



Marks Point Public School Newsletter

"Working Together"



Findon Street, Marks Point NSW 2280 Phone: 4945 4433 Fax: 4947 7842 Email: markspoint-p.school@det.nsw.edu.au

Term 3 Week 10

Wednesday 26 September 2018

Dear School Community,

Managing children's behaviour:

As parents, another one of our greatest challenges is the difficult behaviour of our kids, especially when we are sleep deprived or just generally exhausted. Here are some tried and tested tips to help manage these challenging behaviours:

- Try to ensure that your child has a routine – around meals, sleep, play-time etc. This really is the cornerstone of behaviour management, as you will read in all the books. Kids love routine and thrive when they know what to expect next, and that your response will always be the same.
- Try to have some one-on-one "special time" with your child. Making your child feel special and important can help to minimise their attention seeking behaviour.
- Give lots of praise for good behaviour, even if you sound silly. Kids love to hear that they are doing stuff well rather than "no" or "don't" all the time. It is better to praise the behaviour not the child so that they are not labelled as "good" or "bad". Try to get down to their level, make eye contact and hug or cuddle them.
- Ignoring is a very powerful strategy to use with kids – walk away and go and do something else if your child is deliberately behaving badly. As soon as the behaviour stops, remember to praise your child.
- Pick the behaviours that are the hardest to deal with, for example hitting or biting you or a sibling, and just tackle one thing at a time. You can't take everything on all at once! Try not to sweat the small stuff, even if it's very trying.

If the pattern and severity of your child's behaviour is more extreme than we would expect for a child of that age, you may need to seek professional help. Maybe this is something you've noticed yourself, or perhaps your child's school or teacher has raised some concerns with you.

If you're concerned that there might be something else going on with your child, start by seeing your GP who may recommend that you see a paediatrician, psychologist, speech therapist or occupational therapist so that you and your child get the help that you need.

Have a happy and safe holiday and we'll see the students when school resumes on Monday 15th October.

PBL Focus:

This week in PBL we are focusing on -

Assembly -

- ♥ Follow teachers' instruction
- ♥ Participate with pride
- ♥ Enter and exit correctly
- ♥ Clap appropriately
- ♥ Stand and sit quietly
- ♥ 5L's
- ♥ Congratulate success

School uniform:

Just a reminder about Marks Point PS's summer uniform. All students must wear hats during breaks during Term 4 to protect them from the sun, 'No hat, no play'. The Marks Point Public School community has overwhelmingly endorsed the wearing of the school uniform and school hats. The school community believes that school uniforms:

- Foster pride in the school.
- Assist in the development and maintenance of school culture and good conduct.
- Minimises undesirable distinctions between children in the same school.

Girls uniform: A green and white A-line dress with a Peter Pan collar and short sleeves, with a gold ribbon tab and green button or green short and green skorts / shorts, black shoes and white socks.

Boys uniform: Grey shorts and green shirt with gold sections, Black shoes and white socks.

School hats: School Sun Safe hats in green or gold hat.

Mobile phones:

We understand why families want their children to carry mobile phones for safety reasons. However your child MUST hand their phone in to the office every morning before school and collect their phone when school finishes. Smartphones could be banned from schools as NSW orders an Australian-first review of their use amid concerns about cyber-bullying and safety.

The NSW review, which will be run by leading child psychologist Michael Carr-Gregg, will look at the "risk versus reward" of mobile phone use once inside the school gate.

PBL Reward Day Term 3:

Last week the majority of the school enjoyed participating in the 'ObstAcool' course delivered at school. Thank you to Mrs Katrina Haeusler for organising this treat for the students.

**Anti-bullying in schools:**

NSW public schools are committed to providing safe, supportive and responsive learning environments for everyone. We teach and model the behaviours we value in our students.

In NSW public schools students are expected to:

- Respect other students, their teachers and school staff and community members.
- Follow school and class rules and follow the directions of their teachers.
- Strive for the highest standards in learning.
- Respect all members of the school community and show courtesy to all students, teachers and community members.
- Resolve conflict respectfully, calmly and fairly.
- Comply with the school's uniform policy or dress code.
- Attend school every day (unless legally excused).
- Respect all property.
- Not be violent or bring weapons, illegal drugs, alcohol or tobacco into our schools.
- Not bully, harass, intimidate or discriminate against anyone in our schools.

Schools take strong action in response to behaviour that is detrimental to self or others or to the achievement of high quality teaching and learning.

What is bullying?

Bullying has three key features - It:

- involves a misuse of power in a relationship.
- is ongoing and repeated.
- involves behaviours that can cause harm.

Bullying of any kind is not acceptable in NSW schools, whatever the reason. Schools are committed to working with parents, staff and students to prevent bullying and respond quickly and effectively if it does occur.

What can you do if your child has been bullied?

Explain to your child that reporting the bullying is okay. After listening to their concerns, ask questions to get more details if needed: who, what, where, when. If your child is not in any immediate danger and they feel confident, they could try these strategies:

- Ignore the bullying.
- Turn their back and walk away.
- Act unimpressed or pretend they don't care.
- Say "No" or "Just stop!" firmly.

When do I contact the school?

Your child may be reluctant for you to speak to school staff. Discuss the idea and reassure them that the school would want to know and is able to help.

If needed, make an appointment to meet with your child's teacher. You could also ask to talk with the Principal. Contact the school immediately if you have a concern about your child's safety.

Kindest Regards,

Sharne Turpin
Principal

4/5L Drought Writing

As some of you may know Australia is the driest inhabited continent on earth, meaning when it doesn't rain our farmers experience a drought. In fact 98% of the state is currently in or affected by drought. This is the worst drought since 2012 which went for 9 years! In the last drought it got so bad that the government started a desalination project that aided the end of the drought. The current drought is killing our livestock.

Our farmers and their children are not the only thing affected by the drought, the animals are dying too. Without rain the animals can't get any food and are too weak to look for some meaning the farmers are forced to hand-feed them. The farmers are buying all the food they can afford for their poor animals but it doesn't change much. Recently, the PM and Gladys Berejiklian decided to give relief and cut fees so the animals can live. It's pretty much the same for the farmers and their kids.

Farmers and their kids are really struggling throughout western NSW. They are getting no income which means no food so a lot of farmers are getting second jobs. Every spare second their children have is used on helping and contributing any way they can. Since the state is in drought there is no water either so no showers back at home. That's why schools are letting farmers and their kids shower at the school instead. We can only hope that it rains where it's needed. Until then try and help out as best as you can...every drop counts!

By Seth Holt

Drought is currently plaguing our farmers across the country. Australia is the driest inhabited continent on earth, and is currently experiencing its worst drought since 2012. The worst drought, the millennial drought went from 2003 to 2012. NSW is one of the worst affected states with over 98% of the state in drought or drought affected.

Farmers in western NSW are some of the worst off with the drought impacting all areas of their lives. Children are impacted by the drought just as much as the farmers. Children are having to go without, still do homework, do chores and help around the farm a lot more than usual. Farmers are buying food for the livestock and hand-feeding the livestock with the help of the kids.

Scientists are working on turning salt water into drinkable water to help the drought also known as desalination. In the drought animals are dying and farmers aren't selling anything because of the drought livestock are losing meat or fat on them and wouldn't be very good to eat.

Farmers are having to buy hay which values at upwards of 100 dollars a bale. With all the money that our school raised we could get 4 bales of hay. The grass is dying and drying up in the farms around western NSW, which is causing this need for farmers to buy hay and hand-feed the livestock.

By Caleb Cook

Weekly Program

Classes Begin: 9:00 am and finish 3:00 pm

Tuesday - CAPA Groups 2:15 pm

Friday - Assembly (fortnightly)

Breakfast Club 8:30 am - 9:00 am,
Scripture, Sport

Canteen - Tuesday - Friday (**Closed Monday**)

Uniform Shop - Mon 8.30 am to 9.00
(by appointment only)

Upcoming Events

Reptile Park K-2 - Wednesday 26 September

Last Day of Term - Friday 28 September

Students Return Term 4 - Monday 15 October

Kinder Orientation - Wednesday 17 October



GOT IT! Tip Of The Week

Praise your children for trying and not for being perfect.
Try to help your child focus on their effort in giving things
a go and not necessarily for the outcome of their efforts



Spotlights & Stories

Friday 12 October

6.45pm-8.30pm

Meet at Jewells Crossing Kalaroo Road, Belmont North

Free Nocturnal Bush Activity for kids (aged 6-12 years) in the school holidays.
Explore the forest at dusk and listen to cultural stories about the land.



All kids must be accompanied by an adult.

Wear sturdy footwear, long sleeves, long pants, and bring a water bottle.

Book your spot at [eventbrite.com.au](https://www.eventbrite.com.au) or 0429 267 234



www.belmontwetlands.com.au



RESERVE BANK OF AUSTRALIA



Check out our activities for primary school students this school holidays

- Get an interactive presentation on the new \$50 banknote and discover banknote security features.
- Explore the Museum with a treasure map and learn about the history of Australia.

Spring session times

Tuesday, 2 October, 11.00 am – 12.30 pm
Thursday, 4 October, 11.00 am – 12.30 pm
Tuesday, 9 October, 11.00 am – 12.30 pm
Thursday, 11 October, 11.00 am – 12.30 pm

What to bring

A current banknote so that you and your children can follow along with the interactive presentation.

Cost: FREE – Bookings essential

Email: museum@rba.gov.au

Phone: (02) 9551 9743

Reserve Bank of Australia Museum

Ground Floor, 65 Martin Place
Sydney NSW 2000

To find out more, visit:

www.museum.rba.gov.au/events

YWCA Vacation Care

School holiday fun for children aged 5-12 years

Games - Theme Days - Excursions - Movies - Cooking

Enquiries: 4929 2954 - yncle@bigpond.com
(Child Care Benefit Available)

Monday, 1 October	Tuesday, 2 October	Wednesday, 3 October	Thursday, 4 October	Friday, 5 October
 CLOSED	 INCURSION	 EXCURSION	 IN-HOUSE	 EXCURSION
Monday, 8 October	Tuesday, 9 October	Wednesday, 10 October	Thursday, 11 October	Friday, 12 October
 INCURSION	 EXCURSION	 IN-HOUSE	 IN-HOUSE	 EXCURSION

Venue: YWCA Hunter Region Inc, 24 Dawson Street, Cooks Hill 2300

Opening Hours: 7.30am-6.00pm

Ph: 4929 2954 Email: yncle@bigpond.com

Cost: \$50 per day (plus additional excursion/incursion costs)

Child Care Subsidy available to eligible families.

PLACES ARE LIMITED, DON'T MISS OUT!

To book visit www.ywcahunterregion.org.au/vacation-care



Spring

school holidays



Tuesday 2 October

Intensive learn to swim program

Charlestown, Swansea or West Wallsend Swim Centres
3+ years
\$35.20 for four-day program

CPR awareness sessions

9-9.45am
Charlestown, Swansea or West Wallsend Swim Centres
All ages | Free

Seasons craft table

Library open hours
Belmont Library
All ages | Free

Make a Splash storytime

9.30am-noon
West Wallsend Swim Centre
3-6 years
Swim Centre entry cost

Sculpture workshop

10.30am-12.30pm
Lake Macquarie City Art Gallery
7+ years | \$20 per child

Stories from the Big Blue Chair: Be yourself, be fabulous

2-3.15pm
Toronto Library
5-9 years | Free

Wednesday 3 October

Seasons craft table

Library open hours
Belmont Library
All ages | Free

Rainbow Connection

10.30-11.30am
Lake Macquarie City Art Gallery
3-6 years
\$10 per child/adult couple

Fold and fly paper planes

10am, 11.30am or 3pm
Morisset Library
7-12 years | Free

Thursday 4 October

Seasons craft table

Library open hours
Belmont Library
All ages | Free

Lanterns making

2-3.15pm
Charlestown Library
All ages | Free

Meet the illustrator: Lessons of a Lac series

11am-noon
Speers Point Library
3-8 years | Free

Jewellery making

10.30am-12.30pm
Lake Macquarie City Art Gallery
7+ years | \$20 per child

Friday 5 October

Seasons craft table

Library open hours
Belmont Library
All ages | Free

Make a Splash Storytime

9.30am - noon
Charlestown Swim Centre
3-6 years
Swim Centre entry cost

Spooky storytime

9.30-10.30am
Swansea Library
3-7 years | Free

Saturday 6 October

Free Learn to Swim

8am-noon
(30 minute classes)
Charlestown, Swansea, Speers Point and West Wallsend Swim Centres
5 years and under | Free

Monday 8 October

Intensive learn to swim program

Charlestown, Swansea or West Wallsend Swim Centres
3+ years
\$55 for 5 day program

Planet Atheneum Fun Palace

10am-2pm
Toronto Library
12 years and all abilities | Free

Crafty kids: polar bear fun

2.30-3.30pm
Wangi Wangi Library
3-8 years | Free

Sketchy Monday

3-4pm
Charlestown Library
6-12 years | Free

Tuesday 9 October

Teddy bear storytime

9.30-10.15am
Edgeworth Library
3-6 years | Free

Sculpture workshop

10.30am-12.30pm
Lake Macquarie City Art Gallery
7+ years | \$20 per child

Scare yourself silly party

11am-noon
Swansea Library
8-12 years | Member \$5, non-member \$7

Wednesday 10 October

Rainbow Connection

10.30-11.30am
Lake Macquarie City Art Gallery
3-6 years
\$10 per child/adult couple

Billy Goats Gruff storytime and puppet show

10.30am, 11.30am or 3pm
Morisset Library
3-7 years | Free

Mindfulness through art for kids

2-2.45pm
Belmont Library
7-12 years | Member \$8, non-member \$10

Thursday 11 October

Wands for muggles

10-10.45am
Speers Point Library
6-10 years | Free

Jewellery making

10.30am-12.30pm
Lake Macquarie City Art Gallery
7+ years | \$20 per child

Friday 12 October

Colour your world

Library opening hours
Cardiff Library
5-12 years | Free

Trivia

2pm-3.15pm
Charlestown Library
7-12 years | Free



Lake Mac Swim Centres
Charlestown: Swansea:
4921 0782 4921 0733
West Wallsend:
4921 0738
Speers Point:
4921 0580

Lake Mac Libraries
book online at
library.lakemac.
com.au/events

Art Gallery
☎ 4965 8260

Bookings essential