



Pelaw Main Public School NEWSLETTER

www.pelawmain-p.school.nsw.edu.au

Ph: 49371314
Fax: 49361204
Postal Address
P.O. Box 87
Kurri Kurri 2327

24 AUG 2018

TERM 3 WEEK 5

DATES FOR THE DIARY

Tuesday 28th August
Canberra Parent
Information Session 6pm
Thursday 30th August
Father's Day Breakfast &
stall
Friday 31st August
5/6 Pink Assembly in the
Hall 2.30pm
Friday 14th September
1 Orange Assembly in the
Hall 2.30pm
**Wednesday 19th– Friday
21st September**
Canberra Excursion
Thursday 20th September
Jackie French Visit
Saturday 22nd September
Spring Fair

Partners in Learning

Mon 27th Aug 5/6 Pink
Mon 3rd Sept 5/6 White
Mon 10th Sept 4/5 Violet
Mon 17th Sept 4 Indigo
Mon 24th Sept 3/4 Blue
9.30 am in the classroom

Canberra Excursion

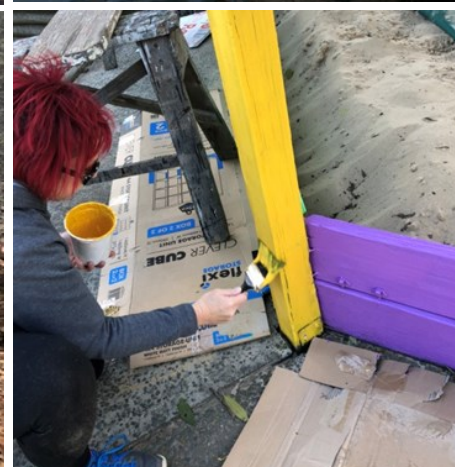
An Information Session
will be held on Tuesday
28th August at 6pm in
the Library for parents of
students attending the
excursion.

SCHOOL FEES

Our voluntary school
contributions of \$47
per family are now
due. Payments can be
made at the office by
Eftpos or cash &
online.

Working Bee

I would like to extend a huge thank you to the amazing workers who helped complete all tasks on the list on Sunday. Your help was greatly appreciated and the sandpit and gardens look magnificent. Mrs Grant



Parking

I have been in touch with Cessnock Council to clarify the parking signs at the front of the school. Last Friday, another reminder note was sent home to remind parents about each of the signs and what they mean.

Please be aware, you **cannot** stop in the **bus zone** during pick up and drop off times. The bus stop is along the front of the COLA.

The **No Parking** area, located adjacent to Miss Clayden and Miss King's demountables, is where you are permitted to stop to drop off and pick up during these peak times. You must not stop for more than two minutes in a No Parking area. You must remain in or within 3 metres of the vehicle. Hours of operations may apply to some signs. This means restrictions apply for those times only.

Focus on Bookwork

As part of our Explicit Instruction implementation, each Friday three randomly selected students from each class will present their Vocab books to me to receive some feedback. The sentence structure is as follows – When, who what they did. Once again, I would like to share some of the fabulous examples.

As the blazing sun shone through the waving branches of the tree, the optimistic people empowered the community to take a stand. – **Hannah M – 5/6 White**

Once the Prime Minister had finished speaking, the reliable peers clapped and cheered in parliament with delight. – **Kyra W – 5/6 White**

As he stood in the middle of Subiaco Stadium, the reliable captain of the West Coast Eagles motivated his players to defeat the opposition. – **Lucy B 5/6 White**

While in the Planning Room, the embarrassed students explained what happened at lunchtime. – **1/2 Yellow & 1 Orange**

After visiting the show, the distraught dog barked loudly to his owner. – **Brailee W & Beau M – 2/3 Green**

While waiting in the line, the contented boy explained what had to happen at lunchtime. – **Bradleigh D 2/3 Green**

As the sun set over the stone castle, the cheeky princess placed the dazzling crown on her head and smiled graciously. – **Connor 4 Indigo**

In the middle of a sad ceremony, the current highly guarded monarch sat upon a throne as she reigned over the people of England at the Commonwealth Games. – **Aaron D 4 Indigo**

As the royal family walked carefully on the dazzling balcony, the dignified guarded Queen waved graciously at the thousands of onlookers. – **Mia W 4 Indigo**

As the sun vanished over the royal castle, the noble king waved to the thousands of people looking up in astonishment. – **Jake H 4/5 Violet**

As the reliable crowd clapped and cheered, the empowered student felt empathetic for the homeless people from inside the room of motivated and optimistic students, teachers and parents. – **Braydan T 5/6 Pink**

As the pamphlets for The Great Barrier Reef meeting were handed out to all reliable Country Representatives, Malcolm Turnbull was backstage being motivated by staff in the White House, America, to help The Great Barrier Reef grow. – **Jordan H 5/6 Pink**

As the optimistic captain finished his empowering lecture, the room suddenly was full of reliable peers, clapping and cheering for their empathetic captain. – **Trinity H 5/6 Pink**

As the clock struck 12, the noble King placed the crown on his head and smiled graciously. – **Jasper N 3/4 Blue**

Before it was too late, the noble King waved to the millions of people who came to look. – **Kye B 3/4 Blue**

Before was too late, the current monarch played polo on the horse from the castle stables. – **William A 3/4 Blue**



2018 Athletic Champions

Congratulations to the following students who are our school's 2018 Athletic Champions.

Senior Boy: Brady H Senior Girl: Isabel C

11 year boy: Talon C 11 year girl: Eviee E

Junior Girl: Alannah W Junior Boy: Isaac F

These students were presented with medallions at the special education week assembly in week 3.

Regional Athletics

This year, 2 students from Pelaw Main public school will advance to Regional athletics on Friday 31st August. Isabel Crawford, will compete in the 100m sprint, while Cooper McCarthy will compete in the High Jump field event. We wish both Isabel and Cooper the best of luck.

Touch Football Gala Day

4 teams will compete at the Maitland Touch Football Gala day on Thursday 13th September, 2018. The gala day will be held at Maitland Park and students will need to be at school by 8.15m. Selected students have already been given permission notes, please see Mrs Lantry if you have any questions.

Partners in Learning

During Term 3 and Term 4, parents and carers will be invited to attend another session of Partners in Learning. Classroom teachers will be organising the activities. This will demonstrate to parents/carers content that is being learnt and how it is being taught.

Please find below a timetable for classes to participate in Partners in Learning for Term 3. Parents from each class will receive a letter home the week before the class participates in the program. A text message will also be sent as a reminder.

Partners in Learning – 9.30am to 10.30am Mondays.

Week 6 – 27 th Aug	5/6 Pink with Mrs Brathwaite
Week 7 – 3 rd Sept	5/6 White with Miss McAllister
Week 8– 10 th Sept	4/5 Violet with Mrs Lantry
Week 9 – 17 th Sept	4 Indigo with Mrs Grant
Week 10 – 24 th Sept	3/4 Blue with Mrs Knight

Library News

Book Week 2018 – Find Your Treasure

We had an absolutely brilliant Book Week celebration this week. I want to sincerely thank all families, students and staff for once again presenting a great Book Week parade. I think we all looked pretty fantastic! Such a lot of thought went into dress-ups, I really appreciate the effort from our community.

Our Scholastic Book Fair also went really well and we thank everyone for their patience. I hope you enjoy your purchases and please know that our school library benefits from the commission from the book fair sales to the tune of \$300.00.

During the library classes this week we have shared the process of trying to pick the winner for each category of the Children's Book Council of Australia's Book Week – and it is really hard work! Students had to try and explain their likes and dislikes to each other and come to compromises and agreements about the winning book (just like the real voting panel has to).

Once again Pelaw Main Public School has demonstrated their strong commitment to the love of reading and I look forward to another fun Book Week parade with you all in 2019. If you would like to learn a little more about the process please check out the following website <https://www.cbca.org.au/cbca-book-week>.

The end of August is nearly here, and so too is the Premier's Reading Challenge. Students have till 31st August to either fill in their on-line list of books or fill in their paper version and hand it in to myself in the library. I hope you are excited about our special visitor later in the term. Yes, Jackie French will be visiting Pelaw Main Public School and we are all very excited. The Australian Children's Laureate 2014-2015, Jackie brings so much passion for reading and writing and I know she will share an inspiring presentation. If book pre-order forms are still needed, please see me in the library. The order forms will be picked up in Wk 7, so that Jackie has time to personally sign them all.

Thank you again, Tracy Foggett – Teacher Librarian



Kindergarten Orientation & Tadpoles Program

'Tadpoles – taking the leap to big school' is a transition and orientation program for children who will be commencing Kindergarten at Pelaw Main Public School in 2019.

It is highly recommended that children starting kindergarten in 2019 attend these sessions to support their transition to Kindergarten.

The program consists of 8 consecutive sessions and will operate each Friday, from 9.30am-11am, in the library. It will commence on Friday, 14th September (Week 8 of Term 4) and will run weekly until Friday, 16th November (Week 5, Term 4), with the exception of school holidays (Friday 5th & 12th October).

Parents are invited to attend two Parent Information Sessions on the first and last week of the program. All other weeks, children are to be dropped off at the library at 9.30am and picked up at 11am.

As a part of our Kindergarten Orientation program, we will be running two visits to the Kindergarten classroom for 2019 kindergarten students. These visits are part of the "tadpoles" program and will take place on Friday, 9th November and Friday, 16th November, from 9.30am-11.00am.

These visits will enable 2019 kindergarten students to experience the Kindergarten classroom environment, meet the teachers working in Kindergarten, participate in activities and meet their Year 5 buddies.

CLASSROOM VISITS AND INFORMATION SESSIONS

Parent Information Sessions:

Friday, 14th September – Hall (Week 1 of the 'tadpoles' program, please bring children)

Friday, 16th November – Library (Week 8 of the 'tadpoles' program)

Classroom Visits:

Friday, 9th November – Kindergarten Classroom (Week 7 of the 'tadpoles' program)

Friday, 16th November – Kindergarten Classroom (Week 8 of the 'tadpoles' program)

P&C News

Time is fast approaching for our major fundraiser in our "10 for technology" campaign – the Spring Fair on 22 September. Please join in to raise \$10,000 in funds to buy new technology for our children's classrooms (neopanel).

Prepaid tickets are now available at the canteen on



Monday, Wednesday and Friday mornings or see Kim Snedden or place your order and money in the P and C box in the main office. The prepaid unlimited ride tickets are \$20 each and entitle you to unlimited rides and a ticket in the draw to win a \$100 Coles Voucher. At this stage rides include a bouncy castle for under 5s (to keep those younger siblings happy), a swing ride (3-15 years), giant slide and bungee hungry hippo. However if we presell enough tickets we will also be able to get a "gladiator" ride. So three good reasons to get in early – save money, go into the prize draw and get us more rides! Other ticket options will be available on the day – unlimited rides \$25 per person or individual rides \$5 per ride. Also the Showbag catalogue has been sent home. Pre order from the extensive range by 5 September for pick up at the Fair.

Amongst a range of other stalls, the P and C will have its own market stall. Donations of "treasure jars" – jars filled with goodies for us to sell – or hand made items (get your craft on!) would be greatly appreciated. Any donations can be left on the canteen and remember every donation helps raise funds for our kids.

Before we hit the Spring Fair the P and C will be holding its annual Fathers Day events:

Fathers Day Gift Stall – Thursday 30 August. Thanks to Karen Hansen for gathering a great range of gifts for the kids to buy. See the Note (sent home on Wednesday) for full range and pricing. But please note we will **NOT** have plastic bags available for purchases this year – can kids please bring their own carry bags. Have you got a couple of hours spare on that day (9:30am – 12)? Please come and help out and see the joy of kids as they make their purchases! Just drop us a note on our facebook page.

Fathers Day BBQ Breakfast - Thursday 30 August. Get Dad or your special man and come along for a free sausage sizzle breakfast. Starting at 8am, there will be games and activities planned for a great morning at our School, finishing at 9:30am. All you Mums out there – please come and help our P and C offer this celebration for the Dads. Helpers needed from 7am to 9:30am.

Fathers Day Raffle – win dad a brand new BBQ! Ticket books went home on Thursday, but more books are available at the canteen as well as tickets being for sale at the breakfast. Raffle will be drawn at the BBQ on Thursday 30 September.

As you can see from the above, our P and C works really hard for the kids at our School, between planning, organising and carrying out these events and fundraisers. Can you please spare a few hours to help out? Any time you can give creates great benefit for your kids' school and you will always be happily welcomed :-)



@Pelaw Main p & C. +Spring Fair 2018



Breakfast Club

We are seeking volunteers to help on Thursday 13th, 20th and 27th of September while one of our regular volunteers is away. Any offers of help would be greatly appreciated! Please call the school office if you can help on one or more of the days listed. Ph 4937 1314
There will be no Breakfast Club on Thursday 30th August due to the Father's Day Breakfast.

Music Bus News

School Rock Band Competes in National Band Comp

We are excited to announce that some of our students have been invited to compete in The Music Bus' Band Slam band competition, Band Slam! Band Slam is an annual band competition where each performing band competes to be crowned the ultimate performance in a range of categories.

It's the biggest band comp of its kind in Australia. The Band will first perform at their local Band Slam heat, with finalists then going on to perform at Band Slam Finals Camp in Term 4. Let's give a big congrats to these students.

Good luck on your big performance. We look forward to hearing all about it.

About the Band - DIVAZ

Better make sure the stage is prepared just right for the DIVAZ from Pelaw Main Public School! This lively duo is coming off a previously successful Bandslam performance last year. A drum and bass combo DIVAZ currently contains two Lilly's who are both composers of original music. They look forward to sharing their songs with this years Bandslam's audience!

Merilyn Burton - Principal

LET'S HELP OUR FARMERS THE KURRI LIONS CLUB AND ONE OF OUR STUDENTS ARE ASKING FOR OUR SUPPORT.

The Lions Club in Kurri Kurri were very grateful to the staff who donated non-perishable food items for them to deliver to farming families in the Upper Hunter last month. It was so successful they are hoping to fill another truck and deliver much needed items on the 1st September. This time the Lion's Club is inviting the school community at Pelaw Main as well.

One of our students Patrick Leary is also collecting donations of **Non-Perishable Food and toiletries** for our farmers on behalf of "The Little Juddies", a part of the Cessnock City Scout Group.

Please bring donations of water bottles, non-perishable foods or toiletries by Friday 31st August.

WASH BASKETS WILL BE LOCATED ON THE KINDER VERANDAH FOR DONATIONS TO BE LEFT.
THANK YOU SO MUCH FOR YOUR SUPPORT OF OUR AUSSIE FARMERS



Helping children cool down and stay calm

The following examples are for families to use at home. The methods described can also be adapted by school staff to help children manage anger at school.

When children get caught up with angry feelings it can be quite difficult for them to calm down. This is because the body gets ready to fight when we are angry and can take some time to return to normal. Teaching children steps to cool down their anger can help.

Rate your anger

1

Using a rating scale to notice how angry they are helps children become more aware of their angry feelings so that they know when to use calming strategies.

Draw a thermometer to show the scale points of between zero and 10. Add some words that describe low levels (eg 0 = calm; 2 = a bit irritated), medium levels (eg 5 = quite cross), and high levels (eg 9 = extremely angry, 'losing it'). Talk about the body signals that accompany each level.

Ask children to rate their anger and watch it to see if it changes. This encourages them to look for the signs of angry feelings and to see if they can lower their anger levels. It is much harder to change anger when it is high, so when the rating goes above 6 it is usually best to teach children to move away from the situation. They can move to a special quiet space or ask an adult for help.



Relax

2

There are lots of ways to relax. Some useful ways to teach children to use relaxation strategies to calm their angry feelings are:

Deep breathing

Slow deep breathing has a very helpful calming effect. Getting children to practise breathing in deeply and breathing out very slowly, can help to calm down angry feelings.

Visualisation

Have children visualise a very relaxing scene in their minds. For example, they might imagine themselves floating on an air bed in a swimming pool. You can combine deep breathing with visualisation. For example, ask children to imagine a candle in front of them. As they exhale, ask them to imagine making the candle flicker but not go out.

Robot/rag doll technique

The robot/rag doll technique is useful for helping young children release muscle tension. Ask children to tense up all muscles in the body and visualise themselves as robots. Have them hold this tense state for approximately 15 seconds. Then ask them to release all the tension and visualise themselves as rag dolls, with all muscles very loose, and stay relaxed like this for 15 seconds.

Slow deep breathing has a very helpful calming effect. Getting children to practise breathing in deeply and breathing out very slowly, can help to calm down angry feelings.

Use coping self-talk

3

Using coping self-talk involves saying things to yourself to calm down. Children can be encouraged to say things to themselves like:

Take it easy.

Take some deep breaths.

Stay cool.

It's okay if I'm not good at this.

Chill out.

Don't let him bug me.

Time to relax!

Try not to give up.

To teach children to use coping self-talk, it is helpful to model it yourself. For example, you could make a point of saying out loud, "I need to relax," "I'm going to cool down," or "I won't let this get to me." You can also use coping statements to coach children through stressful moments. Asking older children what they could say to themselves when they need to cool down their anger helps them learn to use coping self-talk for themselves. This is best practised before children get angry.

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
Australia
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Road safety



Your guide to driving and parking safely near schools

The beginning and end of the school day are busy times for pedestrians and vehicles outside the school. That's why you need to take extra care in 40km/h school zones.

- Park safely and legally, even if it means walking further to the school gate. Parking signs are planned with children's safety in mind.
- Slow down to 40km/h in the school zone and stay aware of crossings.
- Always park and turn legally around the school.
- Never double park as it puts children at risk.
- Manoeuvres such as U-turns and three-point turns are dangerous.
- Never park in a bus zone or in the school bus bay.
- Make sure your children use the Safety Door (rear footpath side door) to get in and out of the car.
- At a supervised crossing, observe the directions of the school crossing supervisor.
- Model safe and considerate behaviour for your child – they will learn from you.

Remember to always give way to pedestrians particularly when entering and leaving driveways. Don't park across the school driveway or the entrance to the school car park. It's always a good idea to use the drop off and pick up area suggested by your school. This will help keep all children as safe as possible during the busiest times of the school day.

For more information on keeping our kids safe around schools visit the parents section on [safetytown.com.au](https://www.safetytown.com.au)



Lives lost on NSW roads.
Our goal is zero.

