



ETTALONG
PUBLIC SCHOOL

HOMENOTE

KARINGI ST ETTALONG BEACH NSW 2257

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Term 4 Week 3

29 October 2019

DATES FOR YOUR DIARY	
Thurs 31 Oct	HeadStart
Fri Nov 1	Ball games Years 3-6 at Kincumber
Wed 6 Nov	NSW PSSA state athletics; Rescheduled Year 3 Cultural Continuum
Thurs 7 Nov	HeadStart
Fri 8 Nov	Grandparents' Day; Spider Day
Mon 11 Nov	Remembrance Day
Wed 13 Nov	P & C meeting 9.15am

Dear Parent and Carers,

Year Five students received School Leadership Application forms last Friday. The majority of Year Five students are eligible to apply for positions and all applicants will be invited to present a speech to students from Years Two to Five on November 26. This year's leaders have been fantastic and are wonderful role models for the incoming 2020 leaders. We look forward to hearing the Year Five children speak as this is a very exciting (and nerve wracking!) time for them.

HeadStart for Kindergarten students 2020 commenced last week and this was one of our most successful starts to our program. We are so fortunate to have so many fabulous parents, volunteers and staff to make the new children feel welcome and reassured. I enjoyed meeting many new parents and look forward to seeing everyone in the coming weeks or when the Kindergarten students start school, next year.

Our young children were very excited last Friday when the safety fencing went up ready for the installation of the new climbing equipment. We've been waiting for quite a while for the project to come to fruition so I am as excited as the children. The Dep't of Education is managing the installation but your P&C has provided funds, along with money raised on our Fun Run Day and some school funds, to make this a reality. I have also received quotes for a large shade area where the K-2 children line up each morning, which will be beneficial in summer and winter. The school grounds are looking lovely thanks to the efforts of our wonderful gardening club. I've heard a whisper that we may be entering the Royal Easter Show giant pumpkin competition again next year! The tomato plant growing competition between classes is still going strong with some plants looking extremely promising. Encouraging the children to tend to the plants and appreciate where the fruit comes from is really rewarding.

Teachers will participate in professional learning at school again this afternoon. This week, from 3pm to 6pm teachers will complete compulsory training in CPR and anaphylaxis management.

It was my pleasure last night to attend the World Teachers' Day award dinner with Mr Boutland, our school's worthy recipient. Teachers from all over the Central Coast celebrated the efforts of dedicated teachers and it was lovely to acknowledge Mr Boutland's efforts at our fabulous school. He currently teaches Year 5 and is also very involved in the sporting arena, debating and musical activities, including tutoring the extremely successful Opera House recorder group.

Lynn Balfour

Principal.

3R's AWARDS

Class	Name	Class	Name
2/3R	Noah A	3M	James W
	Alex S		Cooper W
			Harper C
3W	Connor P	4T	Mina T
	Olivia L-McG		Lauren D
	Keisha R-B		Liam H
4J	Cooper B	4S	Lachlan R
	Nic H		Ivy L
	Brodie R-S		Bridget O
5B	Kyland C	5J	Ami G
	Lily G		Natalie J
	Cheyenne T		Gracie-May G
5/6L	Charlie S	6C	Hayden L
	Jaxon S		River M
	Jack McE		Caelan L
6H	Lukai M	K/6B	Cobey D
	Amelia S		
	Charlie L		

PRINCIPAL'S AWARDS

Congratulations to these students who consistently demonstrate the 3Rs

Respect, Responsibility, Ready to Learn.

Vivian H	KA	Tyler O'S-A	3W
Violet R	KR	Emma I	2/3R
Lara B-M	KZ	Alex S	2/3R
Rori McB	1L	Davis S	4J
Amarni H	1P	Emily S	6H
Lanietta J	2S		

PLAYGROUND POSITIVE WINNER

Lucas Wood	1L
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GENERAL INFORMATION

Donations for White Elephant Stall

Dear Parents / Carers,

Year 6 are now accepting donations for the White Elephant Stall to be held at their Year 6 Mini Fete later this term. If you have any old toys or childrens books that your child/ren may have out grown and would like to donate, please drop them off to the Year 6 rooms or front office.

Many thanks in anticipation of your assistance.

Year 6 students and teachers

Kiss and Ride Zones

Kiss and Ride Zones are designed for your convenience and for your child's safety. Designed for quick entry and exit, these zones minimise congestion and risk when used properly by all parents and carers. These zones operate under the same conditions as no parking zones, which means you may stop to drop off or pick up children for a maximum of 2 minutes. You're required to remain in, or within 3 metres of, your vehicle. Days and hours of operation may apply to some zones.

To find out more information about the available Kiss and Ride zones in your area, please contact your local council.

PLEASE BE REMINDED...

School supervision begins each morning from 8:30am

HEADSTART

Headstart- Week 2

Thank you to all of the 2020 students and their parents who attended our first Headstart, Ettalong's Kindergarten Orientation last Thursday. This week our second session will take place. Please take your children to the silver seats outside the Kindergarten rooms where their names will be marked off and their name badges will be given out.

On Thursday, 31 October, the children will be involved in Physical Education activities in the playground. They will need a labelled sunhat and water bottle, please apply sunscreen before they arrive.

This week in the library, Jodie Jameson, one of our current Kindergarten teachers will be demonstrating a Guided Reading and a Guided Writing lesson (the L3 way) with some Kindergarten students. This demonstration will be invaluable in order to view how your child will be learning how to read and write. Home Reading will also be highlighted and Martie Creese, our school librarian will also be talking about how your child will be involved in library lessons.

Please remember your five dollars if you would like to purchase a Headstart T-shirt for your child this year. These purchases will only occur in the library with Corinne Meti, our Community Liaison Officer.

Regards,
Merran Hansford
Rel Assistant Principal



P & C NEWS

The Christmas Carol BBQ will be held on Sunday 15 December 2019. This is one of our major fundraising events for the year so please save the date. If you are able to help, we will be putting the call out for volunteers closer to the time. The more people helping, the easier the day runs. We are also still needing some donations for the Christmas Raffle so if you are able to help please let us know.

Work has started on the K-2 Playground in which the P&C contributed to. Thank you to our school's families and community that helped make this possible. We would also like to thank Mrs Balfour for her exhaustive efforts in getting the work underway.

Our next meeting will be held on Wednesday 13th November 2019 at 9:15am. All are welcome.

LIBRARY NEWS

With the end of the year rapidly approaching, the Library is commencing the annual stocktake of fiction books. Library borrowing will cease during week 5. Could you please assist your child/children in locating all EPS library books and return them to the library? Every library book has a barcode on the front cover with ETTALONG P. S. written at the top. We sincerely appreciate your assistance with this matter.



PARENTING TIPS

How much is too much to tell our kids?

In a world where transparency is the new black, does modern day parenting need to follow suit? Do our children need to know explicit details about relationship breakdowns, disability or themselves?

Culture of transparency

As a teacher I am increasingly being challenged by children who tell me they can't engage in particular activities because of ailments or labels that they throw across the desk like a fidget spinner. Truly out of the mouths of babes comes very adult language and concepts like 'diagnosis', 'ADHD' and brain problems. There are also relationship observations such as "Dad's too busy for us, my parents are separated". We seem to have created a culture where discussing these often complex issues is done openly and in great detail. Perhaps this is reflective of the greater transparency we see in the world today, with personal information being shared on social media and reality TV. Our society has evolved to favour transparency in most aspects of life. It's the new norm. But is it in the best interests of our children's wellbeing that our parenting follows suit?

My gut says no. When a child says these things, I find my heart skipping a beat. I can see by the way kids casually deliver these terms and labels that they don't – they simply can't – understand what they are saying and what it means for their own identity.

The dangers of labelling

I'm sure that most adults can remember a time when they were given a particular label as child. You're the "clever one", you're "not good at sport", you're "better at maths". How many of those things stayed with us into adulthood and continue to change the way we perceive ourselves? Were those thoughts responsible for us not attempting things, a subconscious block to our learning and development?

This issue becomes even more difficult in relation to a disability or difficulty. When we tell a child about a disability or difficulty that they are experiencing, we are potentially giving them a story to follow. We are telling them 'this is what you are'. Of course we don't mean for this to have a negative effect, and we are for the most part trying to help the child. But disability is difficult. Often as adults we are left without concrete answers and we struggle to cope, so how then do we expect a child to be able to effectively deal with these issues?

Children's brains are poor processors

The problem is, and this has been beautifully articulated by Michael Grose, that children are essentially poor processors. Their brains do not process information the same way as an adult brain does. How many times has a child told you "everyone hates me" or "I did nothing on the weekend"? They see things in absolutes, black and white. Of course they did things on the weekend, and often with structure and encouragement targeted at the children's developmental level you will find out that the events of the weekend were vast.

We don't teach six year olds about calculus because their brains are not ready for that. They don't have the mathematical building blocks to understand those higher order concepts. How then do we expect that children will be able to weed through the true facts and ramifications of delivering news like, "We are going to the doctor to see why your brain isn't working properly".

As adults we often find solace in more information, more details. But as adults we can sort this information: our brains and bodies can let go of things we know are not important. We can seek the support of other adults. We can google things. Children aren't equipped the same way. They are told something and it becomes a fact. Real. It becomes a part of who they are.

By tailoring the narrative you give your children to better suit their developmental age and stage in life, by telling them just enough to get them through, you give their minds and bodies a better chance to process complex issues.

How much is enough?

The question then becomes how much is enough? When children ask where babies come from, we don't tell them the intricate details of reproduction. We tell them just enough to satisfy their curiosity. "Mummy's tummy" is enough for some young children. Then as they grow developmentally and their mental faculties expand, their questions evolve and so can our answers.

Schools are increasingly adopting the Growth Mindset philosophy, that is, that intellect is not finite, it's a growth process. We work at things, we make mistakes and we progress. I encourage you to try to tailor what you are telling your children to align with their developmental age and abilities. Support them and in time they may seek further answers. Be confident that you have told them enough and that you aren't swamping them with too much information for them to accurately process!

Michael Grose Presentations.

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