



ETTALONG
PUBLIC SCHOOL

KARINGI ST ETTALONG BEACH NSW 2257

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| www.ettalongps.nsw.edu.au

HOMENOTE

Term 2 Week 7

10 June 2019

DATES FOR YOUR DIARY

Wed 12 June	P & C meeting 9.15am in Araluen Little School House
Thurs 13 June	AECG at Mingaletta 3.30pm
Fri 14 June	Netball vs Empire Bay PS @ EPS
Wed 19 June	Woy Woy Cup final; Year 2 Cultural Continuum
Fri 21 June	Pyjama Day fundraiser; Syd North Cross Country carnival

Dear Parent and Carers

I trust you enjoyed the long weekend, especially the beautiful weather on Sunday and Monday. What a beautiful part of the world we are fortunate enough to live in.

Our Open Day for new enrolments last Thursday was again a great success, thanks to students, volunteers and staff who made sure the school looked neat, tidy and welcoming while many of our talented performing arts students wowed the visitors with quality performances. Headstart will commence for Kindergarten 2020 on Thursday 24 October, 2019.

Years One and Two students were excited last week when they went out to lunch to find new aluminium picnic benches in place of the old green tables that were better suited to older children. Your children deserve the best and we take great pride in endeavouring to provide this. A number of trees and plants were delivered last week to enhance the quadrangle garden. We have a fabulous garden club and it's lovely to see the children taking such pride in our school.

The SRC met again last week and organised a fundraiser for Coast Shelter, a very worthwhile charity that helps many local people who are less fortunate than we. On Friday 21 June we are allowing children to wear PJ's to school in return for a gold coin donation. Another gold coin will buy a nice, warm Milo drink. See inside for details, please.

The Art Show logo competition closes today so we look forward to announcing the winner, very soon. I have seen the beginning of many artworks so I know you won't be disappointed! We have lots of budding artists here, I assure you.

Don't forget our next P&C meeting tomorrow at 9.15am in Araluen. Children and newcomers are all very welcome.

It's great to see so many children representing our school and even our zone in both sporting and creative arts events. Most of these activities sell jackets to the students to wear proudly so, even though the attire is not in our school's uniform colours, we allow them to be worn to school, only on Fridays. Only jackets purchased at representative events can be worn in place of the usual school jacket, on Fridays. And a friendly reminder to label it clearly, please.

ABC of literacy and numeracy ... Ask your child to help weigh food or check the weight on food packaging; Banking and interest rates can be discussed and how budgets work at home and in the workplace; Create a special reading place at home with books in easy reach. I will endeavour to pop a few ideas into the weekly Homenote, some are oldies but goodies.

Lynn Balfour

Principal

PRINCIPAL'S AWARDS

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

Respect, Responsibility, Ready to Learn

Jake D
Harper C
Tahli K
Sam H

PLAYGROUND POSITIVE WINNER

Sam Hall 2/3R

GENERAL INFORMATION



SRC Fundraiser

On Friday 21 June the SRC is holding a Pyjama Day to collect funds for Coast Shelter. They invite all students to take part in supporting this worthy cause. Students may wear sensible pyjamas to school in return for a gold coin donation. The SRC will also be collecting non-perishable food to donate to help feed the homeless. There will also be hot Milo on sale at recess to complement the theme. Any support of these initiatives would be greatly appreciated.

Kiss and Ride Zones

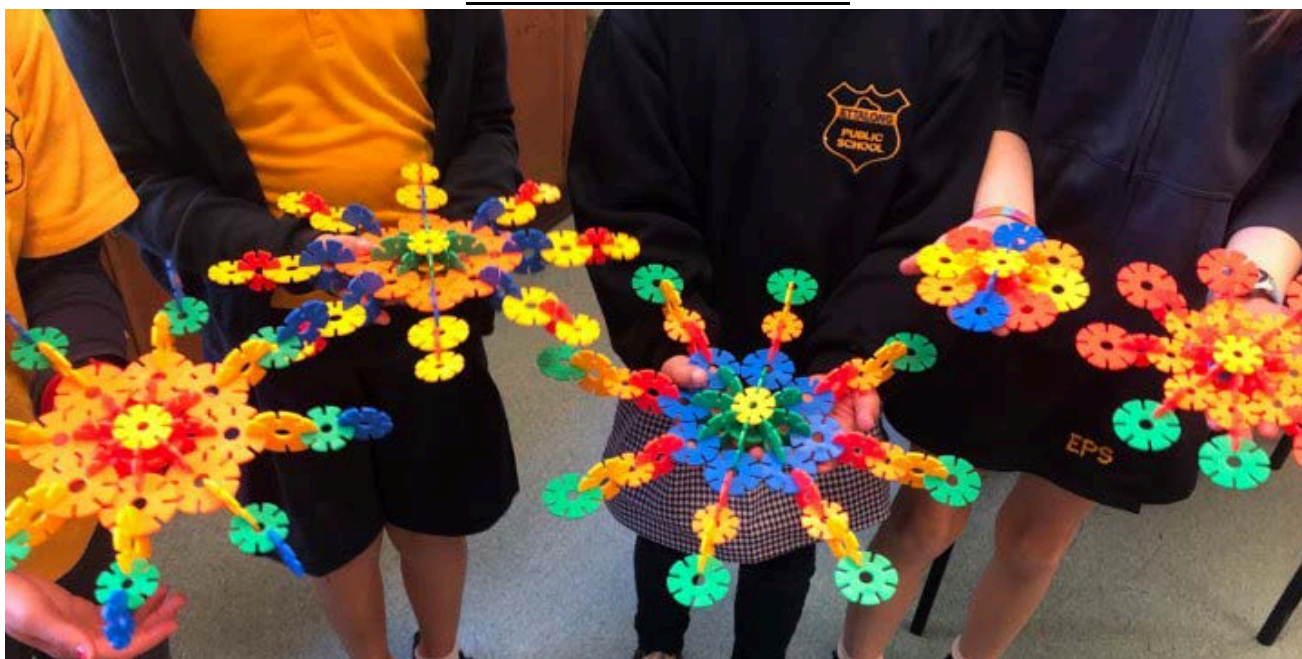
Kiss and Ride Zones are designed for your convenience and for your child's safety. Designed for quick entry and exit, these zones minimise congestion and risk when used properly by all parents and carers. These zones operate under the same conditions as no parking zones, which means you may stop to drop 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

Some fantastic work from 2/3R



EVERY DAY COUNTS....

A day here or there doesn't seem like much, but...

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...	This means that the best your child can achieve is...
1 day each fortnight	20 days per year	4 weeks per year	Nearly 1 ½ a years of school	Equal to finishing Year 11
1 day a week	40 days per year	8 weeks per year	Over 2 ½ years of school	Equal to finishing Year 10
2 days a week	80 days per year	16 weeks per year	Over 5 years of learning	Equal to finishing Year 7
3 days a week	120 days per year	24 weeks per year	Nearly 8 years of learning	Equal to finishing Year 4

Give your child every chance to succeed...

Every day counts!



P & C NEWS

Our next meeting will be held this Wednesday (12th June 2019) at 9:15am, in the Araluen Cottage. If you would like to receive an agenda which details what will be discussed at the meeting please don't hesitate to contact us.

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

COMMUNITY NEWS

Ph 0413 456086

日本空手道正晃会

KARATE

FREE KARATE LESSON

Ph 0413 456086

on presentation of this flyer



NetStars Junior Netball Comp.

- 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!

Monday
Peninsula Leisure Centre
STARTING TERM 3
BOYS AND GIRLS

info@netstarscentralcoast.com
0481 528 599

netstarscentralcoast
Find us on Facebook

PARENTING TIPS

Help kids develop impulse control

How many of you have been in a situation where, after being on a diet for a few days, a colleague comes to work selling chocolates for a fundraiser? Do you give in and buy a chocolate? It's for a good cause after all. Or do you resist?

Austrian psychologist Walter Mischel conducted an experiment in 1965 involving four-year-olds and marshmallows. Mischel invited individual children into a room where a marshmallow was on the table. The man who brought the child into the room explained that he had to step out for a couple of minutes and if the child wanted to, he or she could eat the marshmallow. However, if the child could wait until the man returned before eating the marshmallow, they would be given an extra marshmallow – so two instead of one. Sure enough, some children couldn't wait and ate the marshmallow before the man returned, while others were able to resist the temptation in order to earn the reward.

Mischel followed the subjects of his experiment into adult life. He discovered that those who had displayed the ability to delay gratification as young children grew to be more socially competent, self-assertive and dependable. And they performed better at school.

Other studies have shown similar results: individuals who had self-control when young later do better on a whole range of variables.

Mischel initially believed that the ability to delay gratification was a result of a certain personality type. However, in a subsequent study with Albert Bandura, Mischel placed children who had not shown the ability to delay gratification in contact with adult role models who demonstrated some delaying tactics. The adults engaged in some kind of self-distracting activity or put their heads down for a nap. The children who observed these adults later showed the ability to delay gratification themselves. That is, they had learnt the ability to resist temptation from their experience with the adult role models.

Impulse control is a skill

The implications for parents are clear. If our children display characteristics such as impulsivity, we can help them learn more beneficial ways to deal with the world. Parents can role model the appropriate behaviours and talk to their children about the strategies they used.

Two main factors seem to influence the ability of both children and adults to delay gratification. Both are more likely to delay gratification if they trust they will eventually get the better reward. That is, they will be more inclined to hold out if they believe the person or organisation that is offering the reward is likely to follow through.

Second, people will generally only display delaying behaviours if they have the skills to turn what might be tedious waiting time into a more enjoyable (or at least tolerable) time. In the original experiment, children who delayed eating the marshmallow showed a range of behaviours including turning their chairs away from the table, singing, inventing games with their hands and feet and talking to themselves to help them pass the time.

Emotional intelligence is the key to impulse control

Parents can help younger children delay gratification by distracting them. Many parents find themselves doing this instinctively. When four-year-old Holly nags for snacks just before dinner, they give her a job to do. However, be aware that children younger than about four generally haven't yet developed the parts of the brain that allow them to delay gratification of their own accord.

Older children need to learn how to distract themselves by redirecting their emotions. This is more likely to happen if children understand that emotions don't always need to be acted upon. Older children who are able to focus on the bigger picture will be able make choices that allow them to achieve their goals.

In the book *Influencer*, the authors contend that many social skills, including the ability to delay gratification, can be learnt. This is good news for most of us! They maintain that while we accept that practice improves performance in sport, music and technical areas, few people would think to practice the skills needed to delay gratification, be a better team member or to negotiate with a boss. However the authors say we should. They claim that with the right kind of practice, we can all learn to be more socially competent.

Michael Grose Presentations.

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www.parentingideas.com.au