



## NEWS BULLETIN

*Strong Smart Proud*

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Condobolin 2877

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### DATES TO REMEMBER

#### 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**

Over the last two days, our Year 6 students have been involved in training to be Peer Support mentors. This is a vital part of the preparation for our senior students who will work with groups of younger students across our school. This training is required prior to the Peer Support program being implemented next term.



### Fun Friends

A number of people suffer with anxiety of varying degrees. Our school has taken on some programs that help provide students with the tools to help deal with issues that may cause anxiety. One of these programs is Fun Friends.

The parent session about the Fun Friends program was well attended last week, with at least sixteen parents joining the presentation by Ms Cavallaro and Mrs Thompson. There is a plan to arrange further sessions to follow up.

### Happiness

Yesterday was International Day of Happiness. The World Happiness Report 2017 identified that the top four countries with the greatest happiness shared the following factors to support happiness: *caring, freedom, generosity, honesty, health, income and good governance.*

We are fortunate to live in a free and democratic country where the majority of people are able to find work and there is a safety net in our welfare system to ensure that our children do not go hungry where adults cannot find work. We also have access to an affordable health system.

The things that we can take personal responsibility for in determining our own happiness and that of those around us are the areas of caring about and for others, generosity and honesty. These are factors that are usually determined by parents and community through personal actions and expectations at home, sporting clubs, churches. At school, we try to teach students about these factors through Positive Behaviour for Learning (PBL).

If you are finding yourself struggling to find happiness on a daily basis, it is important that you seek help to ensure that you are in the best place possible to care for and nurture happiness in your children. Taking control of your own health, physical or mental, will help when you find a lack of control over the loss of finance or a loved one.

I was reminded of the simple things in life that make us happy: an unexpected note from a student, listening to students who struggle with reading read with expression and the way in which a teacher supported the children to improve this skill, and watching a young student consider the best way to avoid getting too wet on her way back to class.

### Cricket

Our boys cricket team will be playing in the next round at Ungarie this Friday. Miss Richards has sent notes home with members of the team. We wish them well in this next game.

### Parent Online Payment

In preparation for the upcoming changes to our administrative system, our school has opted to include an online payment system that can be accessed through our school website. More information about Parent Online Payment (POP) is found later in this newsletter. Greater detail will be provided to each family within a week.

### Cross Country

All students will be involved in our annual cross country event on the morning of Friday, 31 March. Children under 8 years of age will be running 1km, students from 8, 9 and 10 years of age will run 2km, and students aged 11, 12 and 13 years old will run 3km. Our children have been preparing for this event with regular practice sessions held throughout the past few weeks.

### P&C Meeting

All parents and carers are invited to attend the next meeting of the P&C on Monday, 3 April in the school library. The meeting will be held from 7.00 pm.

Deborah Nay  
Principal

## PBL NEWS

Focus this week:

**Proud Rules**



**Strong**



**Smart**



**Proud**

## CANTEEN NEWS

***Specials: Red Day – Friday 24.3.17***

Sausage Sandwich	\$2.00	Steak Sandwich	\$3.00	Hot Dog	\$3.00
Hot Dog with Cheese	\$3.50	Cheese Bacon Pie	\$4.50	Plain Pie	\$4.00
Chocolates	\$2.00	Assorted Lollies	\$1.00/bag		
Popcorn (Butter & Honey)	\$1.00				

Reminder to students and staff that order Nachos. These need to be picked up from the canteen to avoid spillage.

Thankyou Cee.

# 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.**

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## Condobolin Amateur Swimming Club

### Presentation Evening

Thursday 30<sup>th</sup> March

5.30 pm for 6pm BBQ dinner

\$5.00 per person

At the Sports Club

Adults are asked to bring a salad or a dessert please.

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2B Assembly





**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.

## **PEER SUPPORT FUN**



## PARENT ONLINE PAYMENTS

It is now possible for parents to make online payments to the school for amounts owing for students, via a secure payment page hosted by Westpac. Payments can be made using either a Visa or MasterCard credit or debit card, and can be made via computer, tablet or mobile phone. The payment page is accessed from the front page of the schools website by selecting [\\$ Make a payment](#)

Items that can be paid include voluntary school contributions, subject contributions, excursions, sales to students and creative and practical arts activities (these include band, drama and dance). There is also a category called 'Other' this to cover items not covered in the previous headings. Other can be used to make a complete payment of a school invoice.

When you access the [\\$ Make a payment](#) you must enter:

- the students name, and
- class and reference number OR
- the students name, and
- date of birth.

These details are entered each time you make a payment as student information is not held within the payment system. **There is also the option to enter the Student Registration Number and Invoice number if you are aware of them, these are optional fields OR there is also the option to enter the Student Registration Number and Invoice number these are not used at our school, please leave blank.**

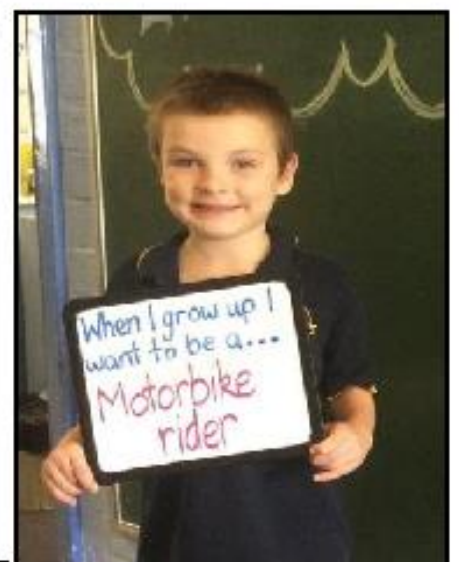
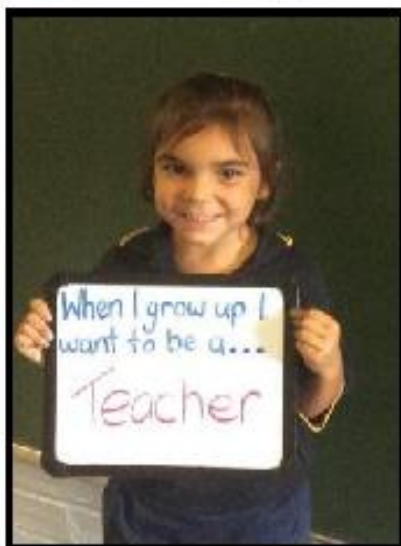
This is a secure payment system hosted by Westpac to ensure that your credit/debit card details are captured in a secure manner, these details are not passed back to the school.

You have the ability to check and change any details of the payment before the payment is processed. Receipts can be emailed and/or printed.

Details of the payments are passed daily to the school where they will be receipted against your child's account. As a receipt has been issued from the payment page a further receipt will not be issued by the school.

For any enquiries regarding the Online Payment process please contact the School Administration Office.

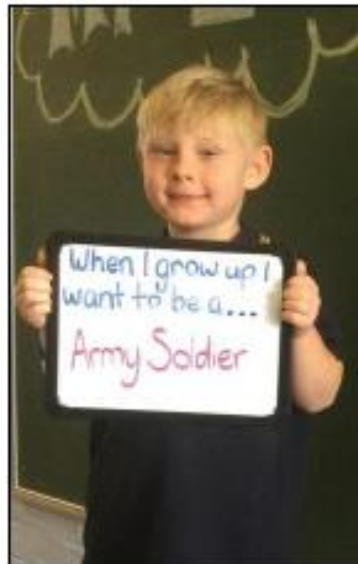
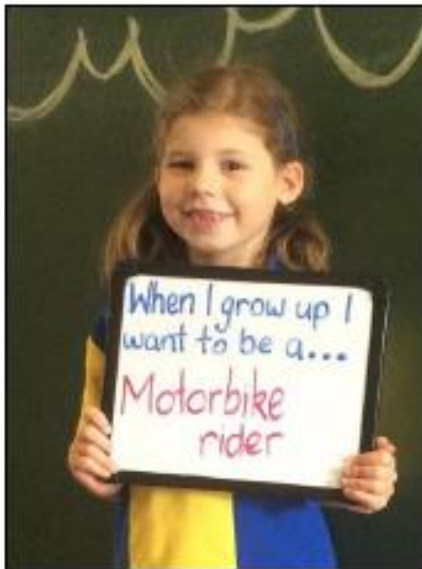
# Students in 1D have big dreams...



*Students in Year 1 have been setting personal long term and short term goals. These long term goals are about something they want to do when they grow up. Students have also been thinking about short term learning goals for in the classroom.*



# Strong, Smart and Proud Futures!







## 10 ways to promote good mental health & wellbeing in kids

By Michael Grose

*This year make mental health a parenting priority. Kids with good mental health feel better, learn better and are better equipped to handle life's curve balls.*

It seems strange to talk about promoting good mental health in children.

Shouldn't all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that come hand in hand with adulthood.

Sadly, it doesn't seem that way. According to the Australian Psychological Society one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common.

Having good mental health doesn't mean kids don't experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life's curve balls that come their way. They also don't let their emotions overwhelm them. As a result they learn better and have more friends as well.

As a parent it's useful to reflect on the mental health habits that you promote in your kids.

Here are ten ways to promote good mental health and wellbeing in kids:

### 1. Model good mental health habits

If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation exercises. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. It's worth remembering that kids learn what they live, so make sure they see good mental health habits first hand.

### 2. Make sure they get enough sleep

Sleep is one of the building blocks of mental health and wellbeing. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well!

Children need between 10 and 12 hours' sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the single most powerful strategies to improve kids' abilities to cope with stressful or changing situations is to ensure they get enough sleep.

### 3. Encourage your kids to exercise

When my mum would tell me all those years ago to turn the television off and go outside and play, she didn't know she was promoting good mental health. She just knew that physical activity was a good thing for an active growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour's movement per day seems the minimum for kids. How much exercise does your child receive?

### 4. Encourage creative outlets

Kids should practise creativity if for no other reason than it helps them experience the state of 'flow'. This is the state of getting so immersed in an activity that you forget about time and place. Writers and other creatives understand the concept of flow. It's energizing and helps take stressed and worried kids out of themselves. rock star of character traits.

### 5. Provide a space of their own

Children of all ages benefit from having some space of their own where they can think. Quiet time and down time give boys the chance to let their thoughts wander around inside their heads.

## parenting \* ideas

## 10 ways to promote good mental health &amp; wellbeing in kids

It also helps them get to know, and even like, themselves. Boys will often do their best thinking on their own, so they tend to retreat to their caves (bedroom) when things go wrong at school or in their relationships. They need to go within to find their own answer.

## 6. Talk about their troubles

A problem shared is a problem halved. Talking about what's worrying you is a great way to remove the burden of worry and reduce anxiousness. Some kids bottle up what's inside, while others will catastrophise a situation, which can make matters seem worse.

If your child has a problem let him know that his concerns are important to you. Kids often can't tell you what may be wrong, so be observant and gently ask questions to help gain a clearer picture of how kids may be feeling.

## 7. Help them relax

Make sure your child has a hobby or activity that relaxes them. The ability to relax and get away from the stresses of everyday life is essential. Some children who have real difficulty switching off may benefit from practising meditation or mindfulness, but most kids just need time to chill out so they can relax naturally. (I personally practise mindfulness and have found it a really helpful way to turn off my brain for a while!)

## 8. Have two routines – weekday and weekend

Most households are pretty highly scheduled these days. There are routines for getting up, coming home, eating meals and going to bed. These structures are necessary when we're busy. Families need a second, more relaxed weekend routine that helps kids relax and unwind. It's important to have this release valve if families are flat out busy during the week.

## 9. Foster volunteering and helpfulness

Social isolation is a huge predictor of poor mental health. Encourage your child to be connected to and help others in any way possible. Helping others reinforces social connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition.

## 10. Bring fun and playfulness into their lives

Kids should be the kings and queens of play; however, some children live such full-on, organised lives that much of the natural fun and spontaneity has been stripped from their everyday life. Mucking around, which is code for having fun, is something many children of this generation don't have time for. If you see your child constantly stressed or overwhelmed by events, change the mood by going to a movie, joining them in a game or seeking other ways to have some fun.



These ideas are basic common sense. However, as kids' lives get busier these essentials get squeezed out. Here's my recommendation to ensure that mental health habits aren't overlooked or neglected.

First, see these habits as the building blocks of mental health. Don't ignore or trivialise them. Talk to your children and tie these activities to their mental health. Do this in your own way and your own time.

Second, assess which of these habits need your attention and make some adjustments over time to push the pendulum back in favour of your child's mental health.

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

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now we know.

