



MAYRUNG PUBLIC SCHOOL

Newsletter

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Week 3 , Term 2

Principal's News:

Dear everyone,

Well we made it back!!! Narrabeen was a wonderful experience for all that attended, the way the students conducted themselves was of an excellent standard, their ability to challenge themselves despite their inhibitions was outstanding and there was a constant stream of laughter, collaboration and respect amongst all the four schools. It is certainly an excursion that I will not forget quickly and look forward to in 2013.

Our old demountable has been disconnected of all electrical wiring, the front verandah has been dismantled and the steps have been removed. This can only mean that the time is near when we will have to bid farewell to the old classroom and think carefully of what we would like to do with the area it will be vacating. If you have any ideas please bring them to the next P&C meeting on the 18th of May at 6:30pm.

The new soakage pit for the new toilet block is nearly complete and will hopefully work better than the old one. As yet I have no news on when the new toilets will be operational, however I feel it will be in the near future. Stay tuned!

It's good to see the return of Mrs Adamson to the classroom and we send a very big thankyou to Mrs Follett for stepping in when needed. As the weather has certainly snapped cold quickly please ensure that your children attend school dressed for warmth. We will try our hardest to keep the jumpers coming back home and will be lapsing our hat policy, a little during term 2 and 3.

I hope you all have a great weekend.

Julie Eason

Principal

Engage, Inspire and learn

Raffle tickets:

Thank you to all the people who were busy selling raffle tickets. The P&C made close to \$1000 out of the raffle ticket sale.

A big Thank you to **Colligen Creek Firewood** for the donation of the 1st prize (load of firewood) and **Joan Bailey** (Lynda Barclay's mum) for the donation of a quilted bag, 2nd prize. First prize was won by Stuart Taylor and second prize by Pam Laker.

Important Dates

Wednesday	18 th May	P&C Meeting @ 6.30
Tuesday	24 th May	Cross Country

Stage 3 Excursion:



Being creative in the sand



Dinner Time
at McDonalds



Blending into the
Sydney life!!!!



Water activities are always one
of the favourite events.





Other exciting activities!!!!!!



Time to pack up all the belongings



Some are thinking about the trip home and aren't looking forward to the long busride.

News from K-2 classroom:

Firstly, thank you everyone for your well wishes after my accident. It's great to be back at school. The children had a wonderful time with Mrs Follett and Mrs Murphy.

This term for HSIE we are doing a unit of work on 'The Need for Shelter' which identifies ways in which people depend on the environment and compares and contrasts natural and built features in the environment.

For the next few weeks we will be focusing on writing descriptions. For their news item in week 6 the children will need to present a description of their favourite book character (from a book at home). Please encourage them to do this over the next week. I will send home a description proforma for them to write on. Please check in their Home Reader Bags for this. They will also need to draw a picture of their character

We have fruit break every morning in the classroom. Please ensure that your child has a piece of fruit to eat at this time. If you have run out of fruit in between shops (which I know happened in our house all the time having big fruit eaters) then cut up some carrot/celery or put in some dried fruit.

We have another busy term in front of us with Reports getting started soon.

Hope to see you soon,

Thanks

Jenny Adamson

School Fees: *reminder*

Just a reminder about the school fees which are due now. As it was decided at the last P&C meeting, every family contributes \$60 for their first child towards the educational expenses and for every consecutive child \$20. If families acquire assistance with meeting these commitments or need a longer timeframe re payment please contact the school asap. We will handle your concern in a confidential manner.

KidsGrow KidsCook Program:

As part of our KidsGrow KidsCook Program we had our first cooking lesson. The students produced a very tasty Avocado Salsa and Hummus dish and did very well with the cleaning up (just keep that in mind for at home!) We would like to thank Nicole Jansen and Robin Laverty for giving up their time to guide the students through the process to produce these healthy snacks for the students.



Paul Kelly Cup:

On Friday, 29th April, Josh Gallagher and Simon Barclay participated in the Small School Team and competed in the Paul Kelly Cup at Finley. The Small Schools Team won 1 of their 4 games and were very competitive in all of their other games (only losing narrowly by 1 or 2 goals in each). Their teamwork and sportsmanship were second to none on the day and Mr Fisher and Mr Devereux were extremely impressed with their efforts and skills. Thank you to everyone at the Blighty Football Club for their support and to Donald Barclay that helped with transport.



McCAIN Program:

We have just signed up our school in the McCains Program, where we can get ideas and hints for our veggie garden. McCain is donating items suitable for vegetable gardens back to schools for barcodes from McCAIN frozen vegetables and McCAIN Purely Potato products. We ask you to collect the barcodes from these products so that we can send them into McCAIN which will convert them to points. Schools then use these points to redeem products from a equipment catalogue.

So please start sending in barcodes from McCAIN frozen vegetable and McCAIN Purely Potato packs.

Canteen:

Next canteen will be on Friday 20th May with Robin Laverty and Angela Hodge being rostered on. Please remind your students to bring in their lunch order start of that week, if they wish to buy lunch that Friday.

Canteen roster for rest of term 2:

Date	Parent	
3 rd June	Stacey Salusalu	Sara Wooden
17 th June	Lynda Barclay	Kathryn Williams
1 st July	Tina Bain	Rosa Mullens

Premier's Sporting Challenge:

Our school has registered to participate in this year's Premier's Sporting Challenge. This challenge provides the opportunity for students to keep a log of their time spent on sports, movements and recreational activities throughout their daily routine over a ten week period. Students who complete the challenge will receive an individual, personalised certificate from the Premier of NSW.

In the next few weeks we will be distributing log cards to the students so they can start keeping track of their achievements. Participation in sport and physical activity is generally promoted for its positive impact on children's physical and mental wellbeing. As sport is a valued and accepted part of our school's curriculum we hope that you can join us in supporting and encouraging your child's participation in this exciting program.

For more information on the Premier's Sporting Challenge please visit the website at

www.schools.nsw.edu.au/psc

If you would like to discuss any aspect of the challenge or make any suggestions please feel free to contact me, Stacey O'Meara and on behalf of the rest of the Mayrunga staff we look forward to working with you in supporting the healthy growth and development of your child.

Premier's Reading Challenge: *reminder*

Our school is participating in the Premier's Reading Challenge, a NSW Government initiative, which tries to encourage students to read quality literature as a leisure activity which, ultimately, enhances their literacy levels. This year marks the 10th year of the challenge. You can read more about the details and books which are on the list on their website www.schools.nsw.edu.au/premiersreadingchallenge.

A new feature of the Challenge for 2011 is the opportunity for students to participate in Book Bonus, an online fundraiser for Dymocks Children's Charities. Funds raised will be shared with schools to buy new books.

Parent Line: Phone 13001300 52

We have a website for parents, carers and professionals (www.parentline.org.au) with a range of tip sheets for parents about contemporary issues facing families today, some parenting stories written by our counselling team that normalise parenting challenges and some links to other NSW wide services.

Do you reward unwanted behaviour?

At Parent Line, our counselling team regularly take calls from parents who are perplexed about their child's behaviour. Why do they continue with behaviour that is disruptive, non compliant and challenging? Parents often reflect on one child behaving and responding very differently from another child in the family. There is no simple answer for this and our counsellors approach parents by exploring a range of areas to help the parent uncover what might be going on for their child.

Children are rarely able to tell parents why they are behaving in a certain way. Even when they have the vocabulary they don't have the insight to understand their behaviour. Often they have learnt how to manage challenging situations and strong feelings by behaving in a certain way. Many times families accidentally reward this behaviour without knowing it. How often have we all given in to a tantrum?

It is important for parents to honestly and openly reflect on what kind of a unique person their child is. Some children are highly strung, others are shy, others dislike change, others are socially motivated etc. There are so many variations on temperament and ability that it's impossible to compare children in this way. Our challenge as parents is to understand and accept them as they are and to help them develop skills to manage the wide range of tasks that are required of them as they grow up.

Secondly a good analysis of the home environment is useful. Our view at Parent Line is that parents try to manage things in the best way they can. We all have blind spots in our parenting strategies. Our goal at Parent Line is to assist the parents to understand what their blind spots are and to look at other ways to tackle the issue. This is done without judgement about those blind spots, because we all have them, but as a way to develop a deeper understanding of the way we parent. We look at what happens when the behaviour escalates for both the child and the parent. We review some of the strategies that the parent has already used and particularly look for clues about what works for their child. Our simple mantra is if it isn't working – let's do something different. We look at what can be put in place to avert the behaviour occurring, in particular exploring family routines, and using strategies to prevent the behaviour from happening and take a good look at what happens when the behaviour does occur.

Some of the issues we reflect on are:

Do you make the instructions about the behaviour you want to change clear and simple for the child?

How do you regulate your own emotional response when the behaviour occurs?

Are your expectations about what you want the child to do realistic?

And what happens as a result of the behaviour?

Many times, once we have uncovered what is actually happening around the behaviour we will find that parents unintentionally reward the behaviour by giving the unwanted behaviour lots of their attention. Also, parents may give in and let their child have what they wanted in the first place. Whilst it's important to help children learn new skills so that they can function successfully in their world, it is important for us as parents to notice small attempts at change, success and effort. The most powerful parenting tool we have is to notice and appropriately praise positive behaviour. This does not mean doing a song and dance each time your child behaves well but to use small acknowledgements like shared signals or a few words of encouragement to help the child understand that you have noticed their attempts and efforts and are proud of them.

If you want to talk about your child's behaviour with one of our professional counsellors, call 1300 1300 52 or visit our website for tips sheets and parenting stories.

Community Notice

Australia's Biggest Morning Tea @ Deniliquin Library
THURSDAY 26th May @10:30am
Please bring a plate of food to share

RSVP: 3pm, Wednesday 25th May

Reconciliation Week 2011 Friday May 27th – Friday 3rd

Join Nyerna Deniliquin Reconciliation Group in celebrating Reconciliation Week 2011

Commencing with a Lions Club Breakfast and the Aboriginal Flag raising Ceremony at Council Chambers at 8.30 am on Friday 27th May (Sorry Day)

Nyerna Deniliquin Reconciliation Group cordially invites you to the launch of

....the hilarious new novel by the best selling author of *Not Meeting Mr Right*, *Avoiding Mr Right* and *Manhattan Dreaming* by Anita Heiss

Date: Reconciliation week Monday 30th May, 2011 Time: 6 pm – 7.30 pm

Venue: Peppin Heritage Centre

Entertainment: Celebrate in style with champagne and canapés. Music by Adrian Ross.

Book: Paris Dreaming will be available for purchase and can be signed by the author, Anita Heiss, at the launch.

RSVP (for catering purposes) carleeerg@aapt.net.au or ph 58817159

Nyerna Reconciliation Group cordially invites you to the launch of the Deniliquin

Shared History Project

The shared History Project aims to illustrate a positive relationship between farmer and landowners with Traditional Owners in the local Deniliquin area. It will also endeavour to highlight the role Indigenous people played in the farming industry and the development of this region.

The launch will showcase the relationship between Aboriginal peoples and the Eastman's west of Deniliquin on the Edward River and close to the Moonacullah Mission. The launch will feature oral histories, photos and copies of the relevant stock records and maps.

The launch will also include a small exhibition of maps of early Deniliquin, photos of Moonacullah and history Werai Forest which is recommended to become an Indigenous Protected Area.

Date: Tuesday, 31st May, 2011 **Time:** 10 – 11.30 am **Venue:** Central Murray Regional Library, Napier Street, Deniliquin

Keynote Speaker: Author, Anita Heiss **Entertainment:** Poetry by Alex Allitt **Catering:** Morning Tea included

RSVP (for catering purposes) carleeerg@aapt.net.au or ph 58817159

ARE YOU CHALLENGED BY YOUR CHILD'S ECZEMA?

The University of Queensland is conducting research into parenting children with eczema. Parenting a child with eczema presents many challenges (everything from the daily application of creams and avoiding eczema triggers, to more general parenting tasks). The aim of this study is to understand the factors that make the management of childhood eczema particularly difficult, and to use this information to develop strategies that might assist parents in managing their child's eczema.

If you are a parent of a 3 to 10-year-old child with eczema, we would love to hear from you!

By sharing your experiences (confidentially), you will be making a valuable contribution to the development of much-needed childhood eczema management strategies for parents. Results of this study will be made available to all participants.

To complete the online survey, please log on to: <http://exp.psy.uq.edu.au/eczema>

For further information about the project or to request a survey to be posted to you, please email Katie Sillar

(katie.sillar@uqconnect.edu.au) or phone Amy Mitchell (07 3365 7305) at the Parenting and Family Support Centre in the School of Psychology at the University of Queensland, St Lucia QLD 4072 (Fax: 07 3365 6724).