Dear Parents and Carers

As we commence preparation and planning for the new **2015-2017 School Plan**, it is important that we reflect on what we have achieved and establish our way forward, providing opportunity for ongoing achievement and improvement. Included in today’s newsletter is a survey form that asks you to identify things you think the school does best, things you think we do poorly or could improve and also any new ideas you think would be beneficial for our students and our school. Please return the sheet by handing it in to your child’s teacher or the school office by the end of this term. We will use all information and feedback we receive to help us develop our new school plan.

One of our most important social events for the year will be held next Thursday. It’s our **Fathers Matter Breakfast and you’re invited**. We want to celebrate the importance of Dads, Grandads, Uncles and all good men in the lives of our children and families. 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; golf putting 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. Breakfast will be available through the purchase of vouchers at $5 per person. Breakfast orders need to be pre-purchased so I have included the order form with this week’s newsletter so that no one who wishes to join us for breakfast misses out on placing their breakfast order.

**Congratulations**
- To the students who took part in Day 2 of the Athletics Carnival on Monday
- To the Spelling Bee Champions for 2014: Jessica Y (5/6F); Oditi S (5B); Dheeraj S (4A); Amelie C (4H). They will participate in the Regional Finals which will be held at Bald Face Public School on 15 September
- To the talented students who participated in the Create East show 'TEN'. The students who represented Carlton were: Marium EH (6KM); Vincent V (5NH); Edwin S (5/6F)

**Reminders**
- Our **Fathers Matter Breakfast** invitation has been sent out. We want to build on the success of last year’s event and enjoy a great social occasion on **Thursday 4 September** between 7.30 and 9.00 am. We are looking forward to seeing you for breakfast.
- 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.
- Spare copies of excursion notes are available at the front office and also in the notes section of the school website [http://www.carlton-p.schools.nsw.edu.au/](http://www.carlton-p.schools.nsw.edu.au/)
- The **Year 2-6 School Swimming Scheme** will be held in Term 4, Week 1 from Tuesday 7 Oct to Friday 17 Oct. The lessons are targeted at Y2-6 children who **have not reached a satisfactory standard of water safety and are unable to swim 25m confidently in deep water**. We only have limited spots available so now is the time to guarantee a spot by returning the permission slips.

**Regards**

Olivera Mateski

Relieving Principal
P&C News

P&C meeting.
The next P&C meeting will be held on Tuesday, 9 September at 7.30pm. Please save the date!

The P&C is on Twitter!
If you are a twitter fan don’t forget to follow us at twitter.com/CarltonPublic Keep up dated with what’s happening at school and in the P&C.

Still more volunteers needed – Fathers Matter Breakfast
Our Annual Fathers Matter Breakfast will be held this coming Thursday, 4 September before school starting at 7.30am. Thank you sincerely to those mums who have volunteered so far. We need more mums to help prepare and serve breakfast so that the dads can enjoy the range of activities on offer with their children. Events like these don’t run by themselves. In a school as large as Carlton we should be able to attract a few more volunteers. If you are able to volunteer please email the P&C at carltonpandc@gmail.com with ‘Fathers’ Day’ in the subject line.

We will also be running a ‘100 club’ as we did at the ‘Mothers Matter Breakfast’. Tickets will be $2 and there will be a variety of prizes on offer – software, a cricket set and cash at this stage. If you are able to donate a prize or have contacts in a local business that would be willing to donate a prize please email the P&C at carltonpandc@gmail.com

Second-Hand Uniform Donations Wanted!
In Week 9, we will be holding a second-hand uniform sale at school. If you have any clean, unwanted uniform items that are in good condition we will be collecting these every day next week – starting Monday, September 1. Donations can be left at the office. A working bee to sort and price uniforms ready for the sale will be held on Friday, 5 September at 9am – if you are able to help please email the P&C at carltonpandc@gmail.com with ‘Uniforms’ in the subject line. Morning tea will be provided. It is anticipated the sale will be on Friday, 12 September but this will be confirmed in next week’s newsletter.

School Banking
Volunteers needed – School Banking – we really need your help!
Do you have Tuesday mornings free? Are you interested in helping with school banking? It operates on Tuesday mornings from 9am to approximately 11am. It would be wonderful to be able to get a couple of new volunteers so each of our teams will only need to work in the school bank once every three weeks and that we have some reserves in case of illness (which is always an issue in Winter and almost caused school banking to be cancelled this week). It is a very straight forward process and training will be provided. Please email carltonpandc@gmail.com with ‘School Banking’ in the subject line if you are interested in helping out or leave your contact details in the office and a School Banking Coordinator will contact you.

Classroom Achievement awards – KJ
Congratulations to KJ who have won the award again this week. Well done KJ!

Random Draw winner for August
The random draw winner for August is Risheeta T K from 1C. Risheeta will receive her prize next week at morning assembly.

Thank you to those who have agreed to help but …

We Still Need Volunteers for Father’s Day Breakfast
If you are able to help out, please contact carltonpandc@gmail.com
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.

K-2 Assembly – Monday, 8 September (Week 9) at 2pm in the school hall

<table>
<thead>
<tr>
<th>Katie N (2G)</th>
<th>Aleksander P (2G)</th>
<th>Sofia C (2G)</th>
<th>Imogen D (2G)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kishan S (2G)</td>
<td>Natalia P (2P)</td>
<td>Musab U (KF)</td>
<td>Valery M-B (KF)</td>
</tr>
<tr>
<td>Hayfa K (KF)</td>
<td>Arpit S-T (KS)</td>
<td>Noah M (KS)</td>
<td>Bader T (KS)</td>
</tr>
<tr>
<td>Curtis L (KS)</td>
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</tr>
</tbody>
</table>

Y3-6 Assembly – Friday, 29 August, 2014 (Week 7) at 11.25am in the school hall.

<table>
<thead>
<tr>
<th>Gregory V (4C)</th>
<th>Zakariya H (4C)</th>
<th>Lina D-S (4C)</th>
<th>Bernadette R (4C)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kareem K (6C)</td>
<td>Alicia B -C (6C)</td>
<td>Thamina H (5NH)</td>
<td>Allanzo P (4H)</td>
</tr>
<tr>
<td>Sam B (4A)</td>
<td>Prachi P (3P)</td>
<td>Alek B (3P)</td>
<td>Layla H (3P)</td>
</tr>
<tr>
<td>Jessica I (3P)</td>
<td>Samrid B (3P)</td>
<td>Riddhi T-K (5M)</td>
<td>Fatima A 95M)</td>
</tr>
<tr>
<td>Noor A (5M)</td>
<td>Angelina G (5M)</td>
<td>Amanda H (5M)</td>
<td>Amani H (5M)</td>
</tr>
<tr>
<td>Thomas J (5M)</td>
<td>Alyssa P (5M)</td>
<td>Sara E-H (5M)</td>
<td>Zainab M (5M)</td>
</tr>
<tr>
<td>Jayden F (3P)</td>
<td>Hussein S-D (3J)</td>
<td>Adam K (3J)</td>
<td>Nicholas H (3J)</td>
</tr>
<tr>
<td>Zac K (3J)</td>
<td></td>
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</tr>
</tbody>
</table>

Class Awards

KM- Stephanie A; Evangeline K  
KH- Helena W; Aolin T  
KCN- Jubayer A; Luke P  
1D- Yara A; Lawrence L  
1/2J- Gabriel N; Natalie T  
2D- Alison J; Daniel G  
4A- Jimmy L; Batool A

5M- Patrick S; Sara E; Noor A; Angelina G  
5NH- Perry C; Shrutip; Christina C; Charbel R  
5/6F- Katrina A; Tara L; Jade H; Edwin S  
6KM- Bojan B; Aaya O; Andrew K; Joshua L

5E- Phoebe T; Anna G; Dylan T; Mithil P  
5B- Kelly P; Cleti N; Nader S; Joseph T  
6C- Jad S; Isaac V; Aamna W; Jasmine G  
6S- Anastasia A; Shan K; Olivia M; Alek S

SRC Update

The end of term is fast approaching and the SRC has organised a ‘Rainbow Mufti Day’ for Wednesday 10 September 2014. Students will be able to dress up as a colour of the rainbow – or all the colours! We will be collecting a gold coin donation. This will go towards our school’s sponsor child through World Vision.

After the success of last year’s book drive to collect books for Tacdugan Elementary School, we will be holding another drive in week 9 this term. There will be tubs outside the office for people to donate books. The books we collected last year made a huge impact to the Tacdugan community, and it will be great to continue to help those less fortunate than ourselves.
Macedonian Language Class News

We are in Kindergarten and we are the youngest students at CPS. When we started school we only knew that we were going to learn Macedonian Language. Today we do and know lots of other things in Macedonian:

Ние сме во најмалите ученици во Калтон. Кога почнале да одираме на училиште знаеле само дека ќе учат македонски јазик. Денес научиле и знаеле многу работи на македонски јазик.

Иви: Jас канивам стихотворби на македонски.
Мартин: Jас читам на македонски.
Изыела: Jас сакам да јадам мазник на „Мазник ден”.
Алекса: Jас научив да играм оро. И многогу сакам да играм!
Викторија: Jас знам да познааам на македонски.
Елена: Jас сакам да читам книги на македонски јазик.
Пејтон: Jас сакам да играм игри на електронската табла.
Стефан: Jас знам да зборувам македонски.
Ноз: Jас сун Македонец.
Стефан: Jас сакам да играм игри со зборови на македонски.
Ангела: Jас знам да зборувам македонски.
Саша: Ние пееме на македонски!
Бела: Jас ја сакам Госпоѓа Михајлова.
Антонио: Jас сакам да играм оро.
Цеска: И јас сакам македонски јазик.
Кристијан K: Jас сакам да бројам на македонски.
Кристијан G: Jас сакам да бојам со македонски бои, со црвена и зелена.
Адриан: Jас сакам кога читаме на македонски јазик.
Топле: Jас сакам да канивам стихотворби на македонски јазик.
Botany Bay Zone Athletics Carnival 2014

On Tuesday 12 August and Monday 25 August, 61 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>Position</th>
<th>Result</th>
<th>Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jnr Boys High Jump</td>
<td>2nd</td>
<td>1.19m</td>
<td>Area</td>
</tr>
<tr>
<td>Jnr Boys 800m</td>
<td>2nd</td>
<td>2.52min</td>
<td>Area</td>
</tr>
<tr>
<td>11 Years Boys 100m</td>
<td>3rd</td>
<td>13.97sec</td>
<td>Area</td>
</tr>
<tr>
<td>11 Years Boys 200m</td>
<td>3rd</td>
<td>29.58sec</td>
<td>Area</td>
</tr>
<tr>
<td>11 Years Boys Long Jump</td>
<td>2nd</td>
<td>4m</td>
<td>Area</td>
</tr>
<tr>
<td>11 Years Girls Long Jump</td>
<td>3rd</td>
<td>3.48m</td>
<td>Area</td>
</tr>
</tbody>
</table>

In addition to these fine results, our senior girls relay, senior boys relay and Chelsea D (12 years girls high jump) finished 4th.

Thank you to Miss Martin, Ms Boesen and Mrs Hanley for doing an excellent job organising this event for our students and to the many parents who came to support the children.

We wish Benjamin, Ali and Mitchell luck as they go on to represent Botany Bay at the Sydney East Area Athletics Carnival on Wednesday 3 September. Students attending the Area Carnival will need to have their note signed by Mrs Mateski and return it to Mr Andrews at Ramsgate Public School on Monday afternoon, 1 September, where they will collect their team singlet and make travel arrangements.
Arabic Language Class News

The use of ipads provides valuable opportunities for the students to learn the Arabic language in a fun and interesting way. Students are more engaged and motivated to learn the language. Students of Year One have practised some words related to the family on the ipads. They have enjoyed learning a chant about the family as well. After these two interactive activities, I am pleased to say that students of Year One were able to write the first part of the chant independently.

Yara A  Jawaad H  Ali S

Students of Year four are very proud to share some of their Arabic work with everyone.

Abbas H  Hamza C

Hussein J  Zahraa T
# Term 3 2014

<table>
<thead>
<tr>
<th>Term 3 - Week 7</th>
<th>Term 3 - Week 8 - 1 September – 5 September</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mon 25</strong></td>
<td><strong>Mon 1</strong></td>
</tr>
<tr>
<td>Zone Athletics Carnival Day 2</td>
<td>Dance Program – Kindergarten</td>
</tr>
<tr>
<td>Dance Program – Kindergarten 2pm K-2 Assembly</td>
<td>11.30 Stage 2 Assembly</td>
</tr>
<tr>
<td><strong>Tue 26</strong></td>
<td><strong>Tue 2</strong></td>
</tr>
<tr>
<td>Dance Program – Stage 3 School Banking</td>
<td>Dance Program – Stage 3 St 2 Backyard League</td>
</tr>
<tr>
<td><strong>Wed 27</strong></td>
<td><strong>Wed 3</strong></td>
</tr>
<tr>
<td></td>
<td>Second hand uniform donations</td>
</tr>
<tr>
<td><strong>Thur 28</strong></td>
<td><strong>Thur 4</strong></td>
</tr>
<tr>
<td>11.30 Stage 3 Assembly Stage 3 Backyard League</td>
<td>7.30am Fathers Matter Breakfast Second hand uniform donations</td>
</tr>
<tr>
<td><strong>Fri 29</strong></td>
<td><strong>Fri 5</strong></td>
</tr>
<tr>
<td>11.30 Year 3 – 6 Assembly</td>
<td>11.30 Stage 3 Assembly Second hand uniform donations Second hand uniform working bee</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Term 3 - Week 9- 8 September – 12 September</th>
<th>Term 3 - Week 10- 15 September – 19 September</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mon 8</strong></td>
<td><strong>Mon 15</strong></td>
</tr>
<tr>
<td>Dance Program – Kindergarten 2pm K-2 Assembly St 2 Backyard League St 3 Excursion to Seymour Centre</td>
<td>Dance Program – Kindergarten 11.30 Stage 2 Assembly 12.30 Stage 1 Assembly St 2 Backyard League Stage 3 Camp students leave Last day to bring Stewart House bags</td>
</tr>
<tr>
<td><strong>Tue 9</strong></td>
<td><strong>Tue 16</strong></td>
</tr>
<tr>
<td>Dance Program – Stage 3 School Banking P&amp;C Meeting 7:30pm</td>
<td>Stage 3 Non – Camp students to Art Gallery Rockdale Council Excursion Dance Program – Stage 3 cancelled School Banking</td>
</tr>
<tr>
<td><strong>Wed 10</strong></td>
<td><strong>Wed 17</strong></td>
</tr>
<tr>
<td>Maths Olympiad Rainbow Mufti Day</td>
<td>Stage 2 Camp students leave Stage 3 Camp students return</td>
</tr>
<tr>
<td><strong>Thur 11</strong></td>
<td><strong>Thur 18</strong></td>
</tr>
<tr>
<td>Kindergarten to Art Gallery 11.30 Stage 3 Assembly</td>
<td>11.30 Stage 3 Assembly</td>
</tr>
<tr>
<td><strong>Fri 12</strong></td>
<td><strong>Fri 19</strong></td>
</tr>
<tr>
<td>11.30 Year 3 – 6 Assembly</td>
<td>Stage 2 Non Campers Excursion No PSSA, Tennis or Gymnastics 11.30 Stage 3 Assembly Stage 2 Camp students return</td>
</tr>
</tbody>
</table>

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**FATHERS MATTER BREAKFAST (Thursday 4 September)**

Children's name and class: ____________________________

Please write the amount beside the item that you’d like for breakfast.

- [ ] Sausage on a roll and drink
- [ ] Bacon and Egg roll and drink
- [ ] Sweet Pastry and drink

Total: $__________

**PLEASE RETURN SLIP AND MONEY IN AN ENVELOPE MARKED 'FATHERS MATTER BREAKFAST' TO THE OFFICE COLLECTION BOX BY THURSDAY 28 AUGUST.** Food and drink vouchers will be handed out to children on Wednesday 3 September.
Tournament of Minds

Last Sunday, the 2014 TOM team went to Sydney Girls High School to participate in the annual Tournament of Minds competition. The team was made up of Rayanne H, Rhiannon H, Natalie H, Thomas H, Maya T, Claire J and Tara L, all from stage 3. The team had worked diligently for the past 6 weeks to solve their long term challenge and had to make an “infomercial” as part of their solution. They presented this on Sunday and performed extremely well under the pressure. They also worked well as a team to solve the spontaneous challenge that was given to them on the day. Despite their best efforts, they did not receive a place this year, but all team members should be very proud of their commitment and enthusiasm to the challenge. We are all very proud of you!

Mrs Covassin
TOM Facilitator
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 her first day of childcare, Isobel would cry incessantly when her mum 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. As his constant running in his pants’ kep hyperactivity led him to be accused of attention deficit disorder, though this was ruled out. His teachers found his classroom antics difficult, he would constantly disrupt the other kids and much to 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 as severe as that suffered by Isobel and Jamie, anxiety – especially in those under 25 – is increasing at an alarming rate. It’s thought that the constant busyness of modern life, with little or no down time, is part of this problem. New technology allows our kids to connect with each other constantly, but paradoxically this has led in some instances to a huge sense of disconnection – and to anxiety.

Our brains were not designed to be constantly stimulated. All brains need some time out in a consistently quiet world where we need to 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 proactively quieten down their mind, especially if it’s making them feel mad or mad.

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

**TIPS FOR QUIET TIME**

1. Choose a time that suits you and your child. Morning or evening, just what works best for you as a family.

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

3. Find a place that allows your child to stay quiet. This could be their bedroom or any other room in the house that they like being in and in which they can feel relaxed.

4. They can choose to sit on a blanket or up on the floor. I try to avoid the bed as they may fall asleep, which isn’t the purpose of the exercise. Get them to gently close their eyes or lock down towards the ground. Now it’s time for them to take a slow deep breath in through the 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 and notice the air as it passes in and out through their nostrils. After the next breaths, direct their focus to the rising and falling of the chest or the tummy.

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

7. Continue with the breathing exercise until you reach the end of your allotted time. When it’s time to stop, your child can just open their eyes, wiggle their toes and fingers and after a moment or two get up to resume the rest of their 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 lower anxious or stressed. Just three deep breaths may be all they need.


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Thursday 28 August 2014

Term 3 - Week 7

WORDS Jenny Brockis

Building parent-school partnerships

NSW Education & Training