Principal’s Message

PULSE ….listen to the heartbeat of the arts

Congratulations to those students who formed part of the massed choir at the Opera House last Thursday evening.

An enjoyable evening was had by all who attended this memorable occasion!

I again thank Mrs Chard for her sustained commitment in providing such a valuable experience for our students.

TELL THEM FROM ME SURVEY

Students in Years 3-6 have been issued permission notes to participate in this online survey system devised by The Learning Bar that helps schools capture the views of students, teachers and parents.

Parents and teachers will also be asked to participate.

The parent survey provides school principals and school leaders with parents’ perspective on their school as well as learning at home. Communication between parents and staff, activities and practices at home, and parent views on the school’s support of learning and behaviour all help build an accurate and timely picture that schools can use for practical improvements.

Data collected from the survey responses are quickly compiled into reports.

As Principal, I can then use this information to help identify emerging issues and plan for school improvement.

A link to the survey will be forwarded shortly, once all details are confirmed.

SCHOOL IMPROVEMENTS

Last week I met with representatives from Asset Management, who conducted a site inspection to examine the exterior surfaces of our buildings.

Five of our buildings will receive fresh paintwork, due to commence before the end of this term. This will definitely add to the overall appeal of our school!

TECHNOLOGY

We have recently purchased and installed 12 new laptop computers, some with ‘touch-screen’ capabilities. These have been set up in the library, which has created an improved learning environment for our students.

Desktop units previously in the library have been relocated in classrooms.

Important Information

2016 KINDERGARTEN

We are currently accepting Kindergarten enrolments for 2016.

Please enquire at the office, as we will be commencing our orientation process this term.

As Principal, I can then use this information to help identify emerging issues and plan for school improvement.

A link to the survey will be forwarded shortly, once all details are confirmed.

SCHOOL IMPROVEMENTS

Last week I met with representatives from Asset Management, who conducted a site inspection to examine the exterior surfaces of our buildings.

Five of our buildings will receive fresh paintwork, due to commence before the end of this term. This will definitely add to the overall appeal of our school!

TECHNOLOGY

We have recently purchased and installed 12 new laptop computers, some with ‘touch-screen’ capabilities. These have been set up in the library, which has created an improved learning environment for our students.

Desktop units previously in the library have been relocated in classrooms.

Important Information

2016 KINDERGARTEN

We are currently accepting Kindergarten enrolments for 2016.

Please enquire at the office, as we will be commencing our orientation process this term.

As Principal, I can then use this information to help identify emerging issues and plan for school improvement.

A link to the survey will be forwarded shortly, once all details are confirmed.

SCHOOL IMPROVEMENTS

Last week I met with representatives from Asset Management, who conducted a site inspection to examine the exterior surfaces of our buildings.

Five of our buildings will receive fresh paintwork, due to commence before the end of this term. This will definitely add to the overall appeal of our school!

TECHNOLOGY

We have recently purchased and installed 12 new laptop computers, some with ‘touch-screen’ capabilities. These have been set up in the library, which has created an improved learning environment for our students.

Desktop units previously in the library have been relocated in classrooms.

Important Information

2016 KINDERGARTEN

We are currently accepting Kindergarten enrolments for 2016.

Please enquire at the office, as we will be commencing our orientation process this term.

As Principal, I can then use this information to help identify emerging issues and plan for school improvement.

A link to the survey will be forwarded shortly, once all details are confirmed.

SCHOOL IMPROVEMENTS

Last week I met with representatives from Asset Management, who conducted a site inspection to examine the exterior surfaces of our buildings.

Five of our buildings will receive fresh paintwork, due to commence before the end of this term. This will definitely add to the overall appeal of our school!

TECHNOLOGY

We have recently purchased and installed 12 new laptop computers, some with ‘touch-screen’ capabilities. These have been set up in the library, which has created an improved learning environment for our students.

Desktop units previously in the library have been relocated in classrooms.

Important Information

2016 KINDERGARTEN

We are currently accepting Kindergarten enrolments for 2016.

Please enquire at the office, as we will be commencing our orientation process this term.

As Principal, I can then use this information to help identify emerging issues and plan for school improvement.

A link to the survey will be forwarded shortly, once all details are confirmed.

SCHOOL IMPROVEMENTS

Last week I met with representatives from Asset Management, who conducted a site inspection to examine the exterior surfaces of our buildings.

Five of our buildings will receive fresh paintwork, due to commence before the end of this term. This will definitely add to the overall appeal of our school!

TECHNOLOGY

We have recently purchased and installed 12 new laptop computers, some with ‘touch-screen’ capabilities. These have been set up in the library, which has created an improved learning environment for our students.

Desktop units previously in the library have been relocated in classrooms.

Important Information

2016 KINDERGARTEN

We are currently accepting Kindergarten enrolments for 2016.

Please enquire at the office, as we will be commencing our orientation process this term.

As Principal, I can then use this information to help identify emerging issues and plan for school improvement.

A link to the survey will be forwarded shortly, once all details are confirmed.

SCHOOL IMPROVEMENTS

Last week I met with representatives from Asset Management, who conducted a site inspection to examine the exterior surfaces of our buildings.

Five of our buildings will receive fresh paintwork, due to commence before the end of this term. This will definitely add to the overall appeal of our school!

TECHNOLOGY

We have recently purchased and installed 12 new laptop computers, some with ‘touch-screen’ capabilities. These have been set up in the library, which has created an improved learning environment for our students.

Desktop units previously in the library have been relocated in classrooms.

Important Information

2016 KINDERGARTEN

We are currently accepting Kindergarten enrolments for 2016.

Please enquire at the office, as we will be commencing our orientation process this term.

As Principal, I can then use this information to help identify emerging issues and plan for school improvement.

A link to the survey will be forwarded shortly, once all details are confirmed.

SCHOOL IMPROVEMENTS

Last week I met with representatives from Asset Management, who conducted a site inspection to examine the exterior surfaces of our buildings.

Five of our buildings will receive fresh paintwork, due to commence before the end of this term. This will definitely add to the overall appeal of our school!

TECHNOLOGY

We have recently purchased and installed 12 new laptop computers, some with ‘touch-screen’ capabilities. These have been set up in the library, which has created an improved learning environment for our students.

Desktop units previously in the library have been relocated in classrooms.

Important Information

2016 KINDERGARTEN

We are currently accepting Kindergarten enrolments for 2016.

Please enquire at the office, as we will be commencing our orientation process this term.

As Principal, I can then use this information to help identify emerging issues and plan for school improvement.

A link to the survey will be forwarded shortly, once all details are confirmed.

SCHOOL IMPROVEMENTS

Last week I met with representatives from Asset Management, who conducted a site inspection to examine the exterior surfaces of our buildings.

Five of our buildings will receive fresh paintwork, due to commence before the end of this term. This will definitely add to the overall appeal of our school!

TECHNOLOGY

We have recently purchased and installed 12 new laptop computers, some with ‘touch-screen’ capabilities. These have been set up in the library, which has created an improved learning environment for our students.

Desktop units previously in the library have been relocated in classrooms.

Important Information

2016 KINDERGARTEN

We are currently accepting Kindergarten enrolments for 2016.

Please enquire at the office, as we will be commencing our orientation process this term.

As Principal, I can then use this information to help identify emerging issues and plan for school improvement.

A link to the survey will be forwarded shortly, once all details are confirmed.

SCHOOL IMPROVEMENTS

Last week I met with representatives from Asset Management, who conducted a site inspection to examine the exterior surfaces of our buildings.

Five of our buildings will receive fresh paintwork, due to commence before the end of this term. This will definitely add to the overall appeal of our school!

TECHNOLOGY

We have recently purchased and installed 12 new laptop computers, some with ‘touch-screen’ capabilities. These have been set up in the library, which has created an improved learning environment for our students.

Desktop units previously in the library have been relocated in classrooms.

Important Information

2016 KINDERGARTEN

We are currently accepting Kindergarten enrolments for 2016.

Please enquire at the office, as we will be commencing our orientation process this term.
Congratulations to the following students who received STAGE awards.

**KZ**
- Aden Ashford - fantastic independent sentence writing
- Penelope Woodhouse - trying hard during writing activities

**K-1F**
- Ryland Harris - always participating in classroom discussions and activities
- Lynden Thornton - for being an enthusiastic classroom member

**1-2M**
- Talia Frost - exceptional effort in all areas
- Cody Smallwood - improved effort and behaviour in class

**2C**
- Jack Stubbs - wonderful maths explanations
- Cassidy Grima - great maths teaching skills

**2-3V**
- Melek Gabriel - improved reading fluency and expression
- Bailee Walker - great participation in reading groups

**3-4T**
- Lachlan Wade - being a responsible, hardworking and caring class member
- Mariah Williams - trying hard in all areas

**4-5C**
- Natasha Groenewegen - excellent all round effort
- John Hurley - trying hard with his work

**6B**
- Sarah Dorahy - working well in Library
- Fatima Almusilhi - working hard on her Library research task
Congratulations to the following students who received STARR awards.

**KZ**
- Poppy Spies
- Chris Chen
- Ruby Oaklands
- Isabella Layt
- Hudson Kennedy
- Sahkai Gabriel

**K-1F**
- Laila Arab
- Charlotte Jones
- Cailin McHenry
- Luke Piontek
- Elise Radunz
- Hannah Shamoun
- Hayden Shamoun
- Peyton Shipley
- Tommey Clark
- Swayzee Kennedy
- Madeleine Macdonald
- Lily Paraha
- Shelby Stanyer
- Brody Taylor

**1-2M**
- Talaana Gabriel
- Laila Arab
- Charlotte Jones
- Cailin McHenry
- Luke Piontek
- Elise Radunz
- Hannah Shamoun
- Hayden Shamoun
- Peyton Shipley
- Tommey Clark
- Swayzee Kennedy
- Madeleine Macdonald
- Lily Paraha
- Shelby Stanyer
- Brody Taylor

**1-2M**
- Ruby Blume
- Lily Callaghan
- Cassidy Grima
- Peri Kane
- Stephen Radunz
- Dominic Shamoun
- Lily Spies
- Richard Baldwin

**2-3V**
- Amelia Temlett
- Dahlia Jennings
- Jackson King
- Jacob Simmons
- Alex Zouait
- Marcus Mavin
- Bailey Jones
- Zak Oakland
- Bailee Walker
- Melek Gabriel

**3-4T**
- Cooper Harriss
- Preston Kennedy
- Jacob Kent
- Iris Miller
- Kendra Shuttleworth
- Makaelah Simmons
- Joshua Wade
- Gemma King
- Ethan Lewry
- Ryder Mavin
- Riley Taylor
- Tristan Towner-Cohen

**4-5C**
- Oliver Macdonald
- Ella Paraha
- Taylah Reeves
- Teresa Chen
- Paige Hottwagner
- Jett Merryweather
- Emily Shamoun
- Lana Stark
- McKeeley Whitmore

**6B**
- Connor Simmons
- Darcy Martin
- Ethan Hearne
- Katrina Maher
- Jada Cooper
- Sarah Dorahy
- Clarice Suela
- Seth Nolan
- Taine Nolan
AROUND THE SCHOOL

JOLLYBOPS SCIENCE SHOW
Start collecting for your school now

The Woolworths Earn & Learn program gives Schools and Early Learning Centres around Australia the chance to earn new educational resources.

Make a difference for your local school

- Simply shop at Woolworths and you will receive one Woolworths Earn & Learn Sticker for every $10 spent.*

- Stick the Woolworths Stickers onto the Woolworths Earn & Learn Sticker Sheet inside.

- Once it’s complete, pop it into a Collection Box at your school or local store. You can download more Woolworths Earn & Learn Sticker Sheets from our website woolworths.com.au/earnandlearn

*excluding tobacco, liquor and gift cards.

Last year more than 14,500 schools and Early Learning Centres benefited from the program, boosting supplies in classrooms, libraries, music rooms, gymnasiums and science labs.

It’s easy to earn valuable resources to help your local school, so start collecting your Woolworths Earn & Learn Stickers today.

Go to woolworths.com.au/earnandlearn for more information, terms and conditions and answers to frequently asked questions.
ADMINISTRATION MATTERS

KINDERGARTEN 2016
Enrolment forms for kindergarten students are available from the school office. If there is a sibling already at the school these can be printed off with all relevant information.

ENTERTAINMENT BOOK
The new 2015/2016 Entertainment Books are still available for purchase from the office for $65.00 per book. Windsor Public School will receive $13 from each book. If you would like to look at the book before purchasing there is a display book on the office desk. Please be aware that the school office cannot accept eftpos or credit card payments for Entertainment Books. Thank you for your fundraising support
The P&C Committee

FINAL DATES FOR PAYMENT
Windsor School on stage performance - 18th August
The Yr5-6 Canberra excursion final date for payment is 28th October, but instalments can be made anytime up till this date

**Reminder to pay any outstanding workbook and sports field fees
Payment envelopes are included with excursion notes for your

DATES TO REMEMBER
The Yr2-6 School Swimming Scheme Expression of Interest is due back to the office by 21st August.

Scripture News
Catholic parents of yrs 3,4,5,6 children are invited to enrol their children for the Sacrament of Reconciliation
There are two enquiry sessions:
Tuesday 19/8/15 at 7:30pm—Chisholm Primary School
Wednesday 19/8/15 at 7:30pm—St. Matthews Catholic School
or contact St. Matthews Parish Office
1-2M

We have certainly had a very exciting term already.

We kick started the term with our trip to Parramatta in week one to see the wonderful stage play “The Adventures of Snugglepot & Cuddlepie”.

This was followed by Open Day and the athletics carnival in week 3, both were fabulous, fun filled days. The fun didn’t stop there though, we were very lucky to have the Sciencebops incursion. This sensational science workshop was both educational AND entertaining. The children were completely engaged and it led to many interesting discussions.

In upcoming weeks our class will enjoy a visit from Sunshine – a friendly Golden Retriever (& her owner). Sunshine will help teach us about being Responsible Pet Owners, and the book week parade…. We can’t wait!!!

Our class is working hard as we move into the final stages of this term.
ATHLETICS CARNIVAL

Thank you to all parents, staff and students for making our athletics carnival such a wonderful day.

We were blessed with beautiful weather and our students’ behaviour was, as always, outstanding.

It was most pleasing to see all of our students’ enthusiastic participation on the day.

Trophies will be presented at our next Combined Assembly.

House Points were:

GREENWAY            116
COX                         113
RUSE                       102
ARNDELL                  96

DISTRICT ATHLETICS

Students who have qualified to attend the District Athletics have been issued with permission notes.

The Field events and 800m will be held on Wednesday 19\textsuperscript{th} August.

The Track and 800m finals will be held on Friday 21\textsuperscript{st} August.

Please return notes and money to the office as soon as possible and if your child cannot attend it would be appreciated if you could let Mrs Tuck know in writing immediately so that all entries can be finalised.

Students will meet Mrs Verhelst and Mr Clark at McMahons Park on Wednesday at 8:30 am, and Mrs Tuck and Mr Clark on Friday at 8:45 am

Good luck to all competitors, enjoy your day.

SCHOOL SWIMMING SCHEME

We are again fortunate enough to be able to offer the swimming scheme to students from Year 2-6.

This will be held in Term 4, weeks 3 and 4.

Approximate cost is $80, which is for the bus fare. I am sure you would agree that living in Australia it is essential for our children to have water safety skills. Students have been issued with an expression of interest note which will hold a place for them in the scheme and allow us to make exact costings. If you would like to participate in this program please send back the note ASAP.

A permission note with costs will be sent home shortly.
Obstacle-a-thon Friday 11th September

Everyone should have received their sponsorship forms last week. If you didn’t receive one please ask for one at the office.

PLEASE HELP!
We also sent home a request for volunteers, Thank you so much to those who have already returned the form but we still need more people to help us on the day.
Any assistance you can offer would be greatly appreciated. It will be just a few hours of your time (The event will be running after lunch) but the amount of fun you will get to see your child have will be huge.

Don’t forget if you’re eating out in Rouse Hill we are entered in the Pandora’s Restaurant Rouse Hill competition. Every $30 you spend gives our school another entry to win the $1000 prize.
This competition runs until October 2015.

The next P&C General Meeting will be Monday 7th September at 7pm in the Staff room.
We would really love to see some new faces.
Hope to see you there.

Term 3 & 4
Save the Date

♦ Father’s Day Stall—Thursday 3rd September
♦ Obstacle-a-thon—Friday 11th September
♦ School Disco—Thursday 17th September
♦ Bunnings BBQ—Sunday 18th October

Disco
We will be welcoming the warm weather with our “Beach” themed disco on Thursday 17th September. Hope to see you there!

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.

*Change room area now available*
Our Sponsors

**Aussie Choice Realty**
“Aussie Choice Realty believes it’s important to offer our support and be more involved in our local community.”
We are proud to support Windsor Public School
List and sell your home with us, mention this advert and we will give to the school a donation of $250 on the sale of your home

ALL AGENTS OFFER FREE MARKET APPRAISALS

BUT WHAT CAN WE DO FOR YOU?
GIVE YOU NOT JUST AN AGENT BUT A TEAM – AN AGENCY
GIVE YOU OUR FULL ATTENTION TO DETAIL
OUR COMMITMENT TO YOU
LOW SELLING FEES
THE RESULT YOU WANT

WE HAVE THE BUYERS & TENANTS
YOU HAVE THE HOME

4571 4455

3/25 Bells Line Of Road, North Richmond
www.aussiechoicerealty.com.au

---

GRACIE BARRA HAWKESBURY
BRAZILIAN JIU-JITSU

Join the world’s most accomplished Brazilian Jiu Jitsu team with hundreds of representatives bringing the Gracie Family Legacy to thousands of individuals around the globe.

WE OFFER:
- Children’s Classes (3 years –)
- Adults Classes
- Morning & Evening Schedule
- Self Defence
- Sports BJJ
- Submission Wrestling
- MMA

Book Your FREE Intro Lesson!
0435 384 593

For more information please visit us at
www.gbhawkesbury.com.au

---

Hawkesbury Community Outreach Services Inc.
www.hcos.org.au
Child and Family Support Services
Based in Kurrajong & Richmond

Contact: Kerrie Carr (Co-ordinator)
PH: 4573 2922
Who is eligible?
Anyone residing in the Hawkesbury local Government Area who has dependent children within the 0-11 age group (Families with children 12-18yrs are supported by our Youth Service)

Cost? FREE

How can a Family Support Worker assist my Family?
Family support program provides each family with a package of support, tailored to their specific strengths and needs.
Families have access to one-time or ongoing, client focussed case management, support and referrals to other services.

HCOs Family Support current programs:
Parenting Skills program- strength & Resilience based therapeutic art group for women, girls & children. WIA
Parenting Skills program–strengthen parent & child relationship. COS DRUMBEAT- Fun Djembe drumming & Relationship building.

Check out: Hawkesbury Community Outreach Services Inc
Website & face book to learn more about HCOs.
Rewarding regular savers with amazing prizes.

We're bringing the exciting news that an intergalactic Prize Portal has appeared on Planet Savings, giving students who demonstrate good savings behaviour the chance to win amazing prizes.

- 75 x iPad minis Wi-Fi 16GB
- 125 x Beats by Dr. Dre Solo® Headphones
- 200 x $30 Booktopia Gift Certificates

Help the Dollarmites activate the Prize Portal for a chance to win
To activate the Prize Portal, students must simply make three or more School Banking deposits during Term 3 and they will automatically be entered into the competition for a chance to win one of hundreds of prizes. Students can also complete a Money Mission at commbank.com.au/prizeportal to double their chance of winning a prize. (Please note, students can start the Money Mission at any time, but are required to make three deposits by the end of Term 3 to double their chance of winning).

Win books for your school library
We're also giving schools participating in the School Banking program a chance to win one of 76 sets of children’s books for their school library; valued at $200.

For more information, visit commbank.com.au/prizeportal

Things to know before you CAN: Conditions apply, see commbank.com.au/prizeportal. Promotion starts 9.00am AEST 13/7/15 and ends 11.59pm AEST 25/9/15. Student Element: Entry is open to all Youthsaver customers aged 4–13 years. 1 entry received when 3 deposits are made through the School Banking Program. 1 bonus entry received when completing a Money Mission activity at commbank.com.au/prizeportal and submitting a fully completed entry form. Max. of 2 entries per person. Entries will be divided into the following State/Territory groups: NSW/WACT, Vic, SA/NT, Tas, Qld and WA. A total of 400 prizes comprising 75 iPad mini Wi-Fi 16GB space grey tablets valued at $259 each, 125 Beats by Dr. Dre Solo® On-Ear Headphones valued at $259.95 each, and 200 $30 Booktopia Gift Certificates, will be distributed amongst the State/Territory groups. The winners' names will be published in the public notices section of The Australian on 23/10/15. School Element: Entry is open to all schools operating in Australia who participate in the School Banking Program and have at least 1 student entered into the Student Element of this promotion. Limit of 1 entry per school. Entries will be divided into the following State/Territory groups: NSW/WACT, Vic, SA/NT, Tas, Qld and WA. A total of 75 prizes of a selection of children’s books to the value of $200 for each winning school’s library will be distributed amongst the State/Territory groups. Prize draws will take place at 12 noon AEST 13/10/15 at Commonwealth Bank, Level 3, 11 Harbour Street, Sydney. Total prize value $75,918.75. Apple is not a participant or sponsor of this promotion. iPad mini® and Beats by Dr. Dre® are trademarks of Apple Inc., registered in the US and other countries. The Promoter is Commonwealth Bank of Australia ABN 48 123 123 124 of Level 2, 11 Harbour Street, Sydney NSW 2000. NSW Permit No LTPS/15/02006; ACT Permit No TP15/05517; VIC Permit No 15/620; SA Permit No T15/632.
## TERM 3 CALENDAR

<table>
<thead>
<tr>
<th>Week</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>SAT/SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>13 July SDD</td>
<td>14 July</td>
<td>15 July</td>
<td>16 July</td>
<td>17 July</td>
<td>18/19 July</td>
</tr>
<tr>
<td></td>
<td>7.00pm:P&amp;C Meeting</td>
<td></td>
<td>*10.00am-2.45pm: Bus Safety Program K-6.</td>
<td>*2.15pm Dance Audition</td>
<td>K-2 Riverside Theatre Parramatta</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>20 July</td>
<td>21 July</td>
<td>22 July K/1F Cake Day</td>
<td>23 July</td>
<td>24 July</td>
<td>25/26 July</td>
</tr>
<tr>
<td>3</td>
<td>27 July Education Week Open Day from 9.30am</td>
<td>28 July ICAS - English</td>
<td>29 July 10.15am Riverview Performances – Choir, Dance, Percussion.</td>
<td>30 July</td>
<td>31 July Athletics Carnival at Tamplin Field.</td>
<td>1/2 August</td>
</tr>
<tr>
<td>4</td>
<td>3 August</td>
<td>4 August Jollybops Science Incursion</td>
<td>5 August</td>
<td>6 August</td>
<td>7 August 9.00am – P&amp;C Meeting</td>
<td>8/9 August</td>
</tr>
<tr>
<td>5</td>
<td>10 August</td>
<td>11 August ICAS - Maths</td>
<td>12 August KZ Cake Day</td>
<td>13 August 7.00pm – PULSE performance at Opera House.</td>
<td>14 August K-2 Responsible Pet Program.</td>
<td>15/16 August</td>
</tr>
<tr>
<td>6</td>
<td>17 August</td>
<td>18 August</td>
<td>19 August District Athletics – Field Events</td>
<td>20 August Windsor HS – ‘Windsor on Stage’ for Stage 2&amp;3.</td>
<td>21 August District Athletics – Track Events</td>
<td>22/23 August</td>
</tr>
<tr>
<td>7</td>
<td>24 August BOOK WEEK Fruit &amp; Veg Month Dance Eisteddfod</td>
<td>25 August</td>
<td>26 August</td>
<td>27 August</td>
<td>28 August Book Parade 11.40am</td>
<td>29/30 August</td>
</tr>
<tr>
<td>8</td>
<td>31 August Book Fair</td>
<td>1 September</td>
<td>2 September</td>
<td>3 September Father’s Day Stall</td>
<td>4 September Dads in School</td>
<td>5/6 September</td>
</tr>
<tr>
<td>9</td>
<td>7 September 7.00pm: P&amp;C Meeting</td>
<td>8 September</td>
<td>9 September</td>
<td>10 September</td>
<td>11 September Obstacle-a-thon Fundraiser 11.40am</td>
<td>12/13 September</td>
</tr>
<tr>
<td>10</td>
<td>14 September *Dental Clinic *Combined Assembly</td>
<td>15 September</td>
<td>16 September</td>
<td>17 September</td>
<td>18 September Bike Day</td>
<td>19/20 September</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>* Merit BBQ * Principal’s A/T * DISCO</td>
<td></td>
</tr>
<tr>
<td>Hols</td>
<td>21 September</td>
<td>22 September</td>
<td>23 September</td>
<td>24 September</td>
<td>25 September</td>
<td>26/27 September</td>
</tr>
<tr>
<td>Hols</td>
<td>28 September</td>
<td>29 September</td>
<td>30 September</td>
<td>1 October</td>
<td>2 October</td>
<td>3/4 October</td>
</tr>
</tbody>
</table>
Parenting Ideas - 10 researched-backed tips for raising happy kids

Michael Grose

I have just returned from a research trip to the Yale Center for Emotional Intelligence near New York. The Yale Center is home of the RULER Program, the world’s best emotional intelligence program for children and families.

The thing that I love about the RULER Program is that it’s totally evidence-based. Its effectiveness is backed by mountains of scientific evidence, so credibility is assured. But that’s all I can tell you about the program now – you’ll just have to wait.

In the meantime, there are plenty of other evidence-based tips for parenting that I can share with you. Here are 10 research-backed tips for raising what most parents want: happy, successful kids.

1. Birth order matters

Birth order is something parents need to work with. If you disregard the birth order of your children you are overlooking a vital piece of your parenting puzzle. For instance, research has shown that eldest children tend to experience greater mental health problems, particularly anxiety, than children in any other birth position.

2. Positive peers matter

Recent research I was involved in demonstrated that the wellbeing of teenage girls is highly influenced by their peer groups. A positive peer group usually equated with high life satisfaction regardless of what other factors were at play.

3. Parent mental health matters

If you want happy kids then you need to get yourself happy. Parent anxiety and depression is linked to behavioural problems in kids; it also makes our parenting less effective.

4. Sibling relationships matter

Research shows that over the long haul healthy relationships make kids happier. But how do you go about teaching kids to get on? Start by encouraging children to build small acts of kindness, which builds empathy.

5. Developmental matching matters

A number of studies have shown that much of what is considered ‘poor parenting’ has more to do with poor developmental matching. Put simply, parents who raise an eleven-year-old like they did their eight-year-old may find that conflict and resistance become their constant companions, and unhappiness accompanies their child.
6. Good parenting matters

Permissive, laissez faire, autocratic or authoritative parenting? The links between authoritative parenting (a mixture of firmness, warmth and family participation) and children’s happiness and wellbeing are well drawn.

7. Family dinners matter

Significant research links family strength and children’s wellbeing with regular family mealtimes. Importantly, there is a high correlation between teenagers who eat with their family at least five times a week and good mental health.

8. Fun matters

Researchers believe that the dramatic drop in unstructured play time is in part responsible for slowing kids’ cognitive and emotional development. Unstructured play helps children learn how to work in groups, to share, negotiate, resolve conflicts, regulate their emotions and behaviour, and speak up for themselves.

9. Helping others matters

The Positive Psychology movement know what they are talking about when they put volunteering at the forefront of an individual’s wellbeing. Helping others makes you happy over the long term.

10. Emotional intelligence matters

Emotional intelligence is a skill, not an inborn trait. Kids learn best when they have concrete tools to assist their learning, whether learning to read (books come in handy), playing sport (a ball and some goalposts helps) or learning to dance (some suitable music helps).