, a Platinum Certificate.

Happy reading and take up the Challenge!

Mrs McElroy (Co-ordinator), Ms Phillips (TL) & Mrs Afonso (TL)

Festival of Instrumental Music

Mimosa Concert Live Stream

Friends and family are invited to view a live stream of the Festival of Instrumental Music’s Mimosa Concert from the Sydney Opera House on August 29 2013.

The performance will be streamed online via YouTube and can be viewed at home, school or office. All that is required is an internet connection. This is a free event as part of a trial program supported by The Arts Unit. The stream will begin at 7:00pm.

To register to view the live stream, please visit: https://www.artsunit.nsw.edu.au/music/mimosa

After the event we will require you to fill in a short survey. As this is a trial program, we will use this information will assist us in continuing to provide this service.

Please distribute this information and encourage your family and friends, teachers and colleagues to watch this magnificent performance of over 1000 students at the Sydney Opera House.
### Term 3 Calendar

<table>
<thead>
<tr>
<th>Week 6</th>
<th>19 August - 23 August</th>
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</thead>
</table>
| **Mon** 19 | Dance to be fit Early Stage 1  
Zone Athletics Carnival Day 2 |
| **Tues** 20 | Stage 3 Incursion  
School Banking 9:00am |
| **Wed** 21 | Maths Olympiad 4 |
| **Thurs** 22 | Dance to be fit Early Stage 1 |
| **Fri** 23 | Stage 3 Assembly 11:30am |

<table>
<thead>
<tr>
<th>Week 7</th>
<th>26 August - 30 August</th>
</tr>
</thead>
</table>
| **Mon** 26 | Dance to be fit Early Stage 1  
K-2 Assembly 2pm |
| **Tues** 27 | Dance to be fit Stage 3  
School Banking 9:00am |
| **Wed** 28 | Recorder rehearsal & Night Performance |
| **Thurs** 29 | Fathers Matter Breakfast 7:30am  
3-6 Assembly 11:30am |
| **Fri** 30 |  |

<table>
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<tr>
<th>Week 8</th>
<th>2 September - 6 September</th>
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</table>
| **Mon** 2 | Dance to be fit Early Stage 1  
K-2 Assembly 2pm |
| **Tues** 3 | Dance to Be fit Stage 3  
Early Stage 1 Excursion  
Night of the Stars in school hall  
School Banking 9:00am  
‘How to Bully-Proof Children’ Parent seminar 9:15am |
| **Wed** 4 | |
| **Thurs** 5 | |
| **Fri** 6 | Stage 3 Assembly 11:30am |

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<tr>
<th>Week 9</th>
<th>9 September - 13 September</th>
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| **Mon** 9 | Dance to be fit Early Stage 1  
K-2 Assembly 2pm  
Year 1 Excursion |
| **Tues** 10 | Dance to be fit Stage 3  
School banking 9:00am  
Year 2 Excursion |
| **Wed** 11 | Maths Olympiad 5 |
| **Thurs** 12 | |
| **Fri** 13 | 3-6 Assembly 11:30am |

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<tr>
<th>Week 10</th>
<th>16 September - 20 September</th>
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</thead>
</table>
| **Mon** 16 | Dance to be fit Early Stage 1  
K-2 Assembly 2pm  
Year 1 Excursion |
| **Tues** 17 | Dance to be fit Stage 3  
School Banking 9:00am |
| **Wed** 18 | Stages 2 & 3 Camp students leave  
Stage 2 Non Camp students excursion |
| **Thurs** 19 | |
| **Fri** 20 | Stages 2 & 3 Camp students return  
LAST DAY FOR TERM 3 |
Bully-proofing kids

Bullying is an issue to be discussed around the meal table, in the context of keeping kids safe. Talk to kids about their right to feel safe; how to recognise if they feel unsafe and what to do if they experience or witness bullying.

Despite the fact schools are very pro-active when it comes to making them safe places for kids, bullying unfortunately, is something that’s still with us. According to the 2009 Australian Covert Bullying Prevalence Study one in four kids from Years 4 to 9 experiences some type of bullying at school.

Frequent bullying is highest in Year 5 (32 per cent experiencing some bullying) and Year 8 (29 per cent) so it is something that parents and teachers need to understand.

Bullying is an insidious behaviour that transgresses a child's right to feel safe and secure. It can adversely affect children’s learning, further peer relations and their emotional well-being.

Often children will tease, argue and sometimes fight, which shouldn’t be confused with bullying.

Bullying is selective and intentional. It’s also repetitious rather than a one-off or occasional event. It can be physical, verbal or social exclusion. It also now happens online, which means some kids no longer feel safe at home. Kids generally feel powerless when they experience bullying.

Bullying is an issue to be discussed around the meal table, in the context of keeping kids safe. Talk to kids about their right to feel safe; how to know when they feel unsafe and what to do if they experience or witness bullying.

Knowing when kids are being bullied?

Some research suggests that around 20 per cent of bullying goes unreported so it can be difficult spotting children who experience bullying. However, kids will usually show signs in three ways:

1. Acting out: outward signs such as displays of unusual aggression at home, talking about hating school and getting into trouble more often.
2. Acting in: subtle behaviour changes such as sullenness, withdrawing from usual activities, being uncommunicative, feigned illness, bed-wetting and altered sleep patterns.
3. Telltale signs: more obvious physical signs such as torn clothes, items missing, altered school routes and physical injuries.

Children who are bullied usually display a combination of signs. Children often find it hard to communicate that they are being bullied. Some don’t have the language required. Many kids feel ashamed, or even believe what bullies tell them. Sometimes kids are also reluctant to tell adults about bullying, as they fear that they will take the matter out of their hands, so your approach needs to be gentle and non-judgmental.

Here are six things to do if you suspect your child is being bullied:

1. Listen to their story: It really is important to stay calm and get the real story. Kids need to be believed when they are bullied, so make sure they get the chance to talk.
2. Get the facts: Bullying behaviour usually follows patterns. An accurate picture will help you determine your next course of action, for example, whether you need to give your child some avoidance or coping strategies or gain assistance from your child’s school.
3. Recognise & validate their feelings (anger, fear & sadness are common): Bullying always elicits strong feelings so make sure kids can share their thoughts and feelings with you.
4. Give them some common coping skills & defense mechanisms: Look for some simple ways to help them handle the bullying such as making sure they stay in pairs, practising a comeback line or even walking and talking confidently.
5. Get the school involved: If your child continues to struggle with bullying contact your child’s school. Resist the temptation to confront suspected bullies, or their families. Teachers generally have very practical, tried and true ways to tackle bullying.
6. Help build your child’s support networks & their self-confidence: Positive peer groups are great protective factors for kids when they are bullied so do all you can to encourage and build their friendship groups inside and outside school.

Learn more about managing bullying.
I’ve set up a bullying section on the Parenting Ideas website with more information to help you prevent bullying, and manage it if it happens. Visit www.parentingideas.com.au/parents

Share your ideas and experience with other parents about managing bullying on my Facebook page. Visit Facebook.com/michaelgroseparenting and go to the Discussion page and look for the section on Managing Bullying.
HOW TO BULLY-PROOF YOUR CHILD ! Parenting Seminar

When: Tuesday, 3 September, 2013

Time: 9.15am – 12 noon (including morning tea)

Where: Kindergarten Rooms (Block B)

This seminar will be presented by parenting and relationship educator, Melissa Honor, from Interrelate. It will give parents and caregivers practical strategies for dealing with bullying.

If you wish to attend please fill in your name and contact details on the slip below together with $5 towards the cost of the course.

Please return this slip and money in an envelope marked ‘PARENTING SEMINAR’ to the office collection box by Friday, 30 August, 2013.

HOW TO BULLY-PROOF YOUR CHILD - Parenting Seminar

Yes, I will be attending the seminar on Tuesday, 3 September and have enclosed $5 towards the cost of the course.

Name: ____________________  Child’s Class: __________________

Contact Phone Number: ________________________