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

"Some 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.

If you’re still worried

If you feel your child’s level of stress or anxiety becomes excessive then some options to consider are:

Talk with your child’s classroom teacher about how your child is managing at school and the resources your school can offer.

Ask to speak to the school psychologist or counsellor.

Talk with your GP or paediatrician who can help to explore what is happening for the child and family and also provide referrals to other practitioners who may be able to help if necessary.

Important Reminders

School Photos- see school calendar and information included in this newsletter

Regards

Leigh Rasmussen

P&C News

Save the date – workshop for parents

On Tuesday, 25 March at 9.15am a workshop will be held for parents on 'Helping Children Manage their Emotions'. This workshop is part of our series on bullying which began last year. The workshop will carry a token charge of $5 to come along with the full cost of the course being subsidised by the P&C. Morning tea will be provided. A note with further details will be sent home next week.

P&C AGM and general meeting

Next Tuesday the P&C Annual General Meeting (AGM) will be held – Tuesday, 11 March 2014 at 7.30pm in the staffroom. The following reports will be presented:

• President’s report
• Financial report
• Uniform Committee report
• Principal’s report

To nominate for a position at the AGM you need to be a financial member of the P&C. If you wish to vote or nominate for a position at the AGM $1 membership will need to be paid on the night which is in accordance with our constitution. Please see Ms Rasmussen or a member of the current P&C executive to discuss the responsibilities involved in the various roles and/or request an information pack outlining the specific roles and responsibilities of each position.

Easter Mufti Day

On Thursday, 20 March there will be a Mufti Day held at school. The P&C are asking that in exchange for coming out of uniform the children donate Easter Eggs or chocolates or something with an Easter theme. At the moment there are many gifts available in discount shops that would be suitable. Please consider giving eggs that are nut free if possible and something that you would be happy to receive back in a prize. The donation will be used to make up prizes for our Easter Guessing Competition - details of which you will receive shortly. Last year we had over 70 prizes and the winners were mostly children attending Carlton PS.
Tickets will be given out this week and the guessing competition will be drawn at the Pedlars’ Parade at school on Thursday, 10 April. Please remember to fill in the contact details (full name and phone number) on each ticket stub (on the left hand side closest to the staple), for each person who buys a ticket. If the person buying the ticket attends Carlton PS please write their class on the ticket stub. If you would like additional books of tickets they will be available from the office. Also if you have any baskets or the colourful boxes that are used for flower arrangements the P&C would like to take them off your hands to package up the Easter Guessing Competition prizes. If you have any of these at home, and they are in good condition, please send them in on the Mufti Day.

If you wish to make contact with the P&C please email us at carltonpandc@gmail.com

School Banking

Rewards
Term 1 rewards are the handballs and scented pencils. Please do not send any other requests for awards that are only available in other terms. The term that each reward is available is clearly marked under each reward on the redemption sheet. There are also some rewards still available from last year: the blue wallet, the knuckles game, headphones, ‘Pat’ moneybox, ‘Pru’ moneybox and ‘Spen’ moneybox. If your child would like one of these rewards please write it on a piece of paper along with their name, class and student number. Some children are trying to redeem rewards when they are not eligible. The computer only allows us to redeem rewards when children reach 10 deposits. This includes the number of tokens that were left over from last year and is calculated on the number of deposits made since your child started school banking. The database also assumes that rewards during that time were claimed for each ten deposits and if they were not claimed they are forfeited. This was clearly explained in a number of newsletters in Term 4 of last year.

Classroom Achievement awards – 2/3M wins a hat trick!
Congratulations to 2/3M for winning the award this week for the third time. 2/3M are definitely the class to beat this term.

School Canteen
There have been a few enquiries to the monitoring of the canteen and food included on the menu. The school canteen is tendered to “Healthy Habits” and the menu has been developed in collaboration with a dietician. Any school canteen must adhere to the Canteen Association rules and regulations to ensure they follow the prescribed guidelines of this association.

Foods are categorised into traffic lights: red, orange and green, with the majority of the menu being healthy choices in the category of “Green” and lesser amounts of the “Red” & “Orange” food items. Please note: there are no “red” foods sold in our school canteen.

The canteen is monitored regularly with spot checks and meetings between a school liaison representative of the Canteen committee and canteen manager. In addition to these meetings and spot checks, Rockdale Council does regular health inspections to ensure health standards continue.

Each week the canteen has “specials” which have been advertised on posters near the canteen and will now be included in the newsletter. There are changes to the menu with the specials, to encourage students to enjoy a varied and healthy diet; the main factor for the changes is to include seasonal fruits and vegetables and expose students to a variety of healthy options. Parents are encouraged to
provide feedback via email and provide suggestions for healthy and reasonably priced alternatives to be trialled or for inclusion in the menu.

Last week the special was shell pasta with a Napolitano sauce + juice for $4.00.

This week the students have been able to order spinach ravioli with béchamel sauce + juice for $4.00.

Next week’s special is Salt & Pepper Squid with potato wedges + frozen orange $4.00

Class Awards
KM- Chris B; Ujwal Y
KF- Jayden R; Maggie M
KS- Leila S; Bader T
KCN- Arnav K; Jessie L
1K- Martina G; Dean J
1C- Alice D; Mahdi J
1/2J- Donna T; Hiro N
2K- Stefan T; Amy Z
2A- Emilia N; Deniz A
2/3M- Toby O; Bindiya C
3T- Stefan J; Natalie W
3/4S- Venus H; Vanessa N
4G- Simone C; Dennis L
4H- Ali F; Sophia Z
5E- Sabrina P; Sai G
5B- Nora E; Emily H
6C- Dheeraj P; Tamima E

Stewart House Clothing Appeal
Tomorrow your child will bring home a Smith family bag. If you have any clean, good quality second hand clothing you would like to donate please place it in the bag and return it to school by no later than Wednesday 26 March, 2014. Please leave the bags in the hall by the entrance door. Thank you Mrs Kozanitis.

The School Photographer (Repeat Item)
School photographs will be taken on Tuesday, 18 and Wednesday, 19 March. An information note and order envelope has been sent home with your child. Completed orders need to be placed in the letterbox at the office by Wednesday 12 March. Students are to be dressed in correct summer school uniform, pictures of which can be found in the front foyer of the office. Please try to keep these dates free of any appointments for your child. Thank you, Ms V Derwent
Clean Up School Day - rescheduled

Due to the wet weather last Friday, we were unable to proceed with our planned Clean Up School Day. We will have our Clean Up School Day this Friday 7 March.

Arabic News

Welcome to a new year of learning Arabic. In Term 1, topics are Kindergarten: Me, Stage 1: Senses, Stage 2: National Parks and Stage 3: Rainforests.

Kindergarten students learn Arabic by using greeting words. They introduce and describe themselves by using numbers, colours and adjectives.

Stage 1 students are learning about the five senses. They use body parts, senses, verbs and adjectives to form simple and complex sentences.

Stage 2 students are learning about local and national parks, plants, animals and activities in parks. They draw, label and describe a park orally and by writing paragraphs.

Stage 3 students learn about forests with focus on Rainforests, appearance, location, plants and animals in each layer. They draw a rainforest, label an animal and talk about the Cedar forests in Lebanon.

During lessons Arabic students use iPads and computers to type their names, vocabularies, sentences and paragraphs in Arabic. They listen to songs, sing along and play games. Also, they do research related to topics.

In Arabic, students listen to stories, to Arabic songs and learn through singing and playing games.

Mrs Awad
Term 1 - Week 6  Thursday 6 March 2014

Year 6 - Arabic Vocabulary Quiz

Year 5 in the Mini lab doing research

Year 5 in the Mini lab doing research

Year 4 - doing their work

Year 4 - typing in Arabic

Stage 2 Excursion
## Term 1 Calendar 2014

### Week 6 - 3 March - 7 March
- **Mon 3**: Arabic Parent Workshop 9am
- **Mon 3**: Uniform Shop open 8:25am-8:55am
- **Tue 4**: School Banking 9:00am
- **Wed 5**:
- **Thur 6**: Uniform Shop open 8:25am-8:55am
- **Fri 7**: Zone Swimming Carnival
- **Fri 7**: Clean Up School Day

### Week 7 - 10 March - 14 March
- **Mon 10**: Arabic Parent Workshop 9am
- **Mon 10**: Years 1-2 Assembly 2.00pm
- **Mon 10**: Uniform Shop open 8:25am-8:55am
- **Tue 11**: School banking 9:00am
- **Tue 11**: P&C AGM 7:30pm in Staffroom
- **Wed 12**:
- **Thur 13**: Selective High School Test
- **Fri 14**: Uniform Shop open 8:25am-8:55am
- **Fri 14**: Years 3-6 Assembly 11.30am

### Week 8 - 17 March - 21 March
- **Mon 17**: Uniform Shop open 8:25am-8:55am
- **Tue 18**: School Photos Day 1
- **Wed 19**: School Photos Day 2
- **Thur 20**: Mufti Day - Easter egg donation
- **Fri 21**: Uniform Shop open 8:25am-8:55am
- **Fri 21**: Harmony Day - Orange Mufti Day

### Week 9 - 24 March - 28 March
- **Mon 24**: Arabic Parent Workshop 9am
- **Mon 24**: Years 1-2 Assembly 2.00pm
- **Mon 24**: Uniform Shop open 8:25am-8:55am
- **Tue 25**: School banking 9:00am
- **Tue 25**: Parent Interrelate Meeting 9.15 - 11.45
- **Wed 26**:
- **Thur 27**: Uniform Shop open 8:25am-8:55am
- **Fri 28**: Uniform Shop open 8:25am-8:55am

### Week 10 - 31 March - 4 April
- **Mon 31**: Y5 Excursion to Minnamurra
- **Mon 31**: St 3 Young Leaders Excursion
- **Mon 31**: Uniform Shop open 8:25am-8:55am
- **Tue 1**: Stages 2 & 3 Workshop
- **Tue 1**: School Banking 9:00am
- **Wed 2**:
- **Thur 3**: Uniform Shop open 8:25am-8:55am
- **Fri 4**: Last day for raffle tickets and money to be given to office

### Week 11 - 7 April - 11 April
- **Mon 7**: Y6 Excursion to Minnamurra
- **Mon 7**: Years K-2 Assembly 2.00pm
- **Mon 7**: Uniform Shop open 8:25am-8:55am
- **Tue 8**: School banking 9:00am
- **Wed 9**:
- **Thur 10**: Pedlars Parade (Kindergarten/Stage1)
- **Thur 10**: Drawing of Easter Raffle
- **Thur 10**: Uniform Shop open 8:25am-8:55am
- **Fri 11**: Years 3-6 Assembly 11.30am
- **Fri 11**: Last Day of Term 1

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Term 2 commences for all students on
**Tuesday 29 April 2014**

Term 2 commences for all staff on
**Monday 28 April 2014**
Dear Kindergarten Parents

Carlton Public School P&C want you to have the best experience you can possibly have as a parent of a kindergarten child.

Would you like to get to know the other parents from your child’s kindergarten class?

Some parents of kinder children are organising a class directory using email and/or phone contacts to help establish positive connections between families.

You can connect to other parents to share information, arrange informal social occasions, kids play opportunities or other activities by being part of the P&C supported Class Parent initiative.

If this interests you, please complete the details on the attached sheet and leave it on the table near the door tonight or place it in an envelope and put it in the collection box in the school office. Please mark the envelope Class Parent.

You may also be interested in being the contact parent for your child’s class. If so please tick the Contact Parent box as well.

Once the details are collected you will be contacted to begin connecting with others.

Thank You!

Carlton Public School P&C Parents
carltonp&c@gmail.com

Parent Name: ________________________________
Child’s Name: ________________________________
Child’s Class: KIB
Child’s Class: KM KJ KF KH KS KCN
Parent email address: ________________________________
Parent phone contact: ________________________________
Class Parent Contact: I am interested in being the class parent contact

Please place in an envelope and post in the Collection Box in the school Office by Thursday 6 March. Mark the envelope Class Parent.
Managing kids who won’t take no for answer

Kids can be very strategic at getting you to agree to what they want. But two can play at that game!

Ever had a child who keeps asking for a favour or a treat over and over until they get the response they want?

These kids generally use one of two strategies. They may either nag or hound you until they get an affirmative response or they seek out another adult who will give them the answer they want.

Pester power wears you down!

From a kid’s point of view, the first method, which is based on persistence, is generally very effective with tired parents and sole parents who are more vulnerable to this type of behaviour.

“All right have the ice cream. Anything for some peace and quiet,” is a response that most people who have spent time around children are familiar with. The same applies to adolescents: “Okay, you can go to the party. Just stop nagging me about it!”

Playing one parent off against the other

The second method is a little more devious but very effective and usually occurs in dual parent families. You know the situation. A child’s request for a treat, favour or outing is turned down for good reason (“No, Jessica you can’t have an ice cream now. Wait until after dinner”). The child then goes to the other parent (without sharing the conversation they’ve just had with you) in the hope that he or she may well give them the positive answer they are looking for.

These situations can drive parents crazy and are indicative of two people operating on different parenting planes.

If it happens every now and again then it is no big deal. However, if one parent is always granting a child his or her wishes without consultation or thought about what the other parent thinks, then it’s probably time to step back and reflect on how you can both work better together.

One “no” is enough

Be firm with a child or young person who goes to another parent in search of a ‘yes’ after they have received a knock back.

“Where did you get that ice cream from? I already said no.”

“Daddy said I could have it.”

“I am sorry but you should not go to Daddy after I said ‘No’.”

If in doubt, defer

The other technique that you can use when one parent tends to give in more often is to agree to defer to each other whenever a child or young person asks something tricky.

“Okay Jessica, I’ll just check with Dad and get back to you.”

This strategy can be wearing and even artificial but it’s helpful in bringing the other parent into the picture and it also demonstrates that you are double act.

It’s the smartest way to manage teens as they have a propensity to corner you into making quick decisions. The principle here is to control the timing of your responses and not be railroaded into snap decisions.

Take it in turns saying “no”

Most dual parents play good cop/bad cop, with one being the disciplinarian or hard-line manager and the other more the play director. That tends to be the way of families. This is wearing on the bad cop so it helps if you can swap roles (or even backbones) occasionally so that the ‘bad cop’ parent gets a break. Sole parents play both roles, which is draining.

Managing children who won’t take no for an answer demands teamwork, a willingness to hold your ground and, most importantly, good communication skills. The aim is to reach a point that when you say “No, not this time” (or however you say it), your kids actually believe what you say.
**Tranquillity**

Hidden between the dense, green undergrowth,
Is a place you cannot see.
The tall canopy forms a roof,
As the bright light peaks through the luscious leaves.

A salty taste lingers in my mouth,
As if I’ve sipped from the sea.

Chirpy birds hum a melodic tune,
Which echoes through the majestic trees.
The air is clear, the fresh scent of the leaves,
And unfamiliar plants grow gracefully.

I feel an overwhelming sense of calmness,
An empowering sense of peace.
As if the hard, moss-covered rocks stand protecting me.

At the centre is the jewel of the rainforest,
A blue lagoon—a pearl.
Water falls, tinkles and trickles,
Providing a lifeline to the forest.

The waterfall is an hourglass,
and I am in tranquillity.

By Rayanne.