

Green Valley Voice

Green Valley Public School

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Issue 16- Term 4 - Week 1

Monday 8th October 2013

PRINCIPAL'S REPORT



Welcome back to what is traditionally a very busy term but always such a rewarding term for students, staff and families alike.

There is much on during term four so please keep a close eye on the diary dates section of this newsletter, the Facebook page and school website.

At the end of last term, the Wakakirri team performed at the State Sports Centre, Homebush and I am very proud to say we were awarded Best School in Public. The award recognises student behaviour back stage and during rehearsals during a what is a very long day. This is a great credit to our students and staff who have worked so hard this year in this dance/drama program. Congratulations to all involved.

This term, all classes from K-6 will be participating in child protection lessons. These lessons are vital in teaching our students strategies to be safe and reinforce the key message of *No, Go, Tell*.

There are a number of students who have no permission to take part in these lessons. This week reminder letters will come home and I strongly urge you to grant permission for your child to take part in these lessons. You can talk to your child's class teacher for specific content that is covered in these lessons to help you gain a better insight into what is involved.

Can I please appeal to you to model safe road crossing for our students by using the pedestrian crossing. This requires another hundred metres or so of walking each day. It is much safer to do this than take chances with your life or that of your children by negotiating the traffic at the front of the school. It is a very busy school gate in the afternoons and we would hate to see an accident involving anyone of our students or community members. Let's make sure we do our best to keep everyone safe.

I look forward to a rewarding term ahead. A year passes very quickly so make the most of every learning opportunity for your children.

Mr B Warwick

Principal

SCHOOL AMBASSADOR'S COLUMN



Hi, I'm Lachlan Beale, your GVPS Ambassador. School sportsmanship is a topic I would like to talk about. Playing sports whether it is for school or outside school sports is for fun and exercise, not to be a sore loser or disrespect your opponents. It is about playing as a team

and enjoying the game but still putting an effort in for your team. That way whether you win or lose at least you know you did your best and don't blame anyone that they did not try. I say this because I see it when we are off playing school sports from both sides and it does not look good. So remember my fellow students show good sportsmanship.

Thank you, Lachlan Beale
Your Green Valley School Ambassador.

SCHOOL NEWS

CHANGE OF STUDENT OR FAMILY INFORMATION

Please remember to update the school when changes in address, phone numbers, court orders and medications occur. To provide for the safety and well-being of your child, we need the most current information available.

STEWART HOUSE CLOTHING APPEAL

Collection bags were sent home today. Bags can be filled with good, clean, wearable clothing, shoes, manchester and blankets. Please return all bags to the school office by 29th October 2013.

UNIFORM SHOP

The uniform shop is open Monday mornings 8.30am—9.30am and Tuesday afternoons 2.30pm—3.00pm. If parents are unable to visit the uniform shop at these times, uniforms can be ordered and paid for at the school office any morning. The order will then be ready for collection each Tuesday from the school office or sent to the student's classroom.

P&C NEWS

SHOPPING TOUR

We are having a shopping tour on Sunday 20th October. Come along and have a day of fun! Cost is \$40 (non refundable) and lunch is not included. Payments to the school office in an envelope with name and contact details.

HALLOWEEN DISCO

Thursday 31st October. Tickets—\$5.00 per student. Payment in an envelope with name and class to the school office. There will be lollies, drinks and hot dogs for sale on the night.
K-2 - 5.00pm—6.30pm Years 3-6—7.00pm—8.30pm.

SECOND HAND STALL

Please donate any current school uniforms that your child has grown out of or uniforms from students who have left the school. Thank you to parents who have already donated uniforms.

PRESIDENT'S REPORT

Our Election Day BBQ and Market Day raised \$3000. The funds raised will go towards purchasing more iPads for our school. We would welcome more parents to support our P&C activities. I would like to thank—Julie Low, Sonia Zerafa, Kristy Thornton, Helen Guidone, Mr & Mrs Brook, The Kalcher Family, Lindaura Lay & all the Green Valley staff for their continued support.

R. Clima—President.

SPORT

BEST AND FAIREST

PSSA SEASON 3

ROUND 1

Boys Cricket	Juniors	Nuzayh Ali
	Seniors	Zane Woods
Girls Cricket	Juniors	Anisah Jeffery
	Seniors	Cindy Luu
Girls Basketball	Juniors	Aneena Souksavong
	Seniors	Amanda Luong
Boys Touch	Juniors	Ashour Joseph
	Seniors	Adam Eid
Mixed Newcombeball	Juniors	Grace Ah-Cheung
	Seniors	Sandy Do
Girls Softball	Juniors	Catherine Tran
	Seniors	Amber Gunn

Next P&C Meeting

Wednesday 16th October
9.00am in the school Staffroom
All Welcome.

DIARY DATES

*Dates are subject to change due to unforeseen circumstances, * indicates new or changed dates since last newsletter.*

OCTOBER

- 8 Staff and students return for Term 4
- 10 Sports Photos
- 10 School Banking
- 11 PSSA Round 3
- 16 P&C Meeting
- 17 School Banking
- 18 PSSA Round 4
- 22 K-2 Assembly
- 22 Stage 3 Mini Fete
- 24 School Banking
- 25 PSSA Round 5
- 28 Swimming Scheme
- 28 Kinder Orientation
- 29 Kinder Orientation
- 29 Swimming Scheme
- 30 Stewart House clothing collection day
- 30 Swimming Scheme
- 31 P&C Halloween Disco
- 31 School Banking
- 31 Swimming Scheme

NOVEMBER

- 1 PSSA Round 6
- 1 Swimming Scheme
- 4 Kinder Orientation
- 5 Kinder Orientation
- 6 P&C Meeting
- 7 3-6 Assembly
- 7 School Banking
- 8 PSSA Round 7
- 8 K-6 Assembly
- 11 Kinder Orientation
- 11 K-2 Assembly
- 12 Kinder Orientation
- 12 K-2 Assembly
- 14 School Banking
- 15 PSSA round 8
- 19 Stage 1 Celebrations Day
- 21 School Banking
- 22 PSSA Round 9
- 25 P&C Christmas Mufti Day & Working Bee
- 28 School Banking
- 29 PSSA Round 10

DECEMBER

- 3 K-2 Assembly
- 3 P&C Christmas Raffle
- 4 P&C AGM
- 4 Year 6 Orientation Day
- 5 3-6 Assembly
- 5 School Banking
- 6 K-6 PRC Assembly
- 12 K-2 Presentation Day
- 12 School Banking
- 13 3-6 Presentation Day
- 16 Buzz Day
- 17 Year 6 Farewell
- 18 Students last day of 2013
- 19 Staff Development Day
- 20 Staff Development Day

JANUARY

- 28 Staff return for 2014
- 29 Students return for 2014



School Banking Update: Redeem your tokens for a moneybox this year!

In 2014 the School Banking program will be launching a new set of exciting reward items for students to redeem their tokens for. Each reward item will continue to be valued at 10 tokens (i.e. 10 deposits) and there will be two new reward items for students to choose from each term. With exciting new reward items on offer in 2014, please be aware that the Dollarmites moneyboxes will no longer be available next year. To avoid any child missing out on claiming their moneybox, please let your children know of this change and encourage them to redeem their moneybox this school year. In an effort to ensure your child doesn't miss out, the rule of one money box per year has been removed. If your child is trying to collect the series of Dollarmite moneyboxes, they are encouraged to do so before the end of the school year. Please understand that the still need to redeem each moneybox for the required 10 tokens.

COMMUNITY NEWS

Learn **TENNIS**, the sport for a lifetime!

Group Lessons Ages 4 - 16yrs

Private Lessons All Ages

Beginners to Advanced welcome

Bookings & enquiries

98223336

Free trial lesson - Call to book!

Free junior tennis racquet with all new enrolments.

Location - Club Marconi Prairievale Rd, Bossley Park.



Getting off the lounge

It's never been more important for children to get off the lounge and take a break in the great outdoors. You'll find the benefits aren't just health-related. Find out more: <http://www.schoolatoz.nsw.edu.au/wellbeing/development/why-your-child-may-learn-better>

Getting organised

Mid-way into the month, you may be in need of a planner; or if you're super-organised why not download October's?

Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/2013-homework-planner>



Come in for a chat

Feeling anxious, stressed and just need someone to listen?

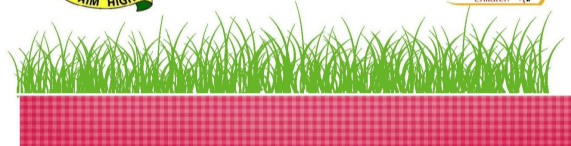
Drop in for a chat with a friendly confidential family counsellor

Where: Green Valley Public School

Green Valley Rd, 2168

Time: 2-3.30pm

Date: Tuesdays, School term



Miller Family Resource Center is a Communities 4 Children Initiative funded under the FaHCSIA Family Support Program

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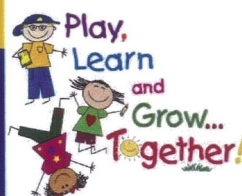
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RIMA'S CHILD CARE CENTRE

299 Whitford Road, Green Valley. Tel: 9826 7338

Mob: 0466 415 149

Email: rimaschildcare@live.com.au



Highly qualified staff. - All nutritional meals provided. - Fee relief and cash rebate available. - **Opened** Monday- Friday 6:30am- 6:00pm, Saturday 8am- 4pm. - Ages 2-6. **QUALITY CARE IN WARM AND FRIENDLY ENVIRONMENT.** Enrolling now, vacancies available, Bring this with you, and receive 2 weeks for free. The best price of \$55 a day, and with CCB, as little as \$5 a day.



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Welcome to 4B!
Look what we have Been up to!



Stage 2 - Cataract Scout Park Excursion



Stage 2 had a fantastic day at Cataract Scout Park last term. The students participated in range of activities that proved to be challenging as well as fun!



A Miller TAFE Outreach Community Partnership Course

Course in

Vocational and Community Engagement

Course No: 10696

"Living Green School, Family and Community Garden Project"

This is a TAFE NSW – South Western Sydney Institute **FEE EXEMPT** course offered during Semester 2, 2013 in partnership with Miller TAFE Outreach and Green Valley Public School.

Community gardening is a fantastic way to meet new people; it can be a relaxing hobby, improve your health and a great way to support your local school and learn more about the environment. The Living Green course is a hands-on, fun and rewarding experience that will teach students sustainable gardening techniques.

- Participants will build a school and community garden and learn how to improve soil, mulch, learn about plant selection, learn water-wise gardening strategies and recycling techniques and help to create a fun and educational learning area for the children of Green Valley Public School and The Cubbyhouse Playgroups.
- Participants will take away all the skills and knowledge they need to be able to make and sustain their own family garden at home
- It is also a great first step into further study at SWSI TAFE

Information and Registration Day

Monday 28th October 2013, 10:00 to 12:00pm
at Green Valley Public School,
173 Green Valley Road, GREEN VALLEY

Workshop Dates:

- ☺ Monday 11th November, 2013 10am - 12pm
 - ☺ Monday 25th November, 2013 10am - 12pm
 - ☺ Monday 8th December, 2013 10am - 12pm
- (3 x 2 hours; *must attend all 3 workshops*)

Please Note: Minimum age 17 years.
Some temporary visa holders may not be eligible

Further Information

Belinda: Family Support Coordinator, Green Valley PS
Phone: 9607 8884; OR
Eva: Outreach Coordinator, Miller College
Phone: (02) 9825 7376

innovate_educate

Learning links

Helping Kids Learn

FREE PARENT WORKSHOP IN THE LIVERPOOL LGA

UNDERSTANDING BULLYING

Bullying in Australian schools is a huge concern for teachers, parents and students. While schools are promoted as a safe place for children and anti-bullying policies are in place, there is a gap in linking parents and school professionals to work together in understanding and providing early intervention.

This workshop will assist parents in identifying bullying, the different forms of bullying and what proactive strategies can be implemented. With appropriate support and intervention, the impact of bullying can be lessened and children can feel safe at school.

About Learning Links: Learning Links is a non-profit children's charity that has been providing services to children and their families since 1972. We specialise in family counselling and parenting support which help parents deal with a range of issues including; children's behaviour, making decisions about services a child and family would like to receive, family therapy and transitioning support from early intervention services to school. We are leaders in our field with all of our services focussing on helping children realise their individual potential.

Date: Thursday 31 October, 2013

Time: 9.00am – 12.00noon

Venue: Green Valley Public School
Green Valley Rd, Green Valley NSW 2168

Cost: FREE*

Suitable for: Parents and carers ONLY

Bookings essential call Dana on (02) 8568 8200

* Proudly supported by Liverpool Catholic Club.

www.learninglinks.org.au • (02) 8568 8200 • Head Office: 10 Railway Parade, Penshurst NSW 2222



Why finishing 4th beats winning

We all love to see our kids be successful. But maybe it's their struggles rather than their wins that will set them up for future success.

Everyone wants to win. We want it for ourselves.
We want it even more for our kids.

It's great to see the smile of satisfaction on a child's face after winning a game, a race or finishing on top of the pile in any endeavour.

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

It's a good habit to develop ... *or so the theory goes.*

But winning is just one part of the story.

Not finishing first carries emotion too, though it's not necessarily positive.

It's good for kids to experience disappointment, annoyance and frustration just as it's good for them to experience positive emotions.

It's good to learn when you are young that **bad feelings happen, but they don't last**. This is a valuable life lesson.

Not winning also teaches kids that there is a link between success and effort. It teaches them that perseverance pays off eventually.

Helping kids to accept setbacks and unpleasant emotions, rather than blocking 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. A friend has a child who always seems to have 4th place sewn up in any race – just missing a ribbon – unless he is trying to get into a four person relay team, in which case he finishes 5th.

As a caring parent my friend works hard keeping her son's chin up year after year. And that's what she has to do. I suspect her son will learn the value of struggle. But it will pay off in his adult life when he understands that persistence is a fabulous asset.



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

- 1. Encourage liberally:** Stanford University professor Carol Dweck (who has written a great deal on this very topic) encourages parents to use process praises: *"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.
- 2. 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 only focus on that. There is a **choice** here.
- 3. Share stories of struggle and overcoming adversity:** Whether it's stories from your own life (kids love to hear about when their parents struggled) or stories from public news and sport, inspire and encourage your 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, just maybe, finishing 4th is better for kids in the long term than always being a winner.

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www.sadleiranglican.org.au Rev David O'Mara ☎ 9607 7547

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Everyone is welcome!

Contact: Marion 9607 8442