



SMITHTOWN PUBLIC SCHOOL

Week 9 Term 2 – Monday 25 June 2018

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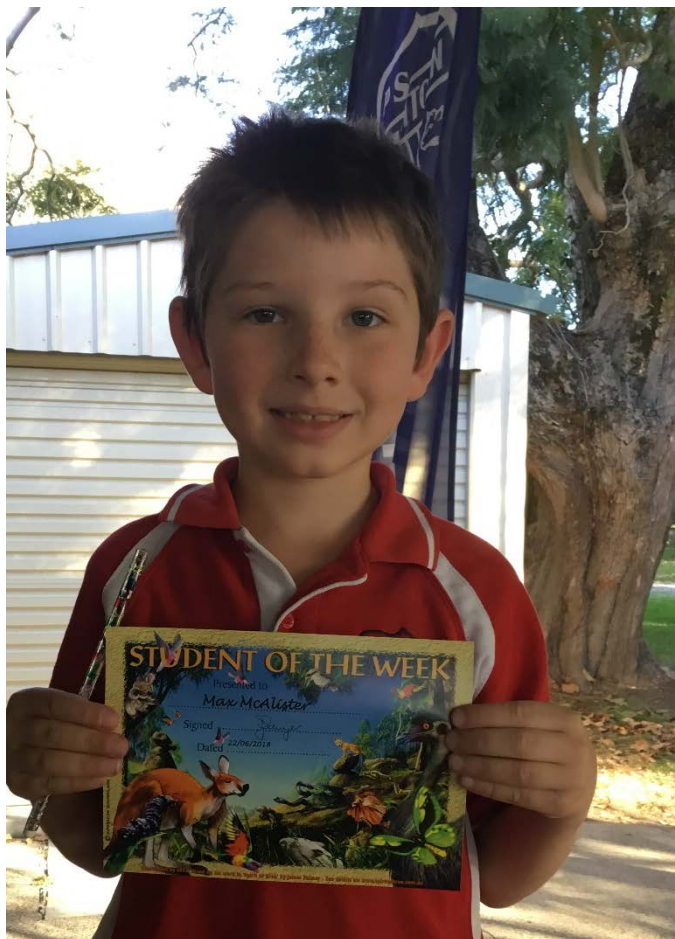
Website: www.smithtown-p.schools.nsw.edu.au

2018

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|-----------------------------------|---|
| Thursday 28 June | Small Schools Athletics Carnival |
| Monday 2 July | SRC Baking Cakes – Year 2 Music 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 <i>Because of her we can!</i> |
| Tuesday 24 July | Term 3 Students return |

PRINCIPAL REPORT

STUDENT OF THE WEEK



For his willingness to have a go and step outside his comfort zone to achieve his best



**BECAUSE OF HER,
We Can!**

8-15 JULY 2018

COMMUNITY SUPPORT

Chris is a proud and committed volunteer in our community who has generously donated several soccer balls to our students to enjoy. We sincerely appreciate the gift and know they will be enjoyed by many for years to come. Thank you!



Back LR: Zali, Ella, Chris, Coby, Harper, David
Front LR: Jemma, Brontee

LNC SOUTHERN NETWORK DANCE FESTIVAL

WOW a massive thank you to Mrs Stevens, Claudia Banks and Mikayla Brett (two previous students of our school who choreographed the dance). Our students performed so beautifully in the Lower North Coast Dance Festival at the Glasshouse in Port Macquarie last Monday night.

A great deal of practice was involved and Mrs Stevens worked for many hours outside of school hours to give our students the opportunity to perform. We also wish to thank the many parents who so willingly supported the after hours training and the transport of students to the venue at such late hours. We appreciate the efforts of each and every person involved and sincerely thank you.



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ATHLETICS CARNIVAL

This Thursday 28 June, 2018 the Small Schools Athletics Carnival will be held at Kempsey. We are looking forward to many parents and families attending and supporting all students on this great day of sport.

A reminder that private transport is required for all students to and from the event as staff will be at the grounds setting up the track and events at 7.30 am and will not be returning to school.

Thank you to our parents that have offered to drive other students. Jo has organised students to travel with these volunteer parents and they will be notified by a note being sent home today.

COMMUNITY HARVEST

Sharing our harvest - every Friday our students will be harvesting our produce from our garden and offering it to our families and friends for a small donation, in return we will buy more seeds and seedlings for your garden.

We would also like to extend an invitation to any other keen gardeners in Smithtown that have excess produce in their own gardens at home. Please bring it to school on a Friday afternoon at 3.00 pm and share your produce as well.

What a wonderful sustainable initiative for our Smithtown community!



L:R Shaye, Jake, John, Blake excited with their harvest

STAFF TRAINING IN NUMERACY- BUILDING NUMERACY LEADERSHIP

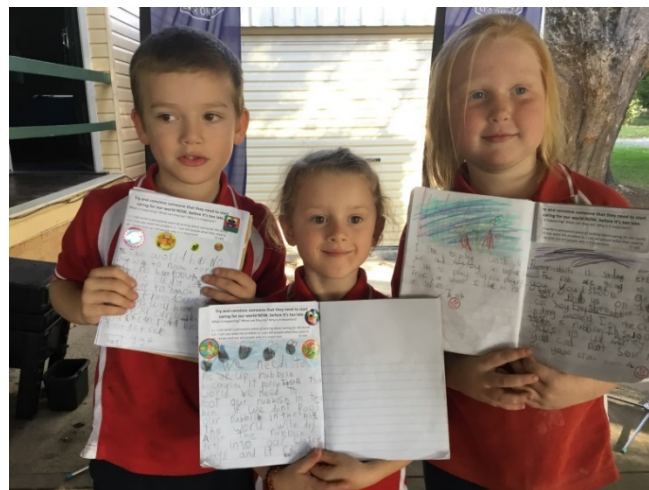
Congratulations to Mrs Hollis as our instructional leader and Mr Lewis as an aspiring leader in numeracy building leadership. Both have been selected to be part of an exciting new curriculum initiative in Sydney on Thursday 28 June and Friday 29 June 2018.

They will develop strategies for improved student learning opportunities within numeracy. We are

extremely excited by this opportunity to learn so we can continue to lead education in the Macleay Valley.

BREAKFAST PROGRAM

There is nothing like the smell of bacon and eggs early in the morning on a cold winter's day. Thank you to Hillary for volunteering to come in and cook for our breakfast program.



L:R Bailey, Koa, Lilly proud of their writing

CANTEEN NEWS

This week we would like to thank Bianca for volunteering to make chicken burgers. Please see the orange note enclosed.

Orders and payment must be returned by Wednesday 27 June 2018. A reminder no late orders will be accepted as the orders are counted and ingredients purchased Wednesday evening.

MEAL DEALS FOR TEACHERS & STUDENTS

The culinary delights (pea & ham soup and chicken noodle soup) cooked by Robyn were sincerely appreciated by the students and staff. Thank you Robyn!

P&C FUNDRAISING DISCO

Thank you to the P&C who coordinated a great night of fun and activity for our community to enjoy. They raised approximately \$200.00.

MOTHER'S CLUB

Years ago when dinosaurs roamed the earth and I was a child attending a small rural school my mother was part of the Mother's Club. Times have changed but sisterhood and the need for a support network remains.

With this in mind we would like to invite mums and bubs to meet together at school informally and share a cuppa and a chat from 2.00 pm on assembly days.

The music room and library are available spaces or just sharing a cuppa as the little ones play on the equipment. It takes a village to raise a child!

5/6 CANBERRA EXCURSION 2018

8 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 August 2018.

3/4 COFFS HARBOUR EXCURSION 2018

8 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 August 2018.

LOST AND FOUND

A pair of black, large sized ladies shoes were found outside the Smithtown Bowling Club recently. Please call 65 674 238 if you think they may be yours!

PBL – RESPONSIBILITY

I help with packing away equipment in the playground and classroom.



K/1 were so excited on their excursion today recycling \$79.00 worth of plastic and glass bottles

What's Happening with Got It!

*Got It! would like to say a big thank you to **Smithtown Public School** and the families for their support throughout Term 2. The Exploring Together Program is ready to go for Term 3 and the families involved will be contacted during the upcoming days to confirm their places. We look forward to working with the children and their families in Term 3.*

Have a safe & happy holiday!



L:R Duane, Max, Tayler, Angel, Skylah, David – Classroom Award Recipients



Year 5/6 dance group at assembly



Some helpful resources from the Got It! team

Labels and Attributions

Children who are struggling in terms of their social and emotional wellbeing will often present their difficulties through behaviours, both internal and external as well as relationships problems or strong emotions. Often labels are used when attempting to explain a child's behavioural state however this may overlook the emotional difficulties that are actually occurring. When a behaviour is assigned to a label it does not properly open up or explore the underlying issues of the child. Often these labels are used in an attempt to understand the child's feelings and emotional state but can be misused and can act a barrier to connecting with the child.

Some common Labels and their possible deeper meanings:



Fearful or Clingy: Separation anxiety is a normal developmental stage for children which is often noticed at key milestones such as the first time away from parents or when starting school. Some children however can periodically experience regression in their behaviour, finding it hard to manage separations that they were comfortable with previously. Understanding healthy attachment during this time is key to assisting children who struggle to adjust within their milestone period.



Sad: Extended periods of sadness, inability to express deeper emotions or a lack of ability to talk about feelings and be heard can indicate an emotional vulnerability in the child. When exposed to situations where the child will experience ongoing periods of sadness, these emotions/feelings need to be taken seriously and supported so that the child feels they can talk about what is going on for them. This can assist in developing the skills to express their emotions in a healthy way, identify their feelings and manage sadness.



Stressed or Worry: Children who have a high level of anxiety may exhibit worry about seemingly small or insignificant matters. They may fear doing the wrong thing or getting something wrong. This can lead to the child withdrawing, freezing up, or working in overdrive to be 'good'. This can prevent forming/initiating relationships, exploring their environment or trying new tasks as not engaging is better than getting the task 'wrong'. Stress/worry can be motivating however when the balance is not right this can have substantial impacts on daily functioning.

These behaviours also need to be seen in the context of childhood development, bearing in mind that not all children develop at the same pace. As children grow, their ability to communicate or express their internal process will change. Delayed development may indicate further difficulties that require exploring on a deeper level e.g. seeing a Paediatrician. Resource: <https://emergingminds.com.au/>

WELCOME TO GO4FUN

Go4Fun

Healthy • Active • Happy • Kids

Dear parent,
Go4Fun is a healthy lifestyle program for children aged 7 to 13 years, who are above a healthy weight. Best of all it's **absolutely FREE**.

WHEN DOES GO4FUN RUN?

Go4Fun runs for 10 weeks after school during the school term, and children attend a fun filled 2 hour session each week with their parent or carer.

WHAT DO WE DO AT GO4FUN?

Every week the children will be involved in fun and interactive games and activities to get their heart rates up and enjoying being active.

Each week you and your child will learn about healthy eating, setting goals, portion sizes, label reading and more. The program also includes a supermarket tour where you get to put everything you've learnt into practise.

START UP PACK

Your child will receive a start-up pack including a:

- Go4Fun backpack,
- Go4Fun t-shirt,
- Go4Fun water bottle, ball and wristbands.

Your child will also earn up to 3 **bonus attendance rewards** over the ten Go4Fun sessions.

Parents receive a \$15 fresh fruit and vegetable voucher for each session you attend, plus a folder full of weekly session information, activities, recipes and more. Plus you will receive a practical Meal Mate cup to help with portion sizes and a Detective Card to help decipher nutrition information on food packaging. Parents receive a report on their child's progress and health improvements following Go4Fun.



WHAT RESULTS ARE WE LIKELY TO SEE?

Since Go4Fun began in July 2011, we have helped more than 300 children and their families across the Mid North Coast to lead fitter, healthier and happier lives. Our results show that on average, as a result of the program, Go4fun children now:

- have a reduced waist circumference
- eat more fruit and vegetables each day
- drink less soft drink
- are more active and meet the physical activity guidelines
- spend less time in sedentary activities
- have improved self-esteem

WHAT DO PAST PARTICIPANTS THINK OF GO4FUN?

"I think by far the reason Chloe did so well in Go4Fun was she was being taught from a source other than me. She was given knowledge and she began to make choices to be healthier. This is a lesson that I believe will last both of us throughout our lives. The leaders made it fun to learn about good nutrition and regular physical activity and we all enjoyed doing active games together, even the parents."



"Go4Fun will be something I will remember forever, and Chloe will too. I cannot recommend the program highly enough to any parent thinking of joining. Give it a try it could change your lives." Sue, Port Macquarie

"Even though we knew the nutrition and exercise information before we started, it's helped us so much.

Matilda is not only healthier but so much happier, with a boost in self-esteem and confidence. She misses Go4Fun and always looks forward to catching up with the others from her group." Tracey, Coffs Harbour



ENROL TODAY!

Registrations for Term 4, 2018 programs are now open with limited places available in our Port Macquarie, Wauchope, Kempsey, South West Rocks, Nambucca Heads and Coffs Harbour programs. We'd love to welcome you and your child into a Go4Fun program and encourage you to secure your place.

Kempsey Term 4 program will run:

Thursdays 3.30pm to 5.30pm starting October 18th, 2018

Venue: Kempsey West Public School

To register: freecall 1800 780 900 or online: www.go4fun.com.au

Know Think Support

UNDERSTANDING THE CHILD PROTECTION SYSTEM FORUM

Slim Dusty Centre
Thursday 28 & Friday 29 June 2018
9.30am - 3.00pm

KNOW the changes to the Out of Home Care system

THINK about the role you want to play

SUPPORT our community to decrease the numbers

This is an opportunity to

- * Learning about the changes,
- * Listen to Guest Speakers and Panels
- * Participate in Service Mapping
- * Participate in Sharing Circles to make a difference

Guest speaker including the Children's Guardian
Ms Janet Schorer

For more information please contact
Jo Kelly on 65621913

Hosted by:



Know Think Support

UNDERSTANDING THE CHILD PROTECTION SYSTEM FORUM REGISTRATION FORM

Slim Dusty Centre
Thursday 28 & Friday 29 June, 2018

| | |
|----------------|---|
| Name | |
| Representing | Community / Government Agency / Non-Government Agency |
| Contact Number | |
| Email | |

Availability:

| | | |
|-------------------|---------------|-------------|
| Thursday & Friday | Thursday only | Friday only |
|-------------------|---------------|-------------|

Photography Release Policy

I, the undersigned, hereby grant consent, the unqualified right and hereby authorise Burrundai, its owners, officers, employees, successors, assigns and anyone acting under the authority or permission thereof, to make and copyright photographs and video ("Photographs" and "video" as used herein include any reproductions of my likeness, voice, name and/or image) and to publish, use, and distribute such photographs, video or any reproductions thereof, or my name, together or separately, anywhere, at any time and as often as desired, for any commercial, public or private purposes (including but not limited to advertising and promotion), and in any manner and by any means.

I further waive all right of inspection or approval. I acknowledge that I am at least eighteen years of age. If I am under the age of eighteen, I represent that I have obtained my parent's/guardian's consent to participate in this event and be bound by the terms set forth herein.

Name: _____ Signature: _____

Date: _____

Please return to joanne@burrundai.org.au by Tuesday 26 June 2018

For more information, please contact
Jo Kelly at Burrundai on 65621913

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