



PRINCIPAL'S REPORT



I am becoming increasingly worried about the number of **late arrivals** of students to school each day. I understand how busy it can be in a morning getting children ready for school but it is just too important that the message we, as a school and community, send is to be punctual at all times. Being punctual teaches children the values of respect and consideration for others.

It is extremely disruptive to a whole class when students come in late each morning and they have missed vital components of the school day. It is very concerning for your child too as this creates anxiety if they are continually late.

I have included this week an article from our Home School Liaison Office, Mrs Marlene Cross, regarding this issue.

I ask for your support in making sure your child is here each morning and attends the morning assembly at 8.50 am. Ideally they should make it to school for at least five minutes before the assembly as this is an important social time for children.

Another concern I have is around **student safety** when leaving school, in particular getting safely across Green Valley Rd. It is extremely busy out the front of the school and I urge you to take the extra 30m walk to the crossing with your children. It is a highly unsafe practice to cross anywhere else on Green Valley Rd. In this my first term here at GVPS, I have witnessed too many close calls and would hate to think that one of our students or community members is hurt (or worse) at this location. Last week a car rear ended another heading west with students and their parents having just crossed in the same location.

We as the adults, need to make sure we're teaching good road safety practices by using the available crossing. We want you and your children to be safe.

Next term will be here before we know it, which usually brings cooler weather. Students may wear **winter uniforms** from next term. Please remember that as a result of a large scale change process consultation at the end of 2009, the school moved to a new uniform. Three years of transition has been in place to allow families to wind up the old uniform in

preparation for the first year of full implementation this year. If you are unsure of what this means for your children, the full uniform list was published in the last newsletter and also appears on our website.

In short, for winter the girls have the option of wearing the new pinafore or green slacks and the boys wear grey trousers. Tracksuits and runners are for sport days only. Some students may wish to wear the GVPS sports shorts for sport or under their tracksuit ready for sport.

The **2012 Annual School Report** is now online and can be found at www.greenvalley-p.schools.nsw.edu.au/our-school/annual-school-report.

I have thoroughly enjoyed my first term at GVPS and, like every other year, it has flown by faster than the year before. If you are having time off work for the upcoming school holidays, enjoy the break. School resumes for students on Wednesday 1st May.

School staff will be back at work on Monday 29th April when we will be commencing training on preparing for the implementation of the new Australian Syllabus in 2014.

Mr B Warwick

Principal

Voluntary
Contributions
\$30/family.

SCHOOL INFORMATION

TERM 1 BUZZ DAY

As a reward for positive behaviour in Term 1, students will be participating in a range of activities on **Wednesday 10th April**. Students will enjoy stage based activities during the day.
Kinder and Stage 1: In class rotational activities.

Stage 2 and Stage 3: Bikes/scooters and outdoor rotations.

This day will be a mufti day where students come to school out of uniform.

SCHOOL HATS

Our school hat order has arrived! Hats can be purchased from the school office each morning or from the uniform shop on Tuesday afternoon from 2.30pm—3.00pm or Wednesday mornings from 8.30am—9.30am.

Cost \$11.00 each.

ATTENTION PARENTS AND CAREGIVERS INFORMATION REGARDING ATTENDANCE

GOOD ATTENDANCE by all students is a high priority at Green Valley Public School.

Regular attendance at school enables students to develop a sense of belonging to a peer group and building important coping and friendship skills.

All children have a right to an education and through regular attendance at school can make the most of learning and educational outcomes.

If attendance concerns arise during the year Parents and Caregivers of children with attendance concerns will be contacted by the school to inform of these concerns.

This will be done by letter, phone call or meeting to address unsatisfactory attendance.

LATENESS

A recent roll check reveals a small percentage of students are regularly arriving to school **LATE**.

On certain days we have had 20% of students late – this is **UNACCEPTABLE**.

Kindly note: **IT IS NOT OK TO BE LATE**. Lateness causes disruption to class and your child can miss out on teacher instruction at beginning of each day.

It is important to leave home with adequate time so you child arrives **comfortably** before the school bell. This will enable your child to be relaxed, settled and ready for the school day.

At times, a situation may arise which causes lateness, but it is expected that you will endeavour to ensure your child arrives at school each day **ON TIME**. It is good training by Parents and Caregivers to instill in your child the need for punctuality and being on time to school. **TICK TOCK – EYES ON THE CLOCK!**

Support your children by getting them there - every day and on time!

If I can assist you or you may have any concerns kindly contact me.

Regards
Marlene Cross
Home School Liaison Officer (Attendance Officer)
Ringrose Education Centre
0429 041 246

LIBRARY NEWS

Have you started reading for the Premier's Reading Challenge 2013? This week, special PRC bookmarks will be given out to students who have recorded 5,10,15 or 20 books online. The holidays are a great time to catch up on some good reads. More information on the PRC is on our school website.

WAKAKIRRI

Registrations for Wakakirri have now closed. Students who have handed in their notes need to ensure that they pay the \$20 fee as soon as possible as Wakakirri payments have already been sent off on behalf of the students. Unfortunately, we are now not able to accept any late participants.

AUSSIES OF THE MONTH



Anisah Jeffery 4B

Alison Vang 6BP

CHANGE OF STUDENT OR FAMILY INFORMATION

Please remember to update the school where 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.

K-2 ASSEMBLY

The next K-2 Assembly will be held on Tuesday 9th April. It will be hosted by 2A and will start at **12.00pm** due to Parent/Teacher Interviews.

WOOLWORTHS EARN & LEARN

Start collecting stickers at the checkout of your local Woolworths supermarket (self-service too) from Monday 8th April, place on your sticker card. There'll be one sticker for every \$10 spent, excluding purchases of liquor, smoking/tobacco products and gift cards. Once completed, simply drop the sticker card into the collection box in the office foyer.



P&C NEWS

From the President:

As the president of the P & C Committee, I would like to thank all Parents/Carers that helped with the Easter Working Bee on 27th of March, it was good to see new faces. The Mufti Day fundraiser for Sarris Family raised \$600.00. It was great to see our school community come together to help a family in need.

Our first fundraiser for the year, the Easter Raffle saw us raise over \$1100. With 47 prizes on offer, tickets sold well. Thank you to all the families who donated the prizes and sold tickets.

Family Portrait:

The portrait fundraiser held on 7th of April has raised \$420.00. The photos will be available to view on Wednesday 1st of May from 2.00pm to 6.00pm in the school office. Thank you to all the families who participated.

School Disco:

The Disco will be held on Friday 21st June. All tickets will be \$5.00 per student and food/drink will be sold on the night. More information in Term 2. Kinder-Year 2—5.00pm to 6.30pm and Years 3-6—7.00pm to 8.30pm.

Mother's Day Stall:

A Mother's Day stall working bee will be held on Wednesday 8th of May at 2.00pm in the school hall. All parents are welcome to help prepare for the stall.

The Mother's Day stall will be held on Thursday 9th of May. Items will range from \$5.00 to \$10.00 per item. There will be limited supply of gifts for Grandma.

Gelatos:

Sold every Friday afternoon after school near the cubbyhouse for \$2.00 each. Also we have a second hand school uniform stall, where you can purchase used school uniforms at a cheap price. You can also donate any second hand school uniforms that your child may have grown out of.

The next P & C meeting will be held on Wednesday the 8th of May at 9.00am in the staffroom. Everybody is welcome to attend.

DIARY DATES

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

APRIL

- 9 Parent/Teacher Interviews
- 9 K-2 Assembly
- 10 Buzz Day
- 11 Student Banking
- 12 PSSA Round 6
- 12 LAST DAY OF TERM
- 29 Staff Development Day
- 30 Staff Development Day

MAY

- 1 Students return for Term 2
- 2 Student Banking
- 3 PSSA Round 7
- 7 Cross Country Carnival
- 8 P&C Meeting
- 8 P&C Mothers' Day Working Bee
- 9 Mothers' Day Stall
- 9 Student Banking
- 10 PSSA Round 8
- 10 Stewart House Day
- 14 K-2 Assembly
- 14 NAPLAN
- 15 NAPLAN
- 16 NAPLAN
- 16 Student Banking
- 17 PSSA Round 9
- 21 ICAS Computer Skills Competition
- 23 Student Banking
- 24 PSSA Round 10
- 24 K-6 Assembly
- 28 K-2 Assembly
- 30 Stewart House bag collection
- 30 Student Banking
- 31 GVPSSA Cross Country Carnival

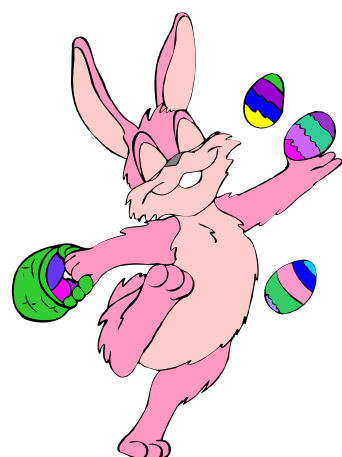
JUNE

- 4 Stage 1 Incursion
- 5 P&C Meeting
- 5 School Walkathon
- 5 ICAS Science Competition
- 6 Student Banking
- 7 PSSA Trials
- 10 QUEENS BIRTHDAY HOLIDAY
- 13 Student Banking
- 14 PSSA Round 1
- 17 ICAS Writing Competition
- 18 ICAS Spelling Competition
- 20 Stage 2 National Parks Excursion
- 20 Student Banking
- *21 P&C Disco
- 21 PSSA Round 2
- 24 Stage 3 Camp
- 25 Stage 3 Camp
- 25 K-2 Assembly
- 26 Stage 3 Camp
- 27 Buzz Day
- 27 Student Banking
- 28 PSSA Round 3
- 28 K-6 Assembly
- 28 LAST DAY OF TERM 2

JULY

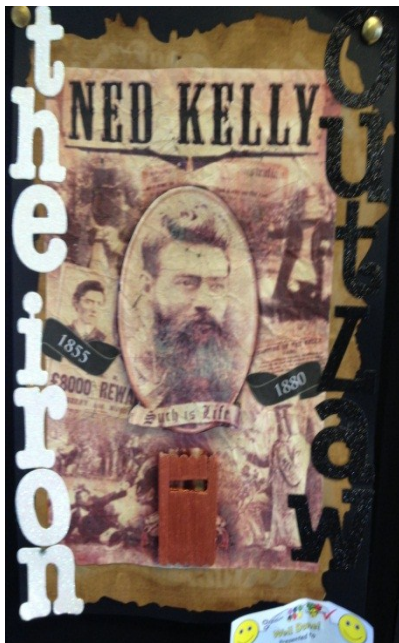
- 31 ICAS English Competition

Easter Hat Parade



In the Spotlight

5L



**For homework,
5L have created
a piece of artwork representing Ned Kelly.**



Helping kids be brave

By Michael Grose

Anxious kids, like worriers and sensitive types, benefit from a parenting style that is empathetic but at the same time empowers them to tackle their fears.



Currently around 11% of children have problems coping with anxiety. Around 3% experience some form of depression. As reported on the Kidspot website, Macquarie University psychology lecturer Dr Carolyn Schniering has stated that anxiety problems are the most common emotional disorders that children experience. It's important to understand that anxiety is not something to be afraid of. As Dr Schniering says, "It's a normal emotion and an important part of how we engage with the world." Experiencing some anxiousness in new social situations or some specific situations such as around water is quite normal and, in some regards, healthy. It's not healthy when anxiousness stops kids doing things they want or are able to do or interferes excessively with their school or pre-school experiences.

Genetics plays a part

Macquarie University research shows that children who display high levels of anxiety from a young age, and who have a parent who is excessively anxious or depressed, are seven to 11 times more likely to develop long-term anxiety. This finding supports my experience that **anxious parents beget anxious kids**. But it's not that simple. Some children are simply more prone to experiencing excessive anxiousness than others. These kids are typically classified as *worriers, shy types and more sensitive souls* who wear their hearts on their sleeves. (I've parented one of these types and I learned first-hand that some situations they experienced needed to be handled with some parental care and attention!) I want to stress that these children are not necessarily going to experience debilitating anxiety. However, they do benefit from a parenting style that is sympathetic while empowering them to tackle their fears. It's worth noting that if you yourself are overly anxious or experiencing depression, **then self-care needs to be your first priority** before you can assist your kids.

When should I worry?

Dr Schniering says, "As a rule of thumb, parents should be more concerned if the fears or worries they experience become excessive and their child is unable to deal with every day life." I would also add that when children become **overwhelmed** by their fears it may be time to seek professional help. A first port of call may be a General Practitioner or your child's school. (Our research shows that parents are more likely to seek help from their child's school than their GP; however, my experience has been that local doctors often have a good handle on these issues as well as knowledge of local providers.)

Helpful Parenting Practices

Before looking at helpful practises, let's quickly list some practices that are unhelpful for parenting anxious kids:

Fixing kids' problems.

Jumping in too soon only increases anxiety and doesn't enable kids to build their capabilities.

Allowing avoidance.

Letting kids escape new or fearful situations validates their fears.

A 'get over it' attitude.

There's a difference between "You can do this!" and "For goodness sake, get over it!" The latter often comes from parent impatience and stress.

Okay, now for the helpful parenting practices for kids who are anxious. These include:

1. Skilling towards bravery. Help kids face their fears by skilling them, e.g. *Look around for a friendly face when you go to scouts.*

You need to put on your coaching hat to build skills and self-confidence, which defeats anxiety.

2. Scaffolding towards bravery. Rather than avoidance allow kids to face their fears in stages, e.g. *Let's go to the party for an hour then I'll pick you up.* By breaking things down into smaller states kids feel that they are more in control. Lack of control is behind a great deal of anxiousness in adults, as well as kids.

3. Be empathetic, not sympathetic. There is a difference. Empathy shows you understand how they feel; sympathy can be maudlin, leading you to pay excessive attention to the fear as well as letting them off the hook. Kids need a supportive adult who says, not necessarily in these words, "I know how you feel but I also know you can do this."

4. Creating opportunities for independence. Competency is the enemy of anxiety. Building children's self-help skills and their independence outside of the home has a snowball effect on how they feel about situations that they usually fear.

5. Model bravery. Okay, you knew I was going to mention this. But if you want kids to be brave **then you go first**. Your calmness, patience and willingness to methodically work your way through new situations will have a calming effect on kids. (Good leadership is basically about staying calm in stressful situations.) Modelling also shows them how fears of new and unknown social situations, and even specific fears such as going to the dentist, can be handled positively. It's worth noting that most kids grow out of their anxiety given attentive brave parenting. As a general parenting strategy I recommend that you take a strength-based approach (which is what I'm banging on about all the time) and focus on building children's strengths and assets to help them overcome fears. At the same time recognise that some children may need extra assistance from time to time as a result of their anxiety.



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This workshop explores the symptoms displayed by children and adolescents with depression and/or anxiety. It examines treatment, diagnosis, causes and related risk factors. There is a focus on what parents can do to support these children.

Date:

Tuesday 14 May, 2013

Time:

6.00pm-8.30pm

Venue:

Learning Links Mt Pritchard
Lvl 1, 46B Reservoir Rd, Mt Pritchard 2170

Cost: FREE*

Suitable for: Parents and Carers ONLY

For enquiries and bookings please phone Dana on 8568 8200

**This workshop is funded by the Department of Education and Communities.*



GO4FUN DATES AND LOCATIONS TERM 2 2013

Sydney LHD

Canterbury – Riverwood Community Centre
151 Belmore Road North Riverwood 2210
Days and Times to be Announced

Canada Bay – Five Dock Leisure Centre
William Street Five Dock 2046
Mondays & Thursdays 4.30pm – 6.30pm



Marrickville – Marrickville PCYC
531 Illawarra Road Marrickville NSW 2204
Days and Times to be Announced

Strathfield – Strathfield Community Centre
1 Bates Street Homebush NSW 2140
Monday and Wednesdays 4.30pm – 6.30pm



Go4Fun is a FREE program funded by NSW Health for children aged between 7-13 years old who are above a healthy weight.

Parents and children are invited to attend and register for the Go4Fun program at the locations listed.

South Western Sydney LHD

Bankstown – Bankstown PCYC
Cnr Meredith St & French Ave Bankstown 2200
Mondays and Wednesdays 4.30pm – 6.30pm

Camden – Mount Annan Leisure Centre
368 Welling Drive Mount Annan 2567
Mondays and Wednesdays 4.30pm – 6.30pm

Campbelltown – Aquafit Fitness and Leisure
Old Menangle Road Campbelltown 2560
Mondays and Thursdays 4pm – 6pm

Fairfield – Fairfield Leisure Centre
44 Vine Street Fairfield 2165
Tuesdays and Thursdays 4.30pm – 6.30pm

Villawood – Wran Leisure Centre
Gundaroo St Villawood 2163
Tuesdays and Thursdays 4.30pm – 6.30pm

Liverpool – Liverpool West Public School
79-81 Hoxton Park Road Liverpool 2170
Mondays and Thursdays 4.30pm – 6.30pm

Minto – Minto Indoor Sports Centre
9 Redfern Road Minto 2566
Tuesdays and Thursdays 4.30pm – 6.30pm



Wollondilly – Tahmoor Public School
Bronze Wing St, Tahmoor 2573
Tuesdays and Thursdays 4pm – 6pm

For more information or to register for the program:

FreeCall 1800 780 900 OR SMS
0409745645 for a call back.

[www.sswahs.nsw.gov.au/
populationhealth/Go4Fun.html](http://www.sswahs.nsw.gov.au/populationhealth/Go4Fun.html)

Leah Choi - Program Manager
leah.choi@sswahs.nsw.gov.au
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Prairie Vale Road
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