



ETTALONG  
PUBLIC SCHOOL

# HOMENOTE

Term 3 Week 9

17 September 2019

DATES FOR YOUR DIARY	
Tues 17 Sept	ICAS English
Wed 18 Sept	Beach Safety talks K -6
Thurs 19 Sept	ICAS Maths
Fri 20 Sept	Choral Festival rehearsal
Mon 23 Sept	Stage Three to Canberra – returning on Thursday Sept 26
Fri 27 Sept	Last day Term Three

Dear Parent and Carers

Today you will have received a 'school photos' envelope, in preparation for photos to be taken on October 22 and 23 which is in Week Two of next term. Please read the envelope carefully for payment methods as money for photos cannot be paid through our school's website. Photos look their best when all students are in full school uniform, including black shoes please.

We are now prepared for Headstart 2020 and we anticipate to again have four Kindergarten classes next year. The recommended number of students in public schools' Kindergarten classes is 20 which provides young children with a nurturing environment where they are known, valued and cared for. We are still accepting enrolments for next year and encourage parents to contact our school as soon as possible for enrolment information.

Congratulations to our fabulous debating team who finished the competition in 16<sup>th</sup> place out of 923 schools. What a magnificent effort. I am absolutely thrilled for them. Teams are given the topic one hour before the debate and they have to write their own arguments. Teachers are not allowed in the room until the children have finished then when the debate commences, team members have to listen very carefully to the opposition in order to write their own rebuttals.

Kindergarten students thoroughly enjoyed their visit to the farm last week. Dressed in check shirts and straw hats, they looked like 'real farmers' carefully looking after their farm animals. We thank the students and staff at BWSC Umina for providing an enjoyable experience for our youngest students.

NAPLAN results were received last week and our growth, which is the improvement shown when students completed the NAPLAN assessment in Year Three to the same group's results in Year Five, is excellent! This is both pleasing and encouraging for everyone who puts in so much effort to succeed in these national assessments.

Staff will this week participate in planning days. (Support teachers have had their planning day already). Teachers will not receive their usual release from face to face time but instead will meet with other teachers on their same stage in a full day of planning and organising, in preparation for term four lessons and activities.

A hint for the children – don't put it down; put it away. 😊

Lynn Balfour

Principal.

## 3R's AWARDS

Class	Name	Class	Name
2/3R	Archer T	3M	Dason C
	Trinity T		Ben J
	Summer C		Chanel N
3W	Hayden B	4T	Lauren D
	Archie A		Hadil A
	Jake D		Sophie W
4J	Harlan M	4S	Shaman J
	Katarina C		Tam J
	Tilly V-F		Scarlett A-S
5B	Tarana C	5J	Djanaya W
	Marley B		Mia W
	Health V D N		Oliver S
5/6L	Laylani V-P	6C	Lachlan S
	Koby McC		Jake W
	Indiana E		Nathan L-T
6H	Bayden M	K/6B	Makayla F
	Craig D		
	Tahlia M-B		

### PRINCIPAL'S AWARDS

Congratulations to these students who consistently demonstrate the 3Rs

**Respect, Responsibility, Ready to Learn.**

Lachlan S	6H	Scarlett A-S	4S
Tam J	4S	Nathan L-T	6C
Katarina C	4J	Kory W	KZ
Morgan F	6C	Tarana C	5B
Hadil A	4T		

### PLAYGROUND POSITIVE WINNER

Troy P	3M
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## GENERAL INFORMATION

### Anxiety Program

Ettalong Public School and the READ Clinic are proposing a collaborative group project to assist identified young people in learning the techniques to manage their thoughts and feelings which lead to worry and anxiety.

If you feel that your child would benefit from this program at school. Please send in slip below with your name and telephone number to the front office.

#### Anxiety Program – expression of interest.

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Violet in KR proudly displayed her physical culture U/5's medallion at assembly, last week. She is now off to nationals so we wish her lots of luck! What a fabulous opportunity for such a young person.

The SRC held a Pyjama Day earlier in the year to raise funds for an outdoor Connect Four set. This will be added to our Gettalong lunch time program. Thanks to everybody who contributed to this fantastic fundraiser allowing us to add an exciting piece of equipment to our school resources. We look forward to seeing the students play kindly and strategically!



## P & C NEWS

Thank you to those who attended our last general meeting. Our next meeting isn't until November due to the school holidays but don't hesitate to contact us at [epspandc@gmail.com](mailto:epspandc@gmail.com) if anything is of concern before then.

Did you know that Rebel offer us a kickback if you purchase from them? Just mention Ettalong Public School at the check out and credit is added to our account. From this we are able to obtain items we can use for our raffles as well as providing the school with additional sporting items.

If anyone is aware of similar programs offered by local businesses, please let us know!

## COMMUNITY NEWS



### SCHOOL HOLIDAY TENNIS CAMP NOTICE

**Where: UMINA TENNIS, Umina**

**1<sup>st</sup> WEEK OF THE HOLIDAYS**

**When: Monday 30<sup>th</sup> Sept - Friday 4<sup>th</sup> Oct**

**Time: 9am-3pm**

**Cost: Week \$80, ½ Day Week \$50, Full Day \$25, ½ Day \$15**

**BEFORE & AFTER CAMP CARE NOW AVAILABLE 7AM-6PM \$150 week.**

**Included: Racquets, Sausage Sizzle Thursday, Prizes Friday**

The camp will be predominately tennis with other activities such as soccer, cricket, basketball etc to keep the children occupied. The camps are held wet or fine with indoor activities provided. No booking needed just turn up on the day. Lunch orders available.

**More information call 0410 828 278.**

## **PARENTING TIPS**

### **Be careful who you take parenting advice from**

It's not until you have kids that you realise that everyone has an opinion about how they should be raised.

The rise of the internet has just multiplied the number of voices, giving many unauthorised people a voice in the parenting space. It is no longer just our close family and friends who share their opinions with us as occurred in the past. Now there are countless expert pieces, parent blogs, chat rooms and articles on any topic you can imagine.

It's confusing enough when your kids are born without special gifts and challenges, but more so when you are a parent with a child on the autism spectrum. They have to deal with many voices including those who can be non-accepting and judgemental. It's my belief that everyone has an opinion, but not everyone has earned the right to share it.

If you're a parent of a child on the autism spectrum, how do you drown out the noise? Who do you listen to? Here are some thoughts.

### **Listen to autistic voices**

Look the advice, stories and opinions of people on the autism spectrum. Their voice shouldn't be discarded. They have lived experience and have incredible insights for you as you parent and your child. Also listen to what your child has to say. We can all learn a great deal from their lived experience. If they can share it (and this may be when they are older), then embrace this knowledge.

### **Listen to understanding professionals**

Identify a support team of professionals including your child's teacher, general practitioner, specialist health workers. They can provide you with not just greater knowledge of autism but provide you with insights into your child's capacities and strengths. Staying focused on your own child can help drown out the noise. It is easier to shake off the voices of others when you have quality support telling you the truth about your child specifically, as opposed to others expressing their general opinions.

### **Listen to family and friends who love you**

Gravitate toward friends and family who will love and support you and your child and steer clear of those who have a need to send you the latest article they've found on autism, or tag you in a random on social media. Seek out people who genuinely want to help and who are willing to spend time with you and your child. If someone's opinions are not real, positive or helpful, then you don't have to listen to them.

After a child is diagnosed, it can be so easy to go into overdrive and research for hours on end. This is normal! We want to be equipped to do our best at parenting our children. However, set boundaries when it comes to taking on other's opinions about autism and your child.

### **Steer clear of unhelpful discussion groups**

It's common for parents with children diagnosed with autism to hit online discussion groups. It can be so overwhelming to have so many voices telling you what 'they' think you need to know. Politely move on from conversations that make you uncomfortable, unless you can take the opportunity to share your perspective and use them as educational moments.

As an active parent and professional in the online space I've often experienced outlandish statements from well-meaning people. I use these situations to share my personal experience (and the strengths of my child) to debunk myths such as autism is caused by bad parenting. Be clear about how you use discussion groups. Use as a way to feel a part of a community, a source of knowledge and inspiration and a place to share your story and experiences.

All parents need to be mindful about protecting their emotions and accepting advice from trusted, knowledgeable sources. I'd suggest that it's even more important to choose well when you're raising kids with autism. Protecting your heart and listening to quality voices is an ongoing journey. But it is essential to looking after your own mental health and ensure that the main thing – your child – remains the main thing.

Michael Grose Presentations.

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[www.parentingideas.com.au](http://www.parentingideas.com.au)