



ETTALONG PUBLIC SCHOOL HOMENOTE

Term 2 Week 4

21 May 2019

DATES FOR YOUR DIARY	
Thurs 23 May	Debate at our school; World's Biggest Morning Tea \$2 for students
Fri 24 May	Zone Cross Country; Gymnastics Years 1, 3 & 5.
Tues 28 May	Paul Kelly Cup (AFL)
Wed 29 May	KM & KZ to art gallery; Support classes excursion to Pearl Beach
Thurs 30 May	KA & KR to art gallery; Year 2 Hunter Valley Zoo

Dear Parents and Carers

Congratulations to Dylan in 1P whose mum won the lucky door prize from our Mother's Day breakfast, drawn at our whole school assembly last Friday. Dylan then drew the winner of the Playground Positive free lunch reward and it also went to a student in 1P! We hope you enjoy your free lunch Imogen and thank you for being a delightful member of our school.

NAPLAN assessments have now been completed and sent off for marking. This year, schools were given the choice whether to conduct the tests online or on paper. In hindsight, I am very happy we chose the paper option!

Thank you to all our wonderful volunteers who assisted with fundraising at Election Day last Saturday. Your efforts are greatly appreciated by not only the staff but our students as well and all money raised goes back into our fabulous school.

Best wishes go to our debating team in their debate against Woy Woy PS on Thursday. The children have been honing their skills in listening and presenting arguments in a polite but convincing manner. These are very useful, lifelong skills.

Support Class students have now completed their swimming lessons and are looking forward to practising their new skills. Swimming certificates will be presented at our whole school assembly on Friday morning.

On Thursday, for just \$2, students can buy a cupcake and drink of milk for our World's Biggest Morning Tea. Thank you to Cheryl in the canteen for this initiative. Staff will also participate in this very worthwhile fundraiser but they will be asked to donate a minimum of \$5 each. Of course, if you wish to make an extra donation, it will be gratefully accepted.

This week I was given a brochure for RAPT, a program for families with children 10 -18 years. This program supports young people, their parents and other family members to sort through problems that are causing tension at home. It sounds like a great idea so if you would like more information, their number is 1800 864 846.

Please remember parking is not allowed in the Kiss and Drop zone, it is for quick drop offs and pick ups only. The traffics flows much more easily when all drivers are considerate of others. And don't forget to consider our neighbours, too please.

Our local bus company is reminding all students to tap on and tap off when using the school bus. At this time of the year, all students catching buses should have an Opal card. Lost cards can be replaced for a \$10 fee by contacting Opal.

Lynn Balfour
Principal

3R's AWARDS

KA	Harris F-H	KZ	Saleen F
	Allegra P		Georgia H
KR	Jasmin H	KM	Isabella C
	Violet R		Hunter P
1H	Koa G	1P	Marley Y
	Hunter G		Kaleb K
	Shawn H		
1L	Sophia A	2P	Trinity C-S
	Joshua M		Max Z
2S	Bastian C	2C	Marija A
	Lanietta J	2/3R	Nash H
			Sam H

PRINCIPAL'S AWARDS

Congratulations to these students who have been consistently demonstrating the 3Rs

Respect, Responsibility, Ready to Learn

Peter I
Emma I

GENERAL INFORMATION

Spare wool needed

If you have any spare wool (any colour) that you would like to donate, please leave it at the office or give directly to Mr P. The wool will be used to create artwork for next term's Art Show. Thank you!

Chess group

Best wishes to our chess group competing against Avoca Public School this week!.

P & C NEWS

Election Day BBQ and Cake Stall

The Election Day BBQ and Cake Stall was a great success. Thank you to everyone who volunteered on the day, without your contribution these fundraisers would not be possible. Also thank you to everyone who donated cakes for the cake stall, as always, this was a huge hit! We will advise of how much was raised once everything is finalised.

Uniform Shop

Volunteers are needed for the uniform shop. This is an invaluable service to the school and unfortunately without volunteers it is unable to operate. If you can spare some time on Tuesday 8:45am-9:15am or Thursday 2:45pm-3:15pm, please let the office know or come and let us know at the uniform shop during these times.

Other News

The position of President is currently vacant so if you are interested in the role please contact us at epsandc@gmail.com and we can provide you with a role description.

COMMUNITY NEWS



NetStars Junior Netball Comp.

Under 12s
4-5pm

Under 16s
5-6pm

Monday
Peninsula Leisure Centre
STARTING TERM 3
BOYS AND GIRLS

- Are you between the ages of 10 and 14?

- Can't commit to Saturday's but still looking to play Netball?

- Are you a coach looking to develop your teams match fitness?

- Want an indoor location to stay warm and dry?

Registrations Open Now!

info@netstarscentralcoast.com
0481 528 599

netstarscentralcoast
Find us on Facebook



All students, this Thursday 23rd May please bring along \$2 for a cupcake, a glass of milk/water and an entry into the draw for some great prizes!



Recycle and win Community Garden Competition.

By collecting oral health waste including old toothbrushes, used toothpaste tubes, cardboard and plastic packaging of new oral health items and floss containers. Then depositing them in the collection box in the front office, you will be helping our school collect garden points for the Terracycle Garden Competition

- The collection box in the front office (*large box covered in toothbrushes, near the fish tank*) is for students, staff and community members to donate their waste products.
- We will be collecting oral health products from now until September.

HAVE YOU VOTED YET?

- Please help by voting for our school at the following link and sharing the link with family and friends.
<https://www.terracycle.com/en-AU/contests/colgategardenvoting>
 - Every vote helps us get a little closer to the win.

PARENTING TIPS

Preventing childhood bullying

Childhood bullying is an insidious behaviour that thrives on secrecy and adult acquiescence.

The recent efforts by a father in Ohio, USA to hold his child accountable for bullying is commendable, even if the technique he used is questionable.

Matt Cox insisted that his ten year daughter walk eight kilometres each way to school for three days after she was banned from the school bus for bullying.

He posted a film of her walking to school on social media, which has drawn over 15 million viewers. Cox's actions have drawn mixed responses from parents and professionals alike.

Let's look at the filming and posting of a disciplinary measure to social media first. It's a firm belief of the Parenting Ideas team that discipline works best when it's a private matter between parents and their children, and not something shared with others.

Keep discipline private

Many kids feel uncomfortable when even their close family are aware of the discipline they are experiencing. The posting of the film on social media borders on the realms of humiliation, which probably wasn't this father's intention. Imagine thirty years ago if Cox's parents had filmed an act of discipline involving their son and screening it as a short in movie theatres across the country. There would have been a public outcry about this invasion of privacy. Now thanks to social media posting of private matters is the new normal, which often goes unquestioned.

Parents should be encouraging their children to think very carefully before they post anything on social media as once the genie is out of the bottle it can't be put back. This video could well come back to haunt his daughter in the years to come.

Being accountable

It's laudable that this father wants to hold his daughter accountable for her actions rather than dismiss the behaviour as minor, or 'just one of those things that happen.' Too often parents excuse their children's poor behaviour, or simply don't take it seriously enough.

This father backed the actions of the bus driver, which were presumably endorsed by the school. Parent inaction over children's inappropriate behaviour is a common frustration for many teachers and principals so I suspect knowledge of this dad's actions would have been greeted by high fives by most of the staff at the girl's school.

Reflection is a pre cursor to behaviour change so the fact that she walked to school gave her plenty of time to ponder on her actions. However this type of punishment doesn't generally lead to a reduction in bullying in the long-term.

Restore relationships

Relationship restoration is a key strategy used by many Australian schools that's proving successful in changing bullying behaviour. Increasingly, kids who bully are expected to face up to their victims in safe, teacher-lead meetings. They are required to recall their actions and account for their behaviour. They also hear first hand the impact that their behaviour has had on the person they bullied, which is usually very confronting. This restorative justice method promotes real accountability as kids are expected to make amends in some way for the hurt that they have brought to the other person.

Research shows that many children who bully generally don't identify with the impact of bullying, so hearing first hand how their behaviour impacts on others is more likely to create some empathy, and hopefully, a decrease in bullying.

Like any behaviour change method, restorative justice doesn't work all the time. It needs to be applied in a calm, respectful way and it requires the support of the families of all children involved. This restorative justice method is less about seeking vengeance ('you'll get your come uppance') and more about seeking justice for the person who is bullied ("do you feel safe and also that you've been heard?") and achieving behavioural change from the child who bullies.

Use the restorative approach at home

Parents can practise this restorative approach in their families by encouraging a child to make amends if they've upset or been nasty to a brother or sister. 'You mess up relationships, you make up relationships' is a fabulous way for kids to take ownership of their anti-social behaviours. Again to be effective this method needs to be carried out in a safe, calm manner at a time when children and teenagers are likely to listen.

Childhood bullying requires a zero tolerance approach from parents, teachers and coaches if it is to be stamped out. The approach taken needs to be respectful to everyone involved; aimed at achieving justice and maintaining personal safety rather than seeking vengeance and gaining pay back; and stay firmly in the private rather public domain.

Michael Grose Presentations.

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www.parentingideas.com.au