WINDSOR PUBLIC SCHOOL NEWSLETTER

19th May, 2014

Windsor Public School

Tolerant
Safe
Academic
Resilient
Respectful

We can all be STARR students

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PRINCIPAL’S MESSAGE

HANDMADE AND HOMEGROWN MARKETS
As you are aware, our markets are scheduled for this Saturday 24th May.
I wish to thank the group of parents who have been working relentlessly to ensure that the day runs as smoothly as possible – in particular Brooke Galea who has coordinated the entire event.

This event has required a mammoth amount of personal time away from family and work commitments for our committee, who are all proactive, good-willed volunteers. On behalf of the staff, I extend my sincere gratitude and appreciate your sustained efforts and support.

.........and now it is up to the school and greater community to attend and support this fundraiser!

TOILET UPGRADE
I met recently with the contractors who will be completing the toilet upgrade and the start date will be Monday 26th May.
Sections of the playground will be fenced off during the construction period, which will continue throughout the remainder of the term and possibly into Term 3. This will create disruption to the bottom play area and all students will use the Stage 1 toilets during the construction period.
It is important to focus on the end result during this temporary disruption – a major upgrade to our toilet block, which will ensure that our students are able to make use of a facility that is finally on par with modern specifications!

REQUEST
As you may be aware, I work with a small cohort of students on a weekly basis in our S.H.E.D program. Over time, we have constructed bird feeders, billy carts, scare bot, and twig balls (hanging in admin), to name a few items.
An upcoming project requires ceiling fan blades – I have obtained an old ceiling fan but require at least 8 more blades with attachments.
If anyone is able to assist please contact me.

Mike Watson
Principal
STARR AWARDS

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

KC  Mikayla Layt  Ryan Callaghan  Grace Vredegoor  Swayzee Kennedy
    Chloe Martin  Violet Crofton  Jake Huttunen  Nathaniel Clark
    Daniel Su  Jesse Blume  Matilda Bush  Anna-Lee Hitchen

K-1F Cassidy Grima  Anna Pugliese  Madeleine Macdonald  Brody Taylor
    Braxon Shearer  Peri Kane  Tommey Clark  Ruby Blume
    Charlotte Bush  Lily Paraha  Stephen Radunz  Jack Stubbs
    Lily Crofton

1-2R  William Baldwin  Dominic Shamoun  Owen Brown  Jackson King
    Jacob Simmons  Elizabeth Zouait  Preston Kennedy  Marcus Mavin
    Zak Oaklands  Lily Callaghan  Aleeya Warrington

2W  Joshua Wade  Jacob Kent  Bailey Jones  Kendra Shuttleworth

2-3B  Charlotte Collier-Mitchell  Oliver Macdonald  Gemma King
    Riley Small  Riley Taylor  Ryder Mavin  Taylah Reeves
    Jordan Tolmie  Bonny Xia  Makaelah Simmons  Ella Paraha
    Mason Walker

4M  Holly McInerney  Gemma Whitmore  Ryan Snelling  John Dorahy
    Hannah Taylor  Xavier Shuttleworth  Teresa Chen  Lana Stark
    McKeely Whitmore  Emily Shamoun

5T  Fatima Almusilhi  Sarah Dorahy  Tiarna Hitchen  Katrina Maher
    Katie McClure  Alexi Suela  Reili Massingham  Connor McIlrick
    Lachlan Morgan  Seth Nolan  Taine Nolan  Leroy O'Connor
    Connor Simmons

6C  Tamzen Bloodsworth  Tara Hottwagner  Meg Leaman  Rose Ryan
    William Baltaks  Bradley Cole  Blake Hitchen  Kody Massingham

MOTOR NEURONE DISEASE STALL

The Nolan family would like to thank everyone who supported the Motor Neurone Disease fundraiser. An amazing $400 was raised.

Thank you very much for your support.

CAKE DAY

This Wednesday 21st May, 2/3B 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.
UNIFORM SALE
Girls green pleated sports skirt
Sizes 8, 10, 12 & 14
Green sports trackpants
Size 10 & XS
Limited stock
$10 per item

SCHOOL FETE AND MARKET DAY – 24th May, 2014
Our annual event “Handmade & Homegrown in the Hawkesbury” is our major fundraiser for the year. It is a great opportunity for the whole school to get involved and help.

Here are a few ways you can get involved:

STALLHOLDER – If you or someone you know makes or grows items, why not get a stall. Contact Brooke on 0417232477 for more information.

WRISTBANDS – To help with raising funds buy a wristband for your children. This gives them UNLIMITED rides on all the rides. Pre-purchased $20, on the day $25.

VOLUNTEERS – To make the day successful we need a lot of volunteers on the day. Call at the front office for a note if you can volunteer.

DONATIONS – Items can be donated to be used on the day. These include cans of drink, bottled water, bacon and eggs. For the tea and coffee stall we will also need donations of cakes or slices. Notes are available at the front office to fill in.

A big way you can help is to come on the day. There will be plenty of stalls, fun activities and entertainment. Hope to see you all there.

STEWART HOUSE SCHOOL CLOTHING APPEAL
Stewart House bags will be sent home with all students on Wednesday 21st May. Please return by 11th June. Bags can be dropped off at Mrs. Roger’s room.
CANTEEN NEWS

The Evergreen Café is our lunch provider. These lunch orders can be placed Monday-Friday but all lunch orders have to be in the tub in the office foyer by 9am. If you need a lunch order price list please ask at the front office or the price list can be found on the school website www.windsor-p.schools.nsw.edu.au

STUDENT BANKING

School banking is every Tuesday!

CLOTHING POOL

The Clothing Pool will be opened for sales on the following days:
Wednesday 8.30-9.00am
Friday 8.30-9.00am
If you have any uniforms that no longer fit, please consider sending them to the Clothing Pool.
Please ring Kylie 0416274804 or Lisa 0403015423 for other times

FOR YOUR DIARY

Wednesday 21st May - 2/3B Cake Stall
Friday 23rd May - Hawkesbury District Cross Country
Saturday 24th May - Handmade and Homegrown

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

LAST DAYS FOR PAYMENT

Now due - Voluntary Contributions
Friday 30th May - $20 deposit Year 5 & 6 Great Aussie Bush Camp
Friday 19th September - Final payment Year 5 & 6 Great Aussie Camp
Helping Kids Be Brave – Parenting Ideas by Michael Grose

Currently around 11% of children have problems coping with anxiety. Around 3% experience some form of depression.

As reported on the Kidspot website, Macquarie University psychology lecturer Dr Carolyn Schniering has stated that anxiety problems are the most common emotional disorders that children experience.

It’s important to understand that anxiety is not something to be afraid of. As Dr Schniering says, “It’s a normal emotion and an important part of how we engage with the world.”

Experiencing some anxiousness in new social situations or some specific situations such as around water is quite normal and, in some regards, healthy. It’s not healthy when anxiousness stops kids doing things they want or are able to do or interferes excessively with their school or pre-school experiences.

**Genetics plays a part**

Macquarie University research shows that children who display high levels of anxiety from a young age, and who have a parent who is excessively anxious or depressed, are seven to 11 times more likely to develop long-term anxiety.

This finding supports my experience that anxious parents beget anxious kids. But it’s not that simple.

Some children are simply more prone to experiencing excessive anxiousness than others. These kids are typically classified as worriers, shy types and more sensitive souls who wear their hearts on their sleeves. (I’ve parented one of these types and I learned first-hand that some situations they experienced needed to be handled with some parental care and attention!)

I want to stress that these children are not necessarily going to experience debilitating anxiety. However, they do benefit from a parenting style that is sympathetic while empowering them to tackle their fears.

It’s worth noting that if you yourself are overly anxious or experiencing depression, then self-care needs to be your first priority before you can assist your kids.

**When should I worry?**

Dr Schniering says, “As a rule of thumb, parents should be more concerned if the fears or worries they experience become excessive and their child is unable to deal with every day life.”
I would also add that when children become overwhelmed by their fears it may be time to seek professional help. A first port of call may be a General Practitioner or your child’s school. (Our research shows that parents are more likely to seek help from their child’s school than their GP; however, my experience has been that local doctors often have a good handle on these issues as well as knowledge of local providers.)

Okay, now for the helpful parenting practices for kids who are anxious. These include:

1. Skilling towards bravery. Help kids face their fears by skilling them, e.g. Look around for a friendly face when you go to scouts. You need to put on your coaching hat to build skills and self-confidence, which defeats anxiety.

2. Scaffolding towards bravery. Rather than avoidance allow kids to face their fears in stages, e.g. Let’s go to the party for an hour then I’ll pick you up. By breaking things down into smaller stages kids feel that they are more in control. Lack of control is behind a great deal of anxiousness in adults, as well as kids.

3. Be empathetic, not sympathetic. There is a difference. Empathy shows you understand how they feel; sympathy can be maudlin, leading you to pay excessive attention to the fear as well as letting them off the hook. Kids need a supportive adult who says, not necessarily in these words, “I know how you feel but I also know you can do this.”

4. Creating opportunities for independence. Competency is the enemy of anxiety. Building children’s self-help skills and their independence outside of the home has a snowball effect on how they feel about situations that they usually fear.

5. Model bravery. Okay, you knew I was going to mention this. But if you want kids to be brave then you go first. Your calmness, patience and willingness to methodically work your way through new situations will have a calming effect on kids. (Good leadership is basically about staying calm in stressful situations.) Modelling also shows them how fears of new and unknown social situations, and even specific fears such as going to the dentist, can be handled positively.

It’s worth noting that most kids grow out of their anxiety given attentive brave parenting.

As a general parenting strategy I recommend that you take a strength-based approach (which is what I’m banging on about all the time) and focus on building children’s strengths and assets to help them overcome fears. At the same time recognise that some children may need extra assistance from time to time as a result of their anxiety.
Welcome to K-1F