Dear Parents and Carers,

Dance2BFit

We have two more sessions before this program concludes. The students are enjoying the new dance routines. Dance is part of the curriculum, so thank you to the parents for supporting this fantastic program.

Enrolments 2012

Please let the office know if you are moving schools in 2012. This information is very important in our planning. We are looking closely at numbers and appreciate any information on this.

Middle School Transition

Senior Indigenous students are again being offered the wonderful opportunity of attending the Indigenous leadership Camp at Nguurra Bu Wollumbi national park on 22 to 24 November.

2012 Student Leadership

Speeches for 2012 positions will occur on Friday 2nd December at 9:15 am in the Library. This will be followed by voting by the students and staff.

P & C Meeting

There has been a change in the next meeting. It will be this Wednesday 23 November at 1:30 pm in Block D. Allocation of P & C funds for 2012 will be on the agenda in this meeting.

Henny Penny Hatching

This is a truly magical learning experience. The eggs have arrived on 14 November for incubation and hatching at school. They will be in the corridor outside the Senior Classroom and everyone is welcome to come along and have a look at the chickens when they hatch.

There is a list in the office for parents requesting chickens. There is also a list of requirements for the chickens for your help in organising a safe and healthy home for the much loved (and named) chickens.

Year 6 Fundraiser

This Friday the Senior class will be holding a fundraiser to raise money towards the Year 6 gift. Students may come out of uniform for a gold coin donation. Ice-creams with sprinkles will be for sale for 50 cents at lunch time. Thank you for your support of Year 6.

Reports

This is a busy time with teachers preparing end of year reports. Reports will be sent home on Friday 9th December. Presentation Day and thank you barbeque is the following Monday 12th December. We look forward to seeing you then.

Kind regards,

Maree Lunn

Attendance Awards

Charlotte Smith, Tegan Goodwin, Emily Goodwin

Star of the Week

Taking Enrolments for 2012 now, please see Mrs Tolmie at Office
Breakfast Club – Monday morning 8.30am to 9.00am in Library
Playground Behaviour Special Awards
Bianca Wilson, Samuel Gray, Joel Wilson
Isabella Allen, Jarden Nean, Sam Frith,
Jade Sebandal, Cooper Bennet,
Aiden Hawkins, Tatyana Quinlan

Achievement Awards
Junior
Tahlia Wade, Dylan Hawkins,
Paige Byrne, Isabelle Gray
Middle
Rhys Wade, Felicity Smith
Senior
Samantha Richards, Branden Foreman

NOTES SENT HOME THIS WEEK
21 Nov | Absentee Letters – selected students

Reminder – Now Due
| Textbooks Junior/Middle | $15 |
| Textbooks Senior | $20 |

Boolaroo OOSH
New telephone number is 4908 1074 or 0448117913

Canteen
Please remember only canteen helpers are allowed in the canteen. Visitors and children are not allowed due to health regulations.
Your assistance in this is appreciated.

Please remember Canteen CAN NOT reheat food brought from home as it against Health Regulations.

Canteen will be closed every Monday.
Please make sure students bring lunch and recess with them every Monday.

Government Selective High School
2013
Application information for Year 7- 2013
Into Selective High School and
Opportunity Class Placement Unit can be
found online at
www.schools.nsw.edu.au/shsplacement

Head Lice
Unfortunately head lice has been reported by parents. Please check all students’ hair and treat if necessary.

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P & C News
Xmas Raffle Donations can now be left at Office.
Thank you

Taking Enrolments for 2012 now, please see Mrs Tolmie at Office
Breakfast Club – Monday morning 8.30am to 9.00am in Library
SOUTH WALLSEND JUNIOR SOCCER CLUB INC

Girls A Grade Trials for Nominated teams 2012

U14 Girls Monday 21/11/11 6pm-7pm
U16 Girls Tuesday 22/11/11 6pm-7pm
At Walker Fields, Croudace Road Elermore Vale
Players interested in playing A Grade are invited to attend. To pre-register your interest contact the Secretary Angela Jordan on 0448 063860 or email southysoccer@gmail.com

Girls Football 2012 Information Night

An information night will be presented by the Club’s Head Coach Norm Minter on Monday 14/11/11 at 6pm in the SWJSC Hall. Female players interested in playing football next season in particular girls aged 11-18 years are invited to attend.

Registration Days 2012

Players should register online at www.myfootballclub.com.au and then come along to South WallSEND Junior Soccer Club, Walker Fields, Croudace Road Elermore Vale on the following dates and times.
Saturday 28th January 2012 (8am to 2pm)
Wednesday 1st Feb 2012 (5.30pm to 7.30pm)
Saturday 4th February 2012 (8am to 2pm)
Wednesday 8th Feb 2012 (5.30pm to 7.30pm)
We cater for all ages and abilities from 6 year olds to Over 35 year olds. Come and join a team and enjoy the friendly spirit of competition! For all enquiries, please contact the Club Secretary Angela Jordan on 0448 063860 or by email southysoccer@gmail.com

CERTIFICATE II SKILLS FOR WORK AND TRAINING

CEEW - Women’s Access Program.
- Designed for women who have been out of the workforce and/or education for some time and are looking for a new career direction.
- CEEW is designed to develop self-confidence and new skills, to help women move towards a new job or further study.
- Study in a supportive learning environment

Develop new skills in:
- Computing – Word processing, Spreadsheets, Internet, email
- Career Development • English and Communication • Maths • Green Science
- Work Placement Skills • Aboriginal Studies

There is no administration charge for this course

WILL RUN 4 DAYS/WEEK USUALLY BETWEEN SCHOOL HOURS

For further information Attend the information/Enrolment Session: 10:00 am Tuesday 31/01/2012 D1.16 Glendale campus, TAFE NSW
Contact Christine Cone on 4979 1628 or christine.cone@tafensw.edu.au
If office unattended please leave your name and phone number and Chris will return your call

Chickens are very popular

Taking Enrolments for 2012 now, please see Mrs Tolmie at Office Breakfast Club – Monday morning 8.30am to 9.00am in Library
As adults, we often get so caught up in our own lives that it’s easy to forget the struggles that children face in their daily lives. Whilst we are managing multiple needs, relationships, finances, housework, work and extended family issues, it can be hard to appreciate that a child’s world is complex at times as well.

Many times we get to the school gate or the bus stop to pick up our child and we are hurried and stressed, thinking about all we have to do when we get home. We often miss the opportunity of being present in the moment and the non-verbal and verbal cues that children give us about how they are feeling, what their day is like and what they might need from us.

At the end of the day when we greet them there might be a lot of things that our children are trying to process. They might have had an interaction with a teacher that left them feeling bad about themselves, or be confused by how a friend has behaved, or worried that they won’t get selected for a team they want to play in. They might have an accomplishment or happy moment that they also want to share with us, as the most important people in their world. The list is endless. Children are often grappling with relationships without skills or understanding about human nature or about their feelings.

Many times children are then greeted at the school gate, asked lots of questions, whisked away to an after school activity, followed by a rushed dinner, homework and bedtime. Increasingly, families have busier timetables and multiple commitments.

It is ironic then that whilst there are increasingly fewer opportunities for us to be really present with children that we need to prioritise spending time just enjoying our children’s company, delighting in who they are and not demanding or expecting anything from them.

It is good practice for us as parents to develop an awareness of what stresses and emotions we are managing and to try to put them aside temporarily, as we connect with our child again after school. What a nice welcome it is for a child to walk to the school gate to be greeted by a parent or carer who was happy to see them, interested in them and present. Likewise, we can savour the moments when our children are excited and happy or relieved to see us, after a busy day.

Children often need to reconnect with their parent and receive some comfort after being at school for a long day. This might only take a few minutes, eye contact, a soft face, warm words, a tender touch and focus on what the child is telling you with both the tone and content of their words and also their actions.

Taking Enrolments for 2012 now, please see Mrs Tolmie at Office
Breakfast Club – Monday morning 8.30am to 9.00am in Library
After all, it is what all humans need after a day of managing their world.

Some of the additional strategies that may help parents to do this include:

- Parents building awareness of their emotions and expectations. For example, creating a pause or a breather to connect with yourself and your day before collecting your child/ren. This may just be a few minutes on the bus or in the car, doing some deep breathing or listening to music.

- Tuning into and using active listening with your child. This could include reflective statements and creative questions. For example, children will often give a non-committal responses to ‘How was your day?’ or ‘What did you do today?’ but may reveal more and respond enthusiastically to ‘What was the best thing about your day?’, ‘What was the worst thing?’, ‘What was the funniest thing?’

- Helping children develop language to describe their emotions by talking about your own, theirs and others’ feelings. For example, using words like worried, happy, sad, angry, disappointed, excited etc.

- Appreciating that we and our children often experience different emotions at the same time.

If you want to talk about your child’s behaviour with one of our professional counselors 24/7, call 1300 130052 or visit our website www.parentline.org.au for tips sheets and parenting stories.

Taking Enrolments for 2012 now, please see Mrs Tolmie at Office
Breakfast Club – Monday morning 8.30am to 9.00am in Library