Principal’s Message

**SCHOOL IMPROVEMENTS**

I am certain that you will agree, that the new asphalt pathway along the front of the Macquarie Street blocks is a vast improvement on the previous cracked, uneven surface.

Mr Cromie has been working tirelessly topping up our gardens with mulch and has extended the garden along the Dight Street fenceline—we will plant some native groundcovers in this area in the near future.

Our SHED Program has commenced again this term, with students from Windsor High School participating in the program.

The boys have already commenced drawing up plans for an outdoor table seat combo, which will be placed near the chicken coop.

**PLAY PROJECT**

In partnership with the Mondelēz International Foundation, Football Federation Australia are committed to supporting and inspiring a generation of young Australians to engage in more active play and healthier lifestyles. As such, this program is delivered to schools entirely free of charge.

Using captivating, classroom appropriate games and activities to stimulate and challenge, students are motivated to understand why active play is important and beneficial, and inspired to change their active play attitudes and behaviours.

Over the next two weeks, students in Years 1 to 6 will participate in this program.

**BIGGEST MORNING TEA**

I extend a HUGE THANKS to the school community who supported this fundraiser which was dedicated to Mr Johnston.

I particularly wish to thank our Year 5 & 6 students (and their parents) who provided the cakes. I also thank Mr Graham for his management of the stall.

With the collective funds from students (SRC), staff and parent donations; we raised approximately $400, for this worthwhile cause.

**NATIONAL PUBLIC EDUCATION DAY**—28TH MAY

This Thursday is National Public Education Day, which provides the opportunity to acknowledge the dedicated and highly qualified teachers who provide quality learning opportunities for students.

It is a day to assert that public schools are deserving of a substantial priority investment from government in recognition of what public education means to each individual child—creating success and opportunities for all.

**SCHOOL VISITS**

Please be reminded, that under Child Protection and Workplace Health & Safety protocol; parents must ‘sign-in’ and obtain a lanyard before proceeding to classrooms or P&C related meetings.

**DISMISSAL ARRANGEMENTS**

Please inform your child’s teacher by note; or phone the office if there are any changes to normal routines for your child’s method of getting home after school.
Congratulations to the following students who received STARR awards.

**KZ**
- Cheyenne Harris
- Brianna West
- Daniel Vredegoor
- Lachlan Reeves
- Penelope Woodhouse
- Meg Stubbs
- Chris Chen
- Cruz Mackintosh
- Ruby Oaklands

**K-1F**
- Tommey Clark
- Madeleine Macdonald
- Hannah Shamoun
- Lily Paraha
- Elise Radunz
- Shelby Stanyer
- Hayden Shamoun

**1-2M**
- Ryan Callaghan
- Jesse Blume
- Daisy Spies
- Talaana Gabriel
- Chloe Pike
- Mikayla Layt

**2G**
- Ruby Blume
- Lily Callaghan
- Cassidy Grima
- Kirrileigh McDonald
- Lily Spies
- Stephen Radunz
- Braxton Shearer
- Owen Brown
- Jack Stubbs
- Max Pinson
- Dominic Shamoun
- Peri Kane

**2-3V**
- Marcus Mavin
- Maxine Suela
- Amelia Temlett
- Bailey Jones
- Melek Gabriel
- Jacob Simmons
- Jackson King
- Noah Krix
- Zak Oaklands
- Harmony Martin

**3-4T**
- Jesse Davis
- Cooper Harriss
- Preston Kennedy
- Jacob Kent
- Iris Miller
- Kendra Shuttleworth
- Makaelah Simmons
- Bailey Chapman
- Gemma King
- Ethan Lewry
- Riley Small
- Ryder Mavin

**4-5C**
- Seth Stanyer
- Jett Merryweather
- McKeeley Whitmore
- Ella Paraha
- Xavier Shuttleworth
- Lana Stark
- Oliver Macdonald
- Jordan Tolmie
- Taylah Reeves
- Teresa Chen
- Paige Hottwagner

**6B**
- Sarah Dorahy
- Felicity Tait
- Katrina Maher
- Lachlan Morgan
- Seth Noalan
- Taine Nolan
- Connor Simmons
- Jada Cooper
- Clarice Suela
Congratulations to the following students who received STAGE awards.

**KZ**
- Isabella Layt - trying hard when sounding out new words
- Kirsten McDonald - great improvement in reading

**K-1F**
- Madeleine MacDonald - always being polite and hardworking
- Tommey Clark - fantastic effort in all classroom activities

**1-2M**
- Ruby Bugeja - excellent effort in all areas
- William Keech - improved effort in class

**2G**
- Lily Spies - always doing her best
- Dominic Shamoun - great sentences on Mothers Day Card

**2-3V**
- Kobi Manion - improved effort and responsibility in working groups
- Jamayne Spence - eagerness to learn and a great effort in his NAPLAN tests

**3-4T**
- Riley Small - a wonderful effort in all areas of his schoolwork
- Lachlan Kersten - displaying an interest in the world around him and showing responsibility

**4-6G**
- Seth Stanyer - a willing participant in all areas
- Emily Shamoun - a willing participant in all areas

**6B**
- Clarice Suela - being a sensible and reliable member of 6B
- Taine Nolan - regular participation in Talking & Listening tasks
AROUND THE SCHOOL

MUM’S IN SCHOOL
ADMINISTRATION MATTERS

BOOK CLUB—Reminder

Book Club orders are due on 1st June

FINAL DATES FOR PAYMENT

Tuesday 16th June  -  K-2 Riverside Theatre excursion
Wednesday 17th June  -  Koomurri Performance Group
Thursday 25th June  -  Deposit due Yr 5-6 Canberra Excursion

Payment envelopes are included with excursion notes for your convenience
Our new soccer field

The P&C Committee would again like to apologise to all those that received the oil burner for Mother’s Day. If you would like a refund please give your details to the office asap, thank you.

Dates for P&C General Meetings for the remainder of this year are as follows:

- Friday June 5th 9am (Hall)
- Monday July 13th 7pm (Staffroom)
- Friday August 7th 9am (Hall)
- Monday September 7th 7pm (Staffroom)
- Friday October 9th 9am (Hall)
- Monday November 2nd 7pm (Staffroom)
- Friday December 4th 9am (Hall)

The next P&C General Meeting will be held on Friday 5th June at 9.05am in the Hall. If you can spare just over an hour or so a few times a year to attend the meetings it will allow us to have a better representation of what parents would like in their student’s school.

$1 sale

Our $1 sale rack & bargain bin will continue for the next two weeks. The Clothing Pool is located in the P&C room off the Hall. We currently have plenty of stock at great prices, however we are always more than happy to accept your support & donations—particularly in larger sizes!

Open Monday afternoon 2.30-2.55pm and Friday morning 8.45-9.10am. For other times please do not hesitate to call Lisa on 0403 015 423 or Kylie on 0416 274 804, who would be happy to assist you.
3/4T Limericks

There once was a big stuffy mat,
He always got sat on by cats.
One day he said, "No!"
All these cats must go,
And now he gets sat on by bats!

By Riley Small

A cat was in love with a bat,
They'd sit on a soft blue mat.
They were both coloured black,
With a stripe on their back.
All day long they would have a big chat.

By Makaelah Simmons

There was once a boy called Jesse,
He was very, very messy.
When he went to school,
People called him a fool.
Then later they called him messy Bessy!

By Jesse Davis

There once was a very old book,
My friend and I had a good look.
We found how to cook meat,
And how to cook beet.
The book was a very good cook!

By Joshua Wade
3/4T Limericks

One day when I went to my school,
There was a big, clear, cool pool.
I jumped in and got chilly,
And felt very silly.
When I went home mum said, “You’re a fool”.

By Preston

I once had a big fluffy cat,
It was fluffy and also quite fat.
He loved to catch mice,
They tasted quite nice.
But the mice tasted just like a rat.

By Jacob.

There once was a young girl called Gemma,
Her dad bought her a lovely new hammer
She hammered the wood
It looked very good
Then she built her dad a door jammer.

By Gemma
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Jason Martin

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7 days a week 8.30 – 12.30

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Dietician Physiotherapy Audiology Ultrasound

Call 0435 384 593 To Book A FREE Trial Class
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<th>MONDAY</th>
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Raising Sensitive Kids

Parenting Ideas by Michael Grose

Do you have a sensitive child?

You know, a child who takes everything you or others say to heart; a child who has a thin skin and worries too much, particularly about things out of their control.

Sensitive kids worry about what others think of them. They often sense danger well before others and they see the consequences of behaviours well before their peers.

Sensitive kids are like mood detectives with their antennae up trying to detect subtle changes in the moods of those around them. In some ways this is healthy as emotionally intelligent people are tuned into the behaviours and feelings of others. Sensitive kids generally have high emotional intelligence quotients.

If you have a sensitive child you need to see and appreciate both their sides. The side we most often see is the shy, inhibited, fearful worrier. The flipside is that sensitive kids generally have kind hearts; are empathetic, intuitive and usually possess a creative streak. These are wonderful attributes to have.

Recent research into the area of children's sensitivity revealed that around 40% of sensitive kids experience some form of real anxiety.

The secret to the 60% of kids who DON'T experience anxiety are certain 'protective' factors. The top of this list is parenting style. Sensitive kids benefit from having an optimistic, resilient parent who supports them but doesn't allow them to take themselves too seriously. It also helps if parents can encourage their child to take risks socially and applaud their social successes, no matter how minor. Parents need to show their child how to recognise their own emotional state and in doing so better manage their emotions so they can live happy, more productive lives.

The double whammy for kids of sensitivity and negative or pessimistic parents is not ideal. Kids need a parent who gets across the message that there are some unpleasant events but they can cope with them. Parents need to recognise their own emotions and response in order to help their child recognise and regulate their emotional state.

It is good if parents are supportive; even better if a parent is resilient so that the sensitive child sees how to cope with some of life's hurts, rejections and disappointments. In fact, sensitive kids are less likely to develop anxiety if at least one parent is of the 'thick-skinned', positive, even jovial type. This reinforces that the world really is a great place and not full of uncertainty and danger.

When sensitive kids are raised in a balanced way with proper understanding and encouragement, they are well-placed to grow up to be happy, healthy, unusually well-adjusted and creative adults.
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