THURSDAY 27 MARCH 2014

What’s Coming Up!

Term 1

Week 10
31 March Public Speaking
1 April Zone Winter Sports Trials

Week 11
9 April Easter Parade
9-10 April State Swimming
11 April Last Day of Term

Term 2

Week 1
28 April Pupil Free Day
29 April Students Return

Producing Excellent Students

Student of the Week

This week’s winner is a student who is a quiet achiever.

In the sporting area our winner is an excellent sprinter who has represented our school at zone and district levels.

He is an honour student and he has participated in the Premier’s Reading Challenge for the past six years.

He plays fairly in the playground and is a positive role model in the classroom. He is a caring and empathetic class member who always strives to produce quality work.

He is an enthusiastic sports man out of school and always displays our three key values of Respect, Responsibility and Integrity.

He enjoys playing handball with his friends, fishing with his dad and is a caring brother to his big sister.

Congratulations Timothy Unsworth.

Merit Student

Bryn Walshaw

Honour Students

Rhett Walshaw - Elijah Nancarrow - Tom Sinanovski
"I don’t want to go to school!"

Jodi Gibson
Published: February 3, 2014

It’s a common cry from children in households all over Australia at one time or another but it is the last thing you want to hear from your little one as they head off to school for the first time.

The first few weeks of school present both parents and child with many challenges. For the child there’s settling into the morning routine, getting used to the structured learning environment, as well as negotiating friendships and playground etiquette. For the parents it can be a stressful time balancing stepping back from their child’s life, with concerns of how well they are coping.

For a few though, settling in can be a long process and many parents will be faced with having to deal with a child who is distressed and anxious about going to school. Denyse Whelan, a former primary school principal of over 15 years, says the best thing parents can do in the first few days is to take a ‘wait and see approach’.

“A child in the first weeks of school, having started in an Australian summer, will be worn out physically and emotionally due to all of the HUGE changes in their young lives and this will affect their general attitude and can come across as ‘I don’t like school,’” Denyse says. She advises that parents should remain calm and understanding try not to panic - at least initially. It can take two weeks or more for children to settle in to school life.

A dislike for school is a common problem and has many causes from the more serious issues of bullying or learning difficulties to something as simple as they prefer home over school. According to Sydney based Psychological Therapist and Counsellor Annie Gurton it can simply be a case of them saying okay, ‘I've been there, thank you very much but I prefer to stay at home’.

“A preference for home over school is the most common reason for refusal to go to school”, says Annie. “And in many cases it is not so much a dislike of school but rather seeing home as more secure, enjoyable and likeable.” Deborah, mum to a now seven year old daughter agrees.

“When Isabelle started school at first she loved it, then after a couple of weeks she went through a period where she was impossible to get out the door”, she says. “It wasn’t so much issues at school but just that she missed being at home.”

But what if you find your child is really not settling in after the first few weeks and it is more than just a case of preferring home over school?

In a small number of cases ‘school phobia’ can be a real condition not to be underestimated and it can strike at any time, for a number of reasons.

Annie suggests firstly speaking to your child about their feelings which may take some considerable intuition and guesswork on behalf of the parent. “Although many children may come up with a reason right away, most will either avoid stating it or don’t understand it themselves.”

The next step is to involve the school. Your child’s teacher is experienced in dealing with children who don’t want to go to school. “Speaking with the teacher will alert them to the issue and they may be able to take steps within the classroom to cure the cause”, says Annie. Speaking to your child’s school is also a key factor in ruling out any major issues such as bullying or learning or health issues.

It is also important to keep in mind that it is quite possible that there is more going on than just a blatant dislike for school. “Refusal to go to school often comes as part of a package of changed behaviours. It rarely comes out of the blue,” says Annie, advising to look out for things such as bed-wetting, tantrums, sulking and other untypical events.

In the majority of cases a combined effort from parents and teachers will alleviate the fear and eventually help the child to settle into the school routine but if you feel it is not a passing fad you should take it seriously.

"If ignored, chronic school phobias can result in the deterioration of academic performance, peer relationships, work quality, and possibly lead to adult anxiety, panic attacks, or psychiatric disorders. Therefore, if the school phobia is extreme, a therapist or psychiatrist's assistance may be necessary” advises Annie.

So how do you make the transition from home to school as smooth as possible?

- Talk to your child about how life is going to change and what new routines will need to be in place.
- Make sure your child is as prepared as possible including knowing how to ask to go to the toilet and give them tips on how to socialise with others.
- Make a list of everything that needs to be bought and involve the child all aspects from the list making right through to purchasing and labelling.
- Be calm yourself and don’t hype up the event too much. It should be presented as a perfectly normal stage that many other children have gone through.
- Make friends with other parents and get involved as much as you can. Include your child in the conversation.
- It’s a big change, so be ready with plenty of cuddles, love and reassurance.

Jodi is a freelance writer, blogger and aspiring author. www.jfgibson.com.au

This story was found at: http://www.essentialkids.com.au/younger-kids/starting-school/what-to-do-if-your-child-hates-school-20140203-31vvp.html
Recognising Student Achievements

Gold Cards
Milly Titjen          Poppy Morison
Ashton Jeffrey       Quinn Edwards
Sara Ryden           Taj Linton
Harvey Orphanus      Laura Rae
Felix Fraser         Oden Wauchope
Ashton Brown         Keane Marshall
Caleb Whitfield      Laila Barnes
Zoe Gaskell          Koby Morris
Ethan Brown          Jon Downie
Matthew Kelly

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.

Georgia Langfield    Ajandri Kelly
Finnley Connors     Ryder Callahan

Congratulations on being great role models.

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: 7    Class: 5/6M    Well done

Street Sense Performance

On Monday all Kindergarten and Years One and Two attended a performance called Street Sense.

The show was excellent, we learnt lots about road rules and being safe in cars and in the streets.

We also learnt about the importance of always wearing our helmets when we are on our skateboards, scooters or bikes.

Get your children to explain the two finger rule – then you will know if their helmet fits correctly.

We also learnt that Mr Whitney is an excellent model.

Thanks Mrs Langfield.

Mathletics

The students at Lennox Head Public School now have access to Mathletics. You can track your child’s progress by registering at www.mathletics.com.au/parent. Should you have any questions or concerns regarding Mathletics, please speak to your child’s teacher or see Mrs McIntyre.

Caring for our school community

Peer Support Groups
Week 9

In next week’s final session of the Peer Support module Keeping Friends the children will be participating in a board game, reinforcing all of the concepts and skills that have been learned over the past 7 weeks.

They will be reminded if the qualities of a good friend and the skills needed to maintain friendships and make new friends. Each Peer Support group will have the opportunity to celebrate what they have learned and the new friendships and connections the have made.

“Keeping Friends.”

Library Events

Overdue Books
Please encourage your child to return books if they are overdue. Thank you.

Plastic Bags
If you have any spare bags they would be greatly appreciated.

CWA Competition

The Lennox Head CWA competition is on again and the country of focus this year is Botswana.

Children will be receiving information today about the requirements and the judging criteria for the competition. It is not compulsory however children are encouraged to enter.

Kindergarten have a colouring activity to do which is usually done at school.

Years One and Two are required to make a poster showing the “Life in the Republic of Botswana.” The poster should be mainly pictures with very little writing.

Years Three and Four are required to make a flyer to advertise and sell the topic of “Let’s Visit the Republic of Botswana.”

Years Five and Six are require to make a book on The Republic of Botswana covering topics such as History, Geography and Culture.

Children have until June to complete the competition but information is given out now so they have plenty of time to complete or even do on the holidays.

Good Luck! For more information of clarification please see Mrs Blair.
Sports Bits

Congratulations to all the children who participated in the winter sports trials at Ballina last Friday with many children now taking part in the Zone winter trials next week at Tweed Heads.

Creative Arts Camp

Junior Creative Arts Camp at Lake Ainsworth Sport and Recreation Centre, Lennox Head. Sunday 27 July 2014 to Friday 1 August 2014. Forms available from the school office or please see Mr Whitney. Forms need to be returned as soon as possible.

P&C Items

Easter Raffle
Please keep the donations of easter eggs coming in. Raffle tickets will start going out to families today

We are still looking for someone to take on the role of Spring Fair Co-ordinator and if this role is not filled we will not be able to hold our Annual Spring Fair.

If you think you think you are up for this role please contact Kerryn Kernaghan - kergra@optusnet.com.au

If there is anyone who may have any ideas for fundraising please contact Kerryn with you ideas.

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- WE work around YOUR family, work & study schedule
- Courtesy lifts within Ballina to shops, home or work
- Courtesy cars for hire at great rates
- We service all makes & models

Our healthy canteen

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<tr>
<th>COMMENCE</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<td>31 Mar</td>
<td>Gillian</td>
<td>Sue Whalley</td>
<td>Christie</td>
<td>Bob</td>
<td>Annie, Michelle, Gemma</td>
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<td>7 April</td>
<td>Elisha</td>
<td>Kylie</td>
<td>Julie</td>
<td>Bob</td>
<td>Mam, Allie</td>
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Thank you to all the wonderful volunteers who helped at the Grandparents Sausage Sizzle Day. Over 400 sausages were cooked, raising over $500. We could not do it without your support.

I am introducing recyclable lunch bags. There are 2 styles to choose from and samples can be seen in the canteen. The lunch wallet is $10 and the all cooler lunch bag is $12.

The bags are made from the same material as green bags, they are easily cleaned and best of all re-usable. We are aiming to minimize paper bag wastage. A school of our size would use over 6000 paper bags a year. All orders received by the end of term will receive a frozen juice cup.

Thank you, Sue Tatum Ph: 66877141