



## THE GOORA GAZETTE



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educating hearts and minds

# Term 4 2017

W	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>4</b>	30 October Transition to HS Miss Warden L3	31 October	1 November 10am Food & Fibre  LMBR training - Ms Fritze	2 November LMBR training – Ms Lacey	3 November	4 Nov P&C Bingo Night	5 Nov
<b>5</b>	6 November Kinder GO!	7 November 9:30am-Playgroup	8 November	9 November LMBR training - Ms Fritze	10 November LMBR training - Ms Fritze	11 Nov	12 Nov Sydney Excursion Depart
<b>6</b>	13 November	14 November	15 November	16 November	17 November	18 Nov	19 Nov
 <b>SYDNEY EXCURSION</b>					Sydney Excursion return		
<b>7</b>	20 November Kinder GO! Planning 2018-2020 PL Ms Lacey - Gunnedah HS	21 November 9:30am-Playgroup	22 November	23 November Planning 2018-2020 Currabubula, Attunga, Woolomin	24 November	25 Nov	26 Nov
<b>8</b>	27 November Kinder GO!	28 November	29 November	30 November Planning 2018-2020 Currabubula, Attunga, Woolomin	1 December	2 Dec	3 Dec
<b>9</b>	4 December	5 December 9:30am-Playgroup	6 December	7 December	8 December	9 Dec	10 Dec
 <b>School Swimming Scheme</b>							
<b>10</b>	11 Dec	12 Dec	13 Dec Reports home	14 Dec Presentation Night	15 Dec Last Day Students	16 Dec	17 Dec
<b>11</b>	18 Dec SDD Planning 2018	19 Dec SDD Planning 2018	20 Dec	21 Dec	22 Dec	23 Dec	24 Dec

# Ms Lacey's Message.....

The last fortnight has been very busy with planning for the next school plan cycle (2018-2020). For the first time Somerton PS will join with three other schools to form the Winanga-li (to hear, to listen, to know, to remember) Learning Alliance. Being a part of this alliance means that Somerton PS staff will work closely with staff from Currabubula PS, Woolomin PS and Attunga PS to collaboratively write a school plan involving three strategic directions around teaching, learning and community engagement. We will have the opportunity to utilise teacher expertise and knowledge to provide in-house professional learning and sharing of resources between the four schools. This initiative is extremely exciting for all schools involved and I am certainly looking forward to beginning this journey to continue to improve the learning outcomes for all of our students.

During Week 2 Annie Hook travelled to Sydney representing North West and Somerton PS in high jump at the State Athletics Carnival. We are so proud of Annie and her achievement. We were absolutely delighted when we heard the news that she placed 8th out of 41 participants! What a fantastic result. Go Annie!

Our first Kinder Go session was held last Monday. Staff and students were very excited to welcome Daniel, Aggie and Indigo to join us for the part of the day. A range of activities were organised by Mrs Weis for students to engage in and they were also able to do some buddy reading with their peers from the K-2 class. We look forward to seeing Daniel, Aggie and Indigo back for the second day of Kinder Go on Monday 5th November.

*Ms Lacey*



## Sydney Excursion

A final note including the final costing for the excursion, medical details form, permission note and what to pack for the excursion has been sent home. The cost of the excursion has been heavily subsidised by the fundraising that took place during term 3. The staff sold lots of pickles, spreads and trees to raise a substantial amount of money significantly lower the cost to families.

Final payment for the excursion is due by Wednesday 8th November. Please do not hesitate to call the school office should you have any questions or concerns.

## P&C Bingo Night

Our hardworking P&C are currently organising their next social event which will be a Bingo Night to be held on Saturday 4th November at the Somerton Memorial Hall. Get your friends together to enjoy a fun night with great prizes! Tickets are \$15 for adults (16 yrs and over) and \$5 for children. The price includes a book of tickets and supper.

## Thursday Cricket

Our first Thursday cricket session was held on Thursday 19th October. This is a fantastic opportunity for our students and we thank Cameron Mackenzie and Adam Daly for this initiative. Our students are certainly very lucky to have such supportive and proactive parents in our community. All Somerton PS students are welcome to attend.

## Quote of the week

*'A winner is a dreamer who never gives up.'* Nelson Mandela



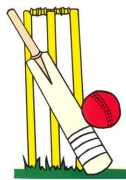
# Noticeboard



**P & C News**  
The next P&C Meeting will be  
Thursday 7th December at 4pm.  
All Welcome.

## After School Cricket - Thursday Afternoons

Mr Mackenzie and Mr Daly will be running After School Cricket at Somerton PS on Thursday afternoons at 3.45pm. All students are welcome to attend. The cost will be a gold coin donation and students will be provided with fruit for afternoon tea. Please contact the school office for more information.



## Kinder GO!

The next Kinder Go Transition Day will be held on **Monday 6th November**.

## Playgroup

The next Playgroup will be held on **Tuesday 7th November 2017**.  
Please contact Drue Daly for more information on 0428 210 928.



## SCHOLASTIC

Anyone wishing to order book club - Issue 7, 2017 orders & payment must be returned to school (in an envelope with your child's name clearly marked on it) or completed online by Friday 10 November 2017.



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# Noticeboard

## 2018 School Student Transport Scheme and Term Bus Pass

Applications for 2018 School Student Transport Scheme (SSTS) and Term Bus Pass (TBP) travel entitlements are now open.

In coming days students who hold an SSTS entitlement and are changing grade bands i.e. going from year 2 to 3 or year 6 to 7 and changing school, and students whose entitlement was approved under a medical condition, will receive notification by email or post informing them of the pending expiry of their entitlement. TBP holders will also receive notification.

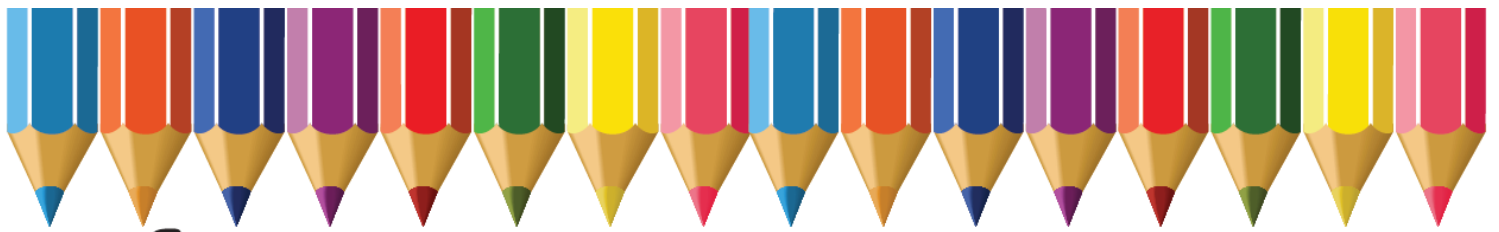
Students enquiring about pending cancellation should be advised to go online to <https://apps.transport.nsw.gov.au/ssts/updateDetails> to update details/make application for next year's entitlement.

Application needs to be made before 31 December 2017 to ensure their entitlement is updated and their current card is not cancelled. If application is made after the expiry of their entitlement (31 December) the system will automatically cancel their card and a new one will need to be issued.

Please note: Students who are changing grade band and are remaining at the same school will not receive notification and do not need to reapply (the system now automatically validates a student's on-going eligibility if at the same school and going from infants to primary or primary to secondary). Where a student meets the new eligibility the system will automatically update their entitlement and card.

Students residing in Rural and Regional (R&R) areas are expected to receive their new travel pass at the commencement of the New School Year. Note; not all R&R operators issue passes (often in smaller communities where the student is known a pass is not issued).





# FROM THE CLASSROOMS

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## K-Yr2

Last Monday was our first Kinder Go! morning for the term. The class welcomed 3 bubbly and enthusiastic children, Aggie, Daniel and Indigo. Students spent the morning enjoying the text *Pandamonia* which they used as inspiration to make puppets and perform a puppet show, which were all very entertaining.

Maths last week was very hands on around the text, *The Paper Bag Princess*. Students looked at all the parts of the story that related to number and mathematical concepts. This included problem solving to work out the 12 possible key combinations that Princess Elizabeth could have used to get into the castle. They also had the challenge of making a paper bag fit for a prince or princess to wear. We had to call on Ms Lacey's class for help in the challenge. During the activity students had to use cooperative group work skills as well as their knowledge of all aspects of measurement.



## Yr3-Yr6

During the past fortnight students have continued to focus on the text *My Place* by Nadia Wheatley. As well as reading the book students have enjoyed watching the series on DVD. We are able to compare the text to the television series seeing the similarities and differences between each child and their story, each a decade apart. We have looked at our own place and last week students drew their own maps of Somerton including plotting the school, local businesses, friend's houses and other points of interest. Students then went on to write their own page of the story to tell about their place, Somerton.

During maths we have been focusing on addition and subtraction and the various strategies we can use when solving mathematical problems involving addition and subtraction. We have looked at how we can use a number line and the hundreds chart to help in solving problems. Students have also been practising their times tables by the way of a challenge every Monday. We are definitely improving!







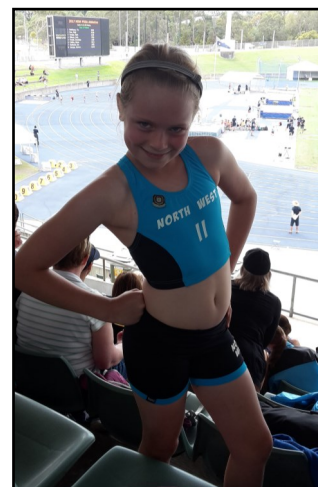
# FROM THE CLASSROOMS



## Annie Hook - High Jump Champion

Hi! I'm Annie Hook and on the 17th of October I went to Sydney to participate in the PSSA State Athletics Carnival doing high jump. I did very well coming 8th in a field of 40 other junior girls. And I'm talking about the whole state of NSW, so this makes this achievement pretty awesome!

Thank you!





## Parenting - Hang in There!

### 15 Ways to Love Your Child Confidently BY MICHAEL GROSE

Parents have two things in common. Firstly, every parent experiences some challenges or difficulties at some point raising kids. Whether it's managing challenging behaviour, keeping a child's chin up when life doesn't go their way or helping a young person handle the ups and downs of adolescence – every parent must deal with challenges along the way.

Secondly, all parents want their children to thrive and flourish. That means we need to love our kids confidently, rather than protect, pamper and problem-solve for our kids.

Here are fifteen parenting ideas to help your kids thrive and in doing so, may reduce the number of parenting challenges you experience along the way:

#### 1. When kids can, let them do

The independence mindset that we promote here at Parenting Ideas means that parents look for as many opportunities as possible to develop self-sufficiency in children. When kids can get themselves out of bed in the morning we allow them to do so. When a toddler can clear her plate and spoon away we encourage her to do so. When a teenager can catch a train into the city we allow him to do so, even though we may be uncomfortable about letting go. Self-esteem and confidence is built by kids gaining mastery over their world and doing the little things that we as adults so often do for them.

#### 2. Develop a growth mindset

This generation shouldn't grow up like past generations thinking that their natural abilities set the tone for the pattern for the rest of our lives. If you think that you'll never be good at maths/writing/sport/whatever, then you have a fixed mindset. We now know that talent and smarts aren't fixed- they evolve over time with practice and effort. There's a lot parents can do to develop a growth mindset in kids. Start by linking your child's success with effort rather than linking it to natural ability. You want your child to grow up believing that hard work and strategy have as much to do with their success in any area as their natural ability.

Cont...

#### 3. Encourage them to play

Adults are very fond of organising environments for kids to enable learning and maximise their development. Kids' lives are full of organised after school activities including sports practice, music practice and swimming lessons. There's not much time for mucking around these days. Self-initiated play, particularly when it occurs outside is great for kids' confidence. Left to their own devices kids often take risks that would make adults shudder, if only they knew about them. But it's through risks such as climbing trees, building cubbies and navigating their neighbourhood that kids learn to extend themselves and develop skills that they didn't know they had.

#### 4. Give them some tough stuff to do

Life in the twenty-first century is comfortable for most of us. We've eradicated most of the hardship from life so that most kids in developed countries like Australia wake up on a winter morning with a full stomach, a warm house and the prospect of being driven to school. Nothing builds confidence like a deep appreciation for what you have and an understanding that you can put up with some hardship and discomfort so consider ways you can disrupt deep comfort levels. Maybe they have to do some chores (make their lunch/their bed/feed a younger sibling) in the morning; maybe they should walk to school; maybe they can do without morning tea if they leave it at home. Maybe..... I'm sure you can think of your own ideas to help them feel familiar with discomfort.

#### 5. Make sure they do something that someone else relies on

So what does your child do that someone else relies on? Does he feed the dog? Empty the dishwasher? Help his sibling with homework? Assuming responsibility builds kids' confidence. We often give responsibility to kids who we know can carry out the responsibilities without a hitch, not the kids who really need it as they sometimes struggle and won't do it right.

PTO...







## 15 Ways to Love Your Child Confidently Cont...

### 6. Give them psychological space

Sometimes we know too much about our children's lives. Most times we know if they had breakfast, who their friends are and how their day went at school. All this knowing may keep us in the loop with our kids, but it can also be suffocating for some children. Children benefit when they have some space from their parents' attention and best intentions. Space gives them the chance to solve their problems in their own way and develop their own resourcefulness, which is a fantastic confidence-builder at any age.

### 7. Ask them to help you

Nothing displays faith in a child's abilities like a genuine request for help. Next time you're about to embark on an activity (cooking, washing the car, loading the washing machine) ask a child to give you a hand. Even better, give the total job to your child if it's practical and timely to do so. Now that's what I call a show of faith!

### 8. Let them teach you something

When was the last time you asked your child to teach you how to do something? Kids who see themselves as strugglers can get a boost in confidence when they teach their parents how to do something that they are good at.

### 9. Encourage your child to be a generalist

The years before adolescence have traditionally been seen as a period when children explore various activities and develop a variety of interests. Essentially it's the time to be a generalist. Specialisation best happens from around fourteen years of age when young people start to define their identity ('I'm into music!' 'I'm a sports nut!') by the activities they pursue. Children now seem to specialise at a much younger age, which can limit the options available to them later on. Encourage your child to try a variety of different activities to build a broad base of competencies and interests that will serve him well in the teenage years. solving their problems for them.

### 10. Problem solve together

While kids need a chance to resolve some of their every day problems – such as managing pesky siblings, dealing with strict teachers and sharing a workspace at school with peers they don't like- by themselves, they can also benefit from sitting down with a parent and working their way through problems together. All the aforementioned problems (and many more besides) could be workshoped so that kids get the benefit of your wisdom, without you

### 11. Encourage assertion

Kids generally resolve relationship problems with friends and siblings in three ways – through accommodation, aggression or assertion. Accommodating the needs a friend or sibling is admirable but some kids give way too much because they don't know how to stand up for themselves. Some children will use aggression and other high power ways to get their own way. Encourage your child to be assertive and ask for what they want rather than give way all the time or be aggressive. Assertiveness is as much about strong body language as it is about the words they use. So encourage them to practise standing up straight, using a strong voice and making eye contact when they say to a sibling or friend, "No. I don't want you to borrow that."

### 12. Help them see beyond the label

A child who defines himself as being stupid because he struggles academically benefits from parents who lovingly point out that there is more to a life than schoolwork. Help him see the strengths that they has in other areas of life such as making friends; success at leisure activities and the personal qualities that he or she displays such as loyalty, patience and persistence. Help children see past labels that they can place on themselves. anxiety and tension.

PTO...





## 15 Ways to Love Your Child Confidently Cont...

### 13. Cue confidence not anxiety

Recently I heard a parent say to her primary school-aged child prior to going on a class excursion, "You're not going to be anxious are you?" If the child wasn't anxious already she was likely to be after her mother planted the idea in her head. Children generally take their cues about how they should see events from their parents so we need to be very careful about what we say to children particularly when they go into new or unfamiliar activities. Better to cue a child to be courageous with a statement such as "Now's the time be brave." Hmm! Now that's a thought!

### 14. Turn the volume down on the News

There's no doubt we live in a fearful world that reduces children's propensity to take the sensible risks that they need to develop. The media with its twenty-four-hour news cycle has a lot to answer for. Consider how much News your children are exposed to via television and radio particularly in the pre-school and early primary school years. Kids at these ages are faulty processors of information and can be adversely influenced by News events that occur across the world. Fear defeats confidence and inflates anxiety and tension.

### 15. Help your child rationalise, rather than exaggerate their worries

Children and teenagers can easily jump to conclusions and catastrophise ("I'm hopeless!"), blaming themselves when they experience difficulties. Help your child work through their difficulties so they can rationalise and find solutions. Challenge their self-talk and help them see that a situation probably isn't as bad as they are making out. By calling out their propensity to catastrophise you may not be making yourself popular, however you'll be teaching a valuable lesson in staying calm rather than letting their emotions get the better of them.

Building children's resilience and confidence is a basic parenting task. It always has been and always will be. Some kids need more of a focus on resilience and confidence-building than others. Best to take your cues from your kids and look for strategies that stretch them rather than restrict them or keep them dependent on you.

## Library

We have been fortunate enough to recently receive lots of new books of our library. We were able to spend our ! 50 gift voucher from Collins Booksellers that we received as 2nd prize for our scarecrow at the show.

### Arriving to school on time

Our new school times are 9.30am to 3.30pm. It is very important that your child arrive at school on time each day. We understand that families can be extremely busy and sometimes there are circumstances which are unavoidable resulting in your child being late to school.

**Should this occur could you please ensure that you sign your child in at the office.** Thank you.

Did you know?

- If you are 15 minutes late for school each day this equates to 1 hour and 15 minutes missed learning time each week!
- If you miss one day of school per fortnight this equates to 20 days of lost learning time each year!
- If you miss one day of school per week this equates to approximately 40 days of lost learning time each year!



# COMMUNITY CLASSIFIEDS

## Somerton Public School Excursion Fundraiser

Somerton Public School is raising funds for their Sydney Excursion in Term 4. We have a number of items you can purchase to help reduce the cost to families.

Items for sale:

- Homemade Pickles \$5
- Homemade Lemon Butter \$5
- Homemade Passionfruit Butter \$5
- Marmalade \$4
- 6 x 4m Trailer of Mulch \$40

Please contact the school on 6769 7520 for orders.



## Somerton War Memorial Hall

If you would like to hire this great facility please  
contact  
0427 697 566.



## Street by Street

— BRINGING NEIGHBOURS TOGETHER —

**Connect with your neighbours**

If you are fortunate enough to live with a sense of community, where you know the people who live near you, share experiences and help one another, then you'll probably agree, your life is richer for it. The Street by Street Project is seeking community minded people to turn streets into communities in your area, through simple social activities. We'll support you to do this. Contact Irene Oppen at [irene@streetbystreet.org.au](mailto:irene@streetbystreet.org.au) or 0413 706 233 and see [www.streetbystreet.org.au](http://www.streetbystreet.org.au) for more info.

**THE CON**  
TAMWORTH REGIONAL CONSERVATORIUM OF MUSIC  
AFTER EARLY CHILDHOOD  
**COME AND TRY DAY**  
FOR CHILDREN AGED BETWEEN 4 AND 7  
DECEMBER 2, 2017 11.30AM - 1.30PM • CONSERVATORIUM

Children will rotate through 7 mini classes, 15 min each.  
Instrument classes on violins, cellos, keyboards, recorders, P Buzz's, ukuleles and choir

Please contact the TRCM office on 67666911 to book in. Numbers limited!





# COMMUNITY CLASSIFIEDS

Prizes galore! Come & join us at the Somerton War Memorial Hall

## Fun Bingo

**Evening**

**Somerton Public School P&G Fundraiser**

Saturday 4<sup>th</sup> November 2017  
6.30pm for a 7pm start



\$15 per Adult (16 & over) \$5 per Child  
(supper provided at no charge)

10 games all with great prizes  
Bunnings vouchers, fruit box, box of plants and more...

BYO Nibbles & Drinks



Fundraising event for  
Somerton Public School P&G  
Milkmaid Street  
SOMERTON



[somertonpublicschool](https://www.facebook.com/somertonpublicschool)

Somerton War Memorial Hall  
Scotland Street  
SOMERTON  
For further information  
please call Sonja:  
0428 697 529

