



## NEWS BULLETIN

*Strong Smart Proud*

68 Molong Street  
Condobolin 2877

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### DATES TO REMEMBER

#### Wednesday 15 March

Fun Friends program  
2.10 pm

#### Friday 17 March

2B Formal Assembly  
1.00 pm

#### Friday 31 March

Cross Country

5P Formal Assembly

#### Monday 3 April

P & C Meeting 7.00 pm

#### Friday 7 April

Easter Hat Parade K-2

Last day of Term 1

### 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)



School Banking  
**Mondays**

We were fortunate to have Mr Michael O'Loughlin visit our school last Friday to speak about how he became an AFL player and maintain his position on the Sydney Swan's team for sixteen years. Students were well prepared with fabulous questions for Michael. The main message from Michael was that hard work and believing in yourself can help you to achieve what others say we may not be able to.

Mrs King was very proud of the ten students from our school that participated in the Western Area Swimming Trials last Friday. Congratulations to each student on swimming their personal best time.

### Young Sportsperson

Our congratulations go to Ryan Goodsell who was named the junior sportsman at the Lions Sports Award on Friday night. Several of our students were nominated throughout last year as either individuals or as members of a team.



### Fun Friends for Parents

Parents who are interested in learning more about the Fun Friends program being implemented from Kindergarten to Year 4 are invited to attend an information session tomorrow from 2.10 pm. Afternoon tea will be served for those attending.

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## Change of Weather

As autumn has arrived, the weather has been quite changeable. It is advised that all children have a school jumper or jacket in their bags in case of a cool change.

## Assembly this week

This Friday, 17 March, the students of 2B will be leading our formal assembly. Parents and carers are invited to join us in the hall from 1.00 pm.

## Expressions of Interest

Students in Year 6 have received a copy of an expression of interest for high school. Parents are asked to return this paperwork to Condobolin Public School by Friday. If you are unsure of which high school your child will be attending, complete the paperwork for attending Condobolin High School to ensure that you will receive an enrolment form. Parents also need to return the expression of interest, even if your child is not attending a government school for Year 7.

Thank you to the many parents who have already returned the form.

Deborah Nay  
Principal

## PBL NEWS

Focus this week:

**Proud Rules**



**Strong**



**Smart**



**Proud**

## CANTEEN NEWS

*Specials:*

Wednesday: Chicken Fried Rice \$5.00

Thursday: Chicken Burger the lot \$7.00

Please note: Fruity pop iceblock are not available from the supplier at the moment.

## ICAS - 2017

UNSW ICAS International Competitions and Assessment for Schools.

Students (Yr 3 – Yr 6) who enter the NSW ICAS performance competitions will receive a UNSW Global certificate recognising their achievement – Participation, Merit, Credit, Distinction and High Distinction.

All entries and money collection is due by Wednesday 29 March to obtain 2016 prices.

The entry fee per student, per subject:

Digital Technologies	\$8.00	.....	
Science	\$8.00	.....	
Writing	\$17.00	.....	
Spelling	\$11.00	.....	
English	\$8.00	.....	
Mathematics	\$8.00	.....	Total: \$.....

**All money collection is to be delivered to classroom teachers.**



**All of Condobolin Public School students are being challenged!**

**What?**

**K – 2** Read 30 picture books (or have them read to you).

**3 – 6** Read 20 novels or picture books

**When?**

Between NOW and midnight on the 25<sup>th</sup> August 2017.

**Why?**

You get a **Certificate** from the **Premier of NSW**.  
Being part of the challenge develops reading skills.  
You get to enjoy a range of books and stories!

**How?**

Register with Mrs L'Estrange or Mrs Lynch.  
Read books (or have them read to you).  
Enter the books online. This can be done at home or school.

.....

**Premier's Reading Challenge**

I give permission for my child ..... Class ..... to take part in the 2017 Premier's Reading Challenge from Tuesday 7<sup>th</sup> March to Friday 25<sup>th</sup> August.

The reading challenge stops on Friday 25<sup>th</sup> August 2017 and reading records are submitted online.

**Please return this permission slip to Mrs Lynch in K6L as soon as possible. Thank You.**

Parent/Carer's Name ..... Signature .....

## **“Speak Up” - Public Speaking Competition**

Students may like to start preparing for our Condobolin Public School “Speak Up” public speaking event. This will be held at school in Week 2, Term 2.

Participating students, must have prepared a 2 minute speech from one of the following topics:

Years 3/4    It Was Only An Accident.

Over The Fence.

My Favourite Shoes

Years 5/6    Pull Up Your Socks

My World

If I Were 5 Years Older



Speakers must begin with ‘Madame Chairman, my topic is.....’

Each speaker will be marked within criteria around vocabulary, voice projection, posture, eye contact, speech structure and content.

Every speaker will be awarded a participation certificate and two students from each stage will be selected to represent Condobolin Public School at the CWA Public Speaking Competition to be held on Tuesday 16<sup>th</sup> May.

## **JRL Reminders**

**Registrations:** Registrations are now open for 2017 Junior Rugby League season. This year’s early registration packs include shorts, cap and bag. To receive this pack for FREE you must be registered by 20<sup>th</sup> March. Registrations after this time will have to purchase these items. We encourage all players to register asap.

**Training:** Training is every Monday and Thursday nights at 6.00 pm at Timmins Oval. (Head gear must be worn).

**Canteen Manager:** Canteen Manager applications for 2017 JRL is still open and needs to be filled asap. If you know of someone who is interested please contact the committee.

**Our first game will be 1<sup>st</sup> April 2017.**

For any further details please contact our Club President – Shaun Turner or message us on our Facebook page: condobolinjrl.



# International Women's Day

Last Friday evening, Corey Herbert, Louis Todd, Nadia Hopkins and Kaitlyn Maloney were STRONG, SMART and PROUD ambassadors for Condobolin Public School at the CWA International Women's Day celebration dinner. The students researched and presented a speech about the country of study, Nepal.

Corey began with the acknowledgement of country and introduced his fellow students and their topics; Louis shared research about the country of Nepal; Kaitlyn spoke about an inspirational Nepalese woman and Nadia taught the audience a Nepalese custom for greeting and saying thank you.

All students were impressive with the way they delivered their speech and Ms Horvat was extremely proud to accompany them. We have received wonderful feedback from those who were in the audience.

The evening also included a Nepalese dinner. Students enjoyed sampling food from another culture and gave their compliments to the many chefs.



**Condobolin Public School**  
**PBL Attendance Certificate Winners**  
**in Term 1-Week 7 Friday 10<sup>th</sup> March**

The primary class attendance winner is class 4R and Miss Richards.



4R celebrated their attendance reward with free time in the computer lab with Miss Richards.

The infant's class winner is class 1R and Mrs Rees.



1R will celebrate their attendance reward with free time on the equipment supervised by Mrs Rees.

Congratulations to both classes 4R and 1R.

**It's not OK to be away or late.**





# *Condobolin Public School*

## **PBL Attendance Assembly**

This year the attendance assembly will be run by Mrs Jones. Assembly will be the same as previous years with a class from the primary and infants end winning the best attendance for the fortnight.

I would like to encourage students to do their best to follow the school motto, It's not OK to be away or late by presenting each class that wins with a certificate to keep and proudly display in their classroom. The winning classes select a class reward to enjoy with their peers to celebrate this achievement.

At the end of the year the two classes with the most certificates will receive a surprise reward to acknowledge their efforts. Students are encouraged to do their best to attend school regularly and on time. If students are away please remember to get their note in within seven days of the first day of absence.



## **ROUND 2 PSSA BOYS CRICKET**

On Wednesday 8<sup>th</sup> March, at Condobolin SRA Grounds, the Boys PSSA Cricket team played a combined Tullamore/Trundle Central School. Condobolin Public School won this round, 157 runs to Tullamore/Trundle Central team 50 runs.

Excellent behaviour, team work and sportsmanship on and off the field. Thankyou parents/carers and family members for supporting our school cricket team. We look forward to the next match against the winner of Forbes Public and Ungarie Central School. Round 3 will need to be played by 31<sup>st</sup> March. A big thankyou to Mr Greg Doyle, Mr Leon Cunningham, Mr Craig Doyle for umpiring and Mr Russell Keen for scoring.



Absent: Emmanuel Peterson absent when photo was taken.



## Bronze Certificates



Mr Michael O'Loughlin



Mr O'Loughlin & Bella Clemson



## Merit Certificates

to be awarded at 2B Assembly at 1.00 pm on Friday 17 March 2017

<b>KO</b>	Hayley Small	<b>KS</b>	Kyla Bree Nelson	<b>1D</b>	Baden Riley
<b>1R</b>	Shanarah Merritt Jones	<b>2B</b>	Yasmine Brown	<b>2P</b>	Shanise Smith
<b>3F</b>	Rosalie Grabham	<b>3L</b>	Holly McCarten	<b>4K</b>	Tyler Bell
<b>4R</b>	Emily Miles	<b>5P</b>	Malakai Nelson	<b>5/6S</b>	Noah Nash
<b>6B</b>	Catherine McDonald				





## What rules should you have around digital devices?

By Michael Grose

*Children's digital technology needs to be managed and monitored by parents. That means we need to have some rules and guidelines in place.*

I'm often asked about rules and guidelines for children in the early and primary school years about digital devices such as tablets and mobile phones. This is new ground for most people whose own parents didn't have to worry about digital technology. How to persuade kids to leave the television and play outside was the extent of the screen worries of the previous generations of parents.

One thing is certain, technology is an issue you'll struggle with for the rest of your parenting life. We've created the technology and unleashed

it on our kids and now we seem to be scrambling like mad to keep up. Adding to this complexity is the fact that technology keeps changing rapidly. We just come to grips one device when a new one comes along that we have to learn about.

Digital technology, with all its advantages is here to stay. It connects us to each other in ways we couldn't imagine even a decade ago. It enables us to communicate to our kids when we don't know where they are. It creates new interests and cultivates creativity.

You'd have to be living under a rock to not realise that digital technology also presents new challenges such as cyber-bullying, worries about social

media and children's exposure to inappropriate images. Digital devices give kids access to a virtual world that is totally seductive particularly for those with poor impulse control. Also the nature of technology means that children can spend a lot of their time heads bent and staring into a screen, which is not healthy in the long-term.

Children's digital technology needs to be managed and monitored by parents. That means we need to have some rules and guidelines in place. Each family makes up their own rules to suit their circumstances but the following suggestions will help you put some order into the digital devices that come into your home.

### 1. Hold off as long as you can

The age when a child first gets a mobile phone is getting younger. Now most young people seem to have a mobile phone when they start secondary school. I'm currently working with parents who are struggling to hold off on their child's mobile phone until secondary school but it's a continuous battle as cries of 'everyone else has a phone' is ringing in their ears. If you took all these message from kids seriously you'd think that they were all born holding a mobile device and they've had an Instagram account since they were two.





## What rules should you have around digital devices?

Kids pester power works in a way that you tend to feel guilty that you are somehow denying your child a basic right or access to something vital to survival such as fresh air. Best to develop an easily repeatable mantra such as "That's great. But every family is different and we do things our way." They may whine when you say it but stick to your own way of parenting, which is not always easy. Alternatively, take the compromise route of allowing a child to borrow your phone, or having a family phone that all kids can use.

### 2. Be prepared to learn

Giving a digital device to a child has more parent strings attached to it than say, giving a box of Lego or most other items of play. With most toys you can leave them to their own devices to play by themselves, which is the basic point really. It's not so simple with a digital device. Be prepared to learn some new games and stay up-to-date with social media trends. Snapchat anyone?

### 3. Put rules in place first

This is an interesting one. If you give your child a device, then later place restrictions on when its overused or used poorly then there's every chance that you'll be seen as the bad guy/gal. Better to put restrictions on in the first place and loosen them later, or better still reward their responsible use with greater freedom. Timing is everything.



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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](http://parentingideas.com.au)

### 4. Change rules if need be

Most families seem to have a child who thinks that rules are made to be broken so they always push boundaries, limits and parent patience. Parents, on the other hand, should work from the notion that rules are made to be changed. Be prepared to change your rules based on your child's behaviour, maturity, sleep patterns, incompleteness of homework, bullying or other issues that will invariably crop up and cause you to realise that the rules you set just aren't working.

### 5. Keep digital technology out of bedrooms

If there was one rule that you should stay firm on, then this is the one. Many of our children are in sleep deficit as it is, without bringing digital devices into the frame. They may say they want to charge it in their room. If so, keep the charger in a public place. They may even want to use their mobile or tablet to wake up in the morning. I applaud them for taking on this task but insist they use an alarm clock instead.

### 6. Have a digital detox one day a week

The only way that this idea will work is if you join them in making one day a week a digital technology free day. They will probably not like it, and neither will you, but the point of having one day off is to prove that they can live without their digital device and to engage them in different forms of communication and entertainment.



Digital technology is now an integral part of our lives, but it's not the only option we have to be entertained, informed and to communicate with others. Before we help our children, it's best to look at own digital habits to make sure we are providing them with what they need – that is, the provision of balanced role models who know when to use and when not to use technology. They are more likely to walk our walk than follow our talk. I hope for you that's not a scary proposition.

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







CENTRAL WEST FAMILY SUPPORT

# WHITE DISCO

**FRIDAY 17<sup>TH</sup> MARCH 2017**

**PRIMARY SCHOOL AND UNDER**

**5.30PM – 7PM**

**HIGHSCHOOL 7.30PM – 9PM**

**FREE ENTRY**

**DRESS WHITE FOR THE NIGHT!!!**

**FOOD WILL BE AVAILABLE**

**FOR PURCHASE**

FOR MORE INFO PH. 02 6895 2533