Producing Excellent Students

Student of the Week

Our student of the week is a great team player. In the playground he always plays fairly, is a skilled sportsperson who has represented our school in FNC Athletics and was a member of the school rugby league team.

He tries his best in the classroom and is a trusted class member who is always willing to help out. He is a responsible peer group leader, fun buddy to Kindergarten students and a great big brother. He always displays our three key values of Respect, Responsibility and Integrity.

Congratulations Trevor Noble

Distinction Student
Flynn Whitney

Merit Student
Nathan Mackenzie

Honour Students
Mikayla Alexander and Etienne Cornu

Weekly Achievement Awards

Chloe Thirkell  KL  Bella Schlegl  K/1N
Milly Swalling  KH  Eva  1CT
Sunny Berger  1/2M  Oliver Falzon  2W
Ash Daniel Williams  2/3C  Will Cass  3A
Ziggy Kowalski  3/4K  Gabby Bolger  4J
Molly Orphanos  5/6M  Tilly Silvers  5/6S
Dusty Gillott  Library  Jess Harper  5/6L
**Easy Ways to Develop Independence in Kids.**
by Michael Grose - leading parenting educator

If you are anxious about your child’s safety and tend to be more protective than you want, then start creating JUNIOR VERSIONS of independent living, so that kids can learn to stand on their own two feet rather than be dependent on you.

A major challenge for parents is to find ways of safely moving children from being reliant on adults to a position of independence. This can be tough because your natural instinct is to nurture them.

Training for independence starts from a young age and continues into adolescence and beyond. Developing independence is one of the best ways to promote self-confidence.

When you teach children to do jobs for themselves, you send a powerful message that you believe that they are capable. Your actions speak louder than words.

Developing independence in kids can be tricky these days. Recently I heard a brilliant, yet deceptively simple idea that all parents can use to develop independence in their kids of any age.

I attended an advanced presentation skills seminar, conducted by Australian professional speaker Glenn Capelli.

Glenn said that many speakers complicated matters for audiences, making things too complex. One way of making it easy for audiences to learn is to create a JUNIOR VERSION of whatever we are talking about.

He likened this to the way that many sporting bodies have now developed modified versions of adult sports, so kids can learn the basic skills of the sport in fun, enjoyable ways.

I had one of those light bulb moments as I listened, and realised that effective parents create JUNIOR VERSIONS of the GAME all the time to help kids develop the skills of self-sufficiency and independence from a very early age.

Here are some examples:

1. We get toddlers to smooth the doonas and arrange teddies on their beds – that’s a JUNIOR VERSION of making a bed.
2. We encourage early primary school kids to make snacks, prepare breakfasts and help prepare a meal. That’s a JUNIOR VERSION of cooking an evening meal.
3. WE drive primary school kids half way to school and let them walk the rest. That’s a JUNIOR VERSION of walking to school.
4. We let an early teen go to a local cinema with friends. That’s a JUNIOR VERSION of going out without adult supervision.

There are plenty of ways to create JUNIOR VERSIONS of independent living every day so kids can become more self-sufficient.

What JUNIOR VERSIONS of independent living are you creating for your kids?

If you are anxious about your child’s safety and tend to be more protective than you want, then start creating JUNIOR VERSIONS of independent living, so that kids can learn to stand on their own two feet rather than be dependent on you.

Remember, REDUNDANCY is your aim as a parent!

Similarly, one way for kids to develop self-help skills is to create JUNIOR VERSIONS of what you already do, so they can develop the skill-sets needed to look after themselves, and help out the rest of the family.

Now that’s an idea worth thinking about!

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**Thought for the week**

Courage is not the absence of fear, but rather the judgement that something else is more important than fear.

Ambrose Redmoon

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**Recognising Student Achievements**

**Gold Cards**

N'Taeya Lawless       Mikayla Alexander
Will Cass             Brock Gordon
Tyler Adamson         Caleb Whitfield
Coen Acret            Zoe Gaskell x 2
Hayden Adamson        Jesse Zara
Maverick Gordon       Taj Thompson
Matthew Acret         Rio Jones
Oliver Priest         Kaeb Berle
Clay Atkins           Charlotte Cole
Rob de Wit            Isabella Sinanovski
Sunny Hollick         Ruby Jones

**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.

Syl de Wit            Mia Schirmer
William Borrrack      Josh Watson

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
Stage 2 CampOut

CampOut With Kids is happening at our school this Thursday 4th September for Stage Two students!

This is a fantastic engaging program where one parent (or mentor) and child camp overnight on the school grounds and take part in a facilitated program.

Parents (or mentors) and their children:

- share a fun and educational experience together,
- share stories, play games and have fun,
- spend rewarding one-on-one time together,
- build lifelong memories,
- learn the CampOut 8 Parenting Strategies to support their family,
- invest in the wellbeing of their child, and
- have the opportunity to acknowledge their child for their unique gifts and qualities.

CampOut With Kids costs $34.00 for both a child & parent (or mentor) to attend, and includes the CampOut program, a CampOut Bag which includes the CampOut Activity Book, the CampOut 8 Parenting Strategies (and free access to the eBook), dinner and breakfast.

Thanks Karen

Public Speaking

Congratulations to all the public schools that attended the multi-cultural public speaking competition held at Lennox Head Public School on Monday 1 September.

It was a fantastic day and each candidate did an outstanding job.

The Stage 3 winner was Lachlan Robertson (Tregeagle PS) with his speech on Aliens. Alyce (Alstonville PS) was highly commended. Zoe (Alstonville PS) won the Stage 2 competition and Ryan Kernaghan (LHPS) Highly commended.

Thank you everybody for attending. A special thank you to Mrs McIntyre and all the schools who travelled on Monday.

SAS Recognition Week

Is an annual opportunity for everyone in the school community in NSW to acknowledge the vital work performed by School Administrative and Support (SAS) Staff in the public education system.

This year SAS Recognition Week runs from Monday 1 to Friday 5 September 2014 with the theme “School Administrative and Support Staff: Stepping up to the Challenge.”

Every day of the school year SAS Staff face new challenges in the delivery of quality public education. We would like to take this opportunity to recognise our SAS Staff for their hard work and dedication.

School Stream

Our school now has a free app to deliver school information, instantly and directly to your smartphone.

How to get the School Stream app on your mobile device

1. From your mobile device go to the App Store (iPhone/iPad) or Play Store (Android), search for School Stream and download the app to your phone.
2. Once School Stream has finished installing, open the app, type your school name into the search then select your school.
3. Are your children attending different schools? Tap the school selector, select add a school, type the school name* into the search then add. Jump between your children's schools by touching the school name/logo in the top blue bar, or switch schools from the slide-in menu.

*Any additional schools will need to be licensed users of School Stream to appear in the app.

Choose what notifications you receive

1. Open the School Stream app on your mobile device
2. From the slide-in menu, go to Settings
3. Under Edit/Alerts select My Schools and select your School to open the Notifications page
4. Toggle notifications on or off individually (e.g. Alerts, Events, Newsletters, etc.)
5. When you have finished, use the Back button to return to the Settings page, then select Done to return to your School.

Return at any time to change the notifications you receive.

Kids in the Kitchen

Last Thursday 2/3C and 4J participated in our first “Kids in the Kitchen’ cooking lesson. It was a fantastic day and we would like to thank Simone Green and all our mums and dads that volunteered to help us.

Kids in the Kitchen Menu

Hummus
Vege burgers
Fried rice
Custard tooty fruit cups
Thanks heaps
Karen
Library News

Donations
Thank you to Oden Wauchope and Sophie Gaskell for donating books to the library.

P & C News

Fathers Day Stall
Student who missed out on Wednesday can still purchase a gift on Friday 5 September. Items available from $1- $5

Ange Flanagan
Co-ordinator

P&C Meeting
Reminder our next P&C Meeting will be Tuesday 9 September - 6.30pm at Club Lennox. Hope to see you there!

Kerren Kernaghan
P&C President

North Coast Dance Festival - 2014
Friday 5th, Saturday 6th & Sunday 7th September
Venue: Alstonville High School Auditorium
Commencing: Doors open 5.00pm on Friday and 8.00am Saturday and Sunday
All types of dancing on show.
Solos – Saturday Troupes – Sunday
Our local festival for local dancers

Lennox Head Junior Cricket - Sign On
At Club Lennox on the Sundays of 7th and 14th September from 4-6pm.
Fees will remain unchanged from last season:
Under 10's - $50.
Under 12's - $120.
Under 14's and Under 16's - $140
All players will be given a free LHCC Pirates cap. Playing shirts will be available for $15.
For information on Under 12-16's contact Scott Bolger (0419 672 215).
For information on Under 10's contact Jade Hyde (0433 723 125).
Or emailduncanhorticulture@hotmail.com

Community Announcements

Take Home A Big Brother Or Big Sister
Give your children the wonderful opportunity to have an international big brother or big sister by volunteering to host one of our exceptional international students arriving in Australia in February 2015 for their 3,5, or 10 month programs. Our international students from France, Germany, Italy, Sweden, Norway, Denmark, Finland, Japan and USA will live as a local, attend a local secondary school, arrive with their own spending money, and comprehensive insurance cover, all arranged by Southern Cross Cultural Exchange. You choose the nationality, the gender, the duration and the interests of the student that you feel is the best match for your family. Visit us at www.scce.com.au, email scceaust@scce.com.au or call us toll free on 1800 500 501, request our international student profiles, and capture the spirit of family and friendship!

Our healthy canteen

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Thank you, Sue Tatum Ph: 66877141

Incorrect menu emailed, sorry for inconvenience but Spaghetti Bolognese is not available. New product Mini Spinach and Ricotta Triangle – 60c each, please add to your menu. Thank you Sue.