



NEWS BULLETIN

Strong Smart Proud

68 Molong Street
Condobolin 2877

Principal: Ms Deborah Nay

Telephone: 0268 952 134
Facsimile: 0268 953 665

DATES TO REMEMBER

Wednesday 21 October
AECG - AGM - 11.00 am
CTC Building

Friday 23 October
KB Assembly
Grandparents Day

Tuesday 27 October
Year 2 - 3 Information
Session - 5.00 pm - Hall

Friday 30 October
Book Fair
8.00 am to 4.00 pm
K - 2 Open Classrooms
L3 In Action
11.50 to 12.30 pm.

Friday 20 November
Kinder Orientation Day
5/6P Assembly

Friday 11 December
Year 6 Graduation

Tuesday 15 December
Presentation

Wednesday 16 December
Last Day Term for
Students

Allergy AAA School

this means that children,
parents, carers and visitors
are asked **TO NOT WEAR**
anything scented as we have
children with severe allergies
in our school.

Please: NO nuts
(including nutella)

SCHOOL BANKING

MONDAYS



Principal's Report

With over forty students participating in each of their shot put events, Chloe Richards and Clarrie Harris are to be congratulated in both placing ninth at State Athletics last week in Sydney.

Thank you to community members for purchasing tickets and our P&C for providing assistance to help these students attend the State carnival. We are fortunate to have a P&C that provides financial assistance to any student that competes at a State level in PSSA Sport.

Head Lice - recheck

Last week we asked that parents and carers check for and treat any head lice. It is important that children's hair is checked weekly and follow-up treatments completed. It is only through vigilance that head lice can be kept under control.

Assembly – Grandparents Day

Grandparents, parents and carers are invited to attend the formal assembly this Friday in the hall starting at 1.00 pm. The students in KB will be performing.

Grandparents are welcome to stay for a cuppa and cake following the assembly.

Portfolio Folders

While the majority of parents returned their child's portfolio folder last term, we still have a number that have not been returned to school. We request that all folders be returned to classroom teachers as soon as possible for Semester 2 items to be added. Portfolios will be sent home at the end of the year with student reports.

Year 2 – 3 Information Session

Each year we try to strengthen our processes to make transitioning from infants to primary easier for students and parents. This year we have decided to hold an information session next Tuesday, 27 October at 5.00 pm in our school hall for parents and students that will be in Year 3 in 2016. Letters providing more information have been sent home with each Year 2 student.



Chloe Richards and Clarrie Harris

Cont. p 2

Cont'd ...

High School Transition

Transition to high school sessions will continue next Wednesday. Students will be permitted to wear their Year 6 shirts on these days. As transition lessons may include practical lessons that require appropriate footwear, students who do not wear black school shoes or joggers will not be able to participate.

Helmets for Scooters and Bicycles

Parents are reminded that children must be wearing a helmet to ride their bicycle to and from school. Children will not be permitted to take their bicycle home without a helmet.

L3 Open Day

A second open day is being held on Friday, 30 October for interested parents and community members that missed out on attending the earlier session.

Emergency Contacts

To ensure that we have the correct emergency contact details, please let the school know as soon as possible when you change address, your phone number, and contact details for emergency contacts.

AECG Annual General Meeting

The Annual General Meeting for the AECG will be held on Wednesday, 21 October at Western Plains Regional Development (CTC) building. All are welcome to attend from 11.00 am.

Book Fair - Next Week

The library will be open between 8.00 am and 4.00 pm on Friday, 30 October for students and parents to purchase books at the Book Fair. Next week, students will be able to have a look at the range of items for sale during their library lessons.

Deborah Nay
Principal

PBL NEWS

Focus this week: Solving Problems



Strong



Smart



Proud

Canteen News



Now available at the Canteen:

Lunch Wallets - reusable lunch order bags - \$12.00

Insulated Lunch Wallet - \$14.00

Thursday & Friday Special

Caesar Salad Tub - \$4.00

Caesar Salad Wrap - \$5.00



VOLUNTEERS

| | | | | | | |
|-----------|--------|-------------------|--|-----------|--------|------------------|
| Wednesday | 21 Oct | Tanya M | | Wednesday | 28 Oct | Stacey W |
| Thursday | 22 Oct | Need Help | | Thursday | 29 Oct | Need Help |
| Friday | 23 Oct | Jenny K/Natalie M | | Friday | 30 Oct | Sandi B |
| Monday | 26 Oct | Janine G | | Monday | 2 Nov | Jenny K |
| Tuesday | 27 Oct | Helena H | | Tuesday | 3 Nov | Abby G |

If unable to help please contact canteen - 68952703

The following awards will be handed out at KB's Formal Assembly - Friday 1.00 pm

| MERIT CERTIFICATES | | | | | |
|----------------------|------------------|------|--------------------|----|-----------------------|
| KB | Lara Atkinson | KR | Hunter Collins | 1J | Dupree Keed |
| 1P | Rosalie Grabham | 2S | Bonnie Leighton | 2T | Janiesha Flick |
| 3B | Ernest Peterson | 3/4F | Oska Haworth | 4W | Jade Coe |
| 5S | Savannah Farr | 5/6P | Ethan Hughes | 6R | Airies Haworth |
| K6L | Lorraina O’Dell | | | | |
| STUDENT OF THE MONTH | | | | | |
| KB | Harlow Kennard | KR | Jada Reardon | 1J | Iris McCulloch |
| 1P | Ainsley Salter | 2S | William Morgan | 2T | Beau May |
| 3B | Jayden McDonnell | 3/4F | Catherine McDonald | 4W | Keiriana Dargin-Clark |
| 5S | Malakai Keed | 5/6P | Chloey Powell | 6R | Alberta Yow |
| K6L | Taren Brown | | | | |



Condobolin Public School would like to invite all Grandparents to attend an assembly to show our appreciation. Like Mother's Day and Father's Day, it's a time for family celebration, and a chance to honour the important role grandparents play in children's lives.

On Friday, 23rd October at 1.00pm students in KB will hold their formal assembly and perform an item. After the assembly we would like to invite grandparents and people that play a grandparent role to stay and enjoy a cuppa and cake.

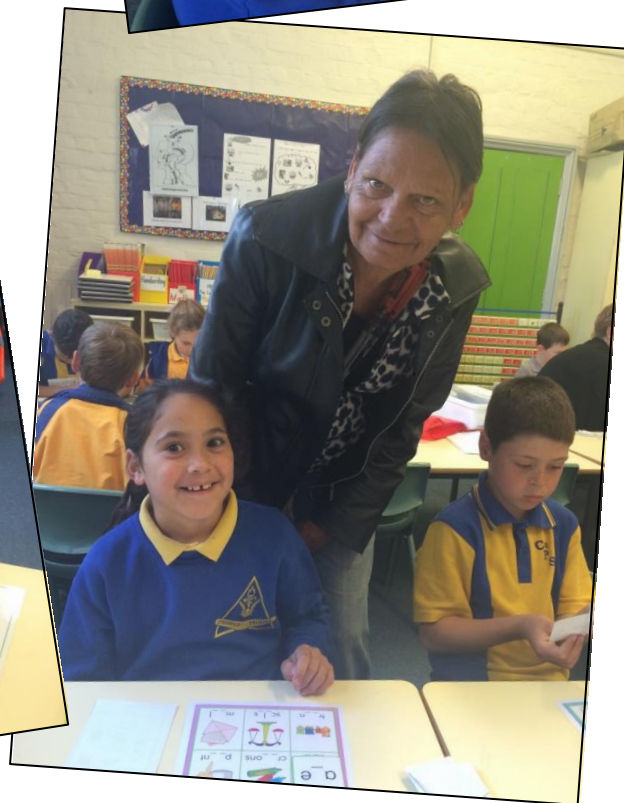
From staff and students of Condobolin Public School

Year 2 to Year 3 Transition Program 2015

Parents and students are invited to attend a Transition Meeting to help prepare students for Year 3. This meeting will be held Tuesday 27th October at 5.00 pm in the School Hall.

Snapshots from the K-2 Open Classroom

*Family and friends visited classrooms during the Term 3,
L3 Open Day .*



If you missed the chance to come and visit the K-2 classrooms during Term 3, we invite you to come along on Friday 30th of October to visit this Term. Teachers will open the doors to welcome friends, family and community members inside to observe literacy teaching and learning across the K-2 classrooms.

At Condobolin Public School, Kindergarten, Year 1 and Year 2 students are taught literacy using the L3 (*Language, Learning and Literacy*) method. If you would like to know more about what this involves, please join us on **Friday 30th October at 12:00 noon.**

BLING BLING



DISCO

At CENTRAL WEST FAMILY SUPPORT

FRIDAY 23rd OCTOBER 2015

PRESCHOOL AND UNDER

5.30PM-7.00PM

HIGHSCHOOL

7.30PM - 9.00PM

Entry is FREE !!!

Food will be available for purchase.

PRIZES FOR BEST DRESSED

Call 02 6895 2533

THE DISCO WILL BE HELD IN OUR

NEW BUILDING

18a Lachlan Street Condobolin

(next to Ray Sheilds)





Education
Public Schools
High Performing Students Unit

Information about applying for Year 7 entry to selective high schools in

2017

Thinking of applying for a government selective high school for Year 7 entry in 2017?

You must apply online at
www.schools.nsw.edu.au/shsplacement



Key dates

Tuesday 13 October 2015

Application website opens

Monday 16 November 2015

Application website closes

Late applications will not be accepted

Thursday 25 February 2016

Test authority letter sent by mail and email

Thursday 10 March 2016

Selective High School Placement Test

Early July 2016

Placement outcome information

Please read this booklet carefully
before applying.

There is more information at:
www.schools.nsw.edu.au/shsplacement

The selective high school placement process for Year 7 entry is administered by the High Performing Students Unit.

Contact details

High Performing Students Unit

NSW Department of Education

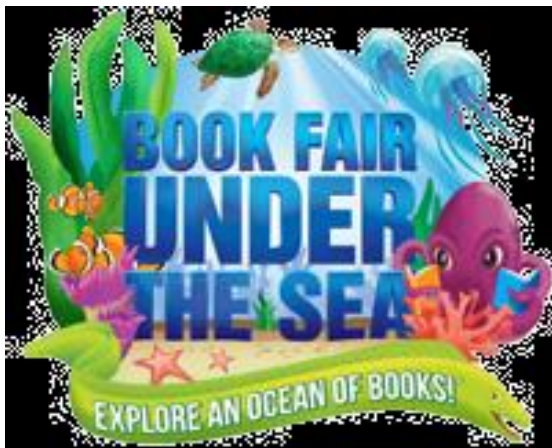
Email: ssu@det.nsw.edu.au Telephone: 1300 880 367 Fax: 02 9266 8435

Postal address: Locked Bag 53, DARLINGHURST NSW 1500

Facebook: <https://www.facebook.com/Selectivehighschoolplacement/>

* In this document, Unit refers to the High Performing Students Unit.

'Parent' is defined under the Education Act 1990 as a 'guardian or other person having custody or care of a child'.



Our annual **Book Fair** is fast approaching so be prepared to ‘explore the oceans and seas’ with our underwater book world to get kids hooked on reading.

Theme: ‘Under the Sea’

Venue: School Library

Date: Friday 30 October - 8.30 am til 4.30 pm

Explore an Ocean of Books and a trove of narrative treasures.



Sport and Recreation's Swim and Survive lessons

Australian summers usually involve plenty of fun in and around the water, but no parent should forget how important it is to make sure children stay safe.

Sport and Recreation's Swim and Survive classes for preschoolers and school-aged children help youngsters learn important ways to be safe and enjoy our pools, rivers, beaches and lakes.

The intensive nine-day programs provide wonderful results, and are great fun as well. Plus, family discounts make our program affordable for all the children in the family.

Sport and Recreation runs Swim and Survive classes in pools throughout regional NSW.

Our instructors are nationally qualified and screened for their suitability to work with children.

Prices for nine lessons are \$69 for school-aged children and \$49 for preschoolers (prices exclude pool entry fee).

For more information or to make a booking, visit sportandrecreation.nsw.gov.au/swimandsurvive or phone 13 13 02





FAR WEST Academy of Sport

Follow us on Facebook
www.fwas.com.au

2015-16 FAR WEST ACADEMY TENNIS NOMINATIONS

Who is Eligible?

Tennis players who reside in the Far West region of NSW (ie area bounded by Lake Cargelligo - Lightning Ridge, Trangie - Broken Hill)

Athletes must turn 10 to 17 years in 2016 (ie born between 1999 - 2006)

Benefits of the Program

- Intensive training by quality coaches;
- Opportunity to be involved in Tennis NSW player pathways;
- Sports science testing;
- Education and Personal Development Sessions (i.e. nutrition, psychology etc);
- Opportunities to take part in regional tours and events;
- Increased opportunities to achieve higher representative honors; and the
- Opportunity to develop both on and off the court.

Athlete Commitment

Scholarships offered to successful applicants are for a 12 month period and athletes are required to attend all scheduled events and activities

Far West Academy of Sport

PO Box 409, Warburton NSW, 2824 | fwas.com.au | (02) 6847 2938

Please note: Trials will be by scheduled appointment only therefore all interested applicants must contact the FWAS to schedule a trial date and time.

How to enroll

For further information or to enroll please contact the Far West Academy of Sport

Phone (02) 6847 3638

Fax (02) 6847 3651

Email programs@fwas.com.au

Transport

Once trials have been scheduled athletes are required to coordinate their own travel to attend trials. The Academy suggests carpooling where possible.

What to bring to trial

Tennis equipment, training gear, hat, water bottle, sunscreen and strapping tape (if required).

NOMINATIONS CLOSE

Friday 27th November 2015



Supported by the



Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Michael Grose



Exploring the New Frontier in Parenting

So what is this new frontier of parenting? Emotions are now recognised as an important part of the parenting landscape. Here are five ideas to help you explore the alien landscape of kids' emotions.

It's official!

Emotions are now part of the parenting and educational mainstream!

For some time they've been relegated as a sideshow to the main events of discipline, confidence building, character building, and lately, resilience.

Not now.

The recently released movie *Inside Out* gives life to emotions in a fun, accessible way. It's a wonderful demonstration of why we must put emotional intelligence front and centre in our parenting and teaching. The quickest pathway to happiness and success is the acceptance and recognition of feelings.

This is not a new idea. Over 2,000 years ago Socrates reminded his Greek compatriots, "Educating the mind without educating the heart is no education at all."

Current day muse Dr. Marc Brackett, Director of the Yale Centre for Emotional Intelligence is more expansive. He says, "Emotions matter as they drive learning, decision-making, creativity, relationships, and health."

This is not to say that we ignore children's poor behaviour, neglect to set limits or not ask anything of them when they've experienced hardship at school. Accepting and recognising emotions is an added layer in our interactions with kids, which may well be the missing link in building cooperation, connection and resilience.

Emotions are messy. They can be loud. They can be hidden. They so often interrupt our well-organised schedules. "What do you mean you're sad? We're off to watch a movie. It's a happy time!" Emotions are hard to control and difficult to see. Like slippery eels swimming in a dam, you know that they are down there somewhere but it's hard to figure out just what they are doing.

It's a wonder parents haven't smartened up to emotions earlier because 'good parenting' is hard emotional labour. When your three-year-old throws a tantrum in a supermarket and all you can do is grin and bear it (rather than throwing your own tantrum or doing what you really feel like which is disowning your own child!) you're doing hard emotional labour.

When you console and contain the hurt of a primary school-aged child who throws himself at your feet howling that everyone hates him, you are doing emotional labour.

Staring down a teenager who looks you straight in the eye while spitting out "I hate you," because you've denied their request to go out is hard emotional labour. Parents do emotional labour all the time. That's one of the reasons it's so draining.

Accepting kids' emotions mean we need to listen to them. We need to be mindful of their feelings as well as their behaviours and thoughts, which is what most parents and teachers are conditioned to do. We've built a broad vocabulary around behaviour management featuring terms such as consequences, limits and boundaries, and time-out to name a few. And the perennial "to smack or not to smack" question shows we are very willing to have debates about behaviour management methods, but discussions about emotional management are few and far between.

more on page 2



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.



parentingideas.com.au





Parenting *ideas* INSIGHTS

Building parent-school partnership

... Exploring the New Frontier in Parenting ...

The limits of many parents' emotional vocabularies are matched by the limitations in method as well. Most parents when asked can provide plenty of ways to raise a well-behaved child but I suspect many would struggle if asked to name three or more ways to build their children's emotional smarts. This is not a criticism but an acknowledgement of lack of training in the area.

Ask yourself, "Who taught you how to recognise, manage and regulate your emotions?" If you answered your parents then lucky you. They've given you the tools you need to have successful relationships, to maximise your earning potential (did you not) and to behave like a champ, not a chump, when playing sport and participating in other competitive or high performance activities. If you were able to identify any adult who taught you emotional intelligence then I suspect you are in rare company. My guess is you probably couldn't identify anyone, so your emotional intelligence (if you've read this far you have the emotional smarts needed for focus, self control and concentration) is unconscious, rather than conscious, making it hard to teach or pass on emotional intelligence skills to kids. So where do we start?

Here are five ideas to help you explore the alien landscape of kids' emotions, the new frontier of parenting:

1 Listen first

When your child fusses and fumes about some wrong-doing or hurt they've experienced clear your mind and listen.

Avoid trying to fix the situation just show understanding and compassion. There is no better feeling than being understood.

2 Contain rather than manage (let your kids do the managing)

Children's behaviour can become tangled up in upsets and disappointments. It's hard to separate their behaviour from their feelings. Sometimes as a loving, caring adult you just have to snuggle their feelings, and give them the time and space to soothe their own souls. We don't have to do that for them.

3 Know that emotions can be pleasant and unpleasant

We often place value judgements on emotions by saying some emotions are good or positive (happy, motivated, energised) while some are bad or negative (sad, worried, sullen). Avoid passing judgement in such ways. Recognise that emotions are pleasant or unpleasant and that all emotions are acceptable, whereas some behaviours (such as hurting someone when you are angry) are unacceptable.

4 Build a vocabulary around emotions

Just as feelings have names, there are terms for the emotional intelligent parenting method. For instance, 'messages' are a type of communication used by parents and adults who take an emotion-first approach.

5 Help your kids recognise, then regulate emotions

Ever told a child to calm down only to

see their emotions escalate? Kids, like adults, need to recognise their feelings before they can regulate their emotional state, and that's not easy. Emotional recognition is a complex process that takes practice. Even when we are good at it we don't always get it right. Learning to recognise your feelings is a continuous process that's best started when young, before the ups and downs of adolescence becomes a reality.

Emotional intelligence is best learned when it becomes part of your family's culture, or way of doing things. When it becomes part of your family's DNA then emotional intelligence will be passed down from generation to generation. You'll know it's had generational impact when your children identify you as the person who trained them in the skills of emotional intelligence. How cool is that!

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You'll be so glad you did! When you subscribe you'll also get my fantastic Kid's Chores & Responsibilities Guide with plenty of ideas to get your kids to help at home without being paid.

Michael Grose



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parentingideas.com.au

Condobolin Public School
CPS Kindergarten Transition Program 2015
Term 4 Weeks 1 - 9

| Week | Monday | Tuesday | Wednesday | Thursday | Friday |
|------|---|--|---|---|---|
| 1 | | | 7 th October 1.00-1.30pm | 8th October 1.00-1.30pm | |
| 2 | 12 th October 1.00 – 1.30pm | 13 th October 1.00-1.30pm | | | |
| 3 | | | 21 st October 1.00 – 1.30pm | | 23rd October 1.00 -1.30pm KB ASSEMBLY |
| 4 | | 27 th October 1.00 – 1.30pm | | 29 th October 1.00 – 1.30pm | |
| 5 | 2nd November 1.00 – 1.30pm Stay and have recess and play till 2pm | | | | 6 th December 1.00 – 1.30pm 3B ASSEMBLY Stay and have recess and play till 2pm |
| 6 | | 10 th November 1.00 – 1.30pm Stay and have recess till 2pm | | 12 th November 1.00-1.30pm Stay and have recess until 2pm | |
| 7 | 16 th November 1.00-1.30pm Stay and have recess and play till 2pm | | | | 20 th November Orientation Morning 9.30 – 12.00 |
| 8 | | | 25 th November 1.00-1.30pm Stay and have recess and play till 2pm | 26 th November 1.00-1.30pm Stay and have recess Until 2pm | |
| 9 | | | | | 4 th December K-2 Christmas Concert |

