



NEWSLETTER

Tuesday 13th August 2013

IMPORTANT DATES

Tuesday 20th August
Northern Spirit Learning Community
Concert 12.30 - 2.30
Albury Entertainment Centre

Friday 23rd August
BOOK WEEK PARADE 10.40 am
Dress up as your favourite
book character

Sunday 25th August
P & C Working Bee
3 - 5 pm

Thursday 29th August
KINDER ORIENTATION & PARENT
INFORMATION DAY
9.30 - 11.30

Friday 30th August
Riverina PSSA Athletics
(Selected students only)

Wednesday 4th September
School Council Meeting 6 pm
P & C Meeting 7 pm

Thursday 5th September
Last Active After School session

Friday 20th September
Last Day of Term 3
P & C Astronomy Night

Monday 7th October
Labour Day Holiday

Tuesday 8th October
First Day of Term 4

FROM THE PRINCIPAL

After a busy time helping with our new baby at home during my leave, it is great to be back at school catching up with all of our fabulous students and their learning. A big thank you to Mr Knight who acted as relieving principal while I was away.

Northern Spirit Concert

As a member of the Northern Spirit Learning Community, our students have been invited to view the matinee performance of the Northern Spirit Concert which will be held at the Albury Entertainment Centre next Tuesday, 20th August from 12.30 to 2.15pm. Table Top Year 5 students, Mickaela and Emily are singing in the combined choir and Year 6 student, Ethan will perform with the Riverina Albury Dance Ensemble. A permission note is attached to this newsletter.

Dance Success

Congratulations to Ethan who as a member of the Riverina Albury Dance Ensemble, will perform at the State Dance Festival in Sydney in the first week of September. This is a fantastic achievement!

Book Week Parade

As a way to celebrate book week and the importance of books in our lives, we will have a book parade on Thursday 22nd August. Students are invited to dress up as their favourite book character for the parade. Parents are most welcome to come along and enjoy the parade from 10.40am. There is no cost for this event.

P&C Working Bee

The P&C will be holding a working bee around the Yambla building and school gardens on Sunday 25th August from 3-5pm. All parents

with a couple of hours to spare are encouraged to come along and lend a hand.

Kinder Orientation

The first of a series of Kinder Orientation visits will take place on Thursday 29th August. On the first visit children will go for a ride on the school bus, take part in activities in the classroom and are invited to stay for recess. During the visit, Miss Kirk, our fabulous Kindergarten teacher, will talk to parents about what to expect in the Kindergarten year during an information session. Parents of 2014 Kinder students are encouraged to ring the school so we know who to expect.

Further Kinder visits will take place on Thursday 14th November (9.30 am TO 11.30 am) and Thursday 5th December (Teddy Bears Picnic 12.30 pm TO 1.30 pm).

SRC Meeting

Members of the Student Representative Council met for an SRC meeting today at lunchtime.

ICAS Maths Test

Several students sat the ICAS Mathematics test this morning. This challenging test, undertaken on a volunteer basis, is part of a series of assessments from the University of NSW. Results for the ICAS Science test have arrived at school and certificates will be handed out during Friday's assembly. I am very pleased to announce that we have Distinction, Credit and Participation certificates to present.

4/5/6 Canberra Excursion

Deposits and expression of interest notes for the 4/5/6 Canberra excursion are due by Friday 30th August. Once we have firm numbers of students attending this fantastic trip, final arrangements can be made.

Andrew McEachern

KINDER SOUND

The Kindergarten sound for this week is 'u' for UMBRELLA



COLOURFUL NUDE FOOD

A lunchbox filled with colourful Nude Food is a good guide to covering a range of healthy food. It also looks incredibly appealing to eat. For example, fill a container with carrot, capsicum and celery sticks - or that amazing broccoli. Team this up with a dip made from beetroot or avocado (which are great at the moment). Add to this orange quarters and mandarins, a sandwich stacked with lettuce, cheese and chutney. I wonder what combinations you can create?

Lou Bull

WORKING BEE SUNDAY 25TH AUGUST 3PM-5PM

National Wattle Day

The School P&C are holding a garden working bee to revamp the area next to the Yambla Building. The gardening classes have been slowly working on removing the existing plants so we can plant and mulch the area on the working bee.

We have been donated plants from Albury City Council - a mix of understorey plants to work towards increasing the biodiversity of the school grounds. The gardening classes have been focusing on Biodiversity this term.

We would love to see you there with wheelbarrows, shovels, any old newspapers to put under the mulch, gloves and boots. Bring some afternoon tea to share as it is always nice to have a break and a chat too.

GARDENING REPORT TERM 3 WEEK 5

By Claire and Miss Driessen

Yesterday in gardening our lovely Lou Bull brought in some earth worms and compost worms for K/1 and 4/5/6 to see the difference in the two of them. We have lots of compost worms in our compost beds.

We also planted four fruit trees - one peach tree, two nectarines and one peachierine tree. We thank the McEacherns for donating them

and we look forward to eating these wonderful fruits when the trees get bigger.
We also harvested some grapefruit which families are welcome to take home.
We have almost pulled out the last of the African Daisies in time for our upcoming working bee.
The chooks have been laying very well, and we are still selling eggs at four dollars for a dozen.

BOOK FAIR

Thank you to all the parents who purchased books at our book fair during Education Week. We were able to keep over \$500 worth of books for our library which Mrs Hamilton is currently barcoding and covering.

Several families also donated books as well. These books have a special certificate placed inside recognizing your generous donation.

Thank you.

STUDENTS ACHIEVEMENTS

Ethan and Matilda recently competed in the Albury Wodonga Eisteddfod where they achieved outstanding results:

Matilda placed 1st in Ballet, 1st in Jazz and 1st in Hip Hop. She was also the aggregate winner for the under 8 age group.

Ethan got a mix of Highly Commended and 3rd places in Ballet, Hip Hop & Jazz. He also placed 3rd in the Modern Dance Championship, and was awarded the Most Promising Dancer under 12 years old. Ethan also placed 3rd in the Boys Dance Championship in the recent McDonalds Sydney Eisteddfod. Well done!

SCHOOL ASSEMBLY

Congratulations to the following award winners from the last Friday's School Assembly:

K/1 AWARDS

Emmy ~ for a great electricity story
Ned ~ for a great electricity story
Jake ~ for great persistence in his learning with Mrs G

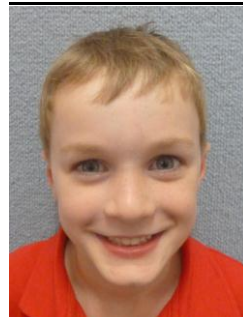
2-3 AWARDS

Jessica ~ for great participation in netball
Ethan ~ for great participation in group learning

4-6 AWARDS

Mia ~ for a positive attitude to learning
Zach ~ for working hard to make responsible choices
Ryley ~ for contributing positively to class
Bethany ~ for being helpful and enthusiastic
Leila-Rose ~ for kindness and generosity towards others

STUDENTS OF THE WEEK



SOUTHERN RIVERINA PSSA ATHLETICS

Congratulations to all the students who competed at the SRPSSA Athletics Carnival last Thursday. We had some great results with Natalie named Junior Girls Champion. Natalie came 1st in the Jnr Girls Long Jump and 100m. The Jnr & Snr Girls relay teams both came 2nd. The Walbundrie Small Schools were the overall winners of the carnival. Mrs Gaukroger complimented everyone on their good behavior.

P & C TUPPERWARE FUNDRAISER

To coincide with the the promotion of nude food, we have decided to have a Tupperware lunch-box drive fundraiser. Tupperware have a fantastic range of eco-friendly lunch boxes and drink bottles with their renowned lifetime guarantee. This fundraiser gives family and friends the opportunity to purchase ANY product from the tupperware range (which can be viewed on their website

www.tupperware.com.au) with the school receiving the benefits of the sales. Anyone who would like to book a tupperware demonstration is welcome to, simply phone Kristy (our tupperware consultant) and mention this fundraiser for the school to receive even more benefits. Kristy's phone number can be found on the back of the brochure. Order forms were sent home last week and for outside family and friends orders feel free to simply write them separately on a spare piece of paper. For added incentive the family with the most outside orders will receive a \$50 tupperware voucher.

Orders and monies will be due in on Wednesday 21st August. For further information feel free to contact me on jaynemb@outlook.com

ALBURY LIBRARY/MUSEUM

BOOK WEEK ACTIVITIES

WAM4Kids



WAM4KIDS

<http://www.writearoundthemurray.org.au/events/2013729183694.asp>

A special fun Write Around the Murray Festival Writing Workshop morning just for the Kids (and their parents) – with storytimes, illustration and sculpture activities and some yummy food, there is something for everyone and it's all FREE. Just turn up. Library Museum Free

Note: Duncan Ball, John Danalis and Jesse Blackadder will be working with the kids!

AFTER SCHOOL AUSKICK – Table Top Public School

**Monday 19th, 26th Aug, 2nd, 9th Sept
From 3.30pm to 4.30pm**

The cost of \$45 includes:

- 4 weeks of AFL Skills and games
- Fully Supervised by AFL Staff**
Kids covered under Auskick Insurance
AFL Auskick pack: Footy, Hat, Drink Bottle, Pump, Stickers etc

BOYS AND GIRLS FROM K THROUGH 6

**TO REGISTER PLEASE PAY AT FIRST SESSION WITH
COMPLETE REGISTRATION FORM
Available from school office**

Cheques payable to AFL NSW/ACT



INSIGHTS

by Michael Grose – No. 1 parenting educator

parentingideas.com.au

parentingideas.co.uk

parentingideas.co.nz



Why consistency improves kids' behaviour

One of the simplest ways to improve a child's behaviour is to be more consistent.



Children love their parents to be consistent as they are able to predict how they will act. A consistent approach to discipline helps put kids in control of their behaviour.

Consistency means as parents we follow through and do as we say we will. It means resisting giving kids second and third chances when they break the rules or behave poorly around others. When we let kids get away with two or three infractions of the rules we often come down very hard eventually, which causes resentment. *Act early and prevent poor behaviour from escalating is the best approach.*

Consistency also means both parents in a dual parent family get their act together and respond in similar ways when children are less than perfect. Children learn from a young age to play one parent off against the other when their standards differ or communication is poor. Sole parents need to be consistent with how they react when children behave poorly.

A consistent approach is shown through a clear set of limits and boundaries that provide kids with structure and teaches them how to behave. Studies show that families with very few boundaries or rules are more likely to have children who behave poorly around others, or don't consider their own safety.

Children like limits and they also like to push against boundaries. One study has shown that kids will push parental boundaries about one third of the time. This is a normal, but irritating expression of a child's push for independence and autonomy. Some toddlers, teens and other tricky types will push twice that amount, which is very hard work indeed.

Consistency is often sacrificed by busy parents and put in the 'too-hard basket'. When parents are tired, stretched and overworked the last thing we want to do is engage in a battle with a strong-willed child over what are sometimes petty issues. Besides, consistency can make a well-meaning parent who values relationships feel downright awful.

But giving in rather than holding your ground is not a smart long-term strategy. If you give in occasionally kids will learn that if they push hard enough, or give that winning smile, you will eventually give in. Consistency is about being strong. It takes some backbone to be consistent.

Here are some ideas to help you be consistent with your kids:

- 1. Focus on priority behaviours.** It's difficult to be consistent with every single misbehaviour, but it's easy to focus on one or two. When you are consistent with one or two priority behaviours it has a positive impact on other behaviours.
- 2. Give yourself a tangible reminder** about the behaviour you want to follow up. Leave a note somewhere telling yourself that you need to *"Walk away when a child whines. Don't give in."* Or *"Catch your kids doing the right thing when they resolve a problem without arguing."*
- 3. Check your routines.** Make sure you have simple routines for troublesome times of the day such as bedtime or mealtimes.
- 4. Act** rather than overtalk or repeat yourself when kids misbehave. Sometimes it's really inconvenient to set a consequence, as you may have to battle a tantrum that follows. But the stand-firm approach pays off in the long-term as kids learn eventually that you mean what you say, and say what you mean. That's what firm, consistent discipline requires.
- 5. Agree to a joint position** with your partner about a range of parenting issues such as discipline methods, going out, the use of technology, alcohol, sexuality and other important areas.

For more practical ideas to help you raise happy confident kids subscribe to Happy Kids, Michael's free email newsletter at Parentingideas.com.au. You'll get a free Chores & Responsibilities Guide when you do.

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Join Michael's community of parents on Facebook. Go to www.facebook.com/michaelgroseparenting and click on the Like button.

You're Invited

to a **COMMUNITY PLANTING DAY**

to help us protect Albury's woodlands

ALBURY ENVIRONMENTAL LANDS



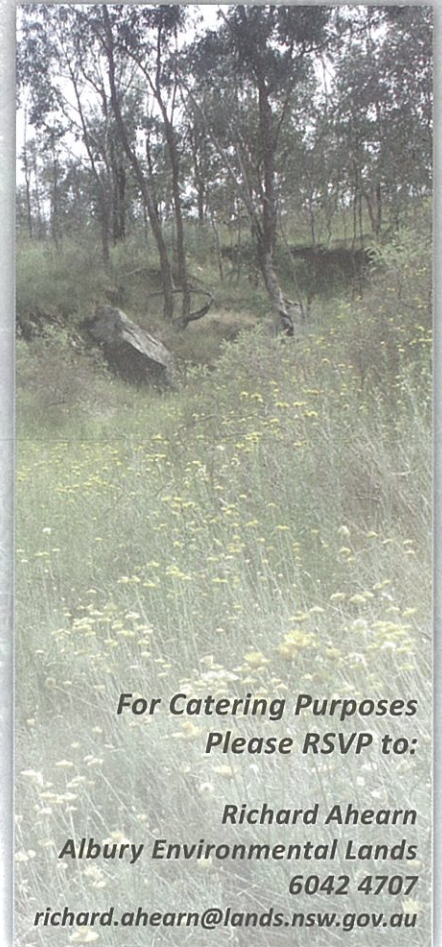
WHEN Sunday 18th August

WHERE Six Mile Creek, St. John's Road, Thurgoona (Next to CSU)

Come along, bring your family and friends, activities for kids!

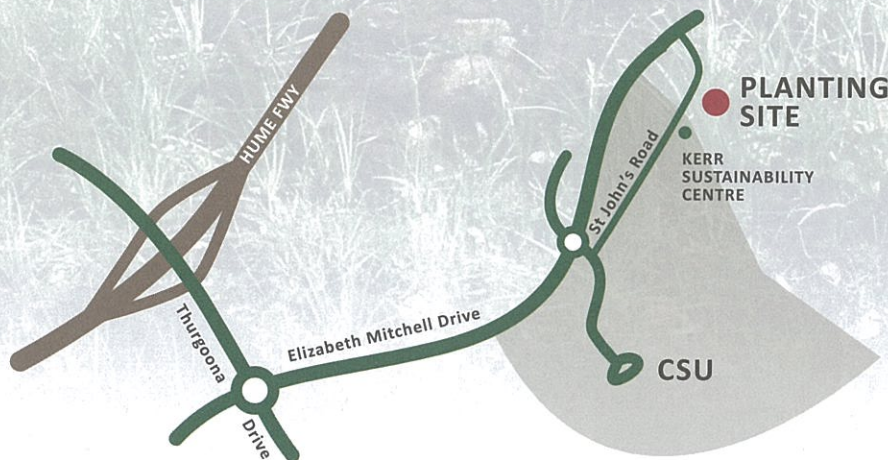
Be a part of something special – help us create homes for native birds and animals

- Plant Shrubs and Trees
- Guided walks to see nest boxes and the work so far in the woodland
- Meet the people who are helping the community look after Thurgoona's bushland
- Face-painting for children, and giveaways!
- Films on local native plants and animals
- Free BBQ Lunch



*For Catering Purposes
Please RSVP to:*

Richard Ahearn
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Albury Environmental Lands thanks the following for their support



**Trade &
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**Charles Sturt
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**Catchment Management
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Murray

Slopes2Summit/Nature Conservation Trust • Albury Conservation Co. • Woolshed-Thurgoona Landcare Group