



# SMITHTOWN PUBLIC SCHOOL

Week 8 Term 2 – Monday 18 June 2018

30 – 38 Cannane Street, SMITHTOWN NSW 2440

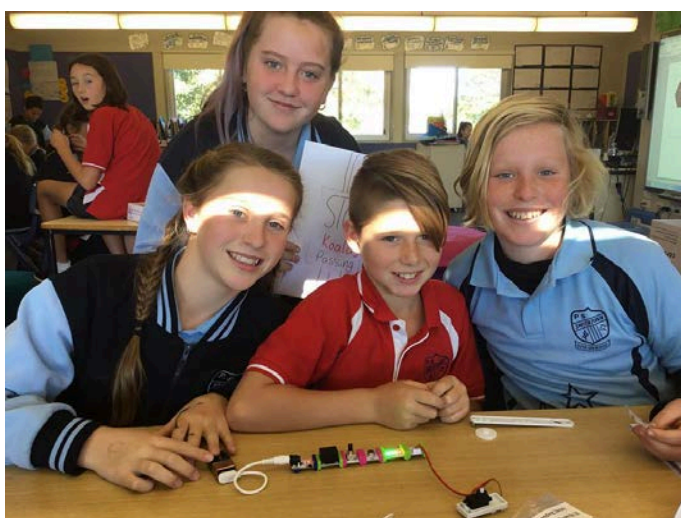
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## 2018

Monday 18 June	LNC Dance Festival / Glasshouse
Thursday 21 June	Peer Clubs
Friday 22 June	Assembly 2.30 pm P&C Disco 5.30 pm
Monday 25 June	SRC Baking Cakes – Year 3
Tuesday 26 June	Small Schools Athletics Carnival
Monday 2 July	SRC Baking Cakes – Year 2 Eisteddfod
Wednesday 4 July	NAIDOC – South Kempsey P & C Meeting 6.00 pm
Friday 6 July	Assembly
Last day of Term 2	Open Classrooms
Sunday 8 July – Sunday 15 July	NAIDOC Week <b><i>Because of her we can!</i></b>
Tuesday 24 July	Term 3 Students return



Jemma, Ella, Jye & Harper using their STEM knowledge with the "Little Bits Kits"



Brontee competing in high jump and Benji in long jump

## PRINCIPAL REPORT

### VOLUNTARY SCHOOL CONTRIBUTIONS

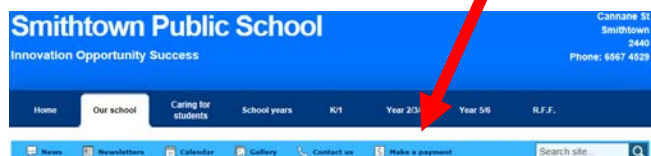
Each year the school asks families to contribute to the cost of providing resources for your child. The contribution is used to buy whiteboard markers, lead pencils, biros, books and consumables used in the classroom. We are close to term 3 and our classroom supplies are running low, especially our lead pencil stocks.

As of today's date we have only had 37% Voluntary School Contribution payments received. It is not too late to pay and we appreciate payment as it contributes to the purchase of essential resources for your children's learning.

Please note that voluntary school contributions can be paid on line via the parenting online payment (POP) or by cash, or cheque returned to the school office.

The voluntary school contribution fees have been set by the P&C and are as follows:

- \$25.00 per student
- \$40.00 for two students
- \$50.00 for three or more students



## ATHLETICS CARNIVAL

Thank you to the many parents who attended our school's athletic carnival. A special thank you to Mr Lewis who coordinated the day and to Mr Lee Pedrola who has been a valuable sports coach to develop the technique of our students through the sporting grant organised by Jo. A true team effort! Participation in Sport is vital.

It's first critical to encourage your child's exposure to difficulties, setbacks, and perceived unfairness common in sport. When you do this you provide them with the required opportunities for development, growth and resilience building.



It turns out the moderate stress that they encounter in these situations is a requirement for appropriate brain development just like exercise is for physical and brain development, and health challenge is for immune development.

#### How Does the Brain Respond to Moderate Stress?

In small doses, like faced in difficult sport situations, neurons, which are the brain's basic building blocks, break down but then rebuild more strongly making our brain more resilient to face future demands.

Neuroscientists call this phenomenon stress inoculation. Assuming it is not too severe or prolonged; our brains become stronger as a result of stress making it necessary for growth. And so if you can encourage your child's exposure to sport stresses you are helping to build their brain's ability to overcome adversity and develop resilience. It's not about winning!

### SEMESTER ONE REPORTS

Semester one reports will be sent home next Monday 25 June 2018. Please take this opportunity to read your child's report with them to discuss their learning. Should any issues arise please do not hesitate to make an appointment with your child's teacher to discuss.

### FAREWELL PRAC TEACHER

Thank you to Inese Robinson who has completed her final prac as a student teacher. Inese has been mentored and supported by Kate Hollis in the K/1 classroom. We wish her all the best for her future.

### P&C FUNDRAISING DISCO

This Friday night at 5.30 pm our P&C disco will commence at Smithtown Bowling Club. The theme is come as your favourite character and dance the night away to the tunes of a budding DJ Cody.

Entry is \$5.00 per student or \$10.00 per family. Prizes will be given out for best character outfits.

### PARENT MINDFULNESS SESSION 2.00 PM

At 2.00 pm on Friday just prior to the assembly Anna Rawlings who has been conducting Mindfulness lessons in every class room on a Monday is coming to conduct a parent session. She will teach you some practical strategies for parents to use in supporting their children to develop self-regulation and manage their behaviour. Tea and coffee and a peer group handmade treat will be provided. This information session will be held in Mrs Bennett's room.

## ASSEMBLY FRIDAY JUNE 22 AT 2.30 PM

### PEER GROUP RECIPE

#### WEETBIX SLICE

- 2 cups SR flour
- 6 crushed weetbix or left over cereal
- 250g butter
- 1 cup B sugar
- 2 cups coconut
- 6 Tbsp Hot water
- Sultanas, apricots, dried fruit, peanut butter nuts

#### Method

1. Mix all dry ingredients
2. Pour in melted Butter and hot water
3. Bake in slice tin in moderate oven
4. Ice with chocolate icing

### ENCOURAGING RESPONSIBILITY

With cold mornings and sunshine throughout the day we are encouraging families and our students to have their clothing labelled so we can promptly return them to the children.

We would also like to encourage families and students to ensure they have their communication folders in their bags at all times. We will be monitoring them this week and students earn additional play time if their things are labelled and in their bags.

### SUPERSTARS

#### GOOD FUEL GIVES LEARNING A BOOST

This photo is part of an article to be published in a magazine produced by Vinnies who have donated funds for our breakfast program.

Bacon and Egg roll will be served this Wednesday morning 20 June 2018 between 8.40 am & 8.55 am. Thank you to Hillary for volunteering to cook breakfast for our students.



Back: Jye, Tyrel / Front: Kirby, Piper

## 5/6 CANBERRA EXCURSION 2018

### 10 Weeks to go!

Please note that the excursion must be **PAID in FULL** two weeks prior to students departing. Final payments are due by Friday 3 July 2018.

## 3/4 COFFS HARBOUR EXCURSION 2018

### 10 Weeks to go!

Payments for Stage 2 Coffs Harbour are now being taken through the school office or online. All payments must be completed two weeks prior to camp departing. Final payments are due by Friday 3 July 2018.

## CANTEEN NEWS

This week we would like to thank Robyn for volunteering to make homemade Pea & Ham Soup/Chicken Noodle Soup. Please see the orange note enclosed.

Orders must be returned by Wednesday 20 June 2018. A reminder no late orders will be accepted as the orders are counted and ingredients purchased Wednesday evening.

## GOT IT INFO

### Bright Star Idea

**Write a letter or card to thank somebody for the things that you like about them. You could ask someone in your family to help you write it.**

**Or**

**Draw a great big happy flower. Inside each petal, draw a picture of something that makes you happy.**

**PBL: Responsibility**

**I make the right choices!**

## Some Helpful Parenting Resources from Got It!

### Websites:

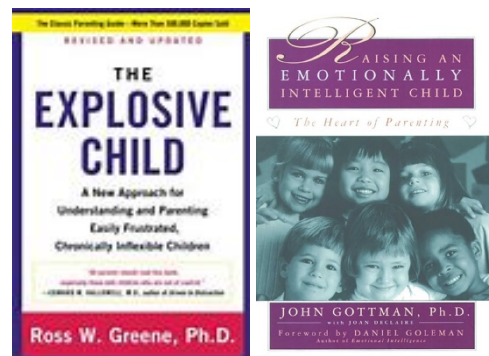
Relationships & Emotion coaching -

<https://www.gottman.com/>

Parent works free evidence based parenting course for dads <https://parentworks.org.au/#/>

Mental health -

<https://healthyfamilies.beyondblue.org.au/age-6-12/mental-health-conditions-in-children/depression-in-children>



**BECAUSE OF HER,  
We Can!**

**8-15 JULY 2018**



Education  
Public Schools





# Interrelate Groups

[portmacquarie@interrelate.org.au](mailto:portmacquarie@interrelate.org.au)

<b>Building Connections</b>	A three-hour interactive seminar for parents having trouble sitting down together to work out what is best for their children since their separation.
<b>Parents not Partners</b>	A six-session program for separated parents in conflict over their children. It is designed to improve emotional and developmental outcomes for children in separated families
<b>Stress Less</b>	An interactive two-hour workshop run monthly to assist individuals to develop tools and strategies to manage stress.
<b>Interrelate Mates</b>	A fortnightly group for men for support during difficult life transitions such as relationship breakdowns, changes in employment, parenting difficulties and general issues that men deal with daily.
<b>Self Esteem and Communication</b>	A six-session program that improves self-esteem and communication skills. Participants will learn to value themselves and be more confident.
<b>Survive &amp; Thrive Domestic Abuse Support Group</b>	A four-session program for victims and survivors of domestic violence.
<b>Making Choices</b>	A six-week course that assists participants to make healthy choices when dealing with anger and its effect on relationships.
<b>Seasons for Growth</b>	An eight-week program for children aged 6 to 12 years that have experienced grief and loss in their lives due to a significant change such as death, separation of parents or a natural disaster.

## Port Macquarie

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