



ETTALONG
PUBLIC SCHOOL

HOMENOTE

KARINGI ST ETTALONG BEACH NSW 2257

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Term 4 Week 6

17 November 2020

DATES FOR YOUR DIARY

Mon 16 Nov	Dental Van continues
Thurs 19 Nov	HeadStart sessions continue for Kindergarten 2021
Fri 20 Nov	S3 Surf Awareness Day
Wed 18 Nov	OC testing Year Four students who have applied
Tues 24 Nov	Leaders speeches 2021 (please note this is a new date)
Thurs 26 Nov	HeadStart concludes

Dear Parents and Carers

You may have noticed that the Dental Van was missing late last week from our basketball court. The van was required for maintenance but has now returned. The service will continue to be provided to those students who returned permission notes earlier in 2020.

Yesterday our Y6 students attending Brisbane Water Secondary School were able to attend an Orientation Day. Many high schools are now able to welcome students which is very reassuring for both our students and families as the transition to a new school is less daunting when students are familiar with their new surroundings.

While on the topic of transition, we look forward to meeting more of our Kindergarten students for 2021 this week in HeadStart. We couldn't believe how brave our new youngest students were as the COVID style HeadStart was implemented. We also have big thanks for our families who were also very understanding of the guidelines. Children will arrive again via the Karingi Street entrance and our fabulous school leaders will greet them and take them to the classroom. Sessions will run for one hour only, COVID style. Our HeadStart yellow t-shirts are still available to be purchased from the office for \$5 each and there are some videos available about transition on our Facebook page and our website.

Despite not having had many opportunities to show our community what awesome leaders we have, at Headstart last week our leaders certainly impressed our Kinder 2021 families. Congratulations to all our leaders; Jaylah, Austen, Ebony, Oliver, Gracie-May, Cobey, Lucia, Lachlan, Leilani and Elle for the very mature and thoughtful way in which they assisted on the day!

This afternoon our staff is being updated in their CPR skills. We always hope that we won't need to use these particular skills but it is very important that in the case of an emergency, we are trained and prepared.

Many activities for the end of the year are being organised for our students. COVID has affected lots of ways in which we conduct our school life. We are pleased to advise our families that the Y6 Mini Fete will go ahead but in COVID style. Students will be allocated times to attend and things like face painting will not be available this year. We are accepting items for the White Elephant stall so if you do have anything that you would like to donate, please send them along with your child. We will be sanitising all items as we continue to adhere to the regulations set out by the Department of Health.

Students and staff were very excited to learn of the winners of our tomato growing competition today. The winning prize has been awarded to our school cleaners. The winning class is 2S.

REPEAT: As we are nearing the end of the school year, we would appreciate if you would call the office or send a note to your child's teacher, if your child will not be returning next year. Conversely, if you know of anyone enrolling their child at our school next year, would you mind asking them to contact us so we can complete the enrolment process please?

Lynn Balfour

Principal

3R's AWARDS

Class	Name	Class	Name
KS	Isaiah H	KT	Leo C
KZ	Taylee W	KM	Zandar C
1H	Alyssa S	1F	Maximus M
1L	Violet R	1/2P	Christian R
2S	Shawn H	2C	Jackson L
3/4R	Sam H	3S	Marija A
3J	Lara McC	3T	Isabel G
	Indi M		Abigail M-B
4J	Lucas G	4S	Keyla H
K/6M	Makayla F		Tamiia P
	Stephanie T		

PRINCIPAL'S AWARDS

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

Respect, Responsibility, Ready to Learn

Layten D	K/6P
Taylor R	K/6P
Nesta F	2S
Sonny C	1L

Sophie W	5J
Indiana E	4J
Teana F	4S
Trinity C-S	3S

PLAYGROUND POSITIVE WINNER

Beau H	2S
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P & C NEWS

Another week closer to the end of the year! Thank you to all who attended the meeting last week. We are excited to be planning a fantastic year of projects and fundraising for 2021. We really would love your ideas and help. Every little bit helps! Please drop us an email to get involved. A final reminder to get your uniform order in this week, to meet the deadline to have them for the start of next year. Please remember that Friday is the busiest day for the canteen so if you can, please pre-order your lunch before then. This is also your last opportunity to make a donation to the raffle. Look out for tickets through My School Connect and the announcement on FB this week. As always, we are available on epspandc@gmail.com

CANTEEN NEWS

Special thanks to all our students for their patience with our online ordering. There have been a few hiccups but not too many. Also if there is a problem with My School Connect please order by putting money into a paper bag and we will order it from our end. We will also help the children fill out their bags.

If you are interested in being a volunteer in 2021, please let me know which days suit you, so I can do a roster.

SUPPORT NEWS

K/6M have enjoyed exploring Aboriginal culture and traditions during NAIDOC week. Students have been involved in designing their rock for the community artwork. They utilised Aboriginal symbols to guide their design. Students have also watched and read Aboriginal stories throughout the week.



EARLY STAGE ONE NEWS

Early Stage 1 children enjoyed celebrating NAIDOC week during week 5. The children listened to Indigenous stories and songs and painted rocks using Indigenous symbols. We continued to develop our skills in throwing and catching small balls through The Mascot Challenge. The children were excited to see the children who will be in Kindergarten next year at orientation and felt very grown up. They are still working very hard to improve their literacy and mathematical skills as we approach the last weeks of Kindergarten. All the teachers are very proud of how much the children have learnt this year and are confident they are ready to move on to Year One.



STAGE ONE NEWS

1L had a busy NAIDOC Week exploring Aboriginal Culture. They read stories, painted, made message sticks and yarned with Rheese during circle time.



STAGE TWO NEWS

Stage 2 has been spending lots of time completing assessments which will help with their end of year reports. Flexible seating options are available so that we get the best out of our students. We are looking forward to enjoying our fun end of year activities now.



STAGE THREE NEWS

Yesterday Year 6 visited BWSC for their high school orientation. While they were there, they participated in three lessons. In cooking they made pizza faces. In Science they solved a crime using chromatography and in music they learnt to play a song on the ukulele. As usual their behaviour was perfect and they thoroughly enjoyed the experience.



PARENTING TIPS

Secrets of managing boys' behaviour

Boys are behaviourally more challenging for parents than girls. Their physical nature, their boisterousness and their propensity to push boundaries can be challenging, particularly if parents are used to managing girls.

There are some basic rules to follow when managing boys. If you follow these then I believe you'll successfully raise a boy who is eager to cooperate with you, will adapt to most of the social situations he encounters and, importantly, will treat others with dignity and respect. In a nutshell, a well-behaved boy!

1. Boys like rules, limits and expectations

Boys like to know who's in charge and what the rules are. They also like to know that someone will enforce those rules. They are hierarchical by nature too, so don't be too wishy-washy about who's in charge. You don't have to use the same authoritarian methods as your parents may have used, but don't be afraid to take a firm lead with your sons.

2. Boys learn from consequences (natural and logical)

Boys are more likely to be heuristic learners than girls. That is, they are more likely to learn from experience. Parents then need to allow boys to experience the consequences of their poor choices so they learn not to behave in those ways. Protecting boys from their poor choices doesn't develop responsibility or independence. Telling them they need to improve their behaviour doesn't work either. Let them experience the negative consequences of poor behaviour and they will be more likely to change their ways. It just takes a few negative experiences before they learn.

Boys will cop most of your discipline as long as it's fair and reasonable. However, fairness is not only about being even-handed with your discipline. Particularly when implementing consequences, fairness is about being just, about not going too far with your consequences and about respecting their dignity: the three Rs of discipline:

Related: the consequence is related to what they have done. (Late home so don't go out next time.)

Reasonable: you don't go too far with a consequence. ("You're grounded for a day" rather than "You're grounded for a month.")

Respectful: boys maintain their dignity throughout the discipline process. (Consequence given in a friendly, calm way.)

3. Boys love consistency

Boys love consistency in their parents – it makes them feel that they are in control. On the other hand, parents who exhibit extreme emotional highs and lows can make life difficult for boys as all the boys' energy is consumed dealing with fear or the uncertainty of life. In a behavioural sense, boys also like to know that their parents mean what they say and say what they mean. Again, they like to be able to predict their parents' reactions, which gives them a feeling of control. Follow through with consequences rather than just threaten or shout. They'll respect you for it and know that you love them.

4. Manage visually

Use boys' heightened visual awareness to advantage by using lists, checklists and rosters to do the managing. In particular, most boys and all kids on the autism spectrum like the constancy and consistency of visual messages and reminders that support and reinforce verbal communication.

5. Teach them how to cool off

Methods such as time out, cuddling and comforting are useful to help young children learn to cool down. As boys move into school age and beyond, help them understand the triggers that can lead to anger, then discuss various methods to help them regain some calm. Deep breathing, getting some exercise or thinking about something different are simple ways of relaxing. Work out some ways with your son that will help him stay cool and in control when he needs to.

6. Get them to reflect on what they've done

If a boy misbehaves, never ask him "Why?" He usually won't be able to tell you. Instead, get him to revisit the moment of poor behaviour and try to get a window into his thinking or motivation at the time. "What were you thinking about when you did...?" "What was going on to make you want to do that?" "What will you do differently next time?" This type of question helps ensure that boys learn from their experiences so they behave differently the next time they are in a similar situation.

7. Encourage boys to repair and restore relationship breakdowns

Many boys naturally move on after conflict. This is often perceived as a strength or a positive compared to girls who can make conflict linger far longer than necessary. However, boys can often neglect repairing relationships as a result, which can lead them to be perceived as callous or uncaring. Following conflict with a sibling or a friend, encourage boys to make amends with the aggrieved person, either with an apology or an act of kindness. Alternatively, consider sitting down with both 'sides' to discuss what happened, what they might do differently next time and, in some cases, so that your boy can listen to how the aggrieved person felt about what happened. Some boys need assistance to develop the empathy to see how their remarks or behaviour can adversely impact others.

Michael Grose Presentations.

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