Dear Parents and Carers,

Do you hear the terms ‘bullying’ and ‘anger’ more these days than when you were a child? From my view as Principal I certainly do. All parts of the traditional and social media seem to be flooded with references to them!

Does it mean than schools are less safe? Does it mean that children's behaviour has changed? Does it mean that parents expectations about what schools and families can manage has changed? Do you have a good range of strategies to deal with the various emotions your children display?

If these questions prompt opinions or other questions for you or you’re looking for good strategies to manage and support your children as they develop in our modern world then you should attend the upcoming P&C organised parent workshop run by the Interrelate organisation. It is another part of our continuing Kidsmatter whole school initiative.

Workshop for Parents - Helping Children Manage their Emotions - 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 cover topics such as:

- How does anger work?
- Strategies to help children manage their anger
- Developing children's positive communication skills
- Helping children to recognise and appropriately express their emotions
- Strategies for developing a positive outlook

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. The workshop will be held in Demountable 5 near the grass area.

Bring a friend!

P&C Fundraising & the School Plan means better facilities

The school is in the last year of the 2012-2014 School Plan. Some of the ‘big ticket’ items from the plan will be completed this year. These include:

- The upgrade of playground through provision of large areas of synthetic grass allowing safe play.
- Replacement of the old and damaged playground equipment in the fenced area at the eastern side of the admin block.
- Networked digital signage around the school for better communication and celebration of school achievements.

These costly items will be paid for using a combination of funding sources including current school funds, all of the proceeds from the sale of the Uniform shop and the use of funds raised in the community through the P&C.
You will notice an increase in the number and type of fundraising activities during 2014. You have the choice about if and how you support these events. We realise that family circumstances vary greatly and any contributions will not only be very gratefully received but directly applied to the facilities mentioned above.

Cross Country Carnival - Early Term 2

You need to be aware that two notes will be in circulation in regard to this carnival regard to collection of notes and payments this carnival that will be held early in Term 2.

This is because of payments made earlier this year for the swimming carnival. You will recall that many children did not attend due to poor weather.

1. If your child attended the swimming carnival or did not previously pay, then he/she will receive a yellow note detailing payments required for the cross country event.

2. If your child paid for the swimming carnival but did not go then he/she will receive a blue note stating that no payment is required, however, the permission note and medical note needs to be returned.

The school holds records of those families who have previously paid and have allocated notes according to our lists. Any enquiries can be directed to the office on 9587 3717.

Harmony Day - tomorrow, Friday 21 March

Harmony day is a special day where we celebrate the different cultures of Australia. It is not only a special day at our school but also a day celebrated all over the country.

The 'Living in Harmony' program started in 1998 and is all about tolerance and acceptance of people no matter what their race, religion or culture.

Orange is the official colour of Harmony Day and represents multiculturalism. This is why we are invited to wear orange TOMORROW, Friday 21 March and why our special class activities are based around that colour.

We are lucky to live in such a peaceful country like Australia where people from so many different countries come to live together in harmony.

At Carlton Public School we understand how important it is to respect one another and treat everyone fairly no matter what culture, race or religion we are.

Australia is our home; let’s keep it a place where everyone belongs!

Wear orange tomorrow - tennis & gymnastics students wear their sports uniforms and then change into orange when they return to school at recess - if they wish to.

Book Club

If you have not received your book club order we have been told that there are a lot of items on backorder and we hope to receive them next week.

 Stranger Danger Warning Issued by Police

On Tuesday this week Hurstville Police issued the following warning and advice to schools about a concerning stranger danger incident at another school in our Georges River network of schools.

WARNING! Male approximately 60 years, black beard and brown hair travelling in white van (possible Hiace SBV) with no windows on the cargo area.

About 3:00pm on Monday 17 March 2014, a 12 year old boy was walking home from school along Acacia Road Oatley. The above van has stopped alongside the boy. The male in the van has asked the boy to come to the van for lollies. The boy has run home.
Please inform staff, students and parents that this male and vehicle may be in the area approaching students walking to and from school. All incidents of this nature are to be reported to police.

St George LAC - Hurstville Police Station PH: 9375 8553

Following our advice to staff and students in response to this police request, some of you may have heard various reports from children that this incident took place at Carlton PS. This is not true. Please be assured that any reports of this type of incident are followed up immediately by school and police personnel.

**Term 1 Parent Teacher Interviews**

Parent/Teacher interviews at the end of Term One will be optional, where the interviews can be either teacher or parent initiated. The standard Parent/Teacher interviews would remain for all students at the end of Term 2. Now is the time to indicate to your child’s class teacher if you require an interview before the end of this term. Similarly, you may be contacted by your child’s class teacher to attend an interview to discuss your child’s progress.

From now until the end of the term please make phone, personal or written contact with your child's teacher to arrange an interview time convenient to both parties.

**Congratulations**

- Congratulations to Dejan B from 6S for being successful in making the Botany Bay/Georges River combined zone boys' soccer team. Dejan will now attend the Sydney East carnival on Wednesday 26 March. Best of luck!

**Important Reminders**

- **HIGH SCHOOL CHOICE 2015 -** last day to return High school form is tomorrow
- Make an interview time with your child's teacher if you need to
- Harmony Day Orange Mufti - Tomorrow
- Closing Day for Uniform Shop Tenders - Friday 28 March
- Stewart House Used Clothing Bag Collection - Friday 28 March

**Regards,**

Steve Cooper
Principal

**P&C News**

**P&C general meeting**

Please note the next P&C meeting will be held on Tuesday, 8 April at 7.30pm. Please mark the date in your diary.

You can email the P&C at carltonpandc@gmail.com

**Easter Bun Drive**

**HOT CROSS BUN DRIVE**

The P & C is teaming up with Bakers Delight at Kogarah to sell hot cross buns as a fundraising event for the school. Your choice of Traditional hot cross buns containing fruit and spices or Choc-chip will be offered in packs of 6 for the price of $7.00 per 6 pack.

Please complete the order form below and send with payment in an envelope marked “HOT CROSS BUNS” and place it in the collection box in the office foyer before Friday 28 March.

The buns will be delivered to students on Friday 4 April, 2014.
Thank you for your continued support of P&C fundraising efforts.

Marrianne Skinner
P&C President
carltonpandc@gmail.com

HOT CROSS BUNS:
I wish to order the following hot cross buns at $7.00 per pack of 6.

Student Name ............................................................... Class.................................

Parent Contact Number: ..................................................

<table>
<thead>
<tr>
<th></th>
<th>Number of packs:</th>
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<tbody>
<tr>
<td>Traditional</td>
<td></td>
<td></td>
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<tr>
<td>Choc Chip</td>
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</table>

TOTAL PAID $               

Easter Mufti Day
Our mufti day was a great success. Thank you for the donations of eggs and Easter goodies for our monster Easter Guessing Competition this term. We should have lots of wonderful prizes again this year.
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 are available from the office.

School Banking
Rewards
A reminder that the Term 1 rewards are the handballs and scented pencils. 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. If your child receives a slip of paper that says they are eligible to redeem a reward they will need to fill in part of the redemption card showing their reward request and put it in their yellow wallet the following week. Now that the rewards are claimed through the school banking website they can take a little longer to arrive at school. Please ask the children to be patient.
Some children are trying to redeem rewards when they are not eligible. They will receive a slip of paper in their wallet saying they are not eligible and their tokens will be returned. 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 for the fifth time!
Congratulations to 2/3M for winning the award this week for the fifth time this term. Can another class win this term? Some classes are very close to being the class with the most bankers so make sure all children bank each week. The deposit doesn't need to be a lot of money - 5c is all that is needed.

Class Awards

KM- Gabriele C; Siyu L  
KF- Mohammed K; Daniel L  
KS- Christian C; Sarah Q  
KCN- Zaine O; Aleksa D  
1K- Iris L; Joshua M  
1C- Brooklyn B; Caleb T  
1/2J- Abbas T; Natalie T  
2K- Chloe L; Yahnina H  
2A- Simone J; Billy M  
2/3M- Matthew L; Nikola V  
3T- Alexandra M; Michael S  
3/4S- Patrick C; Jessica Q  
4A- Jennifer Z; Alexander M  
5M- Brandon L; Samma A  
5NH- Lainey G; Edwin W  
5/6F- Ohm B; Maya T  
6KM- Jun Bin J; Aaaya O

Stewart House Clothing Appeal - finishes next week.
If you have any clean, good quality second hand clothing you would like to donate please place it in the bag that was provided last week and return it to school no later than Wednesday 26 March, 2014. Please leave the bags in the hall by the entrance door. Thank you Mrs Kozanitis.

Macedonian Language Classroom

Macedonian Language at Carlton has a 23 years tradition. Learning a mother tongue is the most powerful instrument of preserving and developing tangible and intangible heritage. Learning the Macedonian Language is making a difference between knowing and not knowing. Our students learn how to speak, read, write and comprehend the Macedonian language, through the mixture of traditional and modern methodology. This year the classes are all well established. Kindergarten students are enjoying the program and they are already able to recite 10 poems and sing songs.

All the Macedonian students made “Martinki”, a traditional bracelet made out of red and white wool, which is supposed to be worn during the whole month of March. This activity celebrates Ksantika, the ancient Macedonian celebration for the coming of spring in Macedonia, celebrating everything that is new in the environment.

In the Macedonian classroom every Tuesday, Wednesday and Thursday, we hold Macedonian dancing classes.
We are very proud to share with you that a former student of Carlton Public, who studied Macedonian language, Michael Dameski, is a celebrity on the Channel 10 show called "So, You think you can dance". Michael started his dancing career at an early age and participated in Macedonian cultural activities when he was in Kindergarten. Remember, the star is hidden in every child! The most persistent, steady workers, positively supported by their family and teachers are high achievers. Unity of parents, teachers and students are a strong foundation for positively successful children.

Mrs. Mihajlova

Pedlars Parade: Thursday 10 April (Repeat Item)

Every year children in Years K – 2 participate in a "Pedlars Parade". Parents are asked to decorate a small tray and fill it with cakes, toys, toffees etc. which are sold after the parade has finished. The children will be parading in a circle showing off their colourful trays then the trays are placed on tables for selling. This is a day for parents and friends to come along and join in the fun.

Students in K-2 will buy goods first then students in Years 3 – 6 will have their turn at buying. Prices will range from 5c to $2 with most things costing 20c - 50c. The profits from the day enable the school to buy more resources for the classrooms.

When: Thursday 10 April, 2014
Where: The playground and Hall
Who: Parents, relatives and friends
Time: 11.45am

* The children bring a decorated tray with goodies to sell on the day.

* The children bring money to buy items off other trays.

* The parents help decorate the trays made from a cardboard box with a ribbon for carrying. See sample trays are kept near the kindergarten classrooms and at the office.

* The parents find, buy or make small articles to fill the trays.
* Please do not send any food items that are made with nuts or that have nuts listed on packaged food items.
* The parents price the articles.
* Trays to be taken to classrooms before school on the day.
* Please put name and class on bottom of tray.
* The children can wear pretty clothes or dress up clothes.

To enable the event to run more smoothly, we are asking for parent volunteers to help with the selling of items behind the tables. Please leave your name and contact phone number at the school office.

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**Term 1 Calendar 2014**

<table>
<thead>
<tr>
<th>Week 8 - 17 March - 21 March</th>
<th>Week 9 - 24 March - 28 March</th>
<th>Week 10 - 31 March - 4 April</th>
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</thead>
<tbody>
<tr>
<td>Mon 17</td>
<td>Mon 31</td>
<td>Mon 7</td>
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<tr>
<td>Uniform Shop open 8:25am-8:55am</td>
<td>Years 1-2 Assembly 2.00pm</td>
<td>Y5 Excursion to Minnamurra</td>
</tr>
<tr>
<td>Tue 18</td>
<td>Tue 25</td>
<td>St 3 Young Leaders Excursion</td>
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<tr>
<td>School Photos Day 1</td>
<td>School banking 9:00am</td>
<td>Uniform Shop open 8:25am-8:55am</td>
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<tr>
<td>Wed 19</td>
<td>Wed 26</td>
<td>Tue 1</td>
</tr>
<tr>
<td>School Photos Day 2</td>
<td>Uniform Shop open 8:25am-8:55am</td>
<td>Stages 2 &amp; 3 Workshop</td>
</tr>
<tr>
<td>Thu 20</td>
<td>Thu 27</td>
<td>School Banking 9:00am</td>
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<tr>
<td>Mufti Day - Easter egg donation</td>
<td>Uniform Shop open 8:25am-8:55am</td>
<td>Wed 2</td>
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<tr>
<td>Fri 21</td>
<td>Fri 28</td>
<td>Thu 3</td>
</tr>
<tr>
<td>Harmony Day - Orange Mufti Day</td>
<td>Years 3-6 Assembly 11.30am</td>
<td>Uniform Shop open 8:25am-8:55am</td>
</tr>
<tr>
<td></td>
<td>Last day for Stewart House Bag Collection</td>
<td>Fri 4</td>
</tr>
<tr>
<td></td>
<td>Last day for raffle tickets and money</td>
<td>Last day for raffle tickets and money</td>
</tr>
<tr>
<td></td>
<td>Hot cross Bun orders arrive</td>
<td></td>
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</tbody>
</table>

**Week 11 - 7 April - 11 April**

| Mon 7                        | Tue 8                         | Wed 9                        |
| Y6 Excursion to Minnamurra   | School banking 9:00am         | Peer Mediation Training - Stage 3 |
| Years K-2 Assembly 2.00pm    |                                |                             |
| Uniform Shop open 8:25am-8:55am |                               |                             |
| Tue 10                       | Wed 10                       | Thu 10                      |
| Pedlars Parade (Kindergarten/Stage1) | Drawing of Easter Raffle | Pedlars Parade (Kindergarten/Stage1) |
| Uniform Shop open 8:25am-8:55am |                                | Uniform Shop open 8:25am-8:55am |
| Fri 11                       | Fri 11                       | Fri 11                      |
| Anzac Day ceremony           | Years 3-6 Assembly 11.30am    | 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
Helping kids manage anger

Kids need to learn that anger can be expressed in ways that are not hurtful to anyone including themselves.

Managing anger is one of the biggest emotional issues that children face. Children who can learn to manage their anger have a head start on handling fears and other emotions.

Currently, our community is undecided about how to handle anger. In fact, anger is discouraged as we see no place for it in homes, schools or community. ‘Civilised people don’t get angry’ seems to be the accepted wisdom so we tend to encourage children to bottle up anger rather than let it out.

Anger needs to be managed, rather than simply avoided. Bury anger deep-down and it will go away is the attitude! This doesn’t work for many children as bottled up emotions don’t always dissipate. They simmer away eventually spilling over into physical violence or hurtful verbal abuse, which so often backfires on the angry person.

Kids need to learn that anger can be expressed in ways that are not hurtful to anyone including themselves. Here are six steps that parents can use to help kids of all ages keep their emotions under check, and respond safely when emotions run high:

1. **Understand it:** Help kids understand the events and situations that trigger angry responses. These situations will vary, but may include, playing rough games, not getting their own way and being teased by others. Help kids to reflect on the events that trigger a ‘wobbly’, so they can take preventative measures. This type of self-knowledge is really helpful for older primary school children and teenagers.

2. **Name it:** Help them recognise the physical signs of anger, such as clenched fists and teeth, tension around their shoulders and heavy breathing. Then assist them to develop a vocabulary around anger. “Mad as a snake”, “about to lose it”, “throwing a tantr” are some possibilities. Children can probably generate more! Naming emotions promotes good emotional literacy in kids.

3. **Diffuse it:** You need some strategies to diffuse anger and bring down emotional levels in kids. Distraction and time out can be effective for toddlers with short fuse, and even shorter attention spans. For older children, parents should use diplomacy rather than discipline. You may need to give some kids some space on their own before attempting to talk. Listening to their story, validating their right to be mad and focusing on feelings are some ways to diffuse anger. Sometimes knowing that someone else knows how you feel is enough to make anger go away.

4. **Choose it:** Help children understand that they do have a choice about how they respond to their anger. They may feel like lashing out, but they don’t have to get physical or verbally aggressive when they get angry. Let kids know in clear terms that slamming doors, throwing things and refusing to cooperate are the wrong ways to display anger. Help them understand that while you are on their side, as they mature they need to choose socially acceptable ways of handling anger.

5. **Say it:** Encourage children to express how they feel verbally, rather than bottle things up or become aggressive. The use of I statements is one way of letting others know how they feel. “I feel really mad when you say nasty things to me. I really don’t like it!” is one way of being heard and letting the anger out.

6. **Let it out safely:** Boys, in particular, need physical outlets for pent up anger. They may go for a run, belt a pillow or play a physical game to let their frustration out. Some kids may even pour their anger into a letter, some work on a productive activity. Help children find legitimate outlets for their anger.

Parents need to role model healthy anger management so children see firsthand how adults handle anger in mature ways. That means parents take time to listen to each other, talk things through and find healthy physical ways to let off steam when you feel yourself getting to boiling point.

The maxim for families who want to learn to manage anger in healthy ways should be: “There is nothing so bad that we can’t talk about it. However there are behaviours that are not acceptable.”

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For more ideas, support and advice for all your parenting challenges visit: www.parentingideas.com.au

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