



Pelaw Main Public School NEWSLETTER

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TERM 4 WEEK 1

DATES FOR THE DIARY

Thursday 8th November
League Tag Gala Day

Friday 9th November
Tadpoles Program
Remembrance Day &
K Red Assembly

Tuesday 13th November
Beach Safety Day

Friday 16th November
Tadpoles Program
Reg Kelly Cricket

Monday 26th Nov-7th Dec
Intensive Swimming

Tuesday 4th December
KKHS Year 6 Transition

Tuesday 11th December
Year 6 Graduation

Thursday 13th December
Year 6 Fun Day

Friday 14th December
Presentation Day

Wednesday 19th December
Last day of Term 4 for
Students

Tuesday 29th January
Staff return 2019

Wednesday 30th January
Students return 2019

Thursday 31st January
Kinder students start



Great Aussie Bush Camp

This week, 41 students set off to the Great Aussie Bush Camp on Wednesday morning. They have had an amazing time and challenged themselves in many ways, made new friendships and experienced new activities.

Mud world, County Fair and the giant swing were some of the highlights.

On Thursday they spent the afternoon on the beach at Tea Gardens, which is always a highlight for many students.

Thank you to Mrs Knight for her organisation of camp once again this year.

You Can Do It Investing in Parents Sessions

Mon 26th Nov, Mon 3rd
Dec, Mon 10th Dec.
9.30 am –10.30am
More Information
to Follow

Partners in Learning

Mon 5 Nov 1/2 Yellow
Mon 12 Nov 1 Orange
Mon 19 Nov K Red
9.30 am in the
classroom



Breakfast Club Coordinator

We are on the lookout for a new Breakfast Club Coordinator for 2019. Both Kim Smith and Cheryl Gillard, who have run our Breakfast Club so brilliantly for the past few years, are hanging up their aprons at the end of the year. Both ladies have done an outstanding job and will be greatly missed! Our Breakfast Club is supported by Red Cross and if we are unable to find a volunteer coordinator for next year, sadly we would lose this funding and it would not be available to us again. Therefore, it is vital that we try and find someone, or a few people, to take this on. Breakfast Club is always very well attended and our Stage 3 students have started taking on serving duties to support this for our school. Both Kim and Cheryl are more than happy to support the handover of Breakfast Club, which involves some correspondence with Red Cross, ordering food and buying supplies once a week. Please leave a message at the office to speak to me about what it entails if you can assist in any way.

Mixed League Tag Gala Day

On Thursday 8th November, selected students in years 4, 5 and 6 will compete in a non-competitive League Tag Gala day at 'The Basin', Mount View. Student will be transported by private vehicles and will need to be at school no later than 8.30am to ensure we are at the grounds for the first game at 9.30am. Students are to wear Full sports uniform and will be supplied with a jersey on the day. The gala day is expected to be finished at approx. 2pm where students will return to school. Please see Mrs Lantry if you have any questions.

Reg Kelly Cricket Round 4

On Friday 16th November, the school's cricket team will compete against Tenambit Public School in Round 4 of the Reg Kelly Cricket competition. Students will need to be at school in their full sports uniform as normal for the morning session. Students will have an early lunch and leave to walk to the Kurri Senior Cricket Oval at 10.30am for an 11am match. Parents are welcome to walk with us and support the team on the day. Students will return to school upon completion of the match. Please see Mrs Lantry if you have any questions.

Surf Fun Safety Day

All Stage 3 students have the opportunity to further develop their awareness of water safety at Stockton Beach on Tuesday 13th November, at a Surf Fun Day, co-ordinated by Hunter Life Saving. The excursion is \$25.00 per student with the first 60 students who return their permission notes and payment securing their spot.



PBL Awards for this week

Be Safe Alyssa P 4/5 Violet
Be Respectful Bailey T 4/5 Violet
Be an Active Learner Destiny 2/3 Green
Ribbit Award Orange, Yellow & Indigo

All information has been provided on the note, but please see Mrs Lantry if you have any questions about this fabulous experience.

Library News

Our library classes are well under way for term 4 with most classes exploring World Book Online. The junior classes are also learning how to operate laptops including how to carry them carefully and how to use ctrl, alt and delete (a little tricky for small hands!).

A reminder to all families, that borrowing will finish for 2018 at the end of week 7. This will leave weeks 8, 9 and 10 for returning of books and hopefully, a stocktake. I will then have time to recover, glue, repair and re-shelve our stock ready for next year. I have been watching the new book stock and lots of students are showing lots of interest in them and checking them out very quickly, which I find very encouraging.

Our Term 3 Scholastic Star Readers are Jake H and Shianne F. They are both very deserving winners as they are very frequent borrowers.

The latest Scholastic Book Club orders were due back at school this week, so I will process them on Thursday. There will be one more issue this term.

Thanks for your continuing support of your school library.
 Tracy Foggett – Teacher Librarian



P&C News

As we head into Term 4 you might start thinking about new uniforms for next year. The Uniform Shop is open Mondays and Fridays 8:45 – 9:15am. It is located between the boys and girls toilets. It is manned by a wonderful volunteer that sometimes may be unavailable during these times due to work commitments, so in that instance please leave your order form at the Office and our Uniform Lady will attend to it ASAP.

We will let the kids get over the Halloween treats before having a Lolly Stall later in the term, as our first specific fundraiser. Remember, the canteen is our biggest ongoing fundraiser. If you can help out, even for a few hours a term, volunteers are always welcome.

Next Friday 9 November the canteen will be making a special treat. Freshly made muffins for recess! They will be in variety of flavours in both mini and large. No need to pre order, just order on the day or buy at the window during recess. A reminder and pricing details will be on our facebook page next week.

Check out our facebook page for updates on all things P & C (Canteen, Uniform Shop, Fundraisers, Activities) and remember, members and comments are always welcome, so get in touch at: [f @Pelaw Main P & C](https://www.facebook.com/PelawMainP&C)

Garage Sale

Saturday, 3rd November
7.00am- 11.00am
Kurri Kurri & District
Preschool Kindergarten Inc

**Cnr Tarro & Boundary Street,
 Spion Kop NSW 2327**

**Please come along to raise money
 to assist farmers in need.**

**A great variety of toys, books,
 Bric-a-brac & more.**

\$2.00 sausage sandwiches for sale.

Merilyn Burton - Principal





Helping children learn positive friendship skills

Importance of children's friendships

At any age, having friends provides support and promotes mental health and wellbeing. Children's friendships are also very important for their social and emotional development. Through friendships children learn how to relate with others. They develop social skills as they teach each other how to be good friends.

Most children want to have friends. Children who have friends are more likely to be self-confident and perform better academically at school than those without friends. When children have difficulty in making friends or in keeping them, it often leads to feeling lonely and unhappy with themselves. Feeling rejected by others may lead to significant distress. Learning positive friendship skills can help children socially so they feel happier and more confident.

How friendships develop and change

Friendships require give and take. By sharing toys, time, games, experiences and feelings, children learn that they can have their social needs met and can meet the needs of others. Since friendships develop through this kind of mutual exchange, close friendships are usually based on well-matched needs.

Children's friendship needs and skills change as they grow. Similarly, children's ideas about friendship change as they develop. This is reflected in the different kinds of activities that children like to spend time doing with their friends at different ages. The table below indicates the ways children tend to describe close friends and the kinds of skills that support positive friendships as they develop.

Approximate age	A friend is someone who...	Friendship skills include...
Up to 1 yr		<ul style="list-style-type: none"> looking, smiling, touching, imitating
1-2 yrs	<ul style="list-style-type: none"> plays with you has good toys can do fun things 	<ul style="list-style-type: none"> identifying friend by name
3-5 yrs	<ul style="list-style-type: none"> does something that pleases you you know better than other people 	<ul style="list-style-type: none"> playing well in a twosome approaching others to join in
5-7 yrs	<ul style="list-style-type: none"> helps and looks after you you help 	<ul style="list-style-type: none"> taking others' feelings into account seeing others' viewpoint
8-10 yrs	<ul style="list-style-type: none"> plays fair – follows the rules talks and shares interests 	<ul style="list-style-type: none"> talking and listening to each other forming groups with similar interests
10-12 yrs	<ul style="list-style-type: none"> trusts you and is trustworthy 	<ul style="list-style-type: none"> sharing confidences negotiating respecting one another
12-18 yrs	<ul style="list-style-type: none"> understands you and who you understand you can talk to about feelings or problems 	<ul style="list-style-type: none"> talking about personal and social issues supporting one another



Friendship patterns in the primary school years

Children choose friends who have similar interests and enjoy similar activities. During primary school close friendships are most often with a child of the same sex. This is related to children's preferences in play.

Boys tend to prefer active kinds of play in groups, whereas girls typically prefer gentler games in pairs or threes and use talk more than action. Such preferences may be especially strong around the ages of eight and nine when many children become more aware of social expectations regarding girls' and boys' behaviour.

These expectations can create difficulties for boys who are interested in gentler kinds of play and for girls who prefer the kind of active play that is usually associated with boys.

Friends cooperate and communicate more with each other than with other children. They also have conflicts more often, but usually manage to settle them without upsetting the friendship. Friends influence each other's behaviour. Over time they may take on similar mannerisms, language and preferences. Although friendships usually have positive effects, friends who have behavioural problems may encourage problem behaviour in one another.

As children's interests and developmental needs change, their friendship patterns may also change. By the middle of primary school it is common for children to form small friendship groups based around similar interests. These groups often establish their own rules about who can join them. Setting rules and learning to negotiate them is important for helping children to develop their understanding of social relationships. However, when children lack cooperative relationship skills it can lead to friendship groups being dominated by some children and excluding others.

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Social skills that promote friendship

Children who are good at making and keeping friends use positive social skills. Parents, carers and school staff help children learn positive social skills by guiding them as young children, being positive examples for children to follow, and providing opportunities for play where children can practise their skills. Key social skills that help with friendships include cooperation, communication, empathy, emotional control and responsibility.

All children go through friendship conflicts. Even usually popular children experience rejection sometimes. When this happens children's confidence may be affected. They may blame themselves or others. Beliefs about the reasons for the friendship conflicts they experience affect the ways that children react.

Some kinds of thinking are more helpful than others for managing the conflicts children have with friends. The following example shows different possible reactions to being refused when a child has asked to join in a game with others.



Positive social skills are shown in these behaviours

Starting conversations	Sharing
Taking turns	Asking for what one wants/needs
Expressing feelings	Apologising to others
Asking questions	Following rules of play
Complimenting others	Playing fair
Accepting others	Listening to others
Refusing to join others' negative behaviours	Being a good loser
	Helping others
	Cooperating

Poor social skills are shown in these behaviours

Physical aggression (kicking, hitting, etc)	Being a poor loser
Arguing	Getting into others' space
Interrupting	Talking too much
Name-calling	Breaking rules of play
Bossing others	Being too rough in play
Whining, complaining	Taking others' possessions
Showing off	



All children go through friendship conflicts. Even usually popular children experience rejection sometimes.

Thoughts

*I'm just not much fun.
Other kids don't like me.*

*They're out to get me.
They're being mean
on purpose.*

*It's because they already
started the game.
Next time I'll ask first.
I can look for someone else
to play with today.*

Beliefs

*It's my fault and it won't
change.*

*It's their fault and they
shouldn't have done it.*

*The situation wasn't right.
I can change it.*

Feelings

Anxious
Sad
Low confidence

Angry
Hostile

Resilient (disappointed at first
but quickly recovers)
Confident

Behaviour

Withdraws from social
contact with other children

May become aggressive
or try to get back at them
in other ways

Accepts what has happened
and looks for other ways to
solve the problem

It is very beneficial for children when a parent, carer or school staff member helps them solve friendship conflicts by encouraging resilient, cooperative attitudes. Rather than simply blaming the other children the adult may say something like, "What else can you do? Are there other children who might be interested in playing a game?"

Key points for supporting children's friendship skills

Parents, carers and school staff have important roles to play in helping children develop friendships. They set examples for children to follow through the ways they manage relationships. They can also act as coaches for children, teaching them helpful social skills and talking through friendship issues to help with solving problems. As they learn how to manage social situations, having opportunities to talk about friendships with parents, carers and school staff helps children feel supported and develops their communication skills.

Provide children with opportunities to play with peers

Children gain experience and learn important social skills from playing with friends. For children who are still learning how to get along, it can be helpful to plan what to do before having a friend over for a play date. This could involve deciding whether to share all of their toys or only some, or encouraging them to think about what games the other child would like to play when they arrive.

Teach positive social skills

Observe your child to work out the negative social behaviours your child uses too often and the positive social behaviours they could use more.

Little things like smiles, looking at the person, knowing names and using a confident, friendly voice can make a big difference when making friends. Being able to better control negative emotions and paying attention to the needs and wants of others are also very important.

Teach one behaviour or social skill at a time and make sure the child is able to do it before introducing another skill. Show your child what to do. You may act out the situation and even demonstrate what to say. Take turns 'acting' until your child can demonstrate what to do. Don't be too serious. Make it a fun experience.

Be a coach

Coaching is critical for helping children use new skills in real-life situations. Coaching involves prompting, reminding and encouraging (but not nagging!) children to use the skills they have learned. Coach your child to practise positive social skills in everyday situations with family members and friends. Support children's learning by giving positive feedback and praise.

Help children solve friendship conflicts

Talking problems through with a supportive adult helps children to think about what happens, how they feel about it and what to do next. Thinking things through like this helps to build more mature social skills.

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



Australian Government

Department of Health and Ageing



Principals
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