



Education  
Public Schools



# Charlestown Public School

Newsletter Term 2 Week 2 – Wednesday 3 May 2017

A proud partner of the Whitebridge Community of Schools

Dear Parents/Carers

Charlestown Public School has been chosen to complete the external validation process in Term 3 this year. Over the next three years all schools in New South Wales will complete this process which involves being assessed by an outside panel of three principals. Staff will provide evidence and analyse data to support the school's effective practices in line with the School Excellence Framework. More information to follow about this worthwhile validation in the coming weeks.



## AUSSIE CRICKETERS BEWARE

Our very own Charlestown Public School X11 is carving up the opposition! After an exciting batting display by Cooper, James and Daniel the team fielded well to restrict Hillsborough PS to 98. Such a wonderful display of sportsmanship and fair play by our team. Well done boys, we eagerly await Round 4.



## DATES FOR YOUR DIARY

	TERM 2 2017
5.5.17	Cake Stall (Star Struck)
5.5.17	Book Club orders & money due
8.5.17	Pre-school Information night 6pm in the hall
9.5.17	NAPLAN Language & Writing
10.5.17	NAPLAN Reading
11.5.17	NAPLAN Maths
12.5.17	Yr. 5 Opportunity Class in 2018 applications close Mother's Day Stall 9:30am
16.5.17	K-2 Total Excursion
20.5.17	Working Bee – Saturday 2-4pm
24.5.17	Y3-6 Interrelate
2.6.17	Stage 3 Camp 2 <sup>nd</sup> instalment due \$80
7.6.17	School Council Meeting 7pm
13-16.6.17	Star Struck
21.6.17	Y3-6 Netball Gala Day
23.6.17	Stage 3 Camp 3 <sup>rd</sup> instalment due \$80
27.6.17	Matter of Seconds
29.6.17	Athletics Carnival
30.6.17	Last day of Term 2
	TERM 3 2017
17.7.17	Staff Development Day No students
18.7.17	All students return

## **JUMP ROPE FOR HEART**

During the first half of this term the students will focus on skipping and aerobic fitness during their morning PE activities. This is combined with Jump Rope for Heart and raising awareness for the prevention of heart disease. Sponsorship forms have been sent home today. Your support for Jump Rope for Heart is greatly appreciated; however we will still be having our technology fundraiser next term.

## **PEER SUPPORT**

Last week the students in Years 5 and 6 participated in peer support training. Each Thursday the students will be put into groups across K-6 and complete a range of activities aimed at improving self-esteem and mental health, whilst developing assertiveness, resilience, problem solving, decision making and leadership. Thank you to Mrs Nolan and Miss Hale for their organization and preparation in peer support training.

This term the focus is on Resilience with the program "Moving Forward." In this week's session, the children will establish connections with the other members of their group and develop their group agreement to enable them to work well together. The children will discuss an example of a challenging situation and some resilient and non-resilient responses. You might like to discuss with your child what they can do to help them take an active role in Peer Support.



## **MOTHERS DAY STALL**

On Friday 12 May we will be holding a Mother's Day stall. We are seeking donations of new items that can be sold as gifts. Also, if you have a couple of hours to spare we are seeking parents who would be able to sell these gifts to students. Please leave your donations and details at the office!

## **PREMIER'S READING CHALLENGE**

Our school participates in this state wide Challenge of reading a required number of books before August 19.

In K-2 it is 30 books which can be shared, read alone or in class. In Year 3 -6 it is 20 books, 15 must be from the Challenge book list and five free choice titles.

Our school has over 300 K-2 books, 350 Year 3-4 books, 380 Year 5-6 books and 200 Year 7-9 making lots of choices for every interest.

Congratulations to the many students who are already well on the way to complete the Challenge:

Full rules and booklist are at

<https://online.det.nsw.edu.au/prc/home.html>

The staff and I look forward to working very closely with all families once again with the focus as always being on improving student learning and wellbeing.

## **PRE-SCHOOL INFORMATION NIGHT**

Charlestown Public School is hosting a joint venture of the Whitebridge Community of schools and the local child care services on Monday 9<sup>th</sup> May in the school hall. It will provide an overview of



the legalities of school enrolment, school expectations, some readiness indicators, and what parents can do to prepare their child for school. There will also be some guest speakers, a behavioural optometrist and a chiropractor. Staff from each of the local schools will be present to answer any questions parents may have and a light supper will be served. All are welcome.

### **NAPLAN**

Year 3 and Year 5 will participate in NAPLAN next Tuesday, Wednesday and Thursday. The students will participate in the Language Conventions and Writing tests on Tuesday, the Reading test on Wednesday and the Numeracy test on Thursday. Friday will be used as a catch up day to cater for any student who may have been absent the previous days. Parents are reminded the NAPLAN provides a snapshot of their child's progress and is just one of the data sources this school uses to plan teaching and learning activities to meet students' needs.

More information on the testing program can be found at [www.nap.edu.au](http://www.nap.edu.au)

If there are questions, please do not hesitate to speak with your child's teacher or myself.

### **WORKING BEE**

On Saturday May 20, the P&C are holding a working bee at the school starting at 2pm. Please bring along your gardening gear, shovels and wheelbarrows to help out with the growing list of jobs. Come along and enjoy the wonderful community atmosphere with everyone working to improve our playground and gardens.

### **CHICKEN POX**

There has been an outbreak of chicken pox in our Yr. 1 classroom. Please be on the lookout for spots appearing on your child and keep at home for five days or until the blisters have crusted.

### **CAKE STALL**

This Friday is the Star Struck cake stall. Please bring in any cakes, slices or biscuits to sell at lunch and recess. The money raised will go towards subsidising the cost of costumes.

### **COFFEE and CHAT**

It was great to have a big roll up last week at the coffee and chat afternoon. Looking forward to seeing you tomorrow.

Have a fantastic week

Mrs Jayne Thompson  
Principal

### **CRICKET**

Last Friday Charlestown played their 3<sup>rd</sup> round cricket match against Hillsborough. Charlestown won the toss and elected to field. The boys did an amazing job in the field and kept Hillsborough to 98 runs off their 25 overs. When we batted we scored the 99 runs required in 17 overs. The boys worked together and displayed great sportsmanship, both on and off the field. Congratulations to Cooper who scored 39 not out. We look forward to our 4<sup>th</sup> round match.

Marg Hale



### **CLOTHING POOL HOURS**

<b>Wednesdays</b>	<b>2:45 pm – 3:15 pm</b>
<b>Fridays</b>	<b>9:00 am – 9:30 am</b>

### **CANTEEN ROSTER**

<b>Thur</b>	4.5.17	K. Styles, T. Black
<b>Fri</b>	5.5.17	<b>No orders—counter service at lunch only</b> L. Lee
<b>Mon</b>	8.5.17	<b>CLOSED</b>
<b>Tues</b>	9.5.17	<b>CLOSED</b>
<b>Wed</b>	10.5.17	K. Bassett, L. Todorovski

### Entertainment Books

Order your NEW 2017/2018 Entertainment™ Books and Entertainment™ Digital Memberships from us today, and 20% of the proceeds contribute towards our fundraising! Online Order Page:

<https://www.entertainmentbook.com.au/orderbooks/342n65>

Books are available from the school at \$65.

### Mother's Day Stall

Mother's Day is just around the corner and to help the P&C collect as many new gifts as possible you can donate a new present and leave it at the front office. The gifts usually range in price from \$1 to \$5 so the more gifts we have the more presents for you!!

### Clothing Pool

#### Girls Long brown dance pants

We have been able to secure a small number of Brown dance pants like the ones sold at Best & Less. They will be on sale in the Clothing Pool from this Wednesday for \$15.

### Jackets

Given the recent change in weather, if you have any jackets that you no longer require we would appreciate them in the Clothing Pool.

**Newcastle Permanent Building Society Introducer Program** - We have joined this fundraising program through the NPBS.

When someone applies for a new Newcastle Permanent home or business loan, all they need to do is tell NPBS they were referred by Charlestown Public School P&C and provided their application is eligible the P&C will receive \$600 once the loan has been processed. Please tell your friends, families, work colleagues... basically anyone you know can participate!





# Everyone needs a friend

"Those girls at school are mean. I told them about this great game but they wouldn't play it. They said I couldn't play with them."

Rebecca, who is seven, plays happily at home with her four year-old sister Samantha. Samantha adores her big sister and will do anything she says. But with school friends it's not so easy.

Rebecca's mother wonders whether the other children really are mean or whether Rebecca may be too pushy.

When children come over to visit it seems to go well as long as they are doing what Rebecca wants. But if the other child wants to do something different, Rebecca often sulks or goes off in a huff.

Children's friendships often have their ups and downs. When friendships are going well they support children's emotional wellbeing and confidence, as well as providing someone to play with.

Positive friendships help children have fun, and also help them cope during periods of stress and change. This is why having friends at school is so important for children.



## Helping children with the ups and downs of friendships

It is not always easy for children to know how to manage friendships. Problems with friends can affect how children feel about themselves and their enthusiasm for activities that involve others. Parents and carers can help children learn the kinds of friendship skills they will need as they grow and develop.

Learning how to make and keep friends involves a number of skills. Children learn more and more complex social skills from those around them as they develop.

Home life has an effect on the development of social skills. A child who has an adoring little sister is likely to have more leadership skills. A child who is the little sister may be more used to fitting in with what others want to do. These children are likely to react differently when they go to school and meet other children with different life experiences and social skills.

## Core friendship skills for children

### Cooperation

- How to share, how to take turns, how to work together towards a common goal.

### Communication

- Using words to explain what you want and listening to others respectfully.
- Paying attention to body language (eg making eye contact, smiling, being able to read others' nonverbal reactions).

### Understanding and managing feelings

- Being able to express feelings in ways that help others understand you.
- Recognising and responding to others' feelings.

### Accepting and including others

- Recognising others' needs for respect and friendship.

## Solving friendship problems

Children develop friendship skills through playing with other children. Because they are learning, they are sure to have times when things do not go as they would like. Sometimes they blame themselves for what has happened.

They may say, "Nobody likes me 'coz I can't run as fast as they can." Sometimes they blame everyone else for the problem and, like Rebecca, say, "The girls are all mean to me." Even though they blame the other children they may still think of it as a problem they cannot change.

## How parents and carers can help

First and foremost you can help children by listening to them talk about the everyday joys and troubles that arise out of their friendships. Asking what might have led to others' reactions can help the child, with your assistance, to think of possible solutions.

## Try a problem-solving approach

When problems arise in friendships it is important not to blame children but to show them how to find a solution. A problem-solving approach is often helpful.

- 1 Encourage the child to describe what has happened.
- 2 Ask about how they felt.
- 3 Ask them how they think the other person might see it and how they might be feeling.
- 4 Get them to think of ways they could do things differently next time.
- 5 Encourage them to try the new approach – get them to practise with you so they feel more confident.
- 6 Check back with your child to see how things turned out.



This resource is part of a range of KidsMatter Primary information sheets for families and school staff. View them all online at [www.kidsmatter.edu.au](http://www.kidsmatter.edu.au)