



STAGE ONE AT TARONGA ZOO LAST WEEK.

Penshurst West Public School Newsletter

Ph: 9570 4602

SMS: 0439 565 045

Cnr Scott St and Forest Rd, Mortdale

www.penshurstw-p.schools.nsw.edu.au

TERM 3, WEEK 10 – 16 SEPTEMBER '13

After a term full of performances, excursions, speeches and great learning in classrooms, the holidays are almost here.

Thank you to the students who have tried their hardest this term, created new personal bests and displayed the school rules of Respect, Responsibility, Safety and Effort.

Thank you to the parents and community who have supported Penshurst West this term. We have had many positive public events, and we could not have done that without your support.

Lastly, thanks to our great staff. Our teachers, support staff and office staff are wonderful and caring people who always commit 100% to the school and its students.

I hope everyone enjoys the break, and shares quality time with family and friends.

Term 4 starts for staff and students on Tuesday 8th October.

Mr Ackerman

Relieving Principal

Election Day Cake stall & BBQ

What a great selection of cakes and boxes made by our talented students! A big thanks to all the families that helped on the day, on the BBQ, in the Canteen and in selling cakes – we appreciate all your efforts. The day raised over \$1500, approximately half in cakes and half on the BBQ. What an effort!

The winners of the cake box competition have all received their prizes at assembly. Congratulations to;

Benji M, Jessica I, Penelope R, Sawyer H, Kalan T, Benjamin R, Audrey S, Hannah J, Emma M, Jordan S and Lara S. Special mention to Atticus H!

Father's Day Stall

A follow up from our Father's Day festivities. With thanks to Bec Harrison and helpers Mirvat and Trish, \$580 was raised for the school.

The standard of presents was outstanding and I'm sure all the dads and grandfathers out there really appreciated them.

Gold & Silver Awards

Congratulations to the following award recipients:

Silver:

Estelle C
Hanan K
Samuel M
Jasmyne P
Mia S
Aaliyah M
Prem V
Samara C
Jarahn P
Jacinta Z



Gold:

Samuel M
Evan R

Canteen

The Canteen will be closed on Tuesday 8th October, the first day back in Term 4.

Staffing News

Mr Ackerman will remain Relieving Principal until the end of 2013. Miss Leece will also remain Relieving Assistant Principal of K-2. Please feel free to see Miss Leece for any K-2 issues you may wish to discuss.

Mrs Toulmin is currently teaching 1/2A and will remain until the end of this year. Mrs Toulmin has done a wonderful job with 1/2A and she looks forward to finishing the year with the students.

Second Hand Uniforms

The school is in desperate need of good quality second hand uniforms. If you are able to assist please drop them into the school office. Thanks.

Year 2 Swim Scheme

There are only a few spaces left in the Year 2 swim scheme. Please see the Office if you are interested in your child participating in this great scheme.

Public Speaking

Congratulations to all the students who have been selected by their teachers to participate in the school Public Speaking night next term. This competition will be held in the school hall on Tuesday 8th October, with K-2 starting at 5pm and 3-6 starting at 6pm.

Stewart House Bags

Bags for clothing to donate to Stewart House will be sent home this week. Please return before the 15th of October next term. Thanks for your support of this great program.

Parent Behaviour

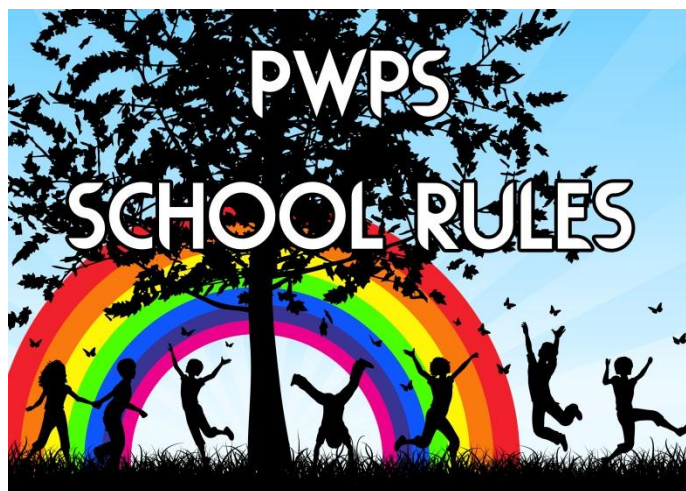
A reminder to all parents of the responsibilities associated when around children and our school grounds.

- Any welfare concerns about your child should first be directed to the class teacher. Whole school issues should go to the Assistant Principals or Principal.
- Parents are not to threaten or physically assault any student or other parent at any time. This includes actions during school hours and at our after school service. Parents found engaging in this behaviour will be asked to leave the grounds and may have formal actions taken against them.
- Parents are reminded to show respect to our neighbours. When picking up children in the afternoon, parents are asked to wait in the K-2 playground outside the Hall.
- Have respectful relationships with your children. Treat them with respect and show them that you care for their welfare.

Our Four School Rules

Classes last week put on show our new posters displaying the four core school rules of Respect, Responsibility, Safety and Effort. Please take the time to discuss these with your child, as they are vital in the effective running of our school.

Next term we will add playground posters and link these values in with our chance card reward system and values assemblies.



MindUP

This week in MindUP we begin Unit 3 – **It's all About Attitude**

Students learn new ways to cultivate a positive mind-set and prime their brain for learning and for building healthy relationships.

Lesson 10 – Perspective Taking

Perspective taking allows us to consider more than one way of understanding a behaviour, event or situation. Students who are able to accept that other classmates may behave or think differently than they do are much better equipped to tolerate and find ways to get along with peers. These students can talk out a problem and find a solution that is mutually agreeable.

Things to do at home:

Play “Mummy” and “Daddy”

Provide your child with items of clothing or objects they associate with Mum or Dad and encourage them to act out a common family scenario (going to the park, having dinner) and role play what mummy might say or what daddy might do in these situations. What have you learnt about stepping into somebody else's shoes?

Re-enact a fun experience.

Encourage your child to act out a recent experience they enjoyed (going out for pizza, seeing a movie), taking on the roles of individuals they encountered along the way (restaurant hostess, table server, ticket taker, popcorn vendor). Prompt your child to consider what these individuals may enjoy or find challenging about their jobs. What did you learn?

Lesson 11 – Choosing Optimism

Optimism is a way of seeing life hopefully and having an expectation of success and well-being. It correlates strongly with good health and effective coping strategies. Optimism is a learned trait and if practiced, can become a way of thinking. Socially, practicing optimism allows students to strengthen their perspective-taking skills and accept viewpoints different from their own, as well as connect with other people. In this lesson, students explore the benefits of optimism and see how pessimism can negatively affect their ability to think and learn, make friends, and solve common problems.

Things to do at home:

Half Empty or Half Full

Fill a glass jar to the halfway point with jellybeans or other treats. Gather your children together, show them the jar and ask, “Do you think this jar is half empty or half full?”

Talk about the differences of opinion of someone who feels happy looking at the jar compared to someone who feels sad. Suggest different ways those two individuals might respond. The happy, optimistic person might say, “There's still half a jar of jelly beans”, while the sad pessimistic person might look at the same jar and take a negative view by saying, “Oh no, the jelly beans are almost all gone.”

Taking a Positive Perspective

If your child is playing soccer or a similar game but hasn't scored a goal in some time, ask her what she thinks would be a negative way to look at the situation. Maybe she'd say things like, “I'm no good at soccer. I don't want to play anymore.” Now talk about the situation from a positive perspective. Ask what she likes most about playing the game. Is it being part of a team, or maybe running around outside? Does she like seeing her friends the most? Or is it the possibility of scoring a goal in the future? Finally, ask her which she believes is the better way of thinking. Which would she like to be in the future – an optimist or a pessimist?

These kinds of questions can be used in almost everything you do with your children – such as reading a book or watching TV together. Which character or person appears to be optimistic? Who is pessimistic? Encourage them to look at the positive in the situation.

Make a list of people you know from among your friends, family and neighbours. Ask your children which ones they think are optimists and which are pessimists. How can they tell?



Cake Box Decorations

Check out some of these fantastic cake box decorations by our creative and talented students.



Calendar Updates

Being such a busy and exciting term, I hope that our term calendar has a special place on your fridge. Please refer to the calendar, our website and our new, OFFICIAL FACEBOOK page for regular information about school events and activities.

Friday 20th September

PSSA Round 2

Last Day Term 3



Tuesday 8th October

First Day Term 4 for Staff and Students

Public Speaking Evening

Tuesday 8th, Wednesday 9th, Thursday 10th October

Create South

Friday 11th October

PSSA Round 3

Wednesday 16th October

Kindergarten Orientation

Fun, Educational & Affordable School Holiday Workshops

Years 3-6

- English - spelling, grammar and comprehension
- Essay Writing Skills
- Maths Skills
- Cartooning and Anime Drawing
- Cupcake Decorating
- Make your own Video Game
- Public Speaking
- + more !



For more details please call or visit: St. George & Sutherland Community College on 9580-7885| Level 1, 12 Butler Rd, Hurstville or visit our website

www.sgsccl.edu.au



Find us on Facebook. Search for Penshurst West Public School and become a friend of the school.