



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

15 MAR 2019

TERM 1 WEEK 7

DATES FOR THE DIARY

Tuesday 19 March
P&C AGM in the Staffroom
from 6pm
Year 6 EOI High School
Forms due back

Wednesday 20th March
PSSA Cricket 8.30am
Knights Knockout Football

Monday 25th March
PSSA Cricket 8.30am

Friday 5th April
PSSA Cricket 8.30am

Friday 12 April
Last Day of Term 1
Easter Hat Parade

Monday 29 April
Staff Return Term 2

Tuesday 30 April
Students Return Term 2

Partners in Learning

When	Class
Wk8, 18 Mar	2/3 Green
Wk9, 25 Mar	2 Yellow
Wk10, 1 Apr	1 Orange
Wk11, 8 Apr	K Red

REMINDER Year 6 High School Forms

Expression of
interest forms for
entry into Year 7,
need to be completed
and returned to the
office by Friday the
19th of March.
Forms need to be
returned by all year 6
students.



1 Orange News

This week in Mathematics, students have been looking at length. They have been comparing and ordering objects shortest to longest and will look at using informal units to measure these items.

1 Orange are learning sign language! On Tuesday they were introduced to the alphabet and spelling their own names.

Great Aussie Bush Camp

This week notes went home for the Great Aussie Bush Camp including the initial non refundable payment of \$50. All students in years 3-6 are welcome to attend. The full cost of camp this year is \$290. Camp will be held Wednesday 6th to Friday 8th November 2019. Please have your permission notes and initial payment to the office by 12th April 2019. If you have any questions regarding camp, please see Mrs Knight.

Bullying

Today is the **National Day of Action against Bullying and Violence**. As part of our PBL Assembly today, we watched a video clip about being bystanders and what we can do if we see bullying happen. Students have also been doing some activities around bullying in class this week.

Continued Page 2.....

★ 1 Orange ★



The term 'bullying' is used a lot by children, parents and in the media. Today is the National Day of Action against Bullying and Violence. Each year I like to include an article that does a great job in explaining behaviour that defines unkind behaviour. Whilst the article originates from America, in my opinion, it does a good job at defining unkind behaviours. These definitions were rude, cruel and bullying. They were explained as follows:

Rude = Inadvertently saying or doing something that hurts someone else. From kids, rudeness might look more like burping in someone's face, jumping ahead in line, bragging about achieving the highest grade, or even throwing a crushed up pile of leaves in someone's face. On their own, any of these behaviours could appear as elements of bullying, but when looked at in context, incidents of rudeness are usually spontaneous, unplanned inconsideration, based on thoughtlessness, poor manners, or narcissism, but not meant to actually hurt someone.

Mean = Purposefully saying or doing something to hurt someone once (or maybe twice.) The main distinction between "rude" and "mean" behaviour has to do with intention; while rudeness is often unintentional, mean behaviour very much aims to hurt or depreciate someone. Kids are mean to each other when they criticize clothing, appearance, intelligence, coolness, or just about anything else they can find to denigrate. Meanness also sounds like words spoken in anger—impulsive cruelty that is often regretted in short order. Very often, mean behavior in kids is motivated by angry feelings and/or the mis-guided goal of propping themselves up in comparison to the person they are putting down. Commonly, meanness in kids sounds an awful lot like:

- "You are so fat/ugly/stupid/gay."
- "I hate you!"

Make no mistake; mean behaviours can wound deeply and adults can make a huge difference in the lives of young people when they hold kids accountable for being mean. Yet, meanness is different from bullying in important ways that should be understood and differentiated when it comes to intervention.

Bullying = Intentionally aggressive behaviour, repeated over time, that involves an imbalance of power.

Experts agree that bullying entails three key elements: an intent to harm, a power imbalance, and repeated acts or threats of aggressive behaviour. Kids who bully say or do something intentionally hurtful to others and they keep doing it, with no sense of regret or remorse—even when targets of bullying show or express their hurt or tell the aggressors to stop.

Bullying may be physical, verbal, relational, or carried out via technology:

- **Physical aggression** was once the gold standard of bullying—the "sticks and stones" that made adults in charge stand up and take notice. This kind of bullying includes hitting, punching, kicking, spitting, tripping, hair-pulling, slamming a child into a locker, and a range of other behaviours that involve physical aggression.
- **Verbal aggression** is what our parents used to advise us to "just ignore." We now know that despite the old adage, words and threats can, indeed, hurt and can even cause profound, lasting harm.
- **Relational aggression** is a form of bullying in which kids use their friendship—or the threat of taking their friendship away—to hurt someone. Social exclusion, shunning, hazing, and rumour spreading are all forms of this pervasive type of bullying that can be especially beguiling and crushing to kids.

Cyberbullying is a specific form of bullying that involves technology. It is the willful and repeated harm inflicted through the use of computers, cell phones, and other electronic devices. Notably, the likelihood of repeated harm is especially high with cyberbullying because electronic messages can be accessed by multiple parties, resulting in repeated exposure and repeated harm.



If your child talks to you about bullying:

1. **Listen** calmly and get the full story.
2. **Reassure** your child that they are not to blame.
3. **Ask** your child what they want to do about it and how you can help.
4. **Visit** www.bullyingnoway.gov.au to find some strategies.
5. **Contact** the school.
6. **Check in** regularly with your child.

AET Leadership Day

On Tuesday, three of our AET Leaders attended a Leadership Day at Cessnock High School. I asked them what they learnt during the day.

'We talked about identity and resilience. Then we were put into different teams and we worked together to help design a new app. Some of the things we decided would be good parts of the app was information about our Aboriginal history including how hunting for food was done and how shelters were made. We also thought Dreamtime stories would be another good part of the app'.

A highlight of the day, I was told, was lunch – pizza! Morning tea was fruit, which was also really good.

Staff News

Mrs Wendt has been successful in receiving a Relieving Instructional Leader position at Kearsley Public School for the rest of this term, three days per week. She will be back with us each Thursday and Friday. Ms Jacqui Adams will be having 1 Orange each Monday, Tuesday and Wednesday.

We wish Mrs Wendt the very best of luck for her exciting venture and look forward to seeing her when she is back at school.

Parent Expectations

We ask all parents and carers to approach the school regarding issues with their children rather than approaching another child, especially in the playground. These expectations are to ensure that all children feel safe at school, which is what all parents want for their own children.

Whilst at times parents can become frustrated with incidents involving someone else's child, it needs to be directed to the school to investigate matters and inform other parents. As adults we are role models for our children and it is important that we model the process of letting someone know we have a problem, rather than inciting further incidents.

Please be aware that anyone behaving in a threatening, offensive or dangerous manner can be excluded from entering school premises under the Enclosed Lands Act. Once again, this is for the safety and protection of all staff and students. Thank you for your cooperation with this important matter.

2019 Annual Easter Hat Parade

The Annual Easter Hat Parade will occur on Friday 12th April, from 10am in our School Hall. Students are asked to create their own hats, bonnets, masks or posters at home, to wear throughout the parade. School uniform is expected to be worn. All family members are welcome to attend. More information in the next newsletter.

Stewart House Envelopes

Stewart House envelopes were sent home today. Please support the valuable programs at Stewart House by returning your envelope with a \$2 donation enclosed.

Your \$2 donation is an entry into the draw to win a \$4000 family holiday to the destination of your choice.

Please return your donation envelope to the office by the end of term.



Health
Population
Health

FREE & fun program for fitter, healthier, happier kids!
Term 2 program Cessnock Basketball Stadium

Are you worried about your child's health?
Go to www.go4fun.com.au to see if your child could do Go4Fun.

Go4Fun is a FREE healthy lifestyle program for kids above a healthy weight range to improve health, fitness, self-esteem and confidence.

What is the Go4Fun program?

Go4Fun is a FREE 10 week program which runs over one school term after school hours. During the program children and their families get involved in fun games and activities to get more physically active and they learn about delicious nutritious foods they can eat every day.

Children need to be 7-13 years old and a parent or carer also needs to attend. Younger and/or older siblings are encouraged to attend.

P&C AGM

The P&C Annual General Meeting will be held on Tuesday, 19th March, from 6pm, in the school staff room. All executive positions and sub-committee positions will be declared vacant at the meeting and elections will be held during the meeting. Proxy nominations will be accepted; however, proxy votes will not be accepted. The monthly P&C Meeting will be held immediately following the AGM.

Newcastle Knights Knockout Football

The Under 10's All School Newcastle Knights Knockout Competition is on Wednesday 20th March, 2019 at Mount View Park, Cessnock. Please be at the field by 9:15am as the first game is 9:35am.

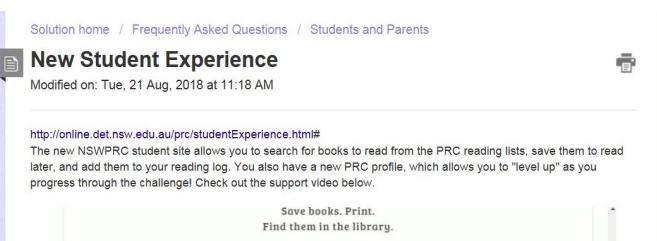
Library News

We have officially started the Premier's Reading Challenge for 2019!



The website that families can log on to for more information looks a little different. It is quite easy to navigate, I have pasted an image of the link and some extra information on using the site

<https://online.det.nsw.edu.au/prc/studentExperience.html#/>

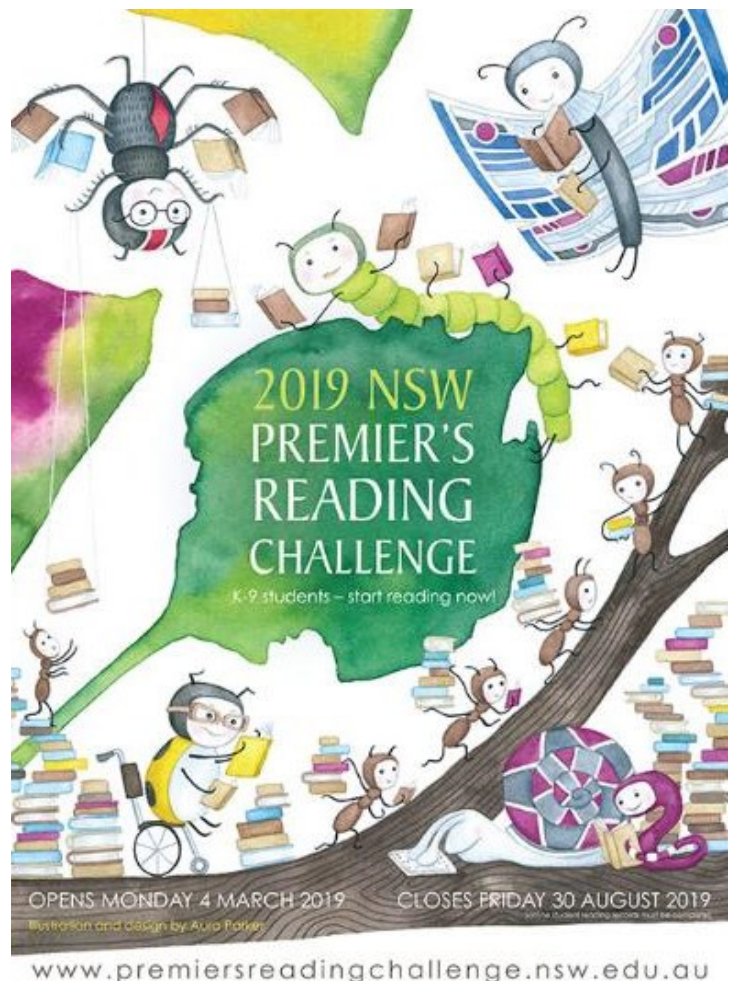
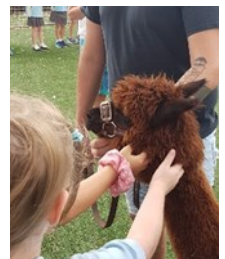


The rules are the same: reading starts on 4 March, 2019 and finishes 30 August, 2019. Kindergarten to Year 2 students may participate in shared class reading of 30 books – boxes of books will go out to classrooms soon. Students in Yrs 3 – 6 are expected to read independently – only 20 books (15 from the PRC list, 5 personal choice). So, get reading, and remember if you need help please come and see Mrs Foggett in the library. I am only too happy to help with website use or lists of books. Good luck everyone!

During library lessons, Stage 3 students have been working collaboratively to re-design and re-publish a favourite picture book to share with junior students. Working together helps to sort through problems like how to share documents in the online environment, how to draw using MSPaint and which program to use for editing – there is always lots of talk and discussion!



What a lucky day for Mrs Foggett (who just loves alpacas) to be out and about – there was a real, live alpaca visiting our school! Jason and Heimdall (I hope I got that right) came to visit and we were very excited – just look at those eyes! Thank you Jason and Heimdall!



Media Partner



Supporting Partner

