PRINCIPAL’S MESSAGE

MEET-THE-TEACHER
I wish to remind parents that our meet-the-teacher session will be held this week on Wednesday 27th February, commencing at 5.00pm in the school hall. Ms Annette Cam, Principal of Windsor High School will also be attending to give a brief presentation about our local high school. I encourage and invite all parents to attend this valuable information session.

VOLUNTARY CONTRIBUTIONS
Thank you to those parents who have responded with your prompt payment of contributions. These funds greatly assist with the supplementation of resources which benefit your child’s learning within the classroom. I would appreciate having all contributions finalised within this first term. Thank you in anticipation of your cooperation.

CLEAN UP AUSTRALIA DAY
Clean Up Australia Day for schools will be held this Friday 1st March. As done in the past, all students will participate in this National Campaign by collecting any rubbish in and around our school. Stage 3 students will clean along the external perimeter of the school (under teacher supervision), whilst the remaining students will collect any rubbish within the school grounds.

Please ensure that your child brings appropriate gloves to wear and a plastic bag to place any rubbish in.

SCHOOL PHOTOS
Families should have received ordering packs for our school photos, which will be held next week on Tuesday 5th March. Please take note of the ordering/payment instructions to ensure a prompt and efficient service.

All students are expected to wear their full summer uniform.

Mike Watson
Principal
STAGE 1 (K – 2 ) COMMENDATIONS

Congratulations to the following students who received awards last week. Well done!

KW  Charlotte Bush  - being a fantastic listener
     Jack Stubbs  - being a kind and considerate friend
K-1C  Imogen Sullivan  - a wonderful student
      Kobi Manion  - concentrating well
1R  Preston Kennedy  - working well with others
     Melek Massingham  - trying her best at all times
2F  Bailey Chapman  - a huge improvement in his work
     Ella Paraha  - always having a go

STAGE 2 & 3 (YEARS 3-6) COMMENDATIONS

Congratulations to the following students who received Awards last week. Well done!

3B  Emily Shamoun  - a well written and presented speech
     Brock Williams  - a polite and well-mannered class member
4M  Alexi Suela  - outstanding effort in all areas
     Leroy O’Connor  - outstanding bookwork
5T  Abby Galea  - her efforts in persuasive writing tasks
     Nathaneal Burns  - always doing his best work and aiming to please
5-6C  Emily Mills  - a mature, responsible pupil
       Brett Bailey  - a mature, responsible pupil

UNIFORM NEWS

Special! Special! Special!

School jumpers discontinued trim and printing colour.
Bottle green with lemon trim and large crest  - $5
Bottle green with lemon trim and small crest  - $10
Please note limited sizing available

CAKE DAY

Next Wednesday 6th March, 5/6C will be holding a cake stall to raise funds to purchase resources for their classroom. We will be baking lots of delicious cakes, slices, toffees and biscuits, which will be sold at lunch for 50 cents each.
The Windsor Public School P&C Association is keen to start off the year with a group of enthusiastic and hard working members to assist with bringing great educational support to our staff and students. The AGM will be held on Monday 4th March at 7pm. At this meeting the current committee will be absolved and a new committee nominated and elected. P&C membership fee for 2013 is $1 for the year. Being a financial member enables you to vote and it also means that you are eligible for a committee position. All financial members will receive a copy of the minutes from each meeting. Payment can be made at any P&C meeting.

The positions required to form a committee are as follows:

**President:** Chairs committee meetings, responsible for the management of other committee members, signatory on all monetary accounts, represents the committee at official functions.

**First Vice President:** Supports the President in above duties, steps in for the President if unable to perform his/her duties, signatory on all monetary accounts.

**Second Vice President:** Supports President in above duties, steps in for President if he/she or the First Vice President is unable to perform his/her duties, optional signatory on all monetary accounts.

**Secretary:** Responsible for all correspondence to and from and on behalf of the committee, taking of the minutes of meetings and ensuring copies go to all entitled parties. Liases with the President for the publication of all promotional, newsletter entries and advertising of events. Signatory on all monetary accounts.

**Treasurer:** Responsible for managing all monetary accounts on behalf of the P&C including submission of documents for account auditing, payment of accounts, handling and banking of cash, cheques etc. Provides a full treasury report to the committee every month. Signatory on all monetary accounts.

**Canteen Representative:** Reports to the P&C committee on the activities of the canteen committee and presents the minutes of the committee meetings.

**Clothing Pool Co-ordinator (optional):** Oversees the day to day running of the clothing pool including selection of suitable donated items for resale, financial transactions (which are recorded and given to the Treasurer for banking) and overall maintenance and care of items in the clothing pool.

It is vital that all these positions are filled or the P&C committee will be unable to continue. This would have a significant impact on the school community as a whole and see a lot of plans for the school go unfulfilled. So, if you have a keen interest in seeing your child’s school be the best it can possibly be, by supporting the staff in their provision of a great educational environment, and make some great friends as well, come along to our P&C meetings!!

Ruth Maittlen (President) 45773121
EMERGENCY CONTACT DETAILS
Your child has been given their Emergency Contact details which we have on file for them.
Can you please take five minutes to review the details and make any corrections necessary. Up to date information is important, especially in the case of an emergency.
Please return all sheets (even if no corrections are necessary) to the office no later than Friday 1\textsuperscript{st} March.
Special shooting stars will be handed out to students when they return their forms.

LIFE EDUCATION – HAROLD MERCHANDISE
The educator from Life Education will provide the opportunity for children to purchase products during the school visit.
A Harold Merchandise order form has been sent home.

Life Education NSW thanks you for your support.

ICAS TESTS
Please note the following dates for ICAS.
Writing: Monday 17\textsuperscript{th} June $17 per student
Spelling: Tuesday 18\textsuperscript{th} June $11 per student
English: Wednesday 31\textsuperscript{st} July $8 per student
Maths: Tuesday 13\textsuperscript{th} August $8 per student
Permission notes will be sent home in a few weeks

STUDENT BANKING
School banking is every Tuesday!

WESTERN SYDNEY REGIONAL DANCE CAMP
A three day residential camp for talented dancers is being offered for Stage 3 students(Years 5&6) from 26\textsuperscript{th} – 28\textsuperscript{th} March, 2013 at Merroo Christian Centre, Kurrajong.
For further information and details please see Mrs. Russell.
LAST DAYS FOR PAYMENT

Tuesday 26th February - District Swimming Carnival representatives only
Friday 1st March - Kindergarten – Class requirements
   $55 per student
Friday 1st March - Year 1 – Class requirements
   $55 per student ($60 with Homework Folder)
Friday 1st March - Year 2-6 – Class requirements
   $55 per student
Friday 1st March - Year 6 Leadership Camp $20 deposit due
Monday 4th March - Kindergarten – Class requirements
Tuesday 5th March - School Photograph payment
Friday 8th March - A Journey to Antarctica classes 5T & 5/6C
Tuesday 12th March - Surf Educate Stage 2 classes 3B & 4M
Friday 15th March - Sport Permission Note $2 per student

FOR YOUR DIARY

Wednesday 27th February - Meet-the-teacher 5pm School Hall
Friday 1st March - Emergency Contact forms to school office
Friday 1st March - District Swimming Carnival
Monday 4th March - P&C AGM - 7pm staffroom
Tuesday 5th March - School Photographs
Wednesday 6th March - 5/6C Cake stall .50c per item

The school office is open from 8.30am until 3.00pm.
Uniform purchases 8.30am to 2.45

COMMUNITY NEWS

Parenting Ideas – by Michael Grose

This year make mental health a parenting priority. Kids with good mental health feel better, learn better and are better equipped to handle life’s curve balls. It seems strange to talk about promoting good mental health in children. Shouldn’t all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that come hand in hand with adulthood. Sadly, it doesn’t seem that way. According to the Australian Psychological Society one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common.
Having good mental health doesn’t mean kids don’t experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life’s curve balls that come their way. They also don’t let their emotions overwhelm them. As a result they learn better and have more friends as well.

As a parent it’s useful to reflect on the mental health habits that you promote in your kids. Here are ten ways to promote good mental health and wellbeing in kids

1. Model good mental health habits: If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation exercises. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. It’s worth remembering that kids learn what they live, so make sure they see good mental health habits first hand.

2. Make sure they get enough sleep: Sleep is the one of the building blocks of mental health and wellbeing. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well! Children need between 10 and 12 hours’ sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the single most powerful strategies to improve kids’ abilities to cope with stressful or changing situations is to ensure they get enough sleep.

3. Encourage your kids to exercise: When my mum would tell me all those years ago to turn the television off and go outside and play, she didn’t know she was promoting good mental health. She just knew that physical activity was a good thing for an active growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour’s movement per day seems the minimum for kids. How much exercise does your child receive?

4. Encourage creative outlets: Kids should practise creativity if for no other reason than it helps them experience the state of ‘flow’. This is the state of getting so immersed in an activity that you forget about time and place. Writers and other creatives understand the concept of flow. It’s energizing and helps take stressed and worried kids out of themselves.

5. Provide a space of their own: Children of all ages benefit from having some space of their own where they can think. Quiet time and down time give boys the chance to let their thoughts wander around inside their heads. It also helps them get to know, and even like, themselves. Boys will often do their best thinking on their own, so they tend to retreat to their caves (bedroom) when things go wrong at school or in their relationships. They need to go within to find their own answer.
6. Talk about their troubles: A problem shared is a problem halved. Talking about what’s worrying you is a great way to remove the burden of worry and reduce anxiousness. Some kids bottle up what’s inside, while others will catastrophise a situation, which can make matters seem worse. If your child has a problem let him know that his concerns are important to you. Kids often can’t tell you what may be wrong, so be observant and gently ask questions to help gain a clearer picture of how kids may be feeling.

7. Help them relax: Make sure your child has a hobby or activity that relaxes them. The ability to relax and get away from the stresses of everyday life is essential. Some children who have real difficulty switching off may benefit from practising meditation or mindfulness, but most kids just need time to chill out so they can relax naturally. (I personally practise mindfulness and have found it a really helpful way to turn off my brain for a while!)

8. Have two routines – weekday and weekend: Most households are pretty highly scheduled these days. There are routines for getting up, coming home, eating meals and going to bed. These structures are necessary when we’re busy. Families need a second, more relaxed weekend routine that helps kids relax and unwind. It’s important to have this release valve if families are flat out busy during the week.

9. Foster volunteering and helpfulness: Social isolation is a huge predictor of poor mental health. Encourage your child to be connected to and help others in any way possible. Helping others reinforces social connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition.

10. Bring fun and playfulness into their lives: Kids should be the kings and queens of play; however, some children live such full-on, organised lives that much of the natural fun and spontaneity has been stripped from their everyday life. Mucking around, which is code for having fun, is something many children of this generation don’t have time for. If you see your child constantly stressed or overwhelmed by events, change the mood by going to a movie, joining them in a game or seeking other ways to have some fun.

These ideas are basic common sense. However, as kids' lives get busier these essentials get squeezed out. Here’s my recommendation to ensure that mental health habits aren’t overlooked or neglected.

First, see these habits as the building blocks of mental health. Don’t ignore or trivialise them. Talk to your children and tie these activities to their mental health. Do this in your own way and your own time.

Second, assess which of these habits need your attention and make some adjustments over time to push the pendulum back in favour of your child’s mental health.