

Newsletter

Somerton Public School

Developing Respect, Responsibility, Resourcefulness

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Term 2 – Week 6

Tuesday 31 May 2016

Mr Reid's Message

We have finally had some rain and the weather is cooling down! The students had a great time on Friday playing in the sand pit with the damp sand. We had some muddy hands but some great creations.



All students should be in their full winter uniform now! Just a reminder that the students will need a jumper on the very chilly mornings, and can you please ensure all items of clothing are labelled. I will be having surgery next Monday and will be off school until the end of term. Mrs Nicole Gallagher will be taking my class. Mrs Gallagher is a regular relief teacher at our school with many years of experience and the students know her well. She will be following my program of work so the student's routine and learning content will remain the same. Mr Nick Clark will remain on his class and will also be filling the position of Relieving Principal for this time. This situation is ideal under the circumstances as there will be very little change to the students' school day. I look forward to returning to school at the beginning of next term and if I don't see you before Friday I hope you all have a safe and relaxing holiday!

Currabubula Art Show Results

Congratulations to Charlotte, Matthew and Sophie who received award ribbons at the Art Show with their impressive artworks.

- **Sophie Hook** - 3rd in Section 5: Abstract
- **Matthew Pollard** - Highly Commended in Section 5: Abstract
- **Charlotte Heywood** - Encouragement in Section 4: Colour



Remember to...

Keep up to date with Somerton Public School events, photos and school "happenings!" Search for 'Somerton Public School' and make sure you 'like' our page and 'share' it.



Zone Cross Country

Yesterday, Macey, Shannon, Benny, Charlotte, Wade, Annie, Koby, Nicholas and Brendan travelled to Barraba to compete in Zone Cross Country with over 400 other students from around the region. The students performed extremely well, giving it their all. We were very pleased with their sportsmanship, etiquette and behaviour on the day. They represented our school with pride and a fantastic day was had by all. A very big thankyou goes to the parents who transported their children, helped with organisation and cheered the students on – Rob Colley, Marcel Grant, Angie and Dean Holden and Jodie Markwick.



Principals P&C Report

School Uniforms:

- Surveys have indicated that the parents would like the uniform to remain the same with no changes.
- New sports shirts have been ordered – better quality, same design. There will be a \$2 increase in cost of this sports shirt.



Donation from ProTen - \$5384. Staff are making a wish list and decisions will be made next week when costings have been done. Items being considered are senior book packs, quality texts for library, excursion costs - \$100 per child, upgrade of 2 computers, jellybean table, large movable white board, pavers for path to undercover area.

Somerton Public School Audit – Held on Thursday 26th May 2016 - finance and WHS. Mrs Leona Markham visited the school to conduct the audit. She was very happy with our processes and evidence, and there were no issues that needed attention. Thanks to Michelle Fritze and the staff for a wonderful team effort. Mrs Markham commented on the lovely school atmosphere, environment and our student body.



P&C News

Somerton Public School will be host to polling day for the Federal Election on 2nd July 2016.

The P&C have decided to hold a fundraiser cake stall and they are asking all parents and friends to contribute a cake, slice, cookies, fresh produce etc, to be sold on the day. They can be left at the school on Friday 1st July.



Why not visit our Website:

<http://www.somerton-p.schools.nsw.edu.au>

Christmas in



The SRC are organising a Christmas In July Toy and Gift Raffle to raise money for the student excursions to Canberra and The Great Aussie Bush Camp. Books of tickets will be sent home next week with the costs and details of the prizes. The raffle will be drawn in Week 2 Term 3, at our Christmas in July Celebration Lunch.



LIFE EDUCATION
AUSTRALIA

The students had a great day at Carroll Public School visiting the van with their friends from Carroll PS. As well as the van, the students participated in art and, dance and PE activities. Another interesting learning and social day had by all. Thank you to the staff and Marcel Grant who transported the students on the day.

School Photos



A photographer will be taking school photos on Monday 25th July (Week 2 Term 3). Information for orders went home to families last week. Please note Mr Clark will also be taking a group school photo on the day if you would prefer to purchase that for \$10. Any photos of the students taken at various functions and participating in activities will be displayed on Somerton PS Facebook page and can be purchased from the school.

Community Sausage Sizzle!

...Is on again this Friday! All parents and friends are welcomed to join us at 1:15pm for a sausage sandwich, cuppa and a chat. Hope to see you there!



Playgroup 2016

New mums and their children have been visiting our playgroup held every Wednesday 9:30am-11am in the school common room.



Community of Schools Cultural Performance @ Oxley Vale PS

Somerton PS students will be joining other small schools in attending a cultural performance by Sean Choolburra @ Oxley Vale PS on Wednesday 8th June 2016. Sean is a comedian, performer and didgeridoo player. Students will be travelling by bus to the performance. A permission note will go home this week. There will be no cost to students.



Gunnedah Eisteddfod this Thursday



Somerton PS students will be travelling to Gunnedah by bus this Thursday 2nd June 2016 to perform in the Gunnedah Eisteddfod musical theme section. Students are to come in full **sports uniform** with a

skirt or shorts, black shoes and white socks. All Students are to bring their own recess, lunch and a drink.

Cooking

Years 3-6 will be cooking this week. Please bring \$2.

K-2 will NOT be cooking this week due to the Eisteddfod.



Canberra Excursion 2016

3 weeks to go!...Final arrangements are being made for our students attending.

This excursion will be held on **Monday 27th June to Friday 1st July 2016** for Years 5&6.



Great Aussie Bush Camp 2016

Thank you to those families who have completed payments and returned their permission notes. Remember the students are being subsidised \$100 from ProTen and \$50 from the P&C.

This camp will be held on **Monday 5th September to Wednesday 7th September 2016** for Years 3&4.



SCHOLASTIC

Book Club has gone home today.

Issue 4, 2016 orders & payment must be returned to school by **Friday 17th**

June 2016 in an envelope with your child's name clearly marked on it.



BE A HERO. BE A PIRATE. PIRATE DAY FRIDAY



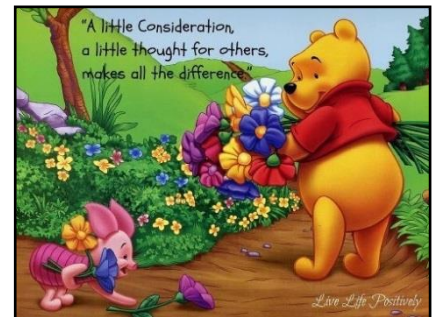
Next Friday 10th June 2016 students will be involved in the Pirate Day fundraiser for childhood cancer. Students are asked to bring a **gold coin donation** and will be involved in activities such as decorating an eye patch! 'Argh me hearty's!'



Students will be visited by Healthwise Thursday afternoons for the remainder of the term. Health professionals will be talking to students about oral health, nutrition and mental health.

Weekly Focus Concept: Consideration

Think carefully before you act or say anything. Think of the other person and how they might feel concerning your actions towards them.



Weekly Assembly

Week 4



White Merit Award:

Koby Heywood, Shannon Colley, Jye Booby-Woodward, Charlotte Heywood, Wade Holden & Brendan Colley



Terrific Award:

Max Daly – for effort in reading

Superstar Award:

Annie Hook – excellent drama skills



Week 5**White Merit Award:**

Annie Hook

Terrific Award:

Sophie Hook – for a terrific reading effort

Superstar Award:

Shannon Colley – excellent effort in class

**Native Trees for Sale**

Somerton PS SRC have native seedlings from the North West Local Lands Service for sale.

There is Silver Leaf Iron Bark and River Oak for sale.

Trees are \$5 with stakes and a guard. Limited number.

**TERM 2 - 2016 DATES**

Week	Monday	Tuesday	Wednesday	Thursday	Friday
6	30 Zone Cross Country	31	1 June	2 11am-travel (bus) Gunnedah Eisteddfod	3 Golf Music German Scripture Community Sausage Sizzle 2:00pm Assembly
7	6	7	8 10:45am - Community of Schools Cultural Performance @ Oxley Vale PS	9 Library 2pm-Healthwise visit	10 Pirate Day Golf Music German Scripture 2:00pm Assembly
8	13 PUBLIC HOLIDAY	14	15	16 Library 2pm-Healthwise visit	17 Golf in Gunnedah Music German Scripture Community Sausage Sizzle 2:00pm Assembly
9	20	21	22	23 Jump Rope for Heart Library 2pm-Healthwise visit	24 Golf in Gunnedah Music German Scripture 2:00pm Assembly
10	27 Canberra Excursion Years 5&6	28 Canberra Excursion Years 5&6	29 Canberra Excursion Years 5&6	31 Canberra Excursion Years 5&6 Library 2pm-Healthwise visit	1 July Canberra Excursion Years 5&6 Golf in Gunnedah Music German Scripture 2:00pm Assembly

CENTRE STAGE SCRIPTS PRESENTS

CARPE DIEM



STARRING
JOHN WOOD
& CHRIS PIDD

Set in a rural town, Carpe Diem portrays the friendship of a hard working farmer and his stock agent mate. Both have been impacted by the long running drought. Carpe Diem is an entertaining look at how friendship and proper care give a man the strength to cope and the tools to carry on...

SOMERTON HALL

MON 6 JUNE 6:00PM

Enjoy a free BBQ after the show with John Wood
Gold Logie Award winner and star of Blue Heelers

THIS GREAT NIGHT OUT
IS FREE!

BYO LIGHT REFRESHMENTS
RSVP FOR CATERING TO SANDY
e:sandym@carersnsw.org.au m:0408 757 886



THIS EVENT IS FUNDED BY THE AUSTRALIAN GOVERNMENT DROUGHT ASSISTANCE PACKAGE

CARPE DIEM



CARPE DIEM: LATIN FOR 'SEIZE THE DAY'

Carpe Diem is a short (45 min) two man play based around a farmer who is struggling and his mate who helps him out. It stresses the importance of professional care in times of crises, and highlights the importance of mateship and looking out for each other. Sound mental health is essential to our daily lives and the ability to function and work is paramount to the health and wellbeing of families and communities.

Carpe Diem encourages open and honest conversation, as well as increased awareness about a range of issues that touch all our lives. It is an enlightening comedy that delivers positive health messages in a way that is highly relevant, immediate and wonderfully entertaining.

THE CAST

JOHN WOOD

Award winning actor **John Wood** is known nationally for his extensive work in television, film, theatre and musical theatre. A three times Logie Award winner (Most Outstanding Actor as well as the Gold Logie for Most Popular Personality) and multiple nominee for his work on 'Rafferty's Rules' and 'Blue Heelers,' John also writes and mentors emerging actors and playwrights. As such, John has performed in the last three plays written by Centre Stage Scripts; his enormous talent, kindness and expertise offer valued guidance and integrity to each production. Like his character Johnno, John has a passion for restoring old Jaguar cars.

CHRIS PIDD

Chris Pidd has worked extensively in performance arts and education with Arts Tasmania, South West Arts and Murray Arts. In 2006 he was made General Manager at the Flying Fruit Fly Circus. However, after experiencing serious health issues, Chris decided to pursue a new path. In 2013 he became General Manager at Lifeline Albury where he is committed to their important work, offering crisis support to over 11,000 callers each year. Chris continues to be involved with the arts conducting the Yackandandah Festival Choir, directing local theatre productions and performing MC duties. This is Chris' first acting role in five years and he is delighted to perform with John bringing this important work to audiences across the country.

THE AUSTRALIAN GOVERNMENT DROUGHT ASSISTANCE PACKAGE

Carpe Diem is touring as part of the Australian Government Drought Assistance Package. This free event has been co-ordinated and funded by Carers NSW, in conjunction with Drought Assistance partners and providers Challenge, Richmond PRA, Schizophrenia Australia and The Ascent Group.

Funded by the Federal Government, the providers are working across NSW to deliver and facilitate events to improve the mental health, wellness and wellbeing of individuals and communities across the entire region. The funding provides support to rural families; farmers and community members to access free counselling and support; education on mental health, illness and prevention, as well as free community events to improve health literacy.

MY SPEAK

The 3 day My SPEAK program is for children aged 8-11 years whose parents are going through separation, mediation or divorce.

The program aims to increase resilience skills, self expression, self esteem and reduce feelings of isolation.

WHEN: 12th, 13th & 14th July

TIME: 9.00am—1.00pm

WHERE: Centacare NENW, Tamworth

COST: FREE

RSVP: Contact the Family Rural Resilience Program on

6762 9200

(This course may be cancelled 7 days prior to commencement if there are insufficient registrations)



An Australian Government Initiative



Centacare
New England North West
Rural Resilience

Resilient Kids

Resilient kids is a 5-week program for children aged 6 to 8 years old.

The program aims to:

- develop resilience
- increase ability to cope
- provide opportunities for self-expression
- increase self-esteem
- reduce feelings of isolation
- enhance kids communication abilities
- increase skills to cope with change

WHEN: 5 x Mondays
25th of July & the 1st, 8th, 15th
& 22nd of August
TIME: 3.30 – 5.00pm
WHERE: Centacare NENW
201 Marius St, TAMWORTH
RSVP: Contact the Family Rural
Resilience Program on
6762 9200



An Australian Government Initiative

Registrations are essential. This course may be cancelled 7 days prior to commencement date if there are insufficient registrations.



Centacare
New England North West
Rural Resilience

Our programs for ADULTS

After formal assessment, programs for parents may be advised. Further information will be provided upon intake.

Our Family Case Management

Family case management aims to develop strategies for better family functioning. We focus on children and young people 0-18, while supporting parents and carers to meet your family goals.

Our service will work with your family in a flexible and inclusive way. The program focusses on building strength and resilience within children and young people, as well as with your family.

This support is available as short-term (up to 3 months) or long-term (up to 12 months) case management, courses, and brief intervention counselling.

Family Case Management may help you if:

- You have children aged 0 – 18
- Your child is displaying signs of “out of character” or “at risk” behaviour
- You are experiencing a stressful life event such as family separation, grief and loss, or bullying and this impacts your kids
- A child or young person in your family is at risk of developing a mental illness, such as depression, anxiety, diagnosed mental illness
- You are not coping with family commitments and responsibilities and this is impacting on your kids
- You are not currently working with a family case manager.

All services are FREE

For further information please call the Family Rural Resilience team



Phone: 1800 372 826

Fax: (02) 6762 6165

Email: tamworth@centacarenenw.com.au

www.centacarenenw.com.au

Funded by the Department of Social Services.



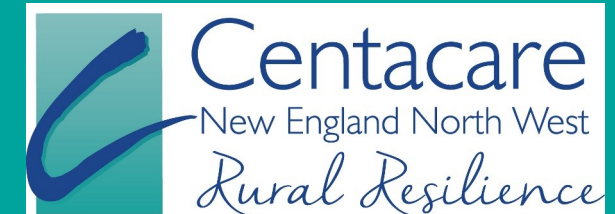
Centacare NENW acknowledges the traditional custodians of this land and pays respect to the elders past and present.



Building
stronger
families in
our region

Family Rural Resilience Program

Staff are based in Tamworth, Armidale, Inverell, Moree/ Narrabri, and outreach to all towns across the New England North West.



About us

The Family Rural Resilience Program (FRRP) is a free and flexible early intervention, wellbeing support service for 0-18 year olds.

We assist families, carers, children and young people to enhance their wellbeing and have great relationships. We provide a range of courses, as well as short and long term case management.

Our goal is to support you to increase your family's wellbeing, safety, connectedness, and overall functioning.

Open to self-referral. Contact us for a referral form.

This service does not accept referral, if anyone in the household under the age of 16 is under the care of the Minister for Family and Community Services.



Our Programs

Our programs are designed to build skills around wellbeing and build family resilience.

All groups are free and run at various times throughout the year. Please call us if you would like to register or find out more.

Programs for YOUNG PEOPLE

To access groups and programs, families must be registered under case management within this service.

PALS Social Skills (3-6 years)

The PALS Social Skills Program teaches children from 3 to 6 years of age about a variety of social skills including greeting others, listening, sharing, taking turns, dealing with feelings of fear, sadness or anger and solving problems. The program incorporates stories and music.

All Children Being Safe (5-8 years)

All Children Being Safe is an early primary school aged protective behaviours program for children. The program aims to help children feel strong and safe while identifying safe and unsafe feelings, people and places. It incorporates stories, learning activities and art and craft. This is a NAPCAN program.

Resilient Kids (6-11 years)

Resilient kids aims to develop resilience, increase ability to cope, provide opportunities for self-expression, increase self-esteem, reduce feelings of isolation and enhance kids communication abilities. It also works to increase skills to cope with change.

Cool Kids (7-12 years)

The Cool Kids Program is an early intervention program for school aged children who may be dealing with anxiety. The program teaches kids what anxiety is and feels like, and ways to help feel less worried about things. There are activities and parents are involved in a part of the course.

SMILES (8-11 years)

The 3 day Smiles program is designed to address the needs of children who are supporting family members with a mental illness. This program aims to increase coping skills, develop resilience, provide opportunities for self expression, increase self-esteem and reduce feelings of isolation.

** Inclusion criteria exists for this program.*



My SPEAK (8-11 years)

The 3 day My SPEAK program is designed to address the needs of children whose parents are going through separation, mediation or divorce. The program aims to increase resilience skills, self expression, self esteem and reduce feelings of isolation.

I am important (8-10 years)

This 2 week program looks at self esteem: what is it, the role it plays in your life, and ways to develop it. The program also looks at strengths, resilience, communication and problem solving.

P.U.L.S.E (Pumping Up Low Self-Esteem)

The P.U.L.S.E program is a self-esteem building course for 12 to 15 year olds.

RAGE (Renavigating Anger and Guilt Emotions)

RAGE is a 6 week strength based, solution focused anger management course for young people aged 11-17.

For more information, or to make a referral for yourself, or someone else, call us on 1800 372 826.

www.centacarenenw.com.au