

# Scone Public School Newsletter

Success for all



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TERM 4 WEEK 9

Tuesday 1 December 2015

## PRINCIPAL'S MESSAGE

This week we thank our parent helpers with a special morning tea.

Our parent helpers assist in many different ways. Some help in the classroom with Reading groups, Maths groups or during art activities. Others help with sport, transporting students, coaching teams or running gross motor activities.

Some parents and community members are involved with the decision making aspects of the school. They are part of our P & C, our sports team and our Aboriginal Education Team. We encourage all parents to become involved in their child's education in any way they can. Next year we are hoping to have parents join a number of other teams; the Work Health & Safety Team, TLSI – our planning and evaluation team and our Welfare Team.

If you have a particular interest or skills in these areas please let us know, we would love to have you join us.

*Deborah Fisher -Relieving Principal*

### *Quote of the week:*

*It takes a village to raise a child*

### *Value for the week:*

*Compassion & Caring*

## WONDERFUL JAPANESE CULTURAL DAY

On Friday 27 November, Year 5 travelled to Scone High School to participate in a Japanese Culture Day.

*There were a variety of activities that we enjoyed during the day. These ranged from making and eating rice balls to fighting our hearts out in Sumo Wrestling.*

*We had a wonderful day and would like to thank the year 5 teachers and the high school for organising this day. It was tremendously fun and we hope to be involved in more things like this in the future!*

*Noah Petersen and Max Seale*



*Year 5 students at Japanese Cultural Day*

## SRC CHRISTMAS RAFFLE

Tickets are now on sale in the SRC Christmas Hamper raffle. There are five hampers to be won. They are on display in the school library. Each ticket is \$1 and proceeds will go to the Red Door community kitchen in Muswellbrook. Please consider purchasing tickets if you can.

SRC

## DON'T MISS OUT ON RESILIENCE SESSIONS

We will be hosting an information session on the Resilience Doughnut that is currently being offered at Scone Public School.

COMING EVENTS FOR TERM 4 2015	
Date	Event
Mon, 23 Nov – Fri, 4 Dec	Intensive Swimming
Tues, 8 Dec	9.30am Sports Presentation
Wed, 9 Dec	Year Six Farewell
Fri, 11 Dec	Presentation Day

The Resilience Doughnut is a practical, strengths based Australian model for building resilience in children, young people and adults.

**When:** Monday, 7 December starting at 5pm (It should finish approximately 6.30pm).

**Where:** Scone Public School Library.

This is an open, free information session. It aims to promote understanding and conversations around resilience.

### PLEASE HELP

Call for help for any parents who can assist at our Bloom Markets. We need:

- Cakes cooked for our Cake Stall (please deliver Friday afternoon or before 9am on Saturday morning).
- Helpers on the day to man the cake stall, desserts station and bbq. Any queries or delicious cakes can be directed to Melissa Petersen.

### KIA ORA MUSIC CAMP

Students of all ages are encouraged to design a logo for the annual UHS and Kia-Ora Youth Music camp, which will be held from Wednesday, 16 March through to Friday, 18 March 2016.

The theme for 2016 will loosely be focused on sport.

The camp is an excellent opportunity for budding musicians, as well as those who wish to try something new in the creative arts area. There are many places set aside for students who have no previous background in voice, dance or instrumental tuition. The camp is offered to all students from Year 3 through to Year 12 from schools across the Upper Hunter Shire.

A wide variety of enrolment options are available with classes on concert band, strings, choir, keyboards and the Amazing Voice Competition. Other electives may include cheer-leading and circus skills.

Include the words “**Upper Hunter Shire & Kia-Ora Youth Music Camp 2016**”. The logo needs to represent the Youth Music Camp, horses and / or Sport. Keep your design very simple in black and use clear defined lines, please do not include fine

detail or colours. Judges decision is final. Winner will be notified by Friday 18 December 2015.

**First Prize:** Free entry to the Upper Hunter Shire & Kia-Ora Youth Music Camp 16 to 18 March 2016, free t-shirt depicting your logo, framed copy of your logo, free tickets to the Upper Hunter Shire & Kia-Ora Youth Music Concert 2016.

Logo Design forms will be handed out to classes.

### CANDY CANE ALLERGY ALERT

Please discourage your child from bringing Candy Canes to school as some students are not allowed to have them due to health reasons.

### PARENT CORNER

Helping Your Child to Be Resilient:

Resilience is a 21st Century parenting concept that every parent needs to understand.

Some kids are resilient by nature – their temperament helps them to be mentally and psychologically tough. You know those kids. They get straight back up after a setback or disappointment. Rejection in the playground doesn't faze them. Unfortunately, not every child has such natural resilience.

The good news is that most of the research shows that resilience can be nurtured and developed, particularly when parents themselves are resilient and they actively foster it in their kids. Resilient kids share four basic skill sets- independence, problem-solving, optimism and social connection.

#### Building Resilience

From a resilience perspective parents need to coach kids through some of their more challenging moments and reviewing what they may have learned for next time. Avoid solving all their problems for them.

You can promote a lasting sense of resilience in your kids by:

1. Having a positive attitude yourself. Your attitude as a parent impacts on their ability to bounce back from some of the difficulties they face. Make sure you model a 'you can do it' attitude for your child when he meets some of life's curve balls.

2. Look for teachable moments. Many kids' learning opportunities are disguised as problems. Make the most of these opportunities so that kids can grow and learn from some of the challenges they face.

3. Make kids active participants in the family. Active participation in a family develops the self-help, problem-solving and independence skills of kids that are necessary for resilience.

4. Build kids coping skills. There are plenty of strategies you can pass on to kids to help them cope when life doesn't go their way, including acceptance, getting away for a while, and normalisation.

Promoting resilience in kids is a not a single event but a continuous process that requires adults to be supportive and empathetic when things don't go their way. It also requires you as a parent to have an understanding of resilience, so you have faith in yourself, and your child's ability to cope.

**10 best phrases to teach resilience to your kids**

<p><b>1</b> Smile Humour "Come on, laugh it off!" Phrase: "Come on, laugh it off!"</p>	<p><b>2</b> Smile Contain thinking, perfectionism and anxiety "Don't let this spoil everything!" Phrase: "Don't let this spoil everything!"</p>	<p><b>3</b> Smile Distraction "Let's take a break!" Phrase: "Let's take a break!"</p>	<p><b>4</b> Smile Handling worry and asking for help "Who have you spoken to about this?" Phrase: "Who have you spoken to about this?"</p>	<p><b>5</b> Smile Offering hope "I know it looks bad now but you will get through this!" Phrase: "I know it looks bad now but you will get through this!"</p>
<p><b>6</b> Smile Positive reframing "What can you learn from this so it doesn't happen next time?" Phrase: "What can you learn from this so it doesn't happen next time?"</p>	<p><b>7</b> Smile Acceptance "Don't worry - relax and see what happens!" Phrase: "Don't worry - relax and see what happens!"</p>	<p><b>8</b> Smile Perspective "This isn't the end of the world!" Phrase: "This isn't the end of the world!"</p>	<p><b>9</b> Smile Flexible thinking "You could be right. But have you thought about ..." Phrase: "You could be right. But have you thought about ..."</p>	<p><b>10</b> Smile Taking action "What can we do about this?" Phrase: "What can we do about this?"</p>

**kidspot**

**CYBER SAFETY**



During the holidays your child may increase their online behaviour. Here are some timely reminders about keeping your child Cyber Safe. Keeping your kids safe online is easy with a few simple precautions.

1. Nothing replaces parental supervision and education for kids about cybersafety.
2. Set a technology curfew.
3. Remind your child to never give out identifying information such as your home address, school name or telephone number in a public message such as chat or newsgroups.
4. If your child posts photos online, use privacy settings to limit access to people they know well.
5. Remind your child that people don't always tell the truth online, and they can't take anything at face value.
6. Reassure your child that they can tell you anything, without fear of losing the laptop or internet access.
7. If they get a message or email that's threatening or rude, they should 'STOP, BLOCK, TELL'. First step is to tell your child to stop responding to the

abuse and then block those people sending threatening or rude messages if they continue. Let your child know that if they are being bullied, or know someone else who is, they should tell a trusted adult.

8. Never click on any links that are contained in emails from people they don't know. As well as sexual content, they could contain a computer virus.

9. If you suspect your child has been contacted by a predator, try to save a copy of the chat log (or whatever form the contact takes) for evidence. Call Crime Stoppers 24-hour line 1800 333 000 to make a formal complaint.

10. Your child will be using computers and the technology for the rest of their lives – you're in the great position of being able to get them off to a safe, positive start.

**CANTEEN NEWS**

This Thursday for Taco Day there is only ten servings of Tacos, so first in first served. Other options are: Lasagne, Spaghetti Bolognese or Macaroni Cheese. No Taco tubs Thursday 10 Dec.

*Racheal Johnson*

<b>CANTEEN ROSTER TERM 4 WEEK 9 2015</b>	
Mon, 30 Nov	Racheal Johnson
Tues, 1 Dec	Racheal Johnson
Wed, 2 Dec	Wendy Paterson
Thurs, 3 Dec	Wendy Paterson
Fri, 4 Dec	Wendy Paterson / Brooke McInerney

**Good for Kids good for life**

**Staying Active in the Heat**

When it's hot outside it can be tempting to become a couch potato in order to stay cool.

Here are some tips for staying active when the weather warms up:

- Plan outdoor activities in the cooler parts of the day such as early morning or late afternoon
- Wear light-weight clothing in light colours
- Have water available at all times
- Play in the shady areas out of direct sunlight
- Include indoor activities such as twister or dancing to music.



Join Us

**SATURDAY DECEMBER 5<sup>TH</sup>**

At

**SCONE PUBLIC SCHOOL**

for our

*Christmas Bloom  
Market*

Starting from 9am

Come and browse our beautiful Christmas Tree Display.  
All trees will be for sale on the day

Including

Scone Public School P&C BBQ and dessert station.

Little Love-Lees, Summer Sky, Corner of the Garden, Scone Landcare,  
Harper and Willow Soy Candles, Didges with a Difference, Berry Bliss,

Lady Franklin Hats, Fairytale Kids, Dis n Dat by Edith, Rustic Lane,

Amante Collections, Scentsy, Hunter Macaroons,

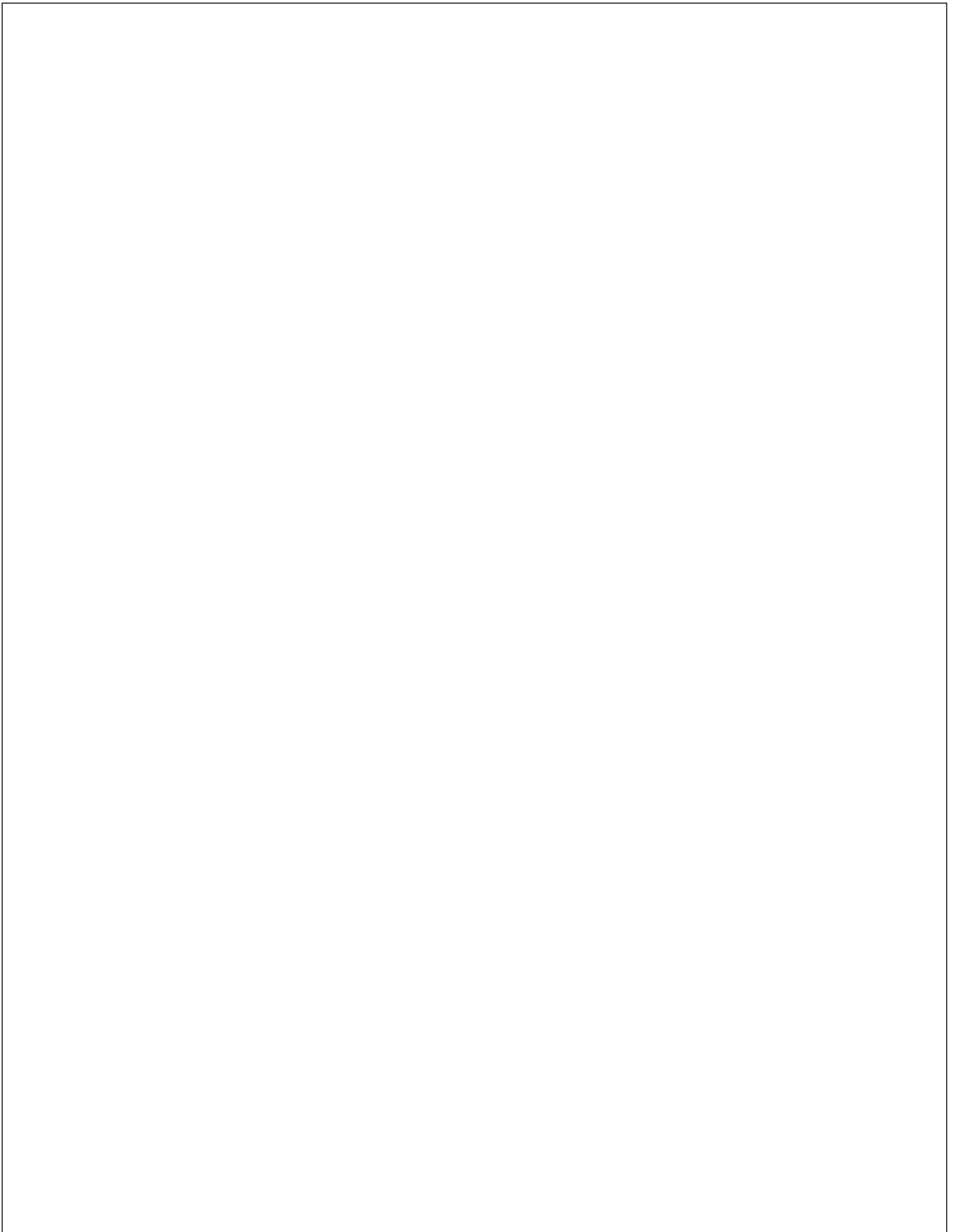
Country Womens Association, Jacks Metal Designs, Arbonne, Billy and Dolly,  
Hettys Creations, Miss Trix, Milnes of Mudgee, Close to My Heart and others

Children's activities include a jumping castle, lucky dip, St Lukes craft station  
and plaster mold painting

Featuring a special guest appearance by

*Santa*

We welcome you to take your own photo for a gold coin donation



# *Annual Community Christmas Carols*

*at*

*Strathearn*

*Stafford Street Scone*

*Sunday 13<sup>th</sup> December 2015*

6pm Scone Lions Club BBQ

7pm Carols led by the Scone Singers

Electric candles available - \$2 donation

Bring your picnic blanket or a comfy chair

Join with the residents of Strathearn Aged Care Facility to celebrate the festive season

If the weather is inclement, everyone can move inside.  
Event will go ahead rain, hail or shine ☺