Dear Parents and Carers

Welcome to the 2016 school year!

I extend a special welcome to all families who are new to the area or the school and to our continuing families returning after the vacation. I am very excited about our School Plan initiatives which include all members of our large school community.

“Our vision is to educate students to become creative and critical thinkers, motivated and engaged learners. They will become proud, resilient, responsible and active local and global citizens.

We will achieve this through the provision of challenging, innovative learning programs delivered by high performing staff in an inclusive, safe and supportive learning community”

2016 Enrolments and Classes
Thank you to those parents and family members who assisted us last week while the new classes were announced. I’m happy to say that the process went quite smoothly as we placed children in the 34 classes we have planned.

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 understand that some children and parents do become anxious about class placements for a number of reasons including 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 transition period.

I am looking forward to welcoming all the new Kindergarten children and their families. 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.

Best wishes for a very successful 2016!

School Uniform
Many of you are now aware that our contract with TAXA school uniforms has been terminated. TAXA will continue to provide whatever stock they have available but supply is limited. Due to the very sudden contract termination it will take several weeks to negotiate another contract. I have been in constant contact with DoE lawyers over the holidays trying to speed up the process so hopefully we will have a new contractor soon. The school uniform shop will continue to be serviced by TAXA each morning from 8:30am to 10:00am for at least another fortnight. However, the shop at Hurstville has ceased to operate. Thank you for your patience.

Regards
Stephen Vrachas
Principal
P&C News

The first P&C meeting for 2016 will be held on **Tuesday, 9 February at 7.30pm** in the Staffroom (in the Administration Block). A special invitation is extended to all new parents to Carlton PS. Attending P&C meetings is a great way to support your child and find out about what’s happening at our school.

School Banking

**New overall School Banking Coordinator needed urgently!**

Unfortunately due to personal circumstances the parent who volunteered to coordinate the overall School Banking Program is unable to take on the role this year. Without a coordinator to organise rosters and liaise with our School Banking Specialist and our volunteer coordinators, the program is in danger of discontinuing.

The Commonwealth Bank provides comprehensive support including a dedicated specialist, Milanka Plavsic, who is available for school visits, to help by phone or email to assist in training or any issues that arise. The School Banking Helpdesk is also a wonderful form of support and is just a phone call away to answer any questions that any coordinator may have. While one person oversees the overall program, there is also a team of experienced and dedicated School Banking Coordinators, who volunteer to process deposits and rewards each week on a roster basis. They are a wonderful group of parents and are the backbone of this program. Marrianne Skinner (who undertook this role in the past) would also be available to support a new person in the role.

If you are interested in taking on the role please leave your name and contact details in the office and Marrianne will contact you. Contact can also be made through the P&C email at carltonpandc@gmail.com with ‘School Banking’ in the subject line.

Rewards

Rewards ordered last year and will be sent out to children as soon as possible. Please be patient as we have 2015 class details on the orders and it may take some time for the orders to reach their rightful owners.

**SWIMMING CARNIVAL**

YEARS 3-6 (plus any year 2 student who is turning 8yrs old in 2016 and can swim 50m competitively)

On Monday 15 February, 2016, the school will be holding the Swimming Carnival at **Canterbury Aquatic Fitness Centre and Pool** located at Phillips Ave, Canterbury. This year we will be taking **ALL** students in years 3-6 and any student in year 2 who is turning 8years old in 2016 and **can swim 50m competitively**.

Due to the early date of the carnival and the need to organise race entrants, notes will go out in week 1 Term 1. Students who wish to enter race events, **must** be entered into each race by completing the entry form and returning it **by Wednesday 10 February (no late/on the day entries will be accepted)**. 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 will need to be at school by **8:45am for roll call** as the buses will be departing promptly at 9:00am and 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 entry forms, permission notes and money to the office until **Wednesday 10 February 2016**.

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 2016 – Please note there are some changes and it is NO LONGER necessarily based on your surname.**

BLUE: ROYAL BLUEBELL
YELLOW: WATTLE
RED: WARATAH
GREEN: EUCALYPTUS

If there are any questions or you require a permission note or entry form please see the office or Mrs Hanley.

Please also note Mrs Hanley will be available on **Friday 5 February from 3:00-3:30pm** underneath the COLA area to accept any entry forms and to assist any parents with completing the entry form.
# Term 1 - Week 2

## Term 1

### 2016

<table>
<thead>
<tr>
<th>Week 1 – 25 January- 29 January</th>
<th>Week 2 – 1 February- 5 February</th>
<th>Week 3 – 8 February- 12 February</th>
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<tbody>
<tr>
<td>Mon 25</td>
<td>New Kindergarten students begin (Group 2)</td>
<td>Mon 8</td>
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<tr>
<td>Tue 26</td>
<td>Australia Day Public Holiday</td>
<td>Tue 9</td>
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<td>Wed 27</td>
<td>Staff Development Day</td>
<td>Wed 10</td>
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<td>Thur 28</td>
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<td>Thur 11</td>
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<tr>
<td>Fri 29</td>
<td>New Kindergarten students begin (Group 1)</td>
<td>Fri 12</td>
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<tr>
<th>Week 4 – 15 February- 20 February</th>
<th>Week 5 – 22 February- 26 February</th>
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<tbody>
<tr>
<td>Mon 15</td>
<td>3-6 Swimming Carnival at Canterbury Pool</td>
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<td>Tue 16</td>
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<td>Wed 17</td>
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<td>Thur 18</td>
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<td>Fri 19</td>
<td>Summer PSSA</td>
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<th>Week 6 – 29 February- 4 March</th>
<th>Week 7 – 7 March- 11 March</th>
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<tr>
<td>Mon 29</td>
<td>Y6 Young Leaders Day</td>
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<td>Tue 1</td>
<td>Y5 Excursion</td>
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<td>Wed 2</td>
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<td>Thur 3</td>
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<td>Fri 4</td>
<td>Summer PSSA</td>
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<td>Schools Clean Up Day</td>
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<th>Week 8 – 14 March- 18 March</th>
<th>Week 9 – 21 March- 25 March</th>
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<td>Mon 14</td>
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<td>Tue 15</td>
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<tr>
<td>Wed 16</td>
<td>School Photo Day 1</td>
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<td>Thur 17</td>
<td>School Photo Day 2</td>
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<td>Fri 18</td>
<td>Summer PSSA</td>
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<tr>
<th>Week 10 -28 March- 1 April</th>
<th>Week 11 - 4 April- 8April</th>
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<tr>
<td>Mon 28</td>
<td>Public Holiday- Easter Monday</td>
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<td>Book Fair</td>
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Set yourself up for a great year

Andrew Fuller

Make this the year that you will remember for the rest of your life as the time you really set yourself on the pathway to success. There are several sure-fire ways to make this the best year so far.

1. Make friends with everyone you know

Parents, teachers, friends, everyone! One of the ways of reducing your stress levels is to set out to have as many positive friendships this year as you can.

2. Acknowledge your inner genius

You are much, much smarter than you know. If you practice doing your best in life you will succeed because very few people ever practice doing their best.

To do your best you have to get out of the habit of predicting that things won’t go well for you. If you look for what’s going to go wrong, you will always find it. If you look for what works, life just gets a lot easier.

Aim to develop at least one positive aspect of yourself this year. The easiest way to start this is to appreciate the quality you want to develop in yourself.

3. Know that geniuses make mistakes

People who achieve a lot know that you have to make mistakes to learn. In fact, learning often involves making a mistake and then figuring out what went wrong. If you get too scared to make a mistake, you will not do anything different or new in your life and that would be, well, a mistake!

3. Prepare yourself for learning

Thinking positively isn’t enough for successfully achieving goals. You have to focus and do things differently. Concentration is hard to achieve and very easy to lose. Find ways to reduce distractions, at least while studying.

Not everyone in your life will be a well-wisher in your self-improvement and learning plans. They may go from your goal. Surround yourself with people who encourage you. Take time to be an encourager of other people rather than being a critic.

4. Liven up your life and get enough sleep

Sleep helps you to manage stress, stay happy and also increases your marks. The best way to protect yourself from being stressed or depressed is to get enough sleep.

You need at least 8 hours and sometimes as much as 9 and a half hours a night. If we don’t get enough sleep we often become tired, moody, bored and boring.

5. Be healthy - eat breakfast

Some people skip breakfast, but you often learn best at school in the morning and it helps to have some protein in you to feed your brain. A lack of protein can actually cause headaches, concentration problems and low energy.

6. Do the most important things first

Get into the habit of being effective. Write a to-do list each week. Ask yourself the question, “What is the one thing I could do...”
this week in each subject area that would improve my results? Then do it.

6. Use your time well

Many people muck around in school and then wonder why they have to do so much work outside of school. If you can focus and listen well while at school you can save yourself endless hours. Hours that you can spend doing the things you really want to do. Some people find if they sit at the front they are less distracted.

Teachers want their students to do well. Watch your teachers closely. Observe the things that they emphasise or repeat. Take notes of these things. It is a fair bet that these things will feature in tests and exams.

7. From little things big things grow

Do a little bit, often. Succeeding at school can be easy if you do a little bit each day. The best learning occurs when you do spaced interval training. This means do a little bit of practice every day. Interval training is especially powerful in subjects like maths and the sciences.

8. Focus and immerse yourself

For at least some time every day switch all forms of technology off and focus on whatever you're studying. Don't try to watch TV, listen to music or gaze at a screen at the same time as learning something. Technology is not going to be there in exam rooms so you need to be practiced at performing without it.

9. Don't try to predict the future

Most students are really bad at predicting how well they are going to do. In fact, they are hopeless at it. So don't spend the year thinking how awful your results could be. Just do the most important things first and do them regularly.

10. Be curious

Think of someone you know who always seems to know interesting things—weird facts, strange occurrences, funny jokes, and whacky stories. Try to be one of these people. Look out for and learn things that are fun and interesting.

11. Play more

Be active; break out into a sweat now and then. Lack of blood flow is a common reason for lack of concentration. If you've been sitting in one place for a while, stand up and stretch or bounce one of your legs for a minute or two. It gets your blood flowing and sharpens both concentration and recall. Even if you are really busy three twenty minute bursts of exercise a week makes a massive difference to your stress levels, happiness and sleeping.

12. Decide to be happy

Lots of people wait to be happy. They wait for the situation to be right. Or they wait for the right friends to show up. Some people spend their entire lives waiting to be happy. Decide to be happy now.

- Have a look at the things in your life you can feel lucky that you have.
- Appreciate the people who like you and love you.
- Make the most of the moment and seize the day.
- Help and encourage other people.
- Be a really good friend.
- Laugh more.
- Have fun.
- Have a fantastic year.

Andrew’s most recent book is “Unlocking Your Child’s Genius” (Finch, 2015).