



NEWS BULLETIN

Strong Smart Proud

68 Molong Street
Condobolin 2877

Principal: Ms Deborah Nay
condobolin-p.school@det.nsw.edu.au

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DATES TO REMEMBER

Friday 24 February
Assembly – 1.00 pm
Swimming Presentations
SRC Badge Presentations

Friday 10 March
Western Swimming
3F Formal Assembly

Monday 6 March
P & C AGM - School
Library @ 7.00 pm

Allergy AAA School

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

Please: NO nuts
(including nutella)

Twenty-seven students represented our school at the Lachlan Zone swimming carnival last Friday. Our congratulations go to all of these students on the positive manner in which they conducted themselves, being terrific ambassadors for our school. Our thanks also go to the parents and Condobolin High School students who assisted with a range of duties on the day.

Congratulations go to Ryan Goodsell, Riley Keen, Preston Jackson, Nate Vincent, Rylee Ogston, Skye McDonald, Jack Jones, Zane Saunders, Hudson Cartwright, Calvin Nelson, Noah Nash and Beau Shoemark, who will represent our school and the Lachlan PSSA Zone at the Western Area Swimming Trials on Friday, 10 March.



Senior Boys Relay Team

Senior Girls Relay Team

SRC election results

Last week, we inadvertently omitted the names of SRC class representatives from K6L. My apologies go to Zakayla Smith and Brycen Porter who will also be presented with their SRC badges at a special assembly this Friday with other school leaders.

Assembly this week

This Friday we will be celebrating the induction of our school leaders for 2017 and presenting trophies for our school swimming champions. The assembly will be held in the school hall from 1.00 pm.

Parent Meetings

Over the next couple of weeks, parents and carers are invited to participate in Personalised Learning Plan (PLP) meetings with class teachers and students. These brief meetings will allow teachers to learn more about their students and what parents and carers would like for their children in 2017. Students are encouraged to participate in these meetings.

If you have not made an appointment as yet, please contact your child's teacher to organise a suitable time to meet. Notes have been sent home to let parents and carers know which afternoons class teachers are available.

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Tummy Bugs

In the past couple of weeks, we have noticed an increase in the number of students suffering diarrhoea and vomiting. There are a number of viruses that can cause diarrhoea or vomiting. Please seek medical assistance if your child develops a rash, shows signs of dehydration or the symptoms continue beyond a couple of days.

Hand washing before eating and after using the toilet is the best method of reducing the spread of diarrhoea and vomiting. Children should not be attending school if they have diarrhoea or vomiting. Please send a note to explain the reason for absences or ask for a medical certificate if you take your child to see a doctor.

Children's Crossing

This year we have noticed that some students are being placed at risk when walking between buses at the beginning or end of the day. To ensure student safety, we ask that parents and students use the pedestrian crossings. Children and adults can be accidentally crushed between buses or run over if pedestrians are walking through the bus zones when these are in use.

Information has been provided to our school on how Children's Crossings operate. The pedestrian crossing at the front of our Molong Street entrance is a Children's Crossing.

1. **Your Children's Crossing** operates when the orange 'CHILDREN CROSSING' flags are displayed which is usually during normal school zone times 8.00 am – 9.30 am and 2.30 pm – 4.00 pm.
2. **Drivers approaching a Children's Crossing with orange flags displayed** by law **MUST STOP** their vehicle at the stop line and wait until all pedestrians (children AND adults) on the crossing and those about to step onto the crossing have crossed the road.
3. **Pedestrians using a Children's Crossing** must walk between the two red and white posts on each side of the road and keep within the line marked area.

Head Lice - recheck

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.

Emergency Contacts

To ensure that we are able to contact you in an emergency, please provide updated phone numbers, addresses and emergency contact details. You may even choose to provide an additional emergency contact.

Spare hats

Each class has a small number of hats that are available for students to borrow to ensure that they can participate in sport and PE lessons. These hats have letters A to N written inside in white laundry marker. If any of these hats arrive at your home by mistake, please return these to school as soon as possible for students to use in their classes.

Lunches

Please ensure that any lunches that need to be delivered to school are **dropped to the front office before 11.00 am**. Students become upset and miss out on play if they have to wait for lunches to be dropped at school. We remind parents that students are not permitted to leave the school grounds to collect lunches.

Helmets required

Students need to wear a helmet when riding a bicycle to and from school. This is a legal requirement. Anyone not wearing a helmet will not be permitted to ride to or from school and bicycles may be locked away until they have their helmet or an adult collects the bicycle.

Attendance - "It's Not Okay to Be Away or Late"

Please remember to provide a valid reason for student absences within seven days of the first day of an absence, in writing or by making a phone call to the office. This will ensure that your child will be able to receive PBL awards, including a banner award at the end of the year.

P&C AGM

All parents and carers are invited to attend the Annual General Meeting of the P&C next Monday, 6 March in the school library. The meeting will be held from 7.00 pm.

EVERYONE 2 DAY

Do you have problems with getting your child to school?

Here are some suggestions which are based on 'setting regular routines'

- ✓ Have a set time to be out of bed
- ✓ Have a set time to go to bed
- ✓ Have uniform and school bag ready the night before
- ✓ Make lunches the night before
- ✓ Have a set time for starting/ending breakfast. A routine is important.
- ✓ Set time for daily homework activities
- ✓ Turn the television on for a set time and only if appropriate
- ✓ Be firm, children must go to school
- ✓ **Provide lots of positive encouragement**
- ✓ Be firm, a birthday is not a holiday
- ✓ Time arrival at school to coincide with bell time and leave quickly. If arranged with the teacher beforehand, place your child's hand into that of a teacher and then leave.



Deborah Nay
Principal

PBL NEWS

Focus this week:

Strong Rules



Strong



Smart



Proud

CANTEEN NEWS

Specials:

Wednesday:	Spaghetti Meatballs	\$5.00
Thursday:	Curry Chicken & Rice	\$7.00

Please note: Dino nuggets are not available from the supplier at the moment.

Substitute: Tempura chicken nuggets until further notice.

Uniforms

Available at CONDO CLOTHING now, new P & C approved uniform.

Navy shorts, skorts, socks, trackies and sports shorts.

Dress up in the new uniform at Condo Clothing.

Shop local and keep Condo alive!!!

Three Way Meetings Parents, Student and Teacher



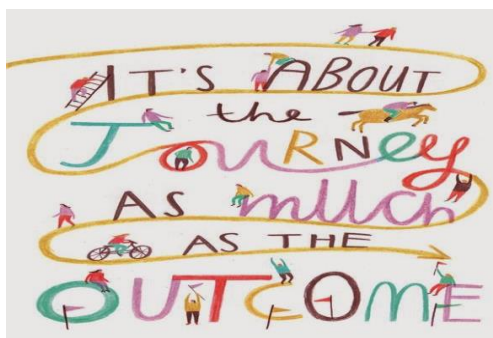
Effective communication is essential for building school-family partnerships

Coming up soon are our three way meetings for each class where you can come along to meet your child's teacher, visit their classroom and share information about your child to help teachers support their learning journey for 2017.

In this meeting you can ask about your child's academic and social development and discuss what you would like your child to improve in, and also share what motivates or upsets them. Does the teacher know about allergies or health concerns, your new address or phone number, going home arrangements, etc?

Parents can benefit from being involved in their children's education by getting ideas from school on how to help and support their child, and by learning more about specific programs within each classroom and how they work.

A note will be sent home soon regarding the three way meetings that will occur on Wednesday 1st March or Wednesday 8th March 2017. If you are unable to attend on this date please contact your child's teacher as soon as possible to make an alternative meeting.



Swimming Carnival News

I think everyone will agree that last Monday was by far a much more pleasant day to hold our swimming carnival than the previous Friday. It was a fantastic day and our children performed well in their events and conducted themselves in a Strong, Smart and Proud manner throughout the day. Many children attempted events they hadn't tried before and there was an increase in the number of children participating in the 25m events. I'd like to thank children, staff members and parents for their patience while we sorted out the issues with the program. Once the races resumed the day ran smoothly thanks to assistance from a great group of parents and high school students who worked alongside our teachers and support staff to run the carnival. I thank you all very much for this.

A list of age champions and other results will be published in next week's bulletin.

Last Friday we hosted the Lachlan PSSA swimming carnival. We had 21 children representing our school against children from Parkes, Forbes and several small schools in our district. The weather was significantly warmer than Monday but once again our children swam well. A number of children placed 1st, 2nd or 3rd in various individual events along with both our junior and senior boys relay teams. The following children have earned a spot in the Lachlan team to compete in the Western Area carnival at Dubbo on Friday, 10th March. These children are: Rylee Ogston, Skye McDonald, Nate Vincent, Preston Jackson, Hudson Cartwright, Jack Jones, Zane Saunders, Riley Keen, Beau Shoemark, Calvin Nelson and Noah Nash.

Kim King
Carnival Convenor



LEGO ROBOTICS Introductory Course

FOR: Primary Students Year 3-6

DATE: WEDNESDAY 1ST MARCH 2017

TIME: 3:30-5:30

COST: \$20

BRING: Water bottle and afternoon tea snack

Students will use Lego robotics kits to build, try coding and solve problems. Learn higher order thinking skills, engineering skills and have fun in the process.

This is a fundraising activity for the Condobolin High School Robotics Team.

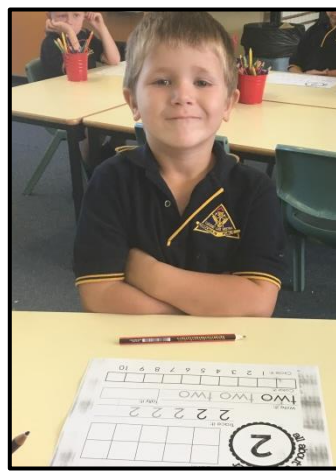
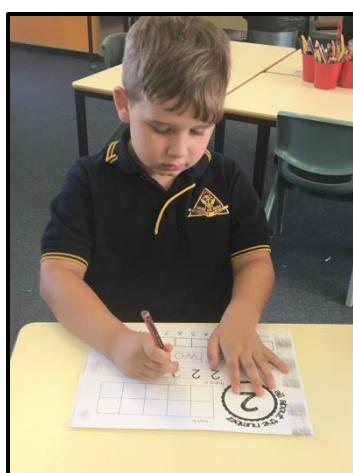
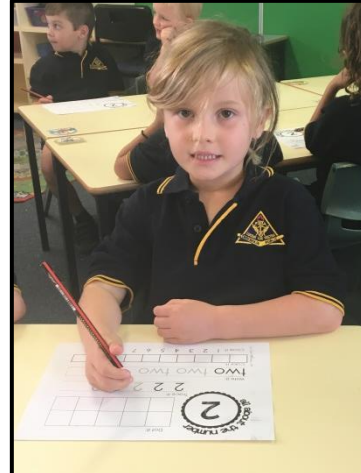
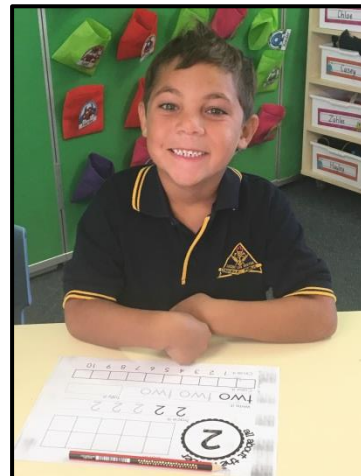
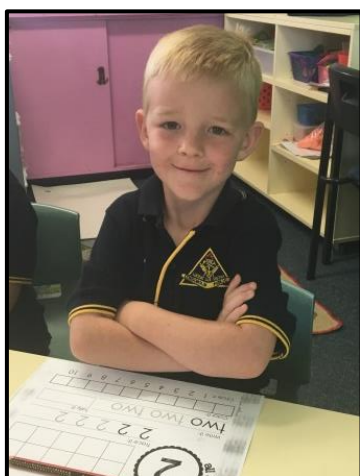
Limited places available

RSVP: Condobolin High School

Payments and permission slips must be made to the High School front office to reserve your space.

Questions: Tanya Riach 68952333

Kindergarten off to a great start!



Snapshot from Class KO





Callara Community Theatre

Sponsored by Condobolin Swimming Club

Film viewing on **25th February 2017**

5.30pm drinks and nibbles for 6pm start



- Tickets available at Western Plains Regional Development, 18 William Street Condobolin, tickets need to be booked and paid for before 4pm on Friday 24th February of the screening. Proceeds from this screening will be donated to the Condobolin Swimming Club.

• **Tickets \$15**

For bookings or further information please call Susan on 6895 3301

Join us for Family Bingo Night

Danielle Hoskins has been selected in the Under 16
Australian Team to play at the
Indigenous International Netball Festival at the Gold Coast
14th–19th April 2017

Mystery Prizes

Easter Egg
Raffle

Lucky Door
Prizes

Bring
your own
nibbles



Venue: Condobolin Sport Club

Time: 6:00pm

Date: Monday 20th March 2017

COST OF BINGO

\$12:00 PER BOOK

For further information contact Sheree on 0436190623



Developing independence in primary school

By Michael Grose

Practical ideas for parents to encourage real independence in children.

Your goal as a parent should be for your child to be completely self-managing by the end of primary school. That is, he can get himself and others up each morning; make his own breakfast; prepare his own schoolbag; collect his own school uniform; put any notes under your nose to be signed and returned to school; and so it goes on. Now, that doesn't

mean that kids will do all this all the time, because other factors come into play such as busy schedules and early starts; children will need some assistance at times. However, it's good to keep in mind that children, when left to their own devices, generally do remarkably well at organising their daily tasks. Sometimes they just need the opportunity.

Here are four practical ways to develop real independence in primary school-aged children:

1. Involve them in mealtimes

Mealtimes are the fulcrum around which healthy families operate. A shared meal is more than food. It's a ritual that binds people together; it's a vehicle for parents to influence their children; and it's an expression of love and care. It is also fundamental to children's wellbeing because there is a strong correlation between good mental health in young people and those who regularly share a family meal. Mealtimes also offer plenty of opportunities for children to help including running errands, preparing the meal, setting the table, clearing the table, packing the dishwasher and other jobs. There's something for everyone!

2. Use pocket money to develop independence

A regular allowance is a fabulous way to promote real independence in children. Start in lower primary school and gradually increase their allowance the older they become. Importantly, you need to increase the areas that their allowance covers. For instance, in lower primary school a child's pocket money might go towards the purchase of some sweets and one or two other items each week. However, in middle primary school it might increase to cover the cost of one or two lunch orders each week, their bus money and some treats.



parenting*ideas

Developing independence in primary school

In later primary school it could even cover some of their clothing purchases as well. The important thing is not to cover for kids if, for instance, they don't budget appropriately and run out of money for school-canteen lunches. They can either make their own lunches at home or perhaps borrow from a sibling and repay out of their next allowance. Pocket money used well is a fantastic way to develop independence in kids.

3. Look after pets

It's a quirk of life that most children want a pet, but they just don't want to look after it in the long term. Many kids discover that following the initial flush of enthusiasm looking after a pet can be a grind – walking the family pooch, cleaning out the guinea-pig cage, or feeding the family feline. But pet care offers priceless lessons in the development of grit, responsibility and nurturance – all necessary attributes for independent success.

4. Walk, ride or take public transport to school

The opportunity to go to school on your own devices was a luxury that previous generations enjoyed. While it may have seemed at the time like something to be endured rather than enjoyed, most people I discuss this matter with look back with fondness and nostalgia.

For most people it meant freedom, friendship and fun. For a short time each day kids experienced a delicious type of freedom away from both teachers and parents – a time to muck around, dawdle and mess around with mates. It also gave kids some familiarity with their neighbourhood.

It's well established that currently more children are driven to school than ride or walk, which denies children the same opportunity for friendship, fun and freedom. Busy schedules, less child-friendly neighbourhood layouts and working parents are just some of the reasons that prevent kids walking to school. If possible, look for ways to allow your child to get to school on their own. It's fantastic for their independence and well-being. If children are too young, walk or ride with them some of the way until they are old enough and skilled enough to make the trip without you.

The age of opportunity

Children in this stage have an outward orientation and are exploring their place in the world. This is an age and stage for greater neighbourhood exploration, for taking on real responsibility and for developing personal confidence and efficacy before adolescence starts.



Visit our website for more ideas and information to help you raise confident and resilient young people.



Special note: I'm thrilled to announce that my latest book *Spoonfed Generation: How to raise independent children* is out. It's available at parentingideas.com.au

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now we know.