



# Stratheden Public School

## Newsletter

Monday, 12th February, 2018 2.18

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### WEEK 3

### TERM 1

#### **Week 3 Term 1:**

Tuesday, 13th February — P & C AGM at 3pm

Wednesday, 14th February — Mobile Library

Friday, 15th February — No School Banking

— C.L.A.S.S. swimming Carnival at Kyogle

#### **Principal's Report**

##### **CLASS Swimming Carnival**

All students from Stratheden Public School will participate in this carnival. The carnival will be held on **Friday, 16th February, at Kyogle Pool**. The cost for entry for each student is \$3.00.

Please note, transport will be by private vehicle. Anyone requiring assistance with transport, please let us know.

Students will need to bring a hat, swimmers, towel, change of clothes (uniform and undies), morning tea and lunch, water bottle. (Lunch can be purchased from the kiosk or from the Leeville Stall).

##### **Heat**

This week the temperatures are rising. Please ensure that the students have a water bottle with them. **Remember that water only is allowed in the classrooms.**

##### **Power Outage**

On Wednesday, 21st February, 2018, the school has been notified that there will be a power outage for the entire day. As a result, our school will be attending Dyraaba Hall for the day. School times remain the same.

##### **Thank You**

To all those who attended the meeting last Wednesday.

Kate Morgan—Nice slice!

Cathy Kauter  
Principal

##### **Coles Sporting Vouchers**

This year Stratheden School is participating in the Coles Sporting Vouchers, starting **Wednesday, 7th February**.

Please help the school by collecting the vouchers and dropping them into the box in the foyer.

##### **Sightwords**

These students have moved up:

Amber Vidler — Z3.

William Humphreys — W2 Column 1.

Lucian Kelly—W9 Column 2.  
Rex Morgan — HH2 5 Columns 1 and 2.  
Jett Robinson — HH1 4 Columns 1 and 2.  
Anna Bennett — HH3 2 Columns 1 and 2.  
Payton Summers — HH1 8 Columns 3 and 4.  
Madison Parsons — HH3 2 Columns 1 and 2.  
Fletcher Bennett—HH3 3 Columns 1 and 2.  
Scarlett Honey—HH3 2 Columns 1 and 2.  
Tineka Leadbeatter — HH4 8 Columns 1 and 2.  
Daniel Lickiss — HH4 2 Columns 1 and 2.

### **K/1/2 News**

This term the K/1/2 class will be studying Nursery Rhymes, the Winter Olympics and the Commonwealth Games.

Congratulations to the following:

**Merit Awards:** Amber Vidler—Working hard.  
Lawson Bennett—Being “grown up” in Kindergarten.

**Home Readers:** Gus Morgan  
Jett Robinson  
Rex Morgan  
William Humphreys

### **3/4/5 News**

**Literacy:** 7 Steps Writing—planning, Reading Groups, Spelling Unit 2.

**Numeracy:** 4xTables, Addition and Subtraction.

**Science:** Unit—Night and Day.

**History & Geography:** 2018 Winter Olympics.

**Visual:** Australian Artists.

### **P & C News**

#### **Meetings for 2018**

P & C AGM will be held on **Tuesday, 13th February**, at 3.00pm. All positions are declared vacant. Anyone wishing to nominate for any positions, please put in a written nomination. Everyone is welcome.

### **Religious Instruction**

St Mary’s Catholic Parish have preparation classes for Public School students who would like to celebrate Confirmation (Year 2 up), and First Communion and Reconciliation (Year 3 up). Please contact the Parish Office on 66621025 to register before Friday, March 2<sup>nd</sup>. High School students are also welcome.

### **A message from St Vincent De Paul**

The President and Members of the St Therese Conference—St Vincent de Paul Casino wish to sincerely thank you, your staff and your families for the kind donations of food items to go towards the Christmas Hampers. Your kindness was very much appreciated.

This year we prepared over 110 hampers for needy families in our community, your contributions enabled us to prepare very full and attractive hampers for them.

We enjoyed the school concert and presentation night where you presented the donations to us. We were very impressed with the family support, the students and the wonderful awards they all received.

Best wishes to you, your staff and the students for a very successful school year.

## **Casino Junior Rugby League Cougars**

**Sign on NOW! For only \$50 (\$50 fee plus sporting voucher).**

Go to playnrl to register you child/children.

Ages from 5 to 16 years. Girls and Boys.

This year there will be an U14's and U16's girls league tag.

Contact Tim West on 0487 868 354, for further information.

See also their facebook page.

## **Casino RSM Cobras FC 2018 Registrations**

Sign on dates:

Sat 10th / 17th / 24th February, 2018.

9:30am - 2pm @ Casino RSM Club.

Or alternatively online: [www.playfootball.com.au](http://www.playfootball.com.au)

**Calling all soccer fans young and old our season is under way!!**

Our family friendly club offers players an opportunity to have fun with their friends while keeping fit and developing important social skills.

It also a great way for supporters to catch up with each other over a cup of coffee as they cheer for their favourite team.



Kyogle soccer is now more affordable than ever when you use your active kids voucher to claim your \$100 discount, for some age groups it could reduce your fees to NIL.

### **Training:**

Mini Roos (5s to 11s) training will start on Thursday the 1<sup>st</sup> March

Junior training for 12s to 16s will start on either Tuesday 13<sup>th</sup> February, Wednesday 14<sup>th</sup> February or Thursday the 15<sup>th</sup> February at 4.30pm (depending which team your child is on. Please contact club for more information)

Senior training has begun, Men's every Tuesday and Thursday from 6pm until 8pm and ladies every Thursday 6pm until 8pm

If your child is unsure about playing, they are still welcomed to come to the first 2 weeks of training to give it a go before they register.

Players can register online using the "Play Football NSW" Website

Like our facebook page for more info "Kyogle FC – Soccer"

Any questions can be directed to [kyoglefc@ffnc.net.au](mailto:kyoglefc@ffnc.net.au) or to Glenn Rose on 0418 264 968





Newsletter for  
Parents with Children  
Transitioning to  
Primary School

# Parent Line

NSW

find us on



## We're a bit different!

We are open 7 days a week and our counsellors are talking to parents and carers long after most kids are in bed. We never get to 'meet' the lovely families who call Parent Line but that doesn't stop us building relationships with callers that last for years.

Parents can get in touch by calling Parent Line (for the cost of a local call from a landline) or, alternatively, you can send us a private message on facebook.



## Who will answer my call?

We have a team of 30 highly trained, compassionate counsellors who have lots of experience in working with families. We know every family is different and so we take the time to find out what is important for each family.

## Ask us a question ...

Parents and carers are welcome to contact us via facebook to ask a question or request a call back from a parenting counsellor.

Follow us on **facebook** to receive regular parenting tips and ideas.



## Love in a lunch box

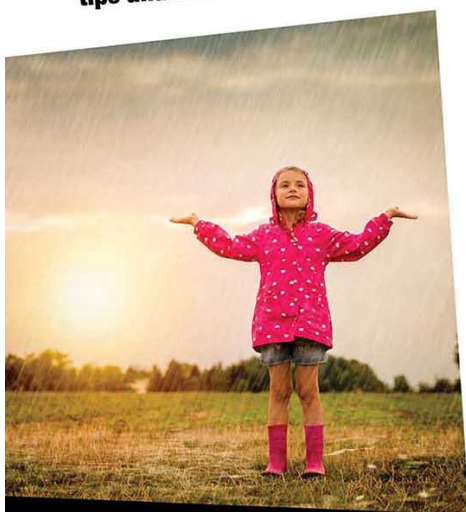
Simple tips to help at break times:

- \* Pack familiar food
- \* Provide food your child can easily open or unwrap
- \* Add a personalised note that will brighten their day or make them laugh – it will let them know you are thinking about them
- \* Have your child practice opening and closing their lunchbox, unwrapping plastic film and opening containers, packaging and zip-lock bags so it becomes second nature for them.

## Working with emotions

**Starting school will inevitably bring up a range of emotions for parents, carers and children.** As parents and carers, we can support our children to manage these emotions by:

- 1 **Being aware that starting school brings lots of different emotions** such as, excitement, fear, curiosity and worry.
- 2 **Be brave enough to talk about these emotions with your child** – it will bring you closer.
- 3 **Really listen to your child and help them name these emotions.**
- 4 **Let your child know that it is normal to feel like this when things are new.** (You can give some examples of your own experience of starting something new.)
- 5 **Reassure your child that these feelings won't last.** Feelings are like the weather and change often throughout the day.



**1300 1300 52**

7 days a week

info@ParentLine.org.au

www.ParentLine.org.au



**3 DAYS THAT COULD POSITIVELY  
IMPROVE YOUR RELATIONSHIPS.**



## **NUTURED HEART APPROACH®**

From the founder of the Children's Success Foundation, parent and psychologist, Howard Glasser, the Nurtured Heart Approach (NHA) is a relational method which awakens greatness and inspires successful behavior in children. It has become a powerful way of bringing Inner Wealth® to all children, including those who are challenged behaviorally, socially, & academically, while facilitating parenting and classroom success.

## **3 WEEK FREE PROGRAM**

**WHEN: 28 FEB TO 14 MARCH**

**TIME: 9:45 - 1:00**

**VENUE: CASPA Family Supports Casino,  
73 North Street Casino**

**PRESENTED BY GORDON KING, CERTIFIED  
NURTURED HEART APPROACH TRAINER.**

**PLACES ARE LIMITED SO PLEASE CALL THE FAMILY  
SUPPORT SERVICE TO BOOK A SPOT MONDAY –  
THURSDAY ON 02 666 26792**



## **NHA CAN HELP:**

**YOUR CHILD TO BE  
SUCCESSFUL, MAKE  
POSITIVE CHOICES,  
AND LIVE OUT THEIR  
GREATNESS**

**INCREASE  
CONNECTEDNESS**

**DECREASE FAMILY  
STRESS**

**MOVE PARENTS OUT  
OF DESTRUCTIVE  
CYCLES OF  
INCREASINGLY  
PUNITIVE DISCIPLINE**

**CHANGE THE FOCUS  
FROM WHATS GOING  
WRONG TO WHATS  
GOING RIGHT**

## **NHA IS FOR:**

**PARENTS, CARERS,  
TEACHERS, YOUTH  
WORKERS, PRE-  
SCHOOL, AND CHILD  
CARE WORKERS**

## **CASPA FAMILY SUPPORTS CASINO**

**73 North Street Casino,  
Ph: 66626792**



<b>Term ONE</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SAT-SUN</b>
<b>Week 1</b>	<b>29 Jan</b> Term 1 Commences Staff Development Day	<b>30 Jan</b> Students Return to School	<b>31 Jan</b> Mobile Library	<b>1 Feb</b>	<b>2 Feb</b> School Banking	3 4 Feb
<b>2</b>	<b>5 Feb</b>	<b>6 Feb</b>	<b>7 Feb</b> Parent meeting at 3pm	<b>8 Feb</b> Assembly K/1/2	<b>9 Feb</b> School Banking	10 11 Feb
<b>3</b>	<b>12 Feb</b>	<b>13 Feb</b> P & C AGM at 3pm	<b>14 Feb</b> Mobile Library	<b>15 Feb</b>	<b>16 Feb</b> CLASS Swimming Carnival	17 18 Feb
<b>4</b>	<b>19 Feb</b>	<b>20 Feb</b>	<b>21 Feb</b>	<b>22 Feb</b> Assembly 3/4/5/6	<b>23 Feb</b> School Banking	24 25 Feb
<b>5</b>	<b>26 Feb</b>	<b>27 Feb</b>	<b>28 Feb</b> Mobile Library School Photos Zone Swimming	<b>1 Mar</b>	<b>2 Mar</b> School Banking Clean Up Australia Day	3 4 Mar
<b>6</b>	<b>5 Mar</b>	<b>6 Mar</b>	<b>7 March</b> Grandparents Day Regional Swimming	<b>8 March</b> Assembly K/1/2	<b>9 March</b> School Banking EAGLE Publishing Deadline	10 11 Mar
<b>7</b>	<b>12 March</b>	<b>13 March</b>	<b>14 March</b> Mobile Library	<b>15 March</b>	<b>16 March</b> School Banking	17 18 Mar
<b>8</b>	<b>19 March</b>	<b>20 March</b> Life Education	<b>21 March</b>	<b>22 March</b> Assembly 3/4/5/6	<b>23 March</b> School Banking	24 25 Mar
<b>9</b>	<b>26 March</b>	<b>27 March</b>	<b>28 March</b> Mobile Library	<b>29 March</b> Easter Activities	<b>30 March</b> Good Friday	31 Mar 1 Apr
<b>10</b>	<b>2 April</b> Easter Monday	<b>3 April</b>	<b>4 April</b>	<b>5 April</b> Assembly K/1/2	<b>6 April</b>	7 8 Apr
<b>11</b>	<b>9 April</b>	<b>10 April</b>	<b>11 April</b> Mobile Library	<b>12 April</b>	<b>13 April</b> Last Day Term 1 School Banking	14 15 Apr
<b>Hols</b>	9 April 16 April	10 April 17 April	11 April 18 April	12 April 19 April	13 April 20 April	14,15 21, 22 APR

# STUDENT RECORDS UPDATE AS AT 30TH JANUARY 2018

NAME : \_\_\_\_\_ Date of Birth \_\_\_\_\_

NAME : \_\_\_\_\_ Date of Birth \_\_\_\_\_

NAME : \_\_\_\_\_ Date of Birth \_\_\_\_\_

NAME : \_\_\_\_\_ Date of Birth \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_

## MUM'S DETAILS:

NAME: \_\_\_\_\_ PHONE NO: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ MOBILE NO: \_\_\_\_\_

\_\_\_\_\_ WORK NO: \_\_\_\_\_

EMAIL: \_\_\_\_\_

NEWSLETTER EMAILED: Yes ☐ No ☐

## DAD'S DETAILS:

NAME: \_\_\_\_\_ PHONE NO: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ MOBILE NO: \_\_\_\_\_

\_\_\_\_\_ WORK NO: \_\_\_\_\_

EMAIL: \_\_\_\_\_

NEWSLETTER EMAILED: Yes ☐ No ☐

ANY MEDICAL CONDITION NAME: \_\_\_\_\_  
WE SHOULD KNOW OF: \_\_\_\_\_

NAME: \_\_\_\_\_

NAME: \_\_\_\_\_

NAME: \_\_\_\_\_

**FAMILY DOCTOR:** \_\_\_\_\_ **PHONE NO:** \_\_\_\_\_

**DOCTORS ADDRESS:** \_\_\_\_\_

**MEDICARE NO:** \_\_\_\_\_ **MEDICARE EXPIRY:** \_\_\_\_\_

**POSITION ON CARD:**

**CHILD NO 1:** \_\_\_\_\_ **CHILD NO 2:** \_\_\_\_\_ **CHILD NO 3:** \_\_\_\_\_ **CHILD NO 4:** \_\_\_\_\_

**MEDICAL CONSENT:** Yes ☐ No ☐

**EMERGENCY CONTACT (1):** \_\_\_\_\_

**RELATIONSHIP TO FAMILY:** \_\_\_\_\_

**PHONE NO:** \_\_\_\_\_ **MOBILE:** \_\_\_\_\_

**EMERGENCY CONTACT (2):** \_\_\_\_\_

**PHONE NO:** \_\_\_\_\_ **MOBILE:** \_\_\_\_\_

**RELATIONSHIP TO FAMILY:** \_\_\_\_\_



## PERMISSION NOTE/ CONSENT FORM

I hereby give permission for my child/children \_\_\_\_\_

1. To use personal insect repellent spray called “Off! Skintastic” by S.C. Johnson and Son for mosquitoes, flies and sandflies if necessary.
2. To leave the school grounds on school related activities within walking distance of the school throughout the year.  
e.g. Cross Country training, Clean-Up-Australia etc.
3. Being photographed/filmed for publication within the NSW Department of Education and Training’s newspaper, external publication, internet site, television and on other associated promotional material.
4. To write stories for publication, send and receive email on the DET site, being photographed/filmed for Stratheden Public School, accessing, publishing and photographs on school webpage, Facebook and Seesaw site.

Signed \_\_\_\_\_  
Parent/Guardian

Date \_\_\_\_\_

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## EMAIL NEWSLETTER

Please complete the form below and return to the school by Friday 3rd February.

Yes I would like to receive my newsletter via email.

☐ Email address: \_\_\_\_\_

No I would like my newsletter as a paper copy.

☐ Name: \_\_\_\_\_