Producing Excellent Students

Student of the Week

This week's student is a wonderful student who is always polite and a great role model.

They are a great peer leader. They are caring and empathetic to the younger students.

They are a keen surfer who enjoys many sports. They have completed the Premier’s Reading Challenge three times. They always display our three Key Values of Respect, Responsibility and Integrity.

They have represented our school in Swimming, Cross Country and Basketball.

They are a Merit Student.

Well Done.

Flynn Bosselmann

Honour Student

Chaise Windle

Weekly Achievement Awards

Jesse Gibson  KL  Joe Anderson  KH
Noah McIntosh  K/1N  Zain Smallcombe  1CT
Maddie Alexander  1/2M  Coen Star  2W
Gus Clarke  2/3C  Ashton Brown  3A
Sofia Alfonso  3/4K  Reece Noble  4J
Samina Rowhani  5/6M  Hazel Rogers  5/6S
Lauren Miller  5/6L
From the Principal’s Desk

Technology Guide for Parents
CLICK Core News Facts

- Click is a free, online guide to help parents understand what new technologies can do and how they are used.
- New issues published bimonthly at www.schools.nsw.edu.au/click
- Provides parents with ways to protect their children from dangers online.
- Promotes a positive attitude towards technology.
- Encourages parents to try new technologies for themselves. The department has created areas in YouTube, Flickr, Facebook and YouTube as starting points for parents.
- Looks at everything from cyberbullying, gaming, virtual worlds, mobile phones, buying a computer to homework help.
- Combines safety tips with information on what the technology is and how it works.

Healthy sleep habits

When children sleep well, they’ll be more settled, happy and ready for school the next day. Getting enough sleep strengthens their immune systems and could reduce the risk of infection and illness.

Experts believe primary school children require around 10-12 hours of sleep per night and up to half of all children and adolescents experience some problem with getting enough sleep. You can help your child to develop healthy sleep habits which include:

- set bedtimes and wake times - try and keep these regular
- no TV/computer games one hour before bed
- no TVs in bedrooms
- no caffeine, high sugar or high spicy food 3-4 hours before bed
- comfortable temperature, light and noise levels in the bedroom
- warm milk or camomile tea can help induce sleep
- convincing children that it is important to sleep well - reward them for complying with bedtime rules
- visiting your doctor and asking to be referred to a sleep specialist if your child’s sleep problems persist or worsen.

Confidence - Parenting Ideas – from Michael Grose

Is your child achieving their full potential?
Self-doubt and lack of confidence hold more kids back than any other factor. You can send kids to the best school available but they won’t be happy and achieve unless they feel confident in their abilities.

Real confidence-building is the most important skill you can develop as a parent.
Children with healthy self-esteem and self-confidence learn more, achieve more, have more friends and are generally happier than those with low levels of confidence.

But building a child’s confidence is complex.
It is not just a matter of becoming a praise robot heaping positive comments on kids at the first sign of them doing something well. For some children praise is meaningless.

CONFIDENT kids take learning risks; they can separate themselves from failure or lack of success; and they aren’t dependent on the approval of their parents. I guess this last reason is why so many youngest kids are risk-takers as they are not as concerned as eldest kids about the approval of their parents.

But knowing this stuff is one thing. Getting inside kids’ heads and shifting their thinking is another thing entirely.

Self-esteem and confidence-building is more than developing children’s capabilities as very competent children can be filled with self-doubts.

You have to do more than teach them to be optimistic as a Pollyannish feel-good view of the world won’t mean a child will take risks when they meet real challenges.

You need to tackle children’s lack of confidence on a number of different fronts – that is, what they think, how they feel and what they do.

- foster positive mindsets in kids and a real sense of optimism.
- help your child overcome their fears and anxieties, so they can take more risks socially and academically.
- develop a lasting sense of independence and self-sufficiency so they can really start achieving

Ron Ritchie
School Leader

Thought for the week

“In the long run, we shape our lives, and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our own responsibility.”
Eleanor Roosevelt
Recognising Student Achievements

Gold Cards
Max Bauer
Bella Schlegl
Jacob Neto
Arameia Moore
Maverick Ransom
Sunny Holick
Emma Flanagan
Mark Scopesi
India Ledingham
Finnley Connors
Renee Bolger
Bill Gillott
Ben Young
Daniel Mackenzie
Lillian Whitby
Ash Cameron
Nick Wells
Ella Cameron
Tayla Ledingham
Tayla Jeffrey
Will Kneipp
Danny See

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.

Dustin Woolsey
Jamilah Bikoumou
Arameia Moore
Dominic Duverge

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: 4J  Well done

Library Events

CWA Competition
Please encourage your child to enter this competition and support our local Lennox Head CWA Branch Ladies.

If you need information please see Mrs Blair.

Premier’s Reading Challenge
Please hand in completed forms to Mrs Blair.

Overdue Books
We currently have a large amount of children with overdue books. Please encourage your child to return on time.

SRC Fundraising

Crazy Glasses Day
Our next fundraiser is for the Fred Hollows Foundation, a fantastic worthwhile charity.

On the last day of term Friday 27 June we will be having a “Crazy Glasses” day. Come dressed in mufti with a pair of decorated glasses. We are asking for a $2 donation.

Thank you The SRC.

Books For Cambodia
The SRC will be selling second hand books for 50 cents each day starting on Tuesday 17 June. Please support.

Sports Bits

Athletics Carnival
Date change for school Athletics carnival. Please note our Athletics Carnival will be held Tuesday 22 July. Please make sure you have your house colours ready for this event.

PSSA Rugby Union Championships
Congratulations to both Flynn Bossemann and Max Clarke on making the team. The boys will travel to Kiama in Term 3, 19 – 21 August.

PSSA Cross Country
Well Done to Bodhi Minahan who will now head to Sydney for NSW Cross Country, July 18.

PSSA Rugby League
Good luck to our boys Rugby League team who will take on South Tweed Heads PS, Thursday 19 June at Williams Reserve. Go get ‘em boys!

VALUE OF WEEK

8
Respect when lining up
In lines when the second bell rings
HEALTHY SIBLING RELATIONSHIPS

Kids learn so much through sibling relationships. It’s from siblings they learn to solve conflict and how to maintain friendships, just as they learn about gender from their brothers and sisters.

Like world peace, family harmony is an admirable concept worthy of aspiration but well nigh impossible to attain. It seems that kids in families are programmed to fight with each other, but parents also have the power to facilitate learning.

When parents take an active approach to helping their children resolve their fights, they are teaching them a valuable life skill as well as reducing the incidence of fighting over the long term. Here are some ideas:

1. MODEL good conflict resolution skills
   Kids wear L plates when it comes to solving disputes.
   Some kids will yell, get abusive or even get physical when they are settling disputes. Show them better ways of sorting out problems by talking things through with your partner, compromising and apologising when you’ve said something upsetting to your partner or your children.

2. Help kids MANAGE their emotions
   “Yep, it would make me mad too if someone said that to me.”
   Usually someone’s feelings get hurt when siblings argue so make sure you recognise their emotions without taking sides. This focus on feelings helps kids develop emotional literacy and promotes empathy in siblings as well.

3. MONITOR sibling relationships
   Keep your antenna up for the signs of discord within sibling relationships. Some disputes kids can sort out themselves, but you need to be ready to intervene and assist kids in the peace-brokering, or at least to act as a safety net when one child continually appears on the wrong end of a power imbalance.

4. MENTOR them to sort out disputes
   Kids need the chance to sort their conflict out themselves, but sometimes they need a little coaching. Don’t waste time trying to sort out who started an argument. Instead make some suggestions such as taking turns, giving way, bargaining and swapping.

5. Encourage them to MAKE-UP
   Kids often get over disputes far quicker than adults. They can be squabbling one minute and cuddling up the next, so it gets tricky intervening sometimes. However there are times when you need to encourage a child to mend bridges with an aggrieved sibling. This can mean kids have to swallow their pride, admit that they may be wrong, make an apology or make some sort of restitution such as doing a special favour. This type of restoration means kids must take responsibility for their behaviours and is a sign of growing maturity.

The sibling relationship will last longer than the parent-child relationship and is just as influential on children’s development as the parent-child relationship.

It’s important for parents to foster sibling closeness so that the sibling bonds will stay for life.

BY MICHAEL GROSE www.parentingideas.com.au

Community Announcements

Byron Basketball July Holiday Camps
Byron Basketball will again be running our exceptional Basketball Camps during the School Holidays
12-18yr olds- July- 8th&9th, 9-3pm (single days available)
Under 12yrs- July- 10th, 9-3pm
Early Bird deals are on offer
For all information + Registration Forms, go to www.byronbasketball.com and to 'Coming Events'

Come and Skateboard with Skateboarding Australia this Winter
Saturday 14th June @ Ballina Skate Park - This is a Free Event.
SW - Streetwise Learn to Skate 10am -12pm
S.K.A.T.E - Game of SKATE 1pm
Registrations require parent/guardian signature.
For further information and event updates visit sba.org.au/hubs

Our healthy canteen

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Thank you, Sue Tatum Ph: 66877141