Dear Parents and Carers

What a busy and exciting Week 3 it has been at Carlton! As a result, we are distributing the newsletter today- Monday of Week 4, to ensure we have highlighted all the great events. We began Education Week celebrations with the performances of our students at Rockdale Plaza on Tuesday. These performances were a wonderful way to highlight the interest in, support for and the importance of our multicultural programs at Carlton. The dances by the students from each of our language groups and the performance by our school band provided wonderful entertainment for the big crowd of parents and shoppers in attendance. Our captains and vice captains, Rayanne, Alex, Andrew and Tara also did a very professional job as hosts. On behalf of the staff and students I thank all the parents and other family members who supported the event with their attendance, enthusiastic support and cheering for each performance group. Each of the language teachers spent a great deal of time with the students in preparation, as did the students in the bands along with their band leaders, and I thank them for their dedication and efforts.
We continued celebrations on Thursday with our Open Day activities. Thank you to all of our parents, grandparents and carers who were able to visit classrooms on this day and partake in some fun classroom activities with the students. Open Day celebrations were capped off with some fabulous performances from our language groups, our Junior and Senior Choirs, the school bands, and a wonderful display by our gymnastics group. It was a great way to recognise and celebrate some of the wonderful things that happen at school. You will find more great photos on our school website and public screens.

We ended the week with a special farewell assembly on Friday for our wonderful principal, Mr Cooper. During this assembly we listened to some wonderful poems and speeches, all thanking Mr Cooper and congratulating him on his very successful career in education and wishing him all the best in his retirement. I have included some parts of my speech below as well as some poems written by some students.

**Thank you Mr Cooper**

It is my great privilege to express on behalf of the staff and students of Carlton Public School, my heartfelt thanks to Mr Cooper for being an amazing school principal, to also congratulate him on his very successful career and to express to him how fortunate we have been to have worked with an inspirational leader.

Mr Cooper’s career spans 39 years and in that time he has been a principal for about 23 of those years. He has led and improved many schools during his career and we are proud that he saved the best for last.

And although I know this week marks the beginning of a special time for Mr Cooper, it’s difficult for me to say goodbye to him on behalf of the staff, as I know how much he is loved and respected and that he will be sorely missed. But at the same time we want Mr Cooper to know, we are so thrilled for him and all of his achievements and we want to wish him all the very best for the future.

We all know the great qualities it takes to be a leader. We also know that it takes that extra bit of something to be an exceptional leader. Mr Cooper, you have that extra bit of something. I know this because all those who know you hold you in such high esteem. The staff in all the schools in which you’ve worked, including our school are nothing short of proud to have worked with you. You lead by example and not only ‘talk the talk’ but you ‘walk the walk’ with your staff and that is what gives you such great credibility as a leader. Your ability to focus on the ‘big picture’ and describe that to your staff so that it becomes achievable is also admirable. Your trust and respect for the staff shines through your actions. People respect you, they have confidence in you and they have faith in you to lead the school to be the best it can be. That is exactly what you have done for us during the last 3 years and for that we are truly grateful.

We are so proud to be part of this great school. Carlton is a place where we all matter; a place where we care about each other and respect one another’s differences. Under the umbrella of the Kidsmatter framework you have led the school to develop such a positive school culture and a warm, inviting feeling as soon as you walk through our gates. Over the last few years, you have
led the establishment of many memorable Kidsmatter events which have fostered this great sense of belonging and connectedness. Not only that but you’ve worked diligently to improve the school grounds and computer labs for the students, the administration area for the staff and of course improve our communication systems so that we all know about the wonderful things that are happening at Carlton. And we know there’s always something wonderful happening at Carlton - thanks to your wonderful leadership.

You have been such an amazing person to work with. Your energy, enthusiasm, commitment, dedication and vision have not only inspired us as your staff but have inspired the whole Carlton community of students and parents as well. In fact Mr Cooper, you are the principal that other principals aspire to be!!

Congratulations and thank you, and we wish you the best for your future.

Thank you Mr Cooper.
When he stands in front of the school
The children at Carlton shout “Mr Cooper you’re so cool!”
Carlton Public School is in awe of this man
Who has transformed our school to be the best that it can.
Everything old at school is now in the past
Replaced by new things that are destined to last.
From the artificial grass, to the shiny new screens
Our school is now the best that has ever been seen.
He is an inspirational leader who does his personal best
When he cycles for charity his fitness is put to the test.
He has transformed the office, now it’s a much bigger place
And the office ladies love it and have a smile on their face.
At assemblies, he stares at us when we chatter
But, has taught us all to manage our behaviour and that “Kidsmatter.”
Yes, Mr Cooper, you are a super star
Under your leadership Carlton has gone far.
And as you walk out those doors on the very last day
Thank you and good luck for the future we all say.
Gordon Y 5/6F

Some exciting news!
It is so exciting that our wonderful school has been selected to ‘STAR’ during the 5pm – 6pm Channel 10’s Weather Watch with weather man Tim Bailey on Monday 18 August.
Tim Bailey, the famous Channel 10 weather reporter, and his film crew will be visiting our school that day to present reports.
During this occasion our students, our staff, and our families will be the STARS.
This is a perfect opportunity to showcase the wonderful things that happen at Carlton Public School. Our school is a collaborative school that has developed a learning community that is something very special where we appreciate each individual’s uniqueness, encourage each other to reach our potential and provide opportunities for all to learn, lead and succeed.
You will receive notes explaining what will be happening in our school from 4pm to 6pm on 18 August soon. On behalf of the staff, I invite all members of our Carlton learning community to participate in this special event.

Congratulations
- To all the members of our bands, dance groups, choirs and gym group who performed wonderful items for the special Education Week performances. A special thanks to all the teachers who helped to prepare the students for these events and also to all the parents who helped with the preparations.
- To Malik H (6S) who was awarded the Bronze Medal for the Junior Division at the 2014 AAITF Taekwon-do State Championships in Victoria which were held last weekend. What a wonderful achievement!

Reminders
- We are looking forward to having another very successful Father’s Matter Breakfast on Thursday 4 September. The advance notice is included today to allow those of you who may need to make some adjustment to your work hours on that day to do so. See the advertisement below.
- The St George Performing Arts Festival is fast approaching. The tickets for the concerts are only available online at www.trybooking.com.au/86366. Additional notes about the final rehearsal, matinee and concert have been sent to you.
Term 3 - Week 3

- The new hours of operation for the Uniform Room have commenced. The room will be open on Monday mornings from 8.30 – 9.30 and on Thursday afternoons from 2.30 – 3.30 pm.
- Instalment payments for the Stage 2 & 3 Camps also need to be finalised so that placements in these popular excursions for your child continue to be guaranteed. Please contact the office or the excursion leader if you are experiencing difficulty meeting this commitment.

Regards
Olivera Mateski
Relieving Principal

P&C News

Farewell Mr Cooper

It was with much sadness that we said farewell to Mr Cooper last week. He has been a remarkable principal in his three years at Carlton PS. When I was asked to say something at Mr Cooper’s farewell assembly I asked many parents at the Primary Athletics Carnival and in the playground for a word or phrase that would describe him. Overwhelmingly, the same words and phrases came up over and over again – caring, fair, approachable, a great principal. As parents, when our children start their school journey we want them to be in a place where they are cared for, where they are treated fairly, where they are engaged and challenged in their learning and where we feel we have a voice, so that issues can be heard and problems can be dealt with in an effective manner. We know that under Mr Cooper’s leadership that Carlton PS is that place. We also know because of the way he has worked over that time to bring the community, the staff and students together that his legacy is a positive school culture, where everybody matters – kids, parents and staff. Due to his effective leadership this will continue after 3pm on Friday when Mr Cooper walks out of the school gate for the last time ready to begin a new and exciting chapter in his life. We will miss him and wish him well wherever this journey takes him.

Marrianne Skinner – President P&C Association

Save the date for the next P&C meeting

The next P&C meeting will be held on Tuesday, 12 August at 7.30pm. Please mark this date in your diary.

National Gonski Week – 28 July – 1 August

Thank you to those parents who signed up to the I Give A Gonski campaign at Open Day last week. If you missed your chance you can still go to the website www.igiveagonski.com.au and sign up yourself. Please go to the website now if you would like more information.

School Banking

Volunteers needed

So far we haven’t had any parents volunteer, which is very disappointing in a school as large as ours. If you are able to volunteer to help with banking on a Tuesday morning between 9am and 11am please email us at carltonpandc@gmail.com with ‘Banking’ in the subject line. Alternatively you could leave your name and contact details in the office and a School Banking Coordinator will get in touch with you. You will be working in a team of three and will only be required to ‘work’ once every three weeks. All training will be provided.

Classroom Achievement awards – KJ winners again for three weeks in a row

Congratulations to KJ who seem to be unstoppable with another achievement award this week. Well done! One class is close behind so maybe they may win next week.

Silver Awards

Silver awards are presented to children when they have received 5 Bronze Awards = 50 tokens. A fantastic effort! Parents are most welcome to attend the assembly to see their child receive this very special award. Congratulations to the following students who will receive their silver awards at the assembly on the dates listed below.
**Term 3 - Week 3**

**K-2 Assembly** – Friday, 25 August (Week 7) at 2pm in the school hall

<table>
<thead>
<tr>
<th>Nomiki M (2P)</th>
<th>Mohammed K (KF)</th>
<th>Hussein C (KF)</th>
<th>Anya P (KF)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abbas T (1/2J)</td>
<td>Ava F (1/2J)</td>
<td>Donna T (1/2J)</td>
<td>Angelo G (1/2J)</td>
</tr>
<tr>
<td>Marcus E (1S)</td>
<td>Leanne W (1S)</td>
<td>William S (1S)</td>
<td>Reanne A (2D)</td>
</tr>
<tr>
<td>Isabella B (2D)</td>
<td>Adrika D (2D)</td>
<td>Carlise H (2D)</td>
<td>Henry H (1C)</td>
</tr>
<tr>
<td>Chloe N (1C)</td>
<td>George Y (1C)</td>
<td>Ali S (1C)</td>
<td>Alison J (2D)</td>
</tr>
<tr>
<td>Zainedeen O (KCN)</td>
<td>Micah C (KS)</td>
<td>Mia L (KS)</td>
<td>Aya M (KS)</td>
</tr>
<tr>
<td>Rachel B (KS)</td>
<td>Micheal C (2/3M)</td>
<td>Stefan D (KF)</td>
<td>Kristian G (KF)</td>
</tr>
<tr>
<td>Edbert L (KJ)</td>
<td>Tiffany F (KJ)</td>
<td>Zuzanna B (KJ)</td>
<td>Han S (KJ)</td>
</tr>
</tbody>
</table>

**Y3-6 Assembly** – Friday, 15 August (Week 5) at 11.25am in the school hall.

<table>
<thead>
<tr>
<th>Janet L (2/3M)</th>
<th>Matthew L (2/3M)</th>
<th>Michael L (2/3M)</th>
<th>Michael K (2/3M)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sara T (4H)</td>
<td>Amelie C (4H)</td>
<td>Mahdi H (6S)</td>
<td>Amanda W (6S)</td>
</tr>
<tr>
<td>Jason T (3P)</td>
<td>You W (3P)</td>
<td>Katrina L (3P)</td>
<td>Natalie S (6S)</td>
</tr>
<tr>
<td>Jason L (6S)</td>
<td>Paul Y (6S)</td>
<td>Katrina A (5/6F)</td>
<td>Clare J (5/6F)</td>
</tr>
<tr>
<td>Tazmin S (5/6F)</td>
<td>Maya T (5/6F)</td>
<td>Christina W (5/6F)</td>
<td>Grace C (5/6F)</td>
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<tr>
<td>Vanessa F (5/6F)</td>
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</table>

**Class Awards**

- KM- Dimitri B; Siyu L
  - KJ- Sam J; Zuzanna B
- KF- Anya P; Ethan Z
  - KH- Thomas S; Katarina I
- KS- Mia L; Rachel B
  - KIB- Phoenix M; Christian K
- KCN- Sindus E; Sonya I
  - 1T- Maahir M; Sabatun N
- 1K- Viktor N; Malaika P
  - 1C- Caleb T; Risheeta T
- 1S- Noah F; Sally H
  - 1/2J- Krishna S; Ricky G
- 2G- Katie N; Lucas T
  - 2K- Yahnina H; Chloe L
- 2D- Kristian B; Filip K
  - 2A- Lily N; Nicholas M
- 2P- Montana D; Darren H
  - 2/3M- Zoe W; Ryan Z
- 4G- Simone C; Vincent W
  - 4C- Zakariya H; Bernadette R
- 3/4S- Grace M; Peter Y
  - 3J- Nicholas H; George B
- 3T- Angelo W; Amelia L
  - 3P- Te Koha W; Jessica I
- 4H- Ali F; Sara T
  - 5M- Sara E; Thomas C
- 5B- Shelby K; Jawad D
  - 5NH- Ryan L; Muhammed A
- 5E- Christian W; Tamara M
  - 5/6F- Ayisna T; Tazmin S
- 6C- Patryk B; Tamima E
  - 6KM- Wilson L; Sairaj G
- 6S- Jason L; Anton P

**MINI FETE - RAFFLE**

Win a 2014 Dragons Jersey signed by the team! As part of the mini fete activities, we will be raffling a 2014 St George Illawarra jersey signed by all the players. Runners-up prizes include Dragons Community caps signed by Brett Morris and Jason Nightingale and a yellow kookaburra cricket bat signed by Australian legendary wicket keeper Adam Gilchrist. This cricket bat was a personal gift from Adam Gilchrist to Mr
Cooper and we really appreciate his generosity in donating it to our school. Tickets are $3 each or 2 for $5 and will go on sale from Monday 4 August from 8:30am and the winners will be drawn after the mini fete.

Mr Clark.

MINI FETE

Is it time for a spring clean – time to go through the toy box and donate some items for the Stage 3 Mini Fete on Thursday 14 August. If you have any unwanted items that we can re-sell at our Trash and Treasure stall please send them to class 6KM in G Block as soon as possible. Please make sure that the item is clean, in working order and not broken. Toys and books will be greatly appreciated.

LIBRARY EVENTS IN TERM 3

Term 3 is always an exciting time for us in CPS Library. We wish to inform you about the following upcoming Term 3 events.

SCHOLASTICS BOOK FAIR

Our School is holding a Book Fair in our School Library. (Term 3, Week 3 and 4))

Scholastic Book Fairs provide an exciting range of quality, recently published children’s books, novelties and educational products at reasonable prices.

WEEK 4 (Students and families can purchase ‘wish list’ items this week during the allocated Library class timetabled slots) or (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.)

<table>
<thead>
<tr>
<th>MONDAY 4 August</th>
<th>TUESDAY 5 August</th>
<th>WEDNESDAY 6 August</th>
<th>THURSDAY 7 August</th>
<th>FRIDAY 8 August</th>
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<tr>
<td>9.00 Parents</td>
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<tr>
<td>9.30 Only</td>
<td>1/2J</td>
<td>KJ</td>
<td>KS</td>
<td>KIB</td>
</tr>
<tr>
<td>10.00 KCN</td>
<td>6KM</td>
<td>2P</td>
<td>1S</td>
<td>2K</td>
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<tr>
<td>10.30 2D</td>
<td>6C</td>
<td>2G</td>
<td>1C</td>
<td>KM</td>
</tr>
<tr>
<td>11.30 KH</td>
<td>KF</td>
<td>2A</td>
<td>1D</td>
<td>BOOK FAIR IS PACKED UP.</td>
</tr>
<tr>
<td>12.10 6S</td>
<td>5M</td>
<td>5NH</td>
<td>5/6F</td>
<td>Re- Orders</td>
</tr>
<tr>
<td>12.40 5E</td>
<td>3J</td>
<td>3/4S</td>
<td>5B</td>
<td>need to be processed</td>
</tr>
<tr>
<td>2.00 4H</td>
<td>1K</td>
<td>2/3M</td>
<td>4C</td>
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<tr>
<td>2.30 3P</td>
<td>1T</td>
<td>4A</td>
<td>3T</td>
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Please note there will be no selling before, after school or during lunch times.

Some items may need to be re-ordered if they are sold out and students will receive them a few weeks later.

Book Week 2014 (August 16 – 22)

Book Week is an exciting annual event which is celebrated by schools and libraries all around Australia. Book Week is the longest running children’s festival in Australia (69 years!). Each year schools and public libraries celebrate books and Australian authors, offer competitions and develop lesson activities based on some of the award winning short-listed books. These quality books are judged by the Children’s Book Council of Australia. You can view the short-listed books @ http://cbca.org.au Please note that some of these books are unsuitable for Primary students (aimed at older students). CPS Library will focus on some of the Picture books, Early childhood books and suitable Information books.

This year the Book Week theme is: **Connect to Reading – Reading to Connect**

Connecting through reading is about enjoying the experience of exploring texts and using technology to connect using a variety of Media.

We have planned some exciting Book Week lessons for all classes during Term 3. There will be prizes, displays and fun lunchtime activities during Book Week.

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

RANDOM ACTS OF KINDNESS KIDSMATTER INITIATIVE AT CARLTON

Students, staff and parents are encouraged to share their random acts of kindness with one another and many of these kind acts will be published in the newsletter on a weekly basis as a celebration of the wonderful feelings that being kind to one another brings.

**Last Week’s Random Acts of Kindness:**

- A very big thank you to Carlo Marsano, the Non-Competition Football Coordinator at Bexley North Bombers FC for supplying our school with much needed nets for our mini-soccer field. Thank you Carlo and Bexley Nth FC. Thank you also to Mr Omar and Mr Clark who fixed our soccer goal nets.
- A huge thank you also to the wonderful students of Carlton who have picked up rubbish they’ve come across in the playground. It’s people like you who make this school so great!
- Thank you to that kind person who gave Mrs Hanley a thankyou for organising a great Y3-6 Athletics Carnival. The kind gesture made her smile.
- Thank you to the student who found Aaya’s hat (6KM) and returned it to her in time to receive hat points for her class.
# FAREWELL SUPER MR COOPER

<table>
<thead>
<tr>
<th><strong>Mr Cooper</strong></th>
<th><strong>To Super Mr Cooper</strong></th>
</tr>
</thead>
</table>
| Standing in the middle of the school,  
Is a famous person we all know,  
He is a generous man with a lot of knowledge,  
And he made the school grow.  

He made improvements to the school,  
With loads of educational fun,  
He improved a lot of areas  
And made boring things into fun.  

He improved the grass area,  
Where he made the artificial grass,  
He spent his dedication on us  
And made all our bad feelings pass.  

He improved the office much prettier,  
He added more computers in the lab,  
He made the classes better.  
He has sure made the school look fab.  

You are such a good principal,  
We are sure to appreciate your job,  
We will miss you a lot,  
And when you go we will sob.  

Jade H 5/6F | These few short years have been a blast,  
Three fantastic fun-filled years.  
You got so much done for everyone,  
Your students, staff and peers.  

Your work was overwhelming for such a little school,  
You’ve organised Kidsmatter activities, and the artificial grass,  
Given us new, improved computers  
im every single class.  

You work hard each and every day,  
It is shown by your grey hair.  
But you have been working overtime  
So, it is time to rest, that’s fair.  

Our hearts are full of sorrow,  
We might just start to cry!  
Remember we will miss you  
When you say your last goodbye.  
You have managed your behaviour,  
And done your personal best,  
Thought it pains my heart to say it,  
You deserve a well-earned rest.  

Natalie L 5/6F |

<table>
<thead>
<tr>
<th><strong>Mr Cooper</strong></th>
<th><strong>Thank You Mr Cooper</strong></th>
</tr>
</thead>
</table>
| Mr Cooper, we cannot believe,  
That you are now going to leave.  
After three long and successful years,  
There surely would be many tears.  

It’s hard for us to say goodbye,  
Especially to you.  
You’ve been an inspiration,  
And a motivator too.  

You’ve helped improve the school in many ways,  
I don’t know how we can thank you.  
But I do know that you’ve contributed much,  
And we hope the best for you.  

To hear that you are leaving,  
We are terribly sad.  
And we are strongly, hoping  
That one day you will come back.  

Jessica Y 5/6F | Thankyou Mr. Cooper, we will miss you so much,  
You have done a lot for us.  
You treated us so well,  
And even changed the bell!  

Thankyou Mr. Cooper, we will miss you so much.  
Thankyou Mr. Cooper, you have improved all of our lives,  
You gave us more space, in this busy bee hive.  
You made the buildings so grand,  
And started our marvellous school band.  
Thankyou Mr. Cooper, you improved our lives.  

Thankyou Mr. Cooper, you upgraded this school.  
So everything that was dull is now really cool.  
You raised more money for equipment,  
And made our technology more efficient.  
Thankyou Mr. Cooper, you upgraded this school.  

Thankyou Mr. Cooper for improving our play.  
Making children happier every day.  
You improved the grass where we play sport,  
And bought equipment of every sort.  
Thankyou Mr. Cooper, for improving our play.  

Thankyou Mr. Cooper, for caring so much for us,  
And making the announcements for the early school bus.  
You kept us under your wing,  
And gave us class phones that ring.  
Thankyou Mr. Cooper, for caring for us. |
Carlton Public School
Has been his pride and joy
For three amazing years

The successful upgrade
Of the computer lab and office
Grass area and equipment
Has been under his care

Dedicated, caring and inspiring
Is how you would describe him
By far the best principal we’ve ever had

He established KidsMatter and
Changed our logo to reflect it
He would do anything to
Make the school a better place

Mr Cooper has been favoured
By many students, teachers and parents
As one of the best principals we’ve ever had

Mr Cooper strives
To achieve his personal best
And takes responsibility for his own behaviour
To us he is Carlton’s saviour
Clare J 5/6F

Thankyou Mr. Cooper, for teaching us things for life,
And keeping us from all kinds of strife.
You taught us to manage our behaviour,
And when we were in trouble you were our saviour.
Thankyou Mr. Cooper, for teaching us things for life.

Thankyou Mr. Cooper, for doing all you can,
And being a real gentleman.
For students, the staff and community you have done your best.
In retirement, we hope you have good rest.
Thankyou Mr. Cooper, for doing all that you can.
So farewell Mr. Cooper,
And on behalf of Carlton Public School,
THANK YOU.
Max X 5/6F

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You’re invited to our Fathers Matter Breakfast on
Thursday 4 September from 7:30am-9:00am
### Term 3 2014

#### Term 3 - Week 3

**Monday 4 August 2014**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>Mon 4</td>
<td>Dance Program – Kindergarten</td>
<td>Stage 2 Assembly</td>
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<tr>
<td></td>
<td>11.30 Stage 2 Assembly</td>
<td></td>
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<tr>
<td></td>
<td>12.30 Stage 1 Assembly</td>
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<tr>
<td>Tue 5</td>
<td>Junior Choir &amp; Dance Group rehearsal in morning and Choral Concert at night</td>
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<tr>
<td></td>
<td>School Banking 9:00am</td>
<td>Stage 3 Backyard League</td>
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<tr>
<td>Wed 6</td>
<td>School debate</td>
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<tr>
<td>Thur 7</td>
<td>Senior Choir rehearsal in morning and concert at night</td>
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<tr>
<td>Fri 8</td>
<td>11.30 Stage 3 Assembly</td>
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#### Week 4 – 4 August – 8 August

<table>
<thead>
<tr>
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<th>Location</th>
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<tbody>
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#### Week 5 – 11 August – 15 August

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>Mon 11</td>
<td>K-2 Athletics Carnival</td>
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<tr>
<td></td>
<td>No dance program and no assembly today</td>
<td></td>
</tr>
<tr>
<td>Tue 12</td>
<td>7.45am UNSW Maths test</td>
<td></td>
</tr>
<tr>
<td></td>
<td>School Banking 9:00am</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Zone Athletics Carnival Day 1</td>
<td></td>
</tr>
<tr>
<td>Wed 13</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thur 14</td>
<td>1pm MINI FETE</td>
<td></td>
</tr>
<tr>
<td>Fri 15</td>
<td>11.30am Y3-6 Assembly &amp; Sports Trophy assembly</td>
<td></td>
</tr>
</tbody>
</table>

#### Week 6 – 18 August – 22 August

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 18</td>
<td>Dance Program – Kindergarten</td>
<td>Stage 2 Assembly</td>
</tr>
<tr>
<td></td>
<td>Zone Athletics Carnival Day 2</td>
<td></td>
</tr>
<tr>
<td></td>
<td>11.30 Stage 2 Assembly</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Year 2 Excursion to Aquarium</td>
<td></td>
</tr>
<tr>
<td></td>
<td>4pm Channel 10 Weather Watch</td>
<td></td>
</tr>
<tr>
<td>Tue 19</td>
<td>Year 1 Excursion to Aquarium</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Stage 3 Backyard League</td>
<td></td>
</tr>
<tr>
<td></td>
<td>School Banking 9:00am</td>
<td></td>
</tr>
<tr>
<td>Wed 20</td>
<td>Maths Olympiad</td>
<td></td>
</tr>
<tr>
<td>Thur 21</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fri 22</td>
<td>11.30 Stage 3 Assembly</td>
<td></td>
</tr>
</tbody>
</table>

#### Week 7 - 25 August- 29 August

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 25</td>
<td>Dance Program – Kindergarten</td>
<td>Stage 2 Assembly</td>
</tr>
<tr>
<td></td>
<td>2pm K-2 Assembly</td>
<td></td>
</tr>
<tr>
<td>Tue 26</td>
<td>Dance Program – Stage 3</td>
<td></td>
</tr>
<tr>
<td>Wed 27</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thur 28</td>
<td>11.30 Stage 3 Assembly</td>
<td></td>
</tr>
<tr>
<td>Fri 29</td>
<td>11.30 Year 3 – 6 Assembly</td>
<td></td>
</tr>
</tbody>
</table>

#### Week 8- 1 September – 5 September

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 1</td>
<td>Dance Program – Kindergarten</td>
<td>Stage 2 Assembly</td>
</tr>
<tr>
<td></td>
<td>11.30 Stage 2 Assembly</td>
<td></td>
</tr>
<tr>
<td></td>
<td>12.30 Stage 1 Assembly</td>
<td></td>
</tr>
<tr>
<td>Tue 2</td>
<td>Dance Program – Stage 3</td>
<td></td>
</tr>
<tr>
<td>Wed 3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thur 4</td>
<td>7.30am Father’s Matter Breakfast</td>
<td>Stage 3 Maths Cup</td>
</tr>
<tr>
<td>Fri 5</td>
<td>11.30 Stage 3 Assembly</td>
<td></td>
</tr>
</tbody>
</table>

#### Week 9- 8 September – 12 September

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 8</td>
<td>Dance Program – Kindergarten</td>
<td>Stage 2 Assembly</td>
</tr>
<tr>
<td></td>
<td>2pm K-2 Assembly</td>
<td></td>
</tr>
<tr>
<td></td>
<td>St 2 Backyard League</td>
<td></td>
</tr>
<tr>
<td></td>
<td>St 3 Excursion to Seymour Centre</td>
<td></td>
</tr>
<tr>
<td>Tue 9</td>
<td>Dance Program – Stage 3</td>
<td></td>
</tr>
<tr>
<td>Wed 10</td>
<td>Maths Olympiad</td>
<td></td>
</tr>
<tr>
<td>Thur 11</td>
<td>11.30 Stage 3 Assembly</td>
<td></td>
</tr>
<tr>
<td>Fri 12</td>
<td>11.30 Year 3 – 6 Assembly</td>
<td></td>
</tr>
</tbody>
</table>

#### Week 10- 15 September – 19 September

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 15</td>
<td>Dance Program – Kindergarten</td>
<td>Stage 2 Assembly</td>
</tr>
<tr>
<td></td>
<td>St 2 Backyard League</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Stage 3 Camp students leave</td>
<td></td>
</tr>
<tr>
<td>Tue 16</td>
<td>Dance Program – Stage 3</td>
<td></td>
</tr>
<tr>
<td>Wed 17</td>
<td>Stage 2 Camp students leave</td>
<td></td>
</tr>
<tr>
<td>Thur 18</td>
<td>11.30 Stage 3 Assembly</td>
<td></td>
</tr>
<tr>
<td>Fri 19</td>
<td>No PSSA, Tennis or Gymnastics</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Stage 2 Camp students return</td>
<td></td>
</tr>
<tr>
<td></td>
<td>11.30 Combined assembly K-6</td>
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Raising calm kids

With childhood and adolescent anxiety on the rise there’s a simple but powerful technique that all kids should practice. Parenting ideas contributor Dr. Jenny Brockis explains the link between quiet time and the development of calm in kids.

Let me share the stories of two very different kids who shared a common challenge.

The first is Isobel. From an 8-year-old child care, Isobel was shyly insecure when her mother tried to leave. In primary school she made a number of friends, but lacked self-confidence. By the time she was in secondary school, she was known as a bit of a loner. In Year 10, Isobel started missing school.

The second child is Jamie, who was always a bundle of energy. He had constant antsy fidgets in his pants. His hyperactivity led him to be assessed for attention deficit disorder, though this was ruled out. His teachers found his classroom antics difficult; he would constantly distract the other kids and much about Jamie ended up being suspended from school.

As you can see, Isobel and Jamie were two very different kids. But the challenge they faced was essentially recognized as being the same: anxiety.

While not always a severe anxiety, it is suffered by Isobel and Jamie, anxiety—especially in those under 15—is increasing at an alarming rate. It’s thought that the constant busyness of modern life, with little or no downtime, is part of this problem. The busyness allows our kids to connect with each other constantly, but paradoxically this has led in some instances to a huge sense of disconnect—and anxiety.

Our brains were not designed to be constantly stimulated. All brains need some time out in a constantly connected world what we need is more balance.

So what can we do to help our kids restore this balance?

One of the most effective ways is to help children to know how they can proactively quiet down their mind, a strategy that’s making them feel more calm.

You can teach your kids how to enjoy quiet time. Here’s a technique that works well.

TIPS FOR QUIET TIME

1. Choose a time that suits you and your child. Morning or evening, just long enough best for you and family.

2. Schedule in ten to fifteen minutes for the practice. You may need to start with just two or four minutes at first.

3. Find a place that allows your child to stay quiet. This could be their bedroom, any other room in the house, or a room in a friend’s house where they can feel safe.

4. You can choose to start to lie down on a blanket or rug on the floor. Try to avoid their bed as they may fall asleep, which isn’t the purpose of the exercise. Get them to gently close their eyes or look down towards the ground. Now it’s time to ask them to take a slow deep breath in through their nose, hold it for one to two seconds and then breathe out. Get them to do this two more times.

5. After the third breath, ask them to continue breathing in the same way, now noticing the air as it passes in and out through their nostrils. After the next ten breaths, direct their focus to the rising and falling of their chest or tummy.

6. The next sequence requires them to notice any tension or muscle tightness in their shoulders, tummy or elbows and then, on each breath out, to let all that tension just float away, enjoying this relaxation as they allow their muscles to become more relaxed.

7. Continue with the breathing exercise until you reach the end of your allocated time. When it’s the time to stop your child, just open their eyes, wriggle their toes and fingers and after a moment or two get up to resume the rest of the day.

Practicing regular quiet time should start to produce some positive differences quite quickly. Once they have mastered the technique, it will always be available to them any time they feel too anxious or stressed. Just three deep breaths may be all they need.