Dear Parents and Carers

Next Thursday, some students will be sitting the selective high schools test to gain access to ‘opportunity’ or ‘enrichment’ programs in secondary school. We would like to wish these students all the best in the test and include the following article:

9 Tips for Preparing Children for Tests that may assist supporting your child during this time.

Common behaviours when children feel nervous or stressed

Sometimes children tell us how they are feeling through their behaviour, says KidsMatter.

These changes in behaviour could indicate stress or nervousness:

- being more irritable
- easily upset
- clingy or fidgety
- displaying less interest in activities they normally enjoy

“Our children can find it difficult to put into words how they are feeling, so it is often up to parents and carers to recognise that their child needs some extra support,” says KidsMatter.

What can parents do to help?

1. ‘Being there’ emotionally – During times of stress, children usually need extra nurturing, comfort and understanding from their parents and carers to help them feel secure and confident. Be open and receptive to how children are feeling as well as provide comfort and attention when needed.

2. Discuss feelings – Encourage children to talk about how they feel. Listen with empathy so they feel understood and know that their feelings are normal. Help your children to understand that talking about feelings can help to manage them.

3. Support children’s confidence – Teach children to be brave by showing them you believe they can do it, and encourage them to ‘have a go’ even if they are feeling nervous. Providing positive feedback for effort, celebrating successes and encouraging them to keep trying will help your children to feel confident in approaching assessments.

4. Help with relaxation skills – Breathing slowly to calm down and helping them to imagine themselves coping well during a test are really helpful ways of managing anxiety. Doing it with them is a fun way to start.

5. Teach helpful thinking – Instead of saying to themselves “I can’t do this” encourage them to say “I’ll give it a go”.

6. Lead by example – Show your child how you cope positively with feeling anxious or stressed by thinking out loud e.g., “I feel a bit nervous, but I’m going to try my best”. Remaining calm and positive when your child is feeling anxious can help them to feel more confident.

7. Help your child have clear expectations – Talking through what will happen. You may even wish to talk to the school about where the test will take place and see if you can visit beforehand. Many big tests can be held in the school hall or even off-campus.

8. Discuss problem-solving – Brainstorm situations that might arise during the test and then come up with possible solutions with them. For example, ask them what are three things that they might be able to do if they freeze in the exam and feel sick – possible strategies include taking 10 slow breaths to calm down and refocus, taking a sip of water if it is available or letting a teacher know they feel unwell.
9. Teach confidence-building tricks – For example, looking through the paper and completing questions they know they can answer first before trying more difficult ones.

**Covered Outdoor Area**

I am currently in the process of writing & submitting an application for a joint funded capital works project involving the building of a large COLA in playground AREA ONE. This will involve the school paying $100000 of the total $200000 cost. The school or the P&C cannot normally raise these sorts of funds alone. However, to raise the funds in 2016 we will go ahead with a Skip-a-thon in Term 2 related to our PDHPE programs; a Read-a-thon in Term 3 related to our Literacy programs and tied in with the Premiers Reading challenge. The SRC are discussing another large fundraiser for Term 4. Additionally, I am preparing a sponsorship package whereby local business and industry can advertise through the school newsletter & website. This is a very ambitious plan so hopefully the DoE will approve the submission.

**Congratulations**

To all the children that participated in the recent Zone Swimming Carnival and to all the children that have progressed to the AREA carnival.

**Important Reminders**

- We are reminding parents and carers **not to use the children’s toilets**. Please ask at the office for directions to adult facilities.
- A reminder to all Kindergarten families that classes finish at **3pm**.
- Selective High School Test **10 March**

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**Regard**

Stephen Vrachas  
Principal

**P&C News**

**Farewell from the P&C President – Ms Marrianne Skinner**

It is with a heavy heart that I write my final newsletter as President of the P&C and as parent at Carlton PS. Having the privilege of being voted President for the past 6 years has been an amazing experience and I am very grateful to have had this opportunity. I have worked with three principals, many relieving principals, sat on many interview panels, counted a lot of money, written on way too many school banking awards, signed many petitions, visited Stewart House, presented many awards, been called into the principal’s office many times etc. etc.

You don’t do this job for kudos or pats on the back and often when there are difficult situations you do wonder why you put your hand up for another year. On an episode of ‘Australian Story’ a couple of years ago I saw a story about a woman who said the three most important things in her life were ‘family, food and service’ and I thought at the time that was what I was all about too and why I do what I do. It’s about giving back to a school community – one that has given me and my family so much; a challenging, dynamic and safe learning environment – a place where kids matter, parents matter and staff matter. It’s about being a voice for others and contributing to making Carlton PS a better place for all our children.

I’d like to thank the following:

- the parent community for the opportunity to represent you as P&C President for the past 6 years.
- the entire school staff for the support you have given me and to the work of the P&C.
- Mrs Austin and the team of ladies in the office for their never-ending patience and support. I couldn’t have done this job for so long without them.
• the members of the P&C and the executive committee, past and present, who are the backbone of the P&C. They are a wonderfully supportive group of colleagues.

• my family - my husband Scott J and my daughter Clare J who have always supported me 100%.

Thank you for allowing me to serve the community of Carlton PS as your P&C President – it has been a wonderful journey!

Kindest regards,

Marianne Skinner

Easter Fundraiser

Each family has been issued a book of 10 tickets. Each ticket will be sold for $1. The name and contact details of the person purchasing the ticket must be written on each ticket stub and returned with the correct money to the collection box in the school office by Wednesday, 16 March. Additional books of tickets can be collected from the office if you are able to sell more tickets. There will be a prize awarded to the family that sells the most tickets.

The winning tickets will be drawn at the Pedlar’s Parade on Tuesday, 22 March.

The number of prizes for the 2016 Guessing Competition is dependent on the donations we receive on the upcoming Mufti Day on Tuesday, 8 March. On this day students are allowed to come to school in normal clothes/play clothes. In return, the P & C is asking that each student bring a donation that will be used to make up the prize packs for this fundraiser. Suggestions for suitable donations include: Easter eggs, chocolates, Easter toys, Easter books, stickers and Easter craft materials. Please consider donating eggs or chocolates that are ‘nut free’.

If you have any baskets or boxes that could be used to make up the prizes, it would be greatly appreciated if you could send them to the Office before Tuesday, 8 March.

Wrapping Day

The P & C would greatly appreciate help with the sorting and wrapping of the prize packs. If you are able to help on Monday, 14 March from 9:15 am or Friday, 18 March from 9:15 am please email the P & C at carltonpandc@gmail.com or return the slip that was at the bottom of the note you received last week. All help is appreciated as even helping for just 30 minutes will help lighten the load for our other volunteers.

Annual General Meeting (AGM) Notice – Tuesday, 8 March, 2016 at 7.30pm

The P&C Annual General Meeting (AGM) will be held this coming Tuesday, 8 March, 2016 at 7.30pm. Following the AGM our regular monthly meeting will be held.

All positions on the P&C will become vacant at our AGM. Only nominations for Treasurer and Secretary have been received so far.

Members of the P&C executive need to be able to represent and consider the wide variety of views held by our school community not just their own personal view.

Please check out he Carlton PS website in the P&C section or last week’s newsletter for a brief outline of roles and responsibilities for each of the positions. There is also information on why Carlton P&C Association should become incorporated.

To nominate for a position at the AGM you need to become member of the P&C. If you would like to vote or nominate for a position at the AGM, $1 membership will need to be paid on the night before the meeting starts. If you’d like some more information about nominating for a position on the P&C you can send an enquiry to the P&C via our email address: carltonpandc@gmail.com

Student Banking

The school banking coordinators rostered on next Tuesday, 8 March are Shirley D, Fadia A-S, Juliet, Angela Z, Hoda R and Marianne S.

Opening an Account
If you missed our account opening morning and would still like to open a school banking account for your child please grab a parent pack from the office to read how to go about it.

**Change in the overall School Banking Coordinator for Carlton PS**

From Tuesday, 15 March, Hoda Reslan will be the overall school banking coordinator for Carlton PS and any issues re: school banking should be addressed to Hoda via the school office. Thanks must go to Hoda for taking on this voluntary role and also to the many parents who assist to ensure school banking runs smoothly each week.

Please remember to fill in both sides of the deposit slip when your child hands in their wallet on school banking day each week (see below). School banking day is always held on a Tuesday each week.

**Rewards - please remember!**

This year reward redemption will take place on a set day per term. Please don’t send in reward redemption slips in your yellow wallet until a notification is given in the newsletter. All reward redemption slips sent in on other school banking days will be returned in the yellow wallet.

This term the rewards available for ordering on our special ‘Redemption day’ will be the ‘Wildlife Writing Set’ and the ‘Flying Snake Tail’. Keep an eye out in the newsletter for the date!

**Stewart House Clothing Appeal**

Stewart House is a charity which is strongly supported by government schools. This week your child will bring home a Stewart House bag. If you have any clean good quality second hand clothing you would like to donate please place them in the bag and return it to the school hall no later than Thursday 24 March. **Please leave the bag just inside the hall against the big bi-fold door.** Thank you for your support.

**Clean empty ice cream containers or large yoghurt containers**

If you have any empty ice cream containers with lids or 1 litre yoghurt containers with lids, the school has a need for them. Please send them to the office before Friday 11 March.

**Carlton PS School Swimming Carnival Record Broken!!**

After processing all the results from our school swimming carnival and checking our Carlton records, we wish to congratulate Samantha S for breaking the school record in the 8 year girls 50m freestyle by a whopping 12.6 seconds!! Well done Superfish Samantha!! Her record now stands at 47.4 seconds! Congratulations!

**Zone Swimming Carnival 2016**

On Friday 26 February 2016, 25 students represented Carlton at the Botany Bay Zone Swimming Carnival held at Sans Souci Pools. All students tried their best and displayed excellent behaviour. We wish to congratulate Samantha S, Mindy L and Kaylah H for achieving places. Samantha in 8 Years Girls Freestyle and Junior Girls Individual Medley; Mindy in All Age Girls Freestyle, 12/13 Years Girls Backstroke, Senior Girls Individual Medley and Kaylah in 11 Years Girls Breaststroke. Mindy and Samantha will now represent Botany Bay at the Sydney East Area carnival at Homebush on Tuesday 15 March. We wish them the best of luck.

A special thank you to the parents who assisted with transporting students to and from Sans Souci Pool and also to Mrs Sperring for her assistance with time-keeping.

Thank you,

Mrs Hanley
Sport News

I would like to congratulate Jeremy 5/6F and Mohammed 4B on being selected in the zone tennis team to play at the Sydney East trials on Monday 7 March. Good luck to both boys.

Young Leaders Day

Year 5 Minamurra Rainforest Excursion

This morning, I jumped out of my bed like I was on fire. It was finally time to go to the amazing Minnamurra rainforest. I was so excited that I even forgot to brush my teeth. My mum called me for breakfast. Not again, toast, but I ate it anyways. I jumped into my father’s car and took off. I was full of excitement.

When I got to school, I was putting an image in my head of what that amazing forest will be. I also saw Jason. He was also very excited about this excursion. I ran to him as fast as I could and asked him “Will you be my partner for the excursion?” Jason agreed to my idea. When Mrs Niko marked the role, we took off on our adventure.

When I was in the bus, I thought it is going to take a very long time. Rainforest here we come. I talked to Jason about what we will see there. Soon I saw a lot cows grazing and munching on the fresh green grass. Wow we already arrived. Maybe I fell asleep on the way. The two hour drive was over.

After we ate recess, the ranger guided us through the magnificent rainforest. During our walk, I saw a massive, ancient tree that had been there for many years. Then we went uphill and downhill. I was so tired that I can’t even move my legs. At last, we arrived at the Great Minnamurra Waterfall. It was big and great. We also took a class photo with it. It was worth it. Then we had to walk all the way back to where we started from. But at least this time it was downhill. I was sweating. Hopefully one day I can come back to visit this beautiful rainforest.
PREMIER’S READING CHALLENGE 2016 (Repeat Item)

Welcome to the 2016 NSW Premier’s Reading Challenge (PRC). The Challenge aims to inspire a love of reading for leisure and pleasure in students, and to enable them to experience quality literature. It is not a competition but a challenge to each student to read, read more and to read more widely. We encourage all of our students to enter. The 2016 Premier’s Reading Challenge opens on the 7 March 2016 and closes on the 19 August for students. Books read over the recent holidays as well as in Term 4 2015 can also count towards the 2016 Challenge.

Students are encouraged to complete their own online reading records as they progress through the challenge. Students log on via the Premiers Reading Challenge website by using their DoE username and password. All Carlton Public School students are automatically registered once they create their own online reading record after 7 March 2016.

Students who complete the 2016 Premier’s Reading Challenge will receive a specialised Premier’s Reading Challenge certificate. Those who have complete the Challenge for four years receive a gold certificate and after seven years, a platinum certificate. Rules, updated booklists and privacy information about the certificate and Honour Roll can be read on the website www.premiersreadingchallenge.nsw.edu.au.

Our School Library is a great supporter of the Premier’s Reading Challenge. The library has a specialised Premier Reading Challenge location which houses many PRC booklist titles and is constantly being updated. Also, students can use the Library computers at lunchtime to browse PRC lists and books available through the new library system OLIVER. Students will be provided with further information during their class library lessons.

If you have any further enquires or issues please see Mrs Afonso in the Library on Mondays or Wednesdays.
Happy reading and Please take up the Challenge!
Mrs. Afonso & Mrs. Phillips

Book Fair

CPS is holding a Book Fair in our School Library at the end of Term 1. Due to the 4 day Public holiday Easter break we need to spread the Fair viewing and purchasing times over 2 weeks.

**Week 9 - The Book Fair arrives on Monday 21 March, 2016.** Classes and parents will be invited to view the Book Fair and write a ‘wish list’ which can be used in Week 10 to purchase and re-order books. Classes are to visit the Book Fair as follows in their allocated class timetabled slots.
### Term 1 - Week 6

**Thursday 3 March 2016**

<table>
<thead>
<tr>
<th>MONDAY 21 March</th>
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<td><strong>Viewing ‘wish lists’</strong></td>
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<td>9.00 Harmony Day</td>
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<td><strong>IN WEEK 10 Students and families can purchase ‘wish list’ items during the allocated Library class timetabled slots. Similar to Book Club: Parents can send students with their ‘wish lists’ filled in with details of the books they want to purchase, with cash or credit card details (in a sealed envelope.)</strong></td>
<td><strong>9.00-10.00 Parents Only</strong></td>
<td><strong>3/4M 2A and 2J</strong></td>
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<td><strong>Book Fair CLOSES</strong></td>
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<td><strong>TUESDAY</strong> 29 March</td>
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<td><strong>THURSDAY</strong> 31 March</td>
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Ngā mihi nui ki a koutou katoa,
Nau mai, haere mai.

Ngā mihi nui ki ngā Mātua me ngā tamariki hou i timata te kura o Carlton Public i tenei tau.

Carlton Public School would like to welcome all our parents and students especially the new children and their families. Kindergarten topic for term 1, 2016 is ‘me/myself’.

Ngā mihi nui ki a koutou katoa,
Nau mai, haere mai.

Te Reo Maori

Ko wai koe?
Ko Mike ahau.

Ko wai koe?
Ko Aliti ahau.

Kia ora!

Ka kite!

Morena

Tena koutou katoa!

### Term 1 2016

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<tr>
<th>Week 6 – 29 February- 4 March</th>
<th>Week 7 – 7 March- 11 March</th>
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<tr>
<td><strong>Mon 29</strong></td>
<td><strong>Mon 7</strong></td>
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<tr>
<td>Y6 Young Leaders Day</td>
<td>11.25am Y3-6 Assembly</td>
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<td>Y5 Excursion</td>
<td>12pm Stage 2 Assembly</td>
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<td>9am Best Start Workshop in staffroom</td>
<td>K-2 Assembly 2.00pm</td>
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<tr>
<td>11.30am Stage 2 Assembly</td>
<td>Y6 Excursion</td>
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<td>12.30pm Stage 1 Assembly</td>
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<td><strong>Tue 1</strong></td>
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<td>Student Banking</td>
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<td>Easter Egg Donations Day and Mufti Day</td>
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<td>7.30pm P &amp; C (Annual General Meeting)</td>
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<td>8.30am Student Banking Account Opening</td>
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</tbody>
</table>
| Mon 14 | Y3 & Y4 Excursion  
12.30pm Stage 1 Assembly  
9.15am P & C Easter Wrapping Morning |
| Tue 15 | Student Banking |
| Wed 16 | School Photo Day 1 |
| Thur 17 | School Photo Day 2  
Book Fair |
| Fri 18 | Summer PSSA  
9.15am P & C Easter Wrapping Morning  
11.50am Stage 3 Assembly |

**Week 8 – 14 March – 18 March**

<table>
<thead>
<tr>
<th>Day</th>
<th>Event</th>
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| Mon 21 | 11.25am Y3-6 Assembly  
12pm Stage 2 Assembly  
K-2 Assembly 2.00pm  
Book Fair  
Harmony Day |
| Tue 22 | Student Banking  
Book Fair  
K-2 Pedlar’s Parade 11:30am |
| Wed 23 | Book Fair |
| Thur 24 | Book Fair  
Last Day Stewart House Clothing  
11.50am Stage 3 Assembly |
| Fri 25 | Public Holiday: Good Friday |

**Week 10 - 28 March - 1 April**

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<th>Day</th>
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<tbody>
<tr>
<td>Mon 28</td>
<td>Public Holiday: Easter Monday</td>
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</tbody>
</table>
| Tue 29 | Student Banking  
Book Fair |
| Wed 30 | Book Fair |
| Thur 31 | Book Fair |
| Fri 1 | Book Fair  
No PSSA  
11.50am Stage 3 Assembly |

**Week 9 – 21 March - 25 March**

<table>
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<th>Day</th>
<th>Event</th>
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| Mon 21 | 11.25am Y3-6 Assembly  
12pm Stage 2 Assembly  
K-2 Assembly 2.00pm  
Book Fair  
Harmony Day |
| Tue 22 | Student Banking  
Book Fair  
K-2 Pedlar’s Parade 11:30am |
| Wed 23 | Book Fair |
| Thur 24 | Book Fair  
Last Day Stewart House Clothing  
11.50am Stage 3 Assembly |
| Fri 25 | Public Holiday: Good Friday |

**Kingsgrove High School** will hold an Open Afternoon on **Tuesday 8 March from 3:30pm-5:30pm** in the school library. The school will be showcased through:

- Tour of the school
- Talk to the Principal and staff about their educational programs

**Positive Behaviour Learning (PBL)**

This week, our school focus is: ‘Be Respectful: Playground Areas 1,2,3, Games Court, Grass Area and Play Equipment

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**Playground Areas 1, 2, 3**

- Place your rubbish in the bins.
- Include others in your games.
- Keep your hands and feet to yourself.
- Play fairly and be a good sport.

**Grass Area & Games Court**

- Share and pack up the equipment.
- Include others in your games.
- Follow teacher instructions.
- Play fairly and be a good sport.

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How to Bully Proof Children Seminar

In acknowledgement of National Day of Action Against Bullying and Violence, Interrelate and Kogarah Community Services are inviting you to attend a free seminar “How to Bully Proof Children.”

This seminar will give parents ideas for discussing bullying with their children and provide practical strategies to prevent & manage bullying.

Date: Wednesday 23rd March 2016
Time: 9:30am – 12:00pm
Venue: Kogarah Community Hub
48 English Street, Kogarah
Cost: Free

Bookings or enquiries 9587 6622
info@kogarahcommunity.org.au
www.kogarahcommunity.org.au

Arncliffe Community Centre

Conversational English

Enjoy:
- Interesting discussions
- Small groups
- Speaking & listening skills
- Make new friends

WHEN: Monday 7th March – Monday April 4th (5 weeks)
TIME: 1:00pm – 3pm
VENUE: Arncliffe Community Centre,
35 Forest Rd, Arncliffe
COST: $3 per class per week

Would you like to improve your English conversational skills? If so, join our classes at the Centre.

To book call us on 9503 9900.

Contact Us:
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35 Forest Rd, Arncliffe
Ph: 9503 9900
E: arncliffe.community@3bridges.org.au
Facebook: 3Bridges Community