



ETTALONG
PUBLIC SCHOOL

HOMENOTE

KARINGI ST ETTALONG BEACH NSW 2257

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Term 2 Week 1

30 April 2019

DATES FOR YOUR DIARY	
Tues 30 April	Term 2 commences for students
Mon 6 May	Sydney Writers Festival Stage 3 students
Wed 8 May	Woy Woy Rugby League Cup; Combined choir rehearsal
Thurs 9 May	Mother's Day stall; Combined choir rehearsal
Fri 10 May	Mother's Day breakfast
Tues 14 May	Day One NAPLAN Years 3 and 5.
Fri 24 May	Zone cross Country

Dear Parents and Carers

Welcome to Term Two and I trust you enjoyed the beautiful weather over the Easter break, with your children.

It was my absolute pleasure to join a number of our students in the Woy Woy ANZAC March on ANZAC Day. I was proud to see those attending show such respect and maturity as they listened to the speeches and joined in the ceremony on this day of great importance to all Australian and New Zealand citizens.

I am thrilled to introduce to you our new Aboriginal Education Worker, Rheese Bull who will join us for four days per week until the end of the year. Rheese is keen to work with all students as he promotes Aboriginal culture and inclusiveness. He will also work closely with our Student Wellbeing Worker, Jesse as they organise playground games and activities for all students.

Students in Years 3 and 5 will soon participate in the National Assessment Program Literacy and Numeracy, better known as NAPLAN. Assessments commence on Tuesday 14 May and continue until Thursday 16 May. We encourage our students to have a good night's sleep, eat a healthy breakfast and do their best.

Thank you to everyone who made our Easter Hat Parade such a wonderful afternoon at the end of last term. The children looked fantastic in their hats and I think it made the day even more exciting that the children made their own hats in class, giving you and our visitors a lovely surprise when you saw the hats for the first time. On returning to their classrooms, the children found the Easter Bunny had visited each room, leaving a small egg each and his footprints on the carpet!

As always at this time of year, *next week* we will hold a Mother's Day stall and breakfast. Children are invited to purchase a Mother's Day gift on Thursday *next week* (9 May) and the breakfast will be provided the following day, Friday 10 May. We look forward to seeing as many of you as possible.

Applications for students in Year Four wishing to sit the Opportunity Class entry test for placement in 2020, open today and can only be completed online as no paper applications are accepted. Applications close on Friday 17 May with the actual test being held on Wednesday 31 July. For further information, please go to the following website <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-5>

Lynn Balfour
Principal

3R's AWARDS



Class	Name	Class	Name
KA	Tanisha A	KZ	Mariah T
	Hawkin M		Indi H
KR	Alexis S	KM	Scarlet S
1H	Eden M	1P	Eliot M
	Beau H		Kirra C
1L	Logan T	2P	Tully S
	Rori M		Jake H
2S	Lara McM	2C	Mason Q
	Ben H		Kiara McK



PRINCIPAL'S AWARDS

Congratulations to these students who have been consistently demonstrating the 3Rs

Respect, Responsibility, Ready to Learn



Savannah S
Jet F
Zara T
Chelsea C
Dason C



PLEASE BE REMINDED...

School supervision begins each morning from 8:30am

GENERAL INFORMATION

We have the best school, with some fantastic helpers who gave up some time to help clean up our garden.



ANZAC DAY



P & C NEWS

Congratulations to the winners of the Easter Raffle, we hope you enjoy your prizes! Thank you everybody for purchasing tickets.

Mother's Day Stall

The Mother's Day stall is set to be held on Thursday 9 May 2019. If you are available to help on the day (for any amount of time) please let us know as the more volunteers we have the more efficient it is for the children selecting gifts.

Please contact us on the below if you are able to help:

Speak to the office.

epsandc@gmail.com

Nicole - 0438411370



Election Day BBQ

We will be running a BBQ on Election Day which is set for Saturday 18th May 2019 and will need lots of volunteers to help the day run smoothly. We will provide more information in coming home notes.

Next Meeting

Meeting

Our next meeting will be held at 7pm on Wednesday 8th May 2019, in the school Library. The position of President is currently vacant so if you are interested in the role please contact us at epsandc@gmail.com and we can provide you with a role description.

If you would like a copy of the Agenda please email us so you know what will be discussed at the meeting. New people are always welcome and refreshments are provided.

PARENTING TIPS

Top five strategies to improve your parenting this year

The start of the year is a great time for making changes and improvements to the way you raise kids. But it's difficult to know where to begin.

To assist with the change process we've carefully selected five practical strategies that will have a positive impact if acted upon. We've organised webinars in the first half of the year to assist you to implement each strategy.

1. Switch on your child's strengths

Most of us have been conditioned to focus on what kids can't do. There is a better way. The Positive Psychology movement lead by US-based psychologist Dr. Martin Seligman showed that when we can unearth kids' strengths we are, in effect, unlocking their true potential for success and happiness. Three elements come together to make a strength and parents need to be mindful of all three: performance (being good at something); energy (feeling good doing it); and high use (choosing to do it).

Professor Lea Waters, author of the wonderful new book *The Strength Switch* and current President of the International Positive Psychology Association will show you how to focus on kids' strengths in her webinar 'Switching on your child's strengths'.

2. Balance kids' extra-curriculum activities

Alongside social media and news events, being busy is now recognised as a major stressor for many children and young people. The choice of activities to keep kids busy after school hours is mind-boggling.

Having so many options is wonderful but it does place a new set of pressures on parents and kids. The cost of loading kids up with scheduled activities is that many don't get the chance for free play, or simply 'vegging out' on the couch.

Parenting Ideas expert Dr. Jodi Richardson will help you find the right balance of activity for your family in her webinar 'Balancing extra-curricular activities'.

3. Focus on friendships

Friendships are an important part of the road to adulthood for a child or young person. Friendships can also be problematic. Not every child is naturally outgoing and makes friends easily. If your child has difficulty forming friendships and is worried by that, then there are many ways to approach this including: encouraging kids to spend one-on-one time with others, making extra-curricular activities fit their interests, and coaching kids to develop friendly behaviours.

The wonderful Sharon Witt will conduct a webinar 'Teach girls to build each other up', focusing on friendship skills especially for parents of girls.

4. Give kids tools to manage anxious moments

Currently we have a childhood anxiety problem. A big one! And it's mostly undetected as community understanding of anxiety is low. It's our experience at Parenting Ideas that many parents are anxious and they don't know it, and many children routinely experience anxiety, which goes unrecognised.

Parenting Ideas founder Michael Grose is conducting a webinar 'Managing your child's anxiety' to help parents on this challenging but important topic.

5. Develop rights of passage

Community changes have largely eradicated many traditional rights of passage, making it harder for a young person to know when they've become an adult.

Fortunately, many families are now creating their own to mark events such as the end of primary school, the move into the teenage years, and mark different stages of adolescence. These traditions are now becoming legitimate rights of passage for young people.

Internationally recognised expert on rites of passage Arne Rubenstein will outline practical ways you can recognise a young person's important life markers in his webinar 'Creating 21st century rites of passage'.

Will anything be different this year?

Change and improvement in anything worthwhile generally comes incrementally rather than in one giant leap. We've pointed you in the right parenting to take this year. With our webinars we've made it easy to take that vital first step. Have a great parenting year.

Michael Grose Presentations.

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www.parentingideas.com.au