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 - 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 - 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.

**It is school photograph time!**

The 2017 school photographs will be taken at Carlton Public School in Week 11 on **Tuesday, 4 April, and Wednesday, 5 April, 2017**. Students will be photographed in their summer uniform, photos of which can be seen in the front foyer of the office. This is advance notice so that these dates can be kept free of medical appointments or other engagements if at all possible. Further details will follow in the upcoming weeks. Any enquiries can be directed to our office staff on 9587 3717

**High School Placement for 2018.**

All Year 6 students will be bringing home their High School enrolment forms next week. It is mandatory for every child to bring back a completed form by **Friday 17 March 2017**. Please read the guide at the front of the form before completing it. Ensure that you bring back the whole package and do not detach any of the pages. Fill out the forms carefully as there are no spare copies.

To ensure that you make the best possible choices for your child, most schools are currently holding open days or alternatively, you can visit the websites of the local high schools to find the school that best caters for your child’s needs.

If you have any questions, you can arrange a meeting with your child’s class teacher who will be happy to be of assistance.

**Reminders**

- **Road Safety**: It is very important to please use the pedestrian crossings when walking across the road before and after school. Our school is a very busy place during these peak times and it would be a tragedy to have one of our students or parents seriously hurt because they have been reckless and unsafe.

- **Toilets**: Parents are reminded to use the adult toilets located next to the school library, located upstairs in administration building. Please do not use the toilets which are designated for student use only.

- **Selective High School Test** Thursday, 9 March

- **Kindergarten finish school at 3pm each afternoon from 6 March**

- **Textbooks**: There are still a few copies of textbooks available for sale at the office. However, after Wednesday our stock will be returned to the suppliers and parents will have to buy their own copies at their local book shop.

**Congratulations**

**Zone Swimming Carnival results**

Congratulations to the 28 Carlton students who attended the Zone Swimming Carnival last Friday. They did an amazing job with some fantastic results. We had the Junior Girls Relay come in 3rd, Eugene (5 Red) 1st in Junior Boys Breaststroke and Samantha (4 White) 1st in Junior Girls Individual Medley.

A big congratulations to Samantha who was awarded 9 Years Girl Age Champion.

We would like to congratulate all the students on their wonderful behaviour on the day.

Mrs Hanley and Ms Boesen

**Sport News**

Congratulations to Mohammed (5 Orange) who has been selected to represent Botany Bay Zone in Tennis. Good luck at the Sydney East Carnival!

**Regards**

Olivera Mateski
Relieving Principal
P&C News

Second Hand Uniform Stall – THIS FRIDAY 3 March
The Second Hand Uniform Stall will run THIS FRIDAY 3 March between 8:30 and 9:30 AM. If the weather is fine the stall will be setup in the playground near the ramp to Block A. If it is raining, we will set up the stall under the COLA outside the school hall. Come and grab a bargain!

It’s not too late to make uniform donations at the front office or on the day. Please ensure all donations are official school uniforms in reasonably good condition. If anyone can help in setting up or selling on the day, please offer your services to our lovely mums on the stall.

A BIG thank you to Jeanne F for organising the stall and spending her time sorting the donations.

Mother’s Day Stall – May

Although we’re only at the beginning of March, some of our P&C mums have been hard at work getting ready for the Mother’s Day Stall that will be held in Week 2 next term. A HUGE thank you to Kate M, Bronwyn S, Victoria C, Amy S, Jess, Sharon S and Katie J for spending 2 hours on Tuesday morning unpacking and organising the gifts. I am sure this will be as successful as the Father’s Day Stall last year.

Next P&C meeting – AGM

The next meeting will be on Tuesday 7 March at 7:30 PM. This is our Annual General Meeting (AGM). In this meeting, all executive positions will be up for re-election. I invite all Carlton Parents to consider standing for one of these positions, which include President, Vice President, Treasurer, Secretary and Executive Member. I personally find closer involvement with my children’s school very rewarding. None of these roles take much time each month, but we can’t run the P&C without them, so please consider getting involved.

We would love to see you all at the next meeting, or if you have any suggestions or questions but are unable to make it, please contact the P&C via email on: carltonpandc@gmail.com.

Richard Jones – P&C President

Easter Prize Draw – 14 March

A note went home this week about Easter chocolate or craft donations for our annual Easter Fundraiser. Last year we had over 100 prizes! Please bring Easter donations in to school on Tuesday 14 March. In exchange, children can wear play clothes (mufti) on this day.

We require some volunteers to help collect and sort the Easter donations on Tuesday 14 March and a week later to create and wrap the prizes (day to be decided). If you can lend a hand for an hour or two on one or both days, please contact us on carltonpandc@gmail.com, SMS 0415 381 614 or fill in the following form and return to the front office. The more the merrier... any assistance is greatly appreciated!!

NAME: _______________________________ CHILD’S NAME: _____________________________ CLASS: ______

CONTACT NUMBER/EMAIL ___________________________________________________________

Please return this slip to the Office by Friday, 4 March if you are available to help.
School Banking
The school banking coordinators roasted on next Tuesday 7 March are: Angela S, Wang, Sharon C, Liyuan and Hoda.

Students with accounts can start banking. Please make sure students hand in their yellow deposit books to their teachers as soon as the bell rings at 9am. Please make sure both sides of the slips are filled out (student name, student number, account number, BSB and amount deposited) and the student’s name and new class is clearly labelled on the front of their yellow wallet.

For students who would like to open an account, the school banking specialist will be at the school on Wednesday, 22 March at 8:30 am in front of the hall. Otherwise if you wish to open the account earlier you are welcome to open at your local Commonwealth Bank.

School Banking Volunteers
If you are interested in volunteering to help out in this great program, contact me (Hoda Banking coordinator) directly on Ph: 0404363646 or Email: hoda.reslan@gmail.com or meet me at the office on Tuesday 9:15 am.

Rewards
For those who sent in their redeemed rewards on Tuesday 28 Feb 2017, the rewards have been ordered and will arrive in a couple of weeks. Those who have missed the redemption day, there would be another day for redemption this term.

Tokens left from last year are carried over to this year. The rewards you can choose from in Term 1 are: Cyber Handball or Colour Change Markers.

Class Awards
1 Red- Emily W; Muhamed A.H 1 Purple- Zayne H; Alexia S 1 Orange- Aryan S; Ada G
1 Green- Matthew W; Vili C 1/2 Yellow- James S; Ashley Z 1 White- Hannah S; Deyan P
2 Blue- Mohamad T; Soha B 2 Red- Stephanie L; Okan C 2 Orange- Ema H; Jacob I.S
2 Green- Bethany H; Jayden P 2 White- William C; Maia M
4 White- James B; Larah V.D.K 3 Green- Ashley L; Edbert L 3 Orange- Chris B; Leo M
4 Orange- Shereen K; Adrian G 4 Red- Zach G; Ruijun G 3 Blue- Medina B; Aaron H
4 Green- Rameen H; Aisha A 3 Red- Arnav K; Tina Z
5 Orange- Peter T; Amelia E.H 5 Red- Justin K; Christie L 5 White- Deniz A; Hassan A.B
5/6 Blue- Nicol L; Perry C 5/6 Green- John L; Ana V 6 Orange- Michael S; Janet L
6 Red- Darci T; Sylvia V 6 White- Dante V; Tekoha W

Positive Behaviour Learning (PBL)
This week, our school focus is: ‘Be Respectful: Playground Areas 1,2,3, Games Court, Grass Area and Play Equipment

CPS LIBRARY NEWS
Congratulations to our first Library Gold Trophy Winners this year!
K-Red and Mrs Finch were very excited this week when their class received the Gold Trophy for 100% Class Borrowing. A fantastic effort by K-Red students, their parents and Class teacher Mrs Finch, who encouraged these students to borrow from our Library.
PREMIER’S READING CHALLENGE 2017

Congratulations to the 164 amazing readers who completed the 2016 Premier’s Reading Challenge, as part of the biggest children’s book club in Australia.

Welcome to the 2017 NSW Premier’s Reading Challenge (PRC). The Challenge aims to inspire a love of reading for leisure and pleasure in students, and to enable them to experience quality literature. It is not a competition but a challenge to each student to read, read more and to read more widely. We encourage all of our students to enter. The 2017 Premier’s Reading Challenge opens on the 6 March 2017 and closes on the 25 August for students. Books read over the recent holidays as well as in Term 4 2016 and books shared in CPS Library can also count towards the 2017 Challenge.

Students are encouraged to complete their own online reading records as they progress through the challenge. Students log on via the Premiers Reading Challenge website by using their DoE username and password. All Carlton Public School students are automatically registered once they create their own online reading record after 6 March 2017.

Students who complete the 2017 Premier’s Reading Challenge will receive a specialised Premier’s Reading Challenge certificate. Those who have completed the Challenge for four years receive a gold certificate and after seven years, a platinum certificate. Rules, updated booklists and privacy information about the certificate and Honour Roll can be read on the website www.premiersreadingchallenge.nsw.edu.au.

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

If you have any further enquires or issues please see Mrs Afonso in the Library on Mondays or Wednesdays.

Happy reading and Please take up the Challenge!

Mrs. Afonso & Mrs. Phillips

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| **Week 3 - Week 8** | **Week 4 - Week 9** |
|----------------|
| **Mon 13** | **Mon 20** |
| SE Area Swimming Carnival | 3-6 Assembly 11:25am |
| Tues 14 | K-2 Assembly 2:00pm |
| Mufti Day – Easter egg donations | Tues 21 |
| Wed 15 | Harmony Day |
| Stage 3 Sport in Schools Program | Wed 22 |
| Thur 16 | 8.30 am School Banking Account Opening at the hall |
| Fri 17 | Thur 23 |
| Summer PSSA 4 | Stage 3 Sport in Schools Program |
| Last day for High School forms to come to office | Fri 24 |
| Fri 24 | No PSSA |
| Year 2 Excursion | |

| **Week 5 - Week 10** | **Week 6 - Week 11** |
|----------------|
| **Mon 27** | **Mon 3** |
| Year 3 Excursion | 3-6 Assembly 11:25am |
| | K-2 Assembly 2:00pm |
### Term 1 - Week 6

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| Tue 28 | Year 1 Excursion  
Stage 2 Multicultural Public Speaking Competition |
| Wed 29 |  |
| Thur 30 | Stage 3 Sport in Schools Program |
| Fri 31 | No PSSA |
| Tue 4 | Year 4 Excursion  
School Photographs Day 1 |
| Wed 5 | School Photographs Day 2 |
| Thur 6 | K-2 Pedlars Parade  
Stage 3 Sport in Schools Program |
| Thur 6 | K-2 Pedlars Parade  
Stage 3 Sport in Schools Program |
| Fri 7 | Winter PSSA 1  
Anzac Day K-6 Assembly 11:50 |

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**LOVE TO SING?**

The Sing Your Heart Out choir welcomes YOU

Whether you are an experienced singer or just like to sing in the shower, we welcome you to our choir. Our rehearsals are joyful, inclusive and led by experience choir leader, songwriter and performer Christina Mimmocchi who most recently performed in Tower of Song, a Leonard Cohen tribute part of the Sydney Festival.

We are currently working on a project called The Story Quilt, a weaving of stories and songs. It’s not too late to join in!

Rehearsals: Thursday mornings 10-midday in February and March at Rockdale Town Hall.

Story Quilt work-in-progress showing: Thursday 30 March, as part of Seniors’ Month.

All enquiries: christinapossum@bigpond.com or 0410682061

Funding for this project was provided by South Eastern Sydney Local Health District and Bayside Council