



Education
Public Schools



Charlestown Public School

Newsletter Term 1 Week 6 – Wednesday 2 March 2016

A proud partner of the Whitebridge Community of Schools

Dear Parents

BULLYING “NO WAY” DAY

Bullying is a word that's wrapped in emotion. For many people bullying is associated with bad childhood memories. It's been estimated that around 40% of people has experienced some type of bullying in the past.

It now has a well-publicised cyber-dimension which has moved the goalposts for many kids. In the past children could escape bullying behaviours they may have experienced by being at home. Cyber-bullying now means that kids can't escape the bully like they once could.

Bullying is not the domain of one gender. Girls bully just as much as boys but they do it in less physical ways. While boys use physical intimidation or verbal abuse to wield power, girls are more likely to use exclusion or verbal sarcasm to assert themselves.

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.

Bullying is about lack of power as one person is powerless to stop the teasing or physical abuse. Bullying is the selective, uninvited, repetitive oppression of one person by another person or group.

Bullying “No Way” Day will highlight the issue of bullying and will provide students with information and strategies to deal with this issue.

This day supports the on-going programs the children participate in at our school. These programs include the Life Education visit, the You Can Do It program, the Kidsmatter program, special anti-bullying lessons and Child Protection lessons in Term 4. We will be combining this day with Harmony Day with all students coming dressed in orange on Friday 18 March.

DATES FOR YOUR DIARY

TERM 1 2016	
9.3.16	K-6 Lorin Nicholson motivational speaker @ CPS 9:40 am – Parents/ grandparents welcome WHS info evening for parents of prospective students for Y7 in 2017 – 7pm @ WHS Library
10.3.16	Book Club orders & \$s due
15.3.16	K-6 Free Watershow
21.3.16	Harmony Day
22.3.16	Y3-6 Free Coding Game Roadshow
24.3.16	Easter Hat Parade
25.3.16	Public Holiday – Good Friday
28.3.16	Public Holiday – Easter Monday
30.3.16	Y3-6 T-Ball Gala Day
5.4.16	Coding for kids (and parents too) cost involved
8.4.16	Last day of school for Term 1
TERM 2 2016	
25.4.16	Public Holiday – ANZAC Day
26.4.16	Staff Development Day – no students
27.4.17	All students return to school

Community Forum "Student Wellbeing"

As a result of last year's parent surveys, Mrs Gill and I have put together some information about our school's student wellbeing policy, and changes that have occurred late last year to the Department of Education's Student Wellbeing Policy. A community forum will be held on Thursday 3 March at 9:30 in the Library to discuss the changes and how we manage student wellbeing, the planning room and Kidsmatter. We hope to see you there.

REGIONAL NEWS

Congratulations to our talented students who competed at Eastlakes Zone swimming last week. Your behaviour and terrific sportsmanship has made us very proud. For such a small team of swimmers CPS finished 3rd in the pointscore for small schools at the carnival. Good luck to Michellie who will represent our school at the regional carnival in 50m breastroke on Thursday.



WHAT'S IN YOUR LUNCHBOX?

Each day the students are encouraged to bring in some fruit from home for Crunch and Sip. Most are doing this on a regular basis and I thank you for providing your child with fruit. But what is now concerning teachers at school is what else is inside the lunchbox for students to eat for the rest of the day. Apart from a sandwich there is often a collection of treats inside. Please refrain from putting too much food into your child's lunch box. Children often feel compelled to eat most of the food in their lunch break and not play. A sandwich, popcorn, sultanas, dried fruit etc are some great ideas for the lunchbox! A great website with some healthy alternatives is:

<http://www.goodforkids.nsw.gov.au/Parents>

WCoS MEETING

Yesterday all the staff across the Whitebridge Community of Schools met at Charlestown PS for the first of a series of WCoS meetings. It was great for all teachers to discuss current trends and best practices being developed in their classrooms and also share resources in the new History/Geography syllabus. It was also a wonderful opportunity for the Librarians, Learning and Support Teachers and School Admin Managers to meet.

LEARNING SUPPORT MEETINGS

This week staff and parents have been busy discussing individual learning plans with students about their social, emotional and academic needs. Individual learning plans and goal setting are great ways to demonstrate the close working relationship that exists at CPS. The plans take a lot of time and effort by the teachers and students putting them into practise. Thanks so much for coming to the meetings and caring so much about your child's learning!

YOUNG LEADERS DAY

It was such a wonderful experience at the Halogen Foundations Young Leaders Day in Sydney on Monday. I had the pleasure of taking our school leaders to be inspired and motivated by many guest speakers including; Police Commissioner Andrew Scipione and Paralympian swimmer Ben Austin. A report is written by our captains Claudia and Noah in the newsletter.



Our Young Leaders

LORIN IS HERE!!

Next Wednesday you're invited to listen to an inspirational speaker Lorin Nicholson. He will be presenting at 9:40-10:40am in the school hall and all parents and grandparents are invited to attend free of charge. The P&C and school are contributing to the cost of this wonderful presentation. The senior students in Yrs 5 and 6 will stay for extra work in developing their leadership skills.



Have a wonderful week.

Jayne Thompson
Principal

YOUNG LEADERS DAY

by Noah and Claudia

The student executive went on Monday to Young Leaders Day in Sydney.

Nathan Want spoke first about life won't be easy so don't give up and find the little things to get to the big things.

Melanie Lee spoke about how other people can help you make a difference. Children can make a difference and not just adults.

Andrew Scipione was good to listen to as well, he spoke about the good choices that you make that help make you a leader. Integrity helps you to become a leader. Be a leader that people strive to be.

Ben Austin is a Para Olympian (with one arm) who was a good swimmer at a young age. He came first at his school in swimming against able swimmers. He swam against a person who only had one leg and no arms, the other swimmer beat Ben by five seconds. You can't do everything you think you can do, but you need to look at the small things first.

Charlie Torr was a guest at Young Leaders Day who sang.

Leticia Lentini, Scott Tweedie, Rebecca Kerswell and Veronica Morland all came as guests to speak about their jobs. For their jobs they all said that they need to do smaller versions of where they want to be. The theme of Young Leaders Day was "Master the Little".

CASH FOR CLASSROOMS

Lake Macquarie Fair is conducting this campaign **from Monday 4 April until Sunday 8 May 2016**. Customers who shop at Lake Macquarie Fair can allocate every dollar they spend as points towards their nominated school. The local school with the most points wins. The school with second highest points will win second, and so on. The total prize pool for the winning schools is \$4,000.

CANTEEN NEWS AND ROSTER

Thur	3.3.16	A Jeayes, L Jones
Fri	4.3.16	No orders—counter service at lunch only J Hope, L Maddison
Mon	7.3.16	CLOSED
Tue	8.3.16	CLOSED
Wed	9.3.16	N Filo, S Taylor

CLOTHING POOL HOURS

Wednesdays	2:45 pm – 3:15 pm
Fridays	9:00 am – 9:30 am

P&C NEWS

Bunnings BBQ

Thank you to the following families for volunteering on Sunday - Lowe, Wickens, Murphy, Todorovski, Jones, Harrison, Priestly, Miss Hale and Mrs Thompson. We raised \$350 for the school.

Easter Raffle

A book of 10 tickets will be sent home this week.

We would appreciate your support by purchasing the tickets and also if you are able to make a donation/s for prizes that would be great. Donations and tickets will be due to be returned by Monday 21 March with the raffle being drawn at the Easter Hat Parade.

COMMUNITY NEWS



"Act. Create. Communicate."

The difference is dramatic...

Boost your child's creativity, confidence, communication skills & self development through drama

New term starting soon
STUDENTS AGED 7-16 years
ENROLLING NOW 4969 2338

Charlestown
Friday & Saturday - Primary, Youth & Senior Youth

Helen Grady
DRAMA ACADEMY

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