



THE GOORA GAZETTE



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educating hearts and minds

Term 4 2017

W	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4	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
5	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
6	13 November	14 November	15 November	16 November	17 November	18 Nov	19 Nov
<div style="text-align: center;">  SYDNEY EXCURSION <div style="display: flex; justify-content: space-between; width: 100%;"> Sydney Excursion return </div> </div>							
7	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 Ms Lacey, Mrs Fritze - eFPT Training—THS	25 Nov	26 Nov
8	27 November Kinder GO!	28 November	29 November	30 November Planning 2018-2020 Currabubula, Attunga, Woolomin	1 December	2 Dec	3 Dec
9	4 December	5 December 9:30am-Playgroup	6 December	7 December 2pm Christmas Service	8 December	9 Dec	10 Dec
<div style="text-align: center;">  School Swimming Scheme </div>							
10	11 Dec	12 Dec	13 Dec Reports home	14 Dec 6pm Presentation Night & Christmas Tree	15 Dec Student Celebration & Year 6 Farewell Last Day Students	16 Dec	17 Dec
11	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 year is quickly drawing to a close. Next week our students will participate in their intensive swimming scheme for the duration of the week. Students will engage in two swimming lessons per day which means that we are able to cut our swimming down to one week and have less bus travel. The students will no doubt be extremely tired by the end of the week but this is a fantastic opportunity for them to become water safe and a little more confident in the water just in time for the Christmas holidays.

During week 6 our students and staff enjoyed a wonderful experience in Sydney. I would like to extend a HUGE thank you to Cameron Mackenzie, Drue Daly and Sonja Hook for accompanying us and helping with the students. We are so very lucky to have such dedicated parents at our school who are willing to give up their time to enjoy these experiences with our students.

Last week I spent another two planning days with Woolomin PS, Currabubula PS and Attunga PS in an effort to complete our 2018-2020 School Plan. We are very excited about being involved in this learning alliance with these other schools and I believe the opportunities for our staff and students have been significantly increased through a collaborative approach to planning and professional learning.

Don't forget our Presentation Night on Thursday 15th December at the Somerton Memorial Hall. Our students are busy rehearsing a play for everyone's entertainment on the night.

Ms Lacey



Kinder Go!

Yesterday was the last day of our Kinder Go Program for 2018. We congratulated Daniel, Aggie and Indigo with a special graduation ceremony where they were presented with a certificate and book. Miss Warden and Mrs Weis were certainly impressed with our three new kinders and their readiness for school. We look forward to welcoming them next year.





Noticeboard



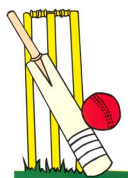
P & C News

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 the **last** After School Cricket for 2017 this Thursday, 30th November, 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.



Canberra Excursion 2018

Next year is the bi-annual excursion to Canberra for our year 5/6 students. This will occur in Term 2. Details of excursion will be forwarded in Term 1 2018. To help families prepare, we have received notification that the cost will be \$554.50.



Playgroup

The last Playgroup for 2018 the will be held next **Tuesday 5th November 2017**
and will be held at Gunnedah Pool.

Please contact Drue Daly for more information on 0428 210 928.



SCHOLASTIC

Anyone wishing to order book club - Issue 8, 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 8th December 2017.



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FROM THE CLASSROOMS

K-Yr2

Where has this year gone? I'm sure we are all wondering the same thing. During this past week, I have begun the task of end of year report writing. It has been an enjoyable process, a statement not often made by a teacher, as I have been able to reflect upon the progress that all my students have made this year.

As I have been in a reflective mood, I asked some of the students to reflect upon what they know they have improved in.

I've been doing lots of writing this year. At the beginning of this year I couldn't write as much as I can now. I can write lots of sentences. – Felicity

This year I have practiced reading and can read harder books. Now I want to read lots of chapter books. – Max

I am nearly on level 22 in my reading and know how to read tricky words. - Jye

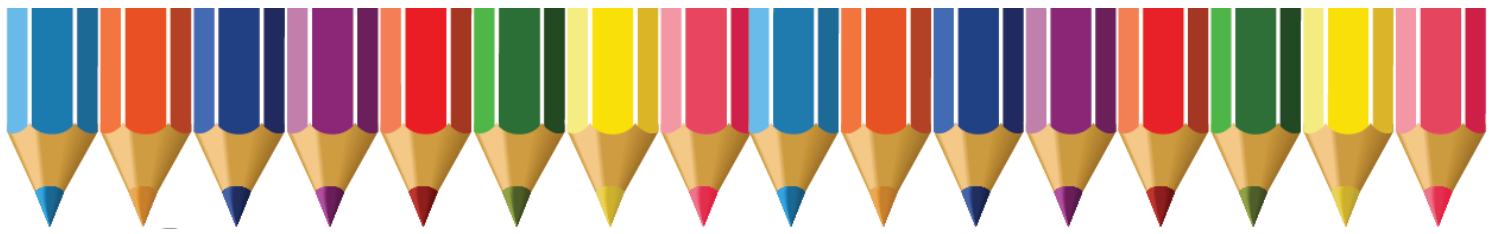


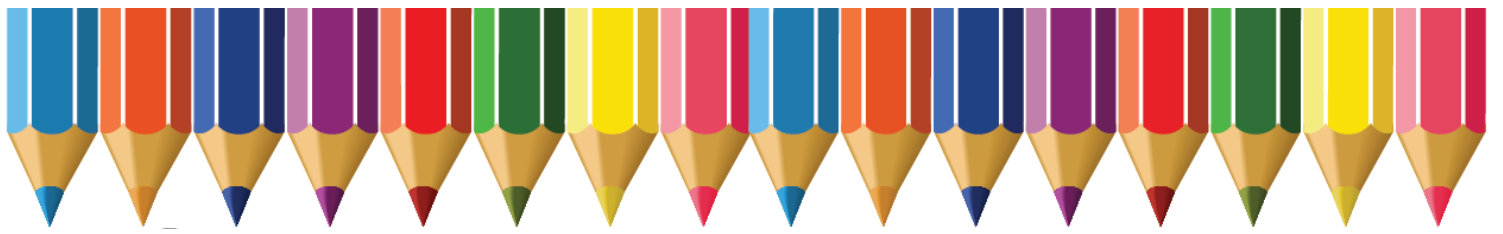
Yr3-Yr6

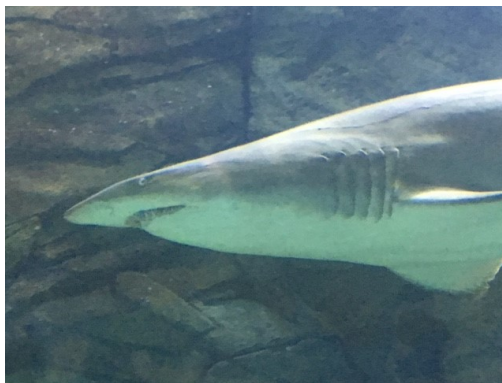
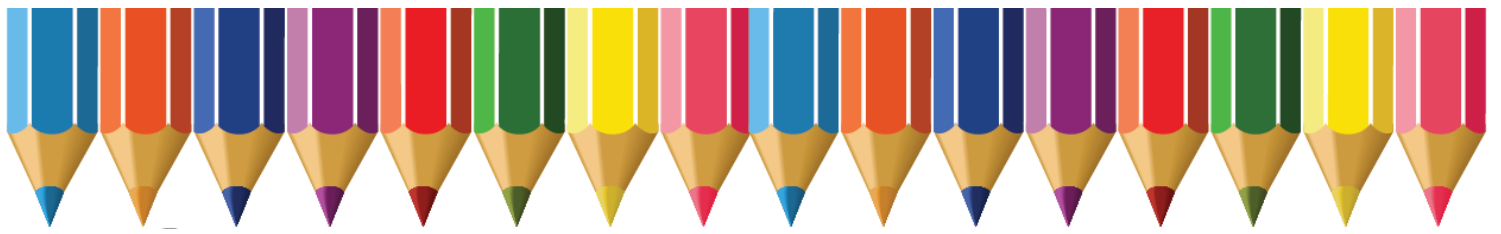
Last week all students participated in Science Week learning all about minibeasts. Students investigated the different classifications of minibeasts (arachnids, molluscs and insects) and learned how to classify each. They also investigated the different habitats of a variety of minibeasts. Students chose a minibeast of interest and completed an information card before being given the opportunity to get creative and build their minibeast out of a variety of materials.

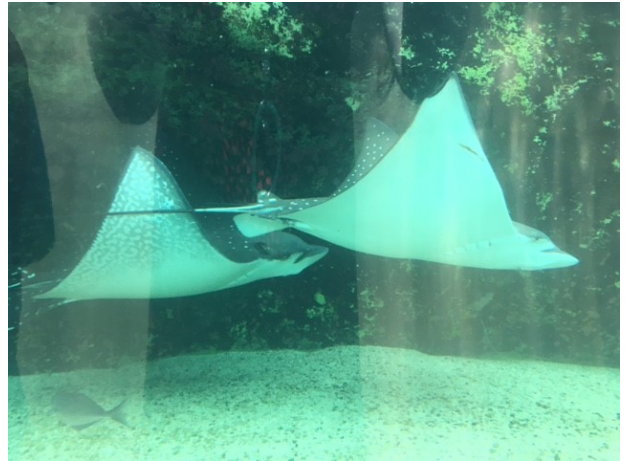
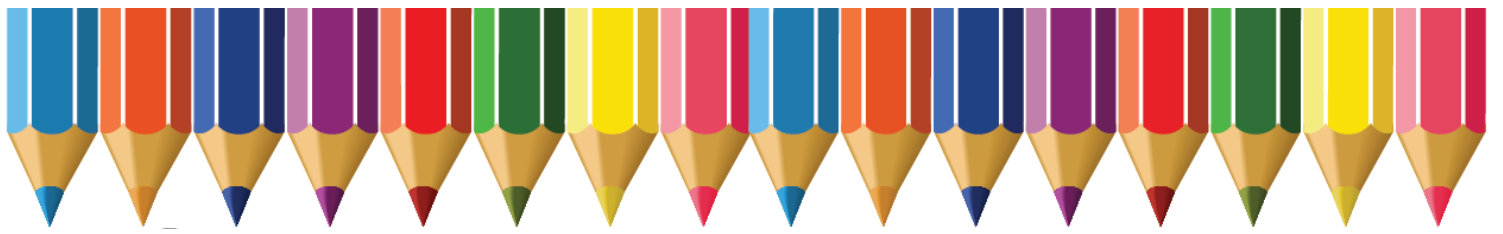
A major focus over the next few weeks for all students will be the rehearsal of their play titled 'Cinderella and the Somerton Bush Dance'. Staff have written a fractured fairy tale with parts for all students. The play tells the story of Cinderella waiting for Prince Charming to pick her up for the Bush Dance and her adventure around Somerton when she gets tired of waiting for him. The students are excited to be learning the play and we look forward to presenting it to you all at our presentation night.













Parenting - Hang in There!

The end of the school year is fast approaching.

We remember this years events with all it's successes and disappointments.

Some had more wins than others. My kids like boasting over all the ribbons and trophies they have won, displaying them clearly, impossible for the rest of the family to not see them.

Getting what we want makes us feel good. But is that all that counts?

I hope you enjoy this weeks Blog! Hang in there!

When Finishing 4th Beats Winning

BY MICHAEL GROSE

Winning is great!

We love it when our kids win a game or a race.

It's great to see their faces light up when they win.

Winning is a good feeling.

Winning means they're doing well. It's equated with success.

It's a good habit to develop.

..... or so the theory goes.

I beg to differ.

Winning is just one story.

Not winning carries emotion, but it's not necessarily positive. Kids usually experience disappointment, annoyance and frustration – all unpleasant emotions.

But it's good for children and young people to experience unpleasant feelings from time to time.

It's good to learn that bad feelings happen, but they don't last. That things don't always go your way. This is a huge life lesson.

Cont...

Not winning also teaches kids to link success with effort. It teaches them that **perseverance** pays off eventually.

Helping kids accept setbacks and unpleasant emotions rather than block them out is the key to building their **resilience**.

What about the child who never wins?

Some children seem to never win, or hardly ever do. One of my kids always seemed to have 4th place sewn up in any race – just missing a ribbon – except if he was trying to get into a four person relay team. He'd usually finish 5th.

As a caring parent it was hard work keeping his chin up year after year. But that's what you have to do.

He eventually stopped doing some of the activities where he struggled in, replacing them with school subjects, sports and activities that more suited his interests and abilities.

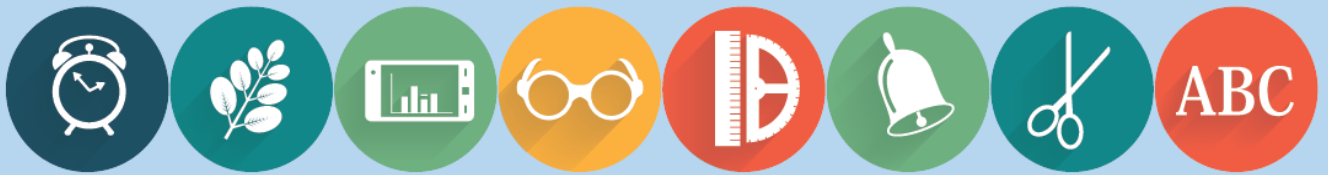
But not before he learned the **value of struggle**.

As an adult he can now articulate the disappointment he felt coming close but never quite hitting the winner's circle; but he can see the value of hanging in there long after others gave up. That's possibly due in part to temperament, but I suspect in part due to some valuable lessons from not winning, or coming close, when he was young.

He knows persistence is one of his strongest assets.

Focus on struggles, not just on victories: Your focus as a parent reveals your values. If you value effort and





Cont...

When Finishing 4th Beats Winning

BY MICHAEL GROSE

So if you have a child who continually comes 4th (figuratively as well as literally) here are some strategies you can focus on:

Encourage liberally: Stanford University professor Carol Dweck (who has written a great deal about this very topic) encourages parents to use process praise (“*you used smart strategies*”, “*you worked hard on that one*”, “*you thought long and hard to work that problem out.*”). She says this helps kids value effort and work for longer-term results.

Focus on struggles, not just on victories: Your focus as a parent reveals your values. If you value effort and struggle then you need to be on the lookout for these so you can applaud them. If winning is all you value, then you’ll focus on that. There is a **choice**.

Share stories of struggle and overcoming adversity: Whether it’s stories from your own life (kids to love to hear when their parents struggled) or stories from news, public or sporting life inspire and encourage kids with the narratives of the struggles of others.

It’s easy as a parent to get caught in the winning trap. We sometimes just get carried along with the hype.

But maybe finishing 4th is better for kids in the long-term than always being a winner



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



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 or 0413 706 233 and see

Somerton War Memorial Hall

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



FAMILY CHRISTMAS CELEBRATIONS

8 DECEMBER 2017

from 6 PM
CONSERVATORIUM GROUNDS

featuring performances by our ensembles,
carol singing, fun and reindeer games,
a free BBQ and drinks, a visit from Santa and more

from 7:30 PM
CHAPEL THEATRE

featuring the Tamworth Chamber Singers
and guests, accompanied by a double string
quartet and continuo, performing excerpts from
Handel's *Messiah*, and community carols

Free entry

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