Producing Excellent Students

Student of the Week

This week’s student of the week is a sporty student who displays our three key values of Respect, Responsibility and Integrity.

He is a great role model for the preschool children he reads to and is a good friend to his Kindergarten buddy.

He has completed the Premier’s Reading Challenge 7 times and is a keen canteen volunteer.

He produces quality work and is fair and energetic in the playground. He is a valued member of the school band, and this year he won the Paul Bryant Public Speaking Competition.

His sporting achievements include: state level in swimming and touch football, regional level in rugby union, zone in athletics, cross country and cricket and was a member of the school cricket, rugby, basketball and soccer teams.

He leads the students at Lennox Head Public School with pride and dignity.

Congratulations Flynn Whitney.

State Athletics

Congratulations Tate Spencer and Josh Young.

The boys will head to Sydney next week. Tate will compete in the Discus and Josh in the 100 metres.
From the Principal’s Desk

Resisting kids’ pester power
Published by Michael Grose – Parenting Ideas

“Mum, can you buy me a treat?” “MUUUMMMM, can you get me some new clothes?” “It’s not fair. You never let me have any fun.”

Sound familiar? Kids have a way of getting under your skin when they really want something. You can refuse their request for a treat, some extra time up out of bed or some new clothes and they can keep at you until you give in.

Some kids when they receive a knockback from one parent, will try the other parent. “Okay, mum said no to an ice cream, I’ll just check to see what dad says” is the type of tactic I’m talking about here.

Sole parents can easily become worn down by pester power as there is no one to share the burden with.

There is no doubt that kids’ pester power is alive and well and living in Australian homes right now. In these times of small families the voice of one child resisting can be the only voice a parent hears.

Currently, kids are seen as fair game by marketers and advertisers that use increasingly sophisticated tactics to stimulate consumerism in kids. This makes life increasingly difficult for parents.

Pester power hasn’t always been a problem for parents. In the days of large families, when four or more children were common, not only was there less propensity to give kids what they wanted but siblings had their own way of dealing with rebellious or prima donna type behaviour.

If your kids don’t take no for an answer, particularly when they want you to buy, buy, buy consider these well-tested resistance strategies:

1. Avoid getting into too many negotiations with kids. It’s worth remembering that it’s okay to say no…without always having to explain yourself.

2. Make yourself scarce, either physically or psychologically when they don’t take no for an answer. My wife was an expert at the latter method when my kids used to argue the point with her. She would ignore attempts to change her mind, going about her business as if they weren’t there. They soon realised that arguing was futile.

3. Differentiate between a want and a need. Kids want many things including the latest gadget, more free time and lots of treats. But they don’t necessarily need these things. Understanding the difference between a need and a want helps you resist pester power.

4. Communicate with your partner. Teenagers are adept at putting pressure on parents to acquiesce to their demands, particularly when it comes to going out. Get into the habit of bringing your partner into the picture. “I’m not sure about that. I’ll check with your father and get back to you” is a handy response.

5. Draw strength from a friend. It helps, particularly if you are on your own, to phone a friend to check if you are being reasonable. It’s easy to doubt yourself, and your sanity, when you are on your own.

6. How can you make this happen? Sometimes it’s best to put the onus on to kids, particularly when they pester you to buy them things. “Sure, you can have a new mobile phone. Have you got enough money to buy it now or do you have to save for it?” is the type of response I suggest for kids who just love you to be their automatic teller machine.

Resisting kids pressure for parents to purchase items for them is a challenge that comes with living in more affluent times. But it’s a challenge that’s worth meeting, not just for our peace of mind, but to promote some restraint and self-discipline in kids.

Thought for the week

It is what we make of what we have, not what we are given, that separates one person from another.

Nelson Mandela

Recognising Student Achievements

Gold Cards
Milly Titjen
Lila Paff
Rob de Wit
Jade Roberts
Dylan Watkins
Ash Whitfield
Sophie Gaskell
Woody Webster
Chloe Ollier x1
Tiahna Crisp x1
Will Kneipp
Danny See
Hayden Burt
Clem Harrison
Clay Atkins
Kahlila Marshall
Dylan Watkins
Emma Flanagan
Stella Paff
Ash Daniel-Williams
Grace Jackowski x1
Ethan Tebbutt
Annabelle Miller x2
Ben Moyle

Three Respects in Action – Dolphin Slips
Dolphin slips are given to children for demonstrating the three Key Values of Respect, Responsibility and Integrity in the playground. Draws are made each week from the Dolphin Slip box. Each child receives a canteen voucher.

Congratulations on being great role models.

Mia Bradley
Bronte Walker
Tiahna Crisp x1
Chloe Ollier x1
Danny See
Ocea Curtis
Josh Watson

Teaching Respect and Responsibility
The Bear Award is given to the class that demonstrates the best listening and participation skills during the weekly assembly.

Week: 1 Class: 2/3C Well done
Spelling Bee Finalists
Congratulations to our Regional Spelling Bee Finalists. Ethan Brown, Farah Rezai-Smyth, Laila Barnes and Mia Schirmer.

Musical Notes

Lennox Head P.S. Spring Fair.
The Junior and Senior Bands will be playing at Lennox Head P.S. Spring Fair on Thursday October 16. The Junior Band is playing at 5pm and the Senior Band at 5.45pm. Both groups will be performing in the hall. We ask that students meet in the band room 15 minutes before they perform. Students need to wear band uniform.

Teven Tintenbar P.S. Country Fair
The Junior and Senior Bands will also be performing at Teven Tintenbar Country Fair on Saturday November 1st. We are waiting on confirmation of performance times but both will be on early afternoon. See you at the Fair!

Mark Whitney and Fiona Clarke

Library Events

Book Club
Reminder Book Club orders due on the 17 October. Not the 19 October sorry for the confusion.

P&C Items

P&C Meeting Reminder
Next meeting is on next Tuesday 14 October at 6.30pm at Club Lennox. All welcome to attend.

Spring Fair News

Poster Competition
The winner of the Spring Fair Poster Competition was Dusty Gillott. Dusty created a beautiful bright poster of a spring day in Lennox Head. Dusty was awarded a $20 voucher from Lennox Gelato & Coffee Co. (formerly In The Pink) at assembly last term. Special thanks to Lennox Gelato & Coffee Co. for donating the prize and for judging the competition (not an easy task!) Thanks to everyone who entered, so much work has gone into the posters and they look fantastic. Look out for yours at the fair!

Prepaid Rides Passes
A notice has been sent home regarding prepaid ride passes. These will be on sale on Tuesday 14 October and Wednesday 15 October only so make sure you have your forms and payment ready!

Cupcake Competition
Cupcake competition notices have been sent home. If you would like to enter the cupcake competition, please pick up an entry form from the canteen and return your beautifully decorated cupcakes to the after school care room on the morning of the fair.

Entertainment
The school choir, band and line dancers will be performing at the fair this year. If you are in one of these groups please don’t forget to invite your family and friends to watch you perform at the fair.

Satay Stall Roster
Thanks to everyone who put their name down for the satay stall, it is much appreciated and I think I have enough helpers now.

Sponsorships and Donations
If you have any last minute sponsorships or donations please bring them to school as soon as possible.
Reminder to 4J parents to keep those chocolates coming in please.

Information for the day of the fair
A notice will be sent home tomorrow detailing all the information you need for the day of the fair, such as prices, times and dress code.

Please call or email me if you would like to talk about the fair, I would love to hear from you!

Thank-you,
Gemma Newey.
0418 178 266
lhpsfete@gmail.com

How much water does your child really need?
Staying hydrated is even more important during the warmer months. Every part of your body needs water to work properly and dehydration can lead to painful kidney stones.

Many people don't feel thirsty until they are already dehydrated, so packing a drink bottle with your child's school lunch is a good reminder for them to drink during the day. Sports drinks and juices are popular with kids, but they often contain a lot of sugar.
Community Announcements

Skate Free at Suffolk Park
Free Skate Competition at the Suffolk Park Skate Park on Sunday 12th October. It will be a family event and all are welcome. For information contact Lotte Boer Byron Youth Service. t: 02 6685 7777 m: 0477 591 555

Ballina Little Athletics –
Fun, Family and Fitness
Athletics Fields, Quay’s Drive, West Ballina
2014 – 2015 Season
Season commenced 8th October
Register & Pay online now at www.lansw.com.au
Club nights are every Wednesday from 5:15PM
Age Groups from 4/5 years old (tots) up to 16 Yrs (U/17)
For more information, see our website
www.ballinalittleathletics.com.au
Email: ballinalittleathletics@gmail.com

Our healthy canteen

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Thank you, Sue Tatum Ph: 66877141