

Newsletter

Somerton Public School

Developing Respect, Responsibility, Resourcefulness

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Term 3 – Week 2

Tuesday 26 July 2016

Mr Reid's Message

We have had a great start to the term. We had lots of catching up to do and lots of stories to tell. We welcome back Annie, Nicholas and Sophie Hook to school who have returned from their four week vacation in Germany. We look forward to hearing about their exciting time with their extended German family and friends.



Christmas in July Sharing Lunch

Decorations have been made and are hanging in the

classroom and the Christmas tree has been decorated. We are all very excited and are looking forward to celebrating our Christmas in July Sharing Lunch with our family and friends. Could you please complete the RSVP slip and return it as soon as possible if you have not already done so. Secret Santa gifts can be brought to school any day this week and can be left under the Christmas tree. The students can come to school dressed in casual clothes with a Christmas theme. They will need to wear their joggers as they will be playing tennis in the morning for sport.

Christmas in July Raffle: All tickets and money need to be returned to school by Friday as we will draw the winners at our Christmas in July Sharing Lunch.

Bective Small Schools Athletics Carnival

Due to inclement weather the carnival has been postponed. Once a new date has been set we will notify students and parents.



Community Sausage Sizzle!

...will commence in **week 4** as our Christmas in July Sharing Lunch is on this Friday.



Playgroup

Come join us for some fun on Wednesdays 9:30am-11:00am.



Education
Public Schools



Next Tuesday 2nd August, we are holding our NAIDOC day to celebrate Aboriginal heritage and culture. Carroll and Bendemeer PS will be joining us for the day. All students will be involved in many activities on the day including Aboriginal games, painting and music. We are having lunch orders on that day so if you would like to order please complete the order form attached to the newsletter.

Donations for Somerton PS!

Somerton Public School students will benefit from the generous donation of two community groups. A big thank you to both:



Lions Club of Manilla, Inc for their \$500 donation
Rotary Club of Tamworth, Inc for their \$100 donation.

The combined funds have been used to purchase a subscription for Interactive Whiteboard lesson plans subscription. The focus of these interactive and fun lesson plans is literacy and numeracy.

Thank you for your generous donation ☺
Here is Tiarna with Barbara & Roy Ascott and Jim Maxwell from Lions Club Manilla:



Why not visit our Website:

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

CWA Mongolia Presentation

Tomorrow students will be attending the CWA International Day @ Somerton Hall to present their Mongolia Projects.



School Photos

Thank you parents for sending your children beautifully dressed in their school uniforms for the school photos. The students looked fantastic and I'm sure the photos will be amazing.



P&C News

The termly P&C Meeting will held on Wednesday 10th August 2016 @ 5:30pm. All parents are welcome ☺

Sunglasses

Sunglasses for adults and students are almost a necessity now due to the harmful rays of the sun. We have obtained quality polarised sunglasses with the Somerton label on the arm of the glasses from a reputable company for sale to the students. Please see the attached flyer explaining the benefits.



Cost is \$11.00. The glasses come in a protective case. Please consider purchasing these glasses for your students as an important part of health and safety.

Tennis for Sport!

The students commenced **tennis** last week as their sport for **Term 3**. Mr Craig Louie, a tennis coach from Gunnedah, comes every Friday and coaches the students for an hour. They had a great time learning how to hit a ball with direction.



Cooking

K-2 will be cooking each this week this term. Please bring \$2.

3-6 will be cooking on even weeks this term. Students will still need to bring their lunch on cooking days. Please bring \$2.



Weekly Focus Concept: Calm

Calm is being quiet and thinking regardless of what is happening in your life. Being calm helps you to think and be sensible about your decisions. Being calm in the playground and the classroom can make for a happy and peaceful environment.



Holiday Reading

During the winter holiday break students took home a reading pack so that they could practice their reading skills. Thank you to everyone who participated and returned their packs on time. For every 5 books read, students received a "Bluey" as a reward and those who returned their packs were treated to a "popcorn surprise". To date the total number of "reads" recorded was 94- an outstanding effort!

Mrs Stoker



Genes for Jeans Day



Jeans for Genes®

Next Friday, 5th August

everyone at Somerton PS will be wearing jeans next Friday to raise money for medical research into genes disorders. A gold coin donation from the students for wearing jeans would be appreciated on the day. As it is sports day the students need to wear their sports shirts and joggers.

Whole School Assembly

Every Friday commencing at 2:00pm in the 3-6 classroom.



Assembly Awards

Week 1

Merit Awards: Keisha Johnston, Tiarna Harrison

Terrific Award:

Shannon Colley – terrific participation at the Canberra excursion.

Superstar Award:

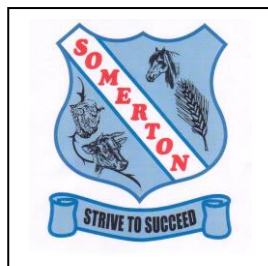
Max Daly – great effort in reading.



TERM 3 2016 Dates

Week	Monday	Tuesday	Wednesday	Thursday	Friday
2	25 School Photos	26	27 CWA International Day Presentation	28	29 Tennis Music German Ipm Christmas in July Lunch 2:00pm Assembly Scripture
3	1 st August Education Week	2 NAIDOC Day @ SPS	3	4	5 Tennis Music German 2:00pm Assembly Scripture Genes for Jeans Day National Tree Day
4	8	9	10	11	12 Tennis Music German 1:15pm Community Sausage Sizzle 2:00pm Assembly Scripture
5	15	16	17	18	19 Tennis Music German 2:00pm Assembly Scripture
6	22	23	24	25	26 Tennis Music German 1:15pm Community Sausage Sizzle 2:00pm Assembly Scripture
7	29	30	31	1 st September	2 Tennis Music German 2:00pm Assembly Scripture
8	5 Aussie Bush Camp Years 3&4	6 Aussie Bush Camp Years 3&4	7 Aussie Bush Camp Years 3&4	8	9 Tennis Music German 1:15pm Community Sausage Sizzle 2:00pm Assembly Scripture
9	12	13	14	15	16 Tennis Music German 2:00pm Assembly Scripture
10	19	20	21	22	23 Tennis Music German 1:15pm Community Sausage Sizzle 2:00pm Assembly Scripture

SOMERTON PUBLIC SCHOOL



Milkmaid Street
SOMERTON NSW 2340

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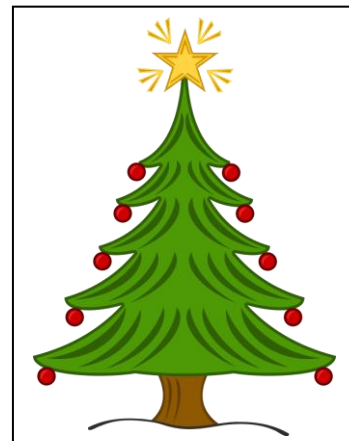
Fax: (02) 6769 7400

Email: somerton-p.school@det.nsw.edu.au

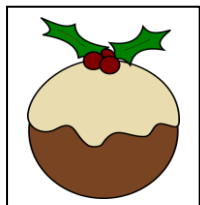
Dear Parents

Next week on **Friday 29th July**, we will be having our '**Christmas in July Sharing Celebration Lunch**' commencing at **1:00pm**. We will also be drawing our Christmas in July Toy raffle at this time.

We would like to invite all families and friends to attend and be part of the celebration lunch! After the lunch we will be drawing the raffle winners. We will be getting into the true Christmas spirit of decorating the classroom with a Christmas tree, singing Christmas carols and secret Santa gift giving for the children.



As we are encouraging the 'sharing' theme we are asking everyone to bring a plate of Christmas fare to share for lunch (eg a cooked chicken, roast vegetables, a salad, bread rolls, a bottle of juice etc). Mrs Stoker has offered to make a Christmas pudding for dessert. The children will be cooking through the week as a part of their sharing. We will provide plastic plates, serviettes, cups and cutlery as well as tea and coffee for the adults. The children will decorate the lunch tables in true Christmas style!



Adding to the excitement will be a secret Santa where the children will draw a child's name out of a hat this week and they will buy a gift for that child to the maximum value of \$5. These gifts can be brought to school and will be placed under the Christmas tree any time next week and will be distributed during the celebration. If younger siblings are attending, parents can bring a gift for them and place it under the tree on the day.

Could you please complete the RSVP slip below with the number of adults and children attending and the food you would like to bring and share. We look forward to seeing you on this special day.

Sincerely
Toni Reid
Acting Principal

Please return by Tuesday 26th July 2016.

NAME: _____



We will / will not be attending the '**Christmas in July Sharing Celebration Lunch**' at Somerton PS on **Friday 29th July**.

There will be _____ adults and _____ children.

We will bring _____ to share for Christmas lunch.

Thank you for your assistance in helping in our organisation of this fun activity!









Join this national movement! Invest in student eye-health with School Shades sunglasses.




School Shades is dedicated to partnering with schools. Providing high quality UV protective eyewear supports schools to comply with SunSmart recommendations.*



Prolonged exposure of the eyes to UV rays can cause:

-  **Skin cancer** around the eyes and eyelids
-  **Cataracts** (cloudiness of the lens)
-  **Macular** degeneration (damage to the retina)
-  **Pterygium** (an overgrowth of the conjunctiva onto the cornea)
-  **Squamous cell cancers** on the conjunctiva (membrane covering the white part of the eye)
-  **Climatic droplet keratopathy** (cloudiness of the cornea)

Recent medical research has revealed that:

-  Primary aged children's eyes are much less able to block UV radiation as adult's eyes, making them more susceptible to the damage caused by UV rays.
-  UV rays are at their strongest between 10am and 2pm. Children are often playing outside for part of this time.
-  A broad-brimmed hat has been an integral part of outdoor play since the early 1990s, but only offers eyes 50% protection from UV rays: sunglasses complete the final 50% of protection.

School Shades - your trusted partner in student eye-health.

**www.sunsmart.com.au/downloads/communities/early-childhood-primary-school/ec-sample-sunsmart-policy.pdf*

School Shades sunglasses:

- ☞ **Hardy** and practical for young children at play
- ☞ Have an **I.D panel** for each child's name to be written for easy identification
- ☞ Come with a protective **hard-cover case** and handy clip to attach to school bag or tote tray
- ☞ Have your **school's name branded** on the each pair
- ☞ Come with a quality micro-fibre **polishing cloth**
- ☞ Are an investment in the **long-term eye-health** of children
- ☞ Are **fully compliant** with the highest AS/NZ 1067:2003 UV rating
- ☞ Come in **three sizes** (S, M, L) to fit all students from K to 6
- ☞ Available in **school colours** to complement your school's uniform.



School Shades works collaboratively with schools and P&C Committees to ensure each school has a very profitable fundraiser.

*To place an order or find out more:
Visit www.schoolshades.com.au,
email sales@schoolshades.com.au,
or call 0418 283 876*



"Our School Shades have been a huge hit with strong interest and sales. These glasses are seen to be a very strong move to providing protection to our children's eyes and our school parents see the value in this product."

Principal, Central West NSW

"School Shades sunglasses are fantastic- the best fundraiser our school has done. Not only this, but as parents and teachers we now feel comfortable that the eye-health of our students is protected."

Eastwood Heights Public School P&C



NAIDOC DAY @ SOMERTON PUBLIC SCHOOL
LUNCH ORDERS
Tuesday 2nd August 2016

Name: _____ **School:** _____

Please Circle Your Choice

Lunch

ITEM		QUANTITY	Price /Item	TOTAL \$
Sausage Sandwich	Served on bread with choice of onion/coleslaw/sauce		\$2.00	
Rissole Sandwich	Served on bread with choice of onion/coleslaw/sauce		\$3.00	
Steak Sandwich	Served on bread with choice of onion/coleslaw/sauce		\$4.00	
Water			\$2.00	
Juice Popper	Orange or Apple or Tropical		\$1.50	
Tea & Coffee			\$1.00	

TOTAL AMOUNT \$: _____

PLEASE RETURN FORM AND MONEY TO YOUR SCHOOL BY:
FRIDAY 29TH AUGUST 2016



**Learning
Difficulties
Coalition** NSW Inc.

**July
2016**

LDC Regional, Rural & Remote Schools E-Update

JULY ARTICLE

ADHD and Social Media

When teenagers interact socially with others they take notice of the other teenager's body language, their facial expressions and their tone of voice to gauge their understanding, interest and responses. Teenagers with ADHD often have trouble recognising these social cues and therefore often have difficulties with friendships due to the consequences of misreading signals, being impulsive, unintentionally offending and more. Once social media is introduced to this scenario the problems can escalate.

Social media - whether it be Facebook, Instagram, Email, Twitter, etc - moves quickly, responses are fast, there is little time to think before you reply and there are no body language or facial expression cues to read. For teenagers with ADHD it can be very challenging. According to the Australian Bureau of Statistics, in 2009, 48% of 12-14 year olds used social media, 11% of 9-11 year olds and 3% of 5-8 year olds. Regularly remind your teenager of the following points regarding their use of social media:

- Everyone sees your comments. A good suggestion is to remind them if they wouldn't say the comment to the Principal or Grandma, don't put it online.
- Your comments can't be fully deleted, there is no option to explain that they misunderstood or I didn't mean it.
- Avoid using social media at times of the day when they are most impulsive.
- Delay sending your response immediately - read it twice, count to ten, etc, to provide enough time to process.
- Set a timer to avoid wasting too much time online.
- Social media shouldn't replace actual social interaction with others, encourage them to go and meet friends.
- ADHD teenagers can already have trouble understanding consequences for their actions, explain the implication of online behaviour in terms they understand and have clear boundaries set up.
- Discuss cyberbullying with them (24/7, anonymous, reaches more people, etc) and what to do if this happens.

References: "Did I Just Tweet That" www.additudemag.com "Quick Reference Guide for teachers on cybersafety and cyberbullying" Nov 2011, QLD Government, "Social Media Success With ADHD" by M Vann www.everydayhealth.com "New cybersafety game for special education students" www.acma.gov.au

Have you read this article...

Sunshine Coast teen describes rage, tics and unpredictability of Tourette Syndrome: <http://www.abc.net.au/news/2016-05-12/teen-talks-of-tourette-syndrome-for-awareness-week/7404756>

Have you seen this book...

An Asperger Dictionary of Everyday Expressions, by Ian Stuart-Hamilton Available from www.angusrobertson.com.au \$32.99. This dictionary provides explanations of over 5000 idiomatic expressions and their politeness level.

Have you googled this website...

<http://www.copmi.net.au/kids-young-people/at-school>

This website is for Children of Parents with a Mental Illness.



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Please contact the LDC office if you would like Helpline brochures/posters for your school.

MEMBERSHIP COSTS

1 year School M'ship \$55
3 year School M'ship \$150

MEMBERSHIP BENEFITS INCLUDE:

- A Quarterly Newsletter
- Fortnightly Member Updates relating to LD.
- Discount on LDC resources
- Discount on entry to LDC seminars

RESOURCE HIGHLIGHT

Self-Concept & Learning Difficulties

by Dr Christine Andrews

Parental Strategies for
Enhancing the Self-Concept
of Children with Learning
Difficulties.

\$10 for LDC members
\$15 for non members
+ P/H (see website for prices)

See www.ldc.org.au for details