



THE GOORA GAZETTE



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educating hearts and minds

Term 3, 2017

W	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4	7 August Canteen LMBR training- Ms Fritze	8 August 9:30am Playgroup 2pm Pillow Case Project	9 August	10 August LMBR Training- Ms Lacey Mrs Gallagher	11 August Sport-Tennis Canteen Library Zone Athletics LMBR training- Ms Fritze	12 August	13 August
5	14 August Canteen	15 August Small Schools' Spelling Bee - Blackville PS 4pm-P&C Bush Dance Meeting	16 August	17 August Small Schools' Meeting - Ms Lacey Mrs Gallagher	18 August 9am-Quiz Worx Sport-Tennis Canteen Library LMBR training - Ms Fritze	19 August	20 August
6	21 August Canteen LMBR training - Ms Fritze	22 August 9:30am Playgroup	23 August EAfS Network Meeting-Miss Warden	24 August LMBR Training - Ms Lacey Mrs Gallagher	25 August Sport-Tennis Canteen Library LMBR training - Ms Fritze	26 August 5:30pm Bush Dance	27 August
7	28 August Canteen	29 August	30 August	31 August	1 September Sport Sport-Tennis Canteen BOOKFAIR LMBR training - Ms Fritze	2 Sept	3 Sept
8	4 September Canteen LMBR training - Ms Fritze	5 September 9:30am Playgroup	6 September 9.30am Aladdin - Gunnedah	7 September LMBR Training- Ms Lacey Mrs Gallagher 4pm-P&C Meeting	8 September Sport-Tennis Canteen Library Superhero Day	9 Sept	10 Sept
9	11 September NAPLAN School Technical Readiness Test	12 September LMBR training - Ms Fritze	13 September LMBR training - Ms Fritze	14 September	15 September 12pm-Rural Fire Service Visit	16 Sept	17 Sept
10	18 September Science Week	19 September	20 September	21 September LMBR training - Ms Fritze	22 September Last Day Term UNE Discovery Bus LMBR training - Ms Fritze	23 Sept	24 Sept

Ms Lacey's Message.....

Welcome to Week 6! Halfway through the term already. With the busy nature of school life the weeks just seem to pass us by all too quickly.

The NAPLAN results became available to schools last week and those students who sat NAPLAN have received their results. Examination of data available to us indicates that our school has achieved some good progress especially in the area of Grammar and Punctuation. As always literacy and numeracy remain our priority and core business and at a teaching, learning and leading level, much evaluation, planning and commitment to continual improvement is ongoing.

Mrs Fritze remains extremely busy this term with her attendance at LMBR training sessions. Although she is not in the school as much as we are used to it will return to normal routine next term. Whilst we get through this very busy term of training and preparation for our school to go live on the new system, I thank you for your patience as I know we may not get to things immediately for you from an administration point of view.

We look forward to the Bush Dance this weekend. I hope to see many people come along and support this P&C event. I am sure it will be a fabulous community event and a great way to also promote our school. Once again thank you to the P&C for all their hard work and preparation.

Make your week magic!



Small Schools Spelling Bee

Congratulations to Nicholas Hook and Annie Hook who attended the Small School Spelling Bee at Blackville PS. Nicholas, Annie and I had a wonderful day mixing with many other students and staff from other small schools in the district. This was Somerton's first time at the spelling bee and a great experience for Nicholas and Annie. I will certainly be encouraging more students to take part in the event next year.

Athletics

Congratulations to Annie Hook, Nicholas Hook, Jacinta Mackenzie and Shannon Colley for their participation in the Zone Athletics Carnival. The four students made up the relay team and have now qualified to attend the regional carnival. A huge congratulations especially to Annie who not only won the high jump but also broke the record. Annie jumped 1.24m and with that amazing effort has also qualified to go onto the regional carnival for that event. A great effort by all four students!

Sydney Excursion

Thank you to who have given notification that their child will be attending the Sydney Excursion. As you are aware we had to have our final numbers into the Narrabeen Sport and Recreation. These numbers are now locked in and we are committed to paying for that amount of students. The deposit of \$100 is now due. Thank you to those who have already sent their deposit to the office. We continue to fundraise in hope to subsidise the excursion as much as we can.



Noticeboard

P & C News

The P&C Bush Dance @ Somerton War Memorial Hall is on this Saturday 26th August 2017! This will be a fun night for all the community, come join us!

**The next regular P&C Meeting is scheduled for Thursday 7 September @ 4pm.
All Welcome.**

Book Fair

Somerton PS will be hosting a Book Fair on Friday 1st September 2017 @ 11:15am. An invitation was sent home last fortnight with the Newsletter. All parents, family and friends are invited. We will start with morning tea, followed by book fair viewing of books and fun. A wish list will go home with each student. Parents are welcome to send in any orders, order online or order online at Book Fair. Students and children attending can dress as their favourite book



Playgroup

All mums and littlies are welcome to join us Tuesday fortnightly 9:30am-11:00am. We meet next on Tuesday 5th September. All Playgroup parents and littlies are invited to the Book Fair, see details above.

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



Woolworths Earn & Learn

Reminder: Somerton PS is participating in Woolworths Earn & Learn program. Thank to those staff and students who are collecting and returning completed sticker sheets. A sticker sheet has gone home with each student. Anyone can collect stickers for the school from 26 July until 19 September. If you require more sticker sheets they can be collected from school. The school benefits from choosing valuable educational resources from Modern Teaching Aids.





FROM THE CLASSROOMS

K-Yr2

During the last fortnight students in K-2 have been learning the difference between fact and opinion. They wrote a short text expressing their opinion about which character from the Gruffalo that they found most scary and provided reasons why they believed that. Last week they studied the picture book 'I Wanna Iguana' and wrote a letter to their parents kindly yet firmly persuading them to get a new pet or something else that they really wanted. This week students are looking at informative texts about sharks and focusing on finding facts and producing an information report.

In maths students learnt about the language of chance and discussed the likelihood of events occurring. They had to draw and write about different scenarios and discuss them using the words, certain, likely, unlikely and impossible. And out of the mouths of babes, it was decided that the likelihood of Miss Warden getting married was unlikely.



Yr3-Yr6

In the 3-6 classroom we have been exploring area in mathematics. Students have been converting units of measurement and this led us into exploring real estate and looking at the sizes of area of houses, lifestyle blocks and properties around Somerton. Students have found lots of examples of properties for sale where the advertisement uses square metres, acres and hectares. We have then converted between the measurements and students have made observations had ideas about things such as value for money.

In CAPA all students have been learning bush dancing and on Monday afternoons. We have been practising a line dance in the hope that we may be able to do it at the bush dance. Students have particularly enjoyed learning the dances.

All students have also been engaging in drama lessons and we are currently completing a unit on emotions. Students have enjoyed relating to the movie 'Inside Out' to help understand our emotions and the affect they have on all parts of our body. Students made an 'emotions wheel' and using their amazing acting skills have been able to demonstrate a variety of emotions.





Parenting - Hang in There!

Do you feel your children come to you crying all the time? Sure, some days are worse than others. Often I am tempted to respond with: "You'll be right", "Get over it" or "Don't be a sook".

But I am learning that it is more effective to be empathetic and to let them share their worry instead of blocking them. Or, on the other extreme, to feed their hurt. I try to say things like: "I know how you feel. That was really unfair from your brother. Let's get you a snack, and I will go and talk to him." or "That must have really hurt! Let's go inside and find a band aid." And then leave it behind.

I am learning that by making them feel understood, we build up their resilience. By blocking them, they have no choice but to bottle their feelings up.

We will gain their trust and respect by listening and paying attention to their feelings. If we want to be heard, we have to listen too.

Oh, I have to go..... I can hear someone crying!! Hang in there!

5 words to avoid if you want your kids to co-operate by Michael Grose

I've noticed that there are five very common words that invite resistance rather than co-operation, from children who are termed (whether rightly or wrongly) 'strong-willed', 'stubborn' or 'know their mind'.

These 5 words to avoid are:

1. **Must:** "You must be on time!"
2. **Never:** "You should never be rude to your teacher."
3. **Always:** "You should always clean your teeth before bed."
4. **You:** "You need to go to bed now!"
5. **Don't:** "Don't yell at your brother."

Here's an explanation and some alternatives as well:

'Must', 'Never' and 'Always' are absolute terms which invite resistance from those children and young people who do not like to be told what to do.

Cont...

If you have more than one child there is a good chance you have one of these children.

Replace absolute language with moderate alternatives that don't back kids into a corner.

"Please be on time" rather than "You must be on time."

"It's best to be polite to your teacher" rather than "You should never be rude to your teacher."

"Clean your teeth before bed" rather than "You should always clean your teeth before bed."

'You': Instead of telling your child what to do, let your child know what you will do. It's a subtle but powerful shift. For example:

"I'm saying good night now" rather than "Go to bed now."

"I'll put the meal on the table when it's set" rather than "Set the table!"

"I'm driving you to school at 8.30" rather than "Get ready by 8.30."

NB: You need to follow through if this is to be an effective use of language.

'Don't': Avoid ending an instruction on a negative as it only drives the negative behaviour deeper into the sub-conscious mind of your child. Saying "Don't yell at your brother" will ensure that your child will keep yelling again and again. Instead say the behaviour you'd like in positive terms. For example:

"Speak quietly to your brother" rather than "Don't yell at your brother."

If you can't eradicate "Don't" then develop the habit of ending on a positive. For example:

"Don't yell at your brother. Speak quietly."

Your choice of words makes a huge difference in terms of getting co-operation from more challenging kids.

Of course, some parents believe that their kids should always do as they say so their language is peppered with absolutes and negatives, which invites resistance from some kids. Family-life continues to be a battle between these parents and their children.

If this is the case for you then maybe your attitude as well as your language needs a little tweak and review.



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 Rich BBQ Sauce \$5**
- **Homemade Pickles \$5**
- **Homemade Lemon Butter \$5**
- **Homemade Passionfruit Butter & Curd \$5**
- **Homemade Strawberry \$5 / Orange Jam \$4**
- **6 x 4m Trailer of Mulch \$40**

Please contact the school on 6769 7520 for orders.
Thank you for your support.

Somerton CWA

The CWA meet on the second Tuesday of each month. All interested ladies are welcome. Please contact Lynette Menadue on 0439 018 819 for more information.



Free 1 day workshop
for parents & carers of
school-aged students
on the autism
spectrum!

Narrabri
23 August 2017

Register your place:

positivepartnerships.com.au

 positive partnerships

Somerton War Memorial Hall

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

Hall Committee meetings:

AGM - 23 August @ 6pm; Meeting - 25 October @ 7pm



COMMUNITY CLASSIFIEDS

**Baby's
Day Out**



Mini Market Day

ANZAC PARK

Tamworth

9am-2pm

Saturday 16th September

Come and celebrate Baby's Day Out at our Mini Market Day.

There will be plenty to look at and lots of activities for the kids, including a **jumping castle**, **face painting**, **coffee & cake stall**, **yabbie races** and a **sausage sizzle**.

Come along and support this great not-for-profit organisation.

If you are interested in holding a market stall on the day or you would like more information, please contact the local ABA group at:

**tamworthbdo
@gmail.com**



Australian
Breastfeeding
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