**Principal's Message**

Although it is another short week there are still lots of things happening this week: School Athletics Carnival, Binless Day, Zone Cross Country. The most important thing to mention is the School Athletics Carnival happening tomorrow at Glendale Sports Centre. We have a large number of students who either haven’t paid their term fees or who haven’t yet brought back their permission notes. If your child is one of these, could you please do so quickly. Unfortunately, we will be unable to take students to the carnival who have not paid or who have not brought their permission notes in.

Many of you would be aware that all schools across Australia are beginning to prepare for the implementation of a new teaching curriculum in 2014. To help schools prepare for this, the NSW Department of Education and Communities is giving schools extra professional development days throughout this year. The first of these days falls on Tuesday 30th April. Effectively this means that after the school holidays, the students will not return to school to commence Term 2 until Wednesday 1st May. Please note this date in your diary if you need to make alternative arrangements for the supervision of your children. Enjoy your week.

David Holland
Principal

**Canteen**

Due to the Athletics Carnival, the canteen will be closed tomorrow (Wednesday 3/4/13). We will however be open next Tuesday, 9th April.

**ANZAC Day Book Donations**

On Friday 3rd May, our school will be conducting an ANZAC Service during our assembly. Families are invited to place a book tribute during this service. If your family would like to donate a book to the library as a tribute to this occasion please see Mrs Conrick on Wednesday, Thursday or Friday as she has a selection of suitable titles.
Binless Day
This Thursday (4th Apr), our whole school will be going ‘Binless’. The purpose is to help teach our students ways of reducing waste and being more environmentally aware. On Thursday, our cleaners will not be putting bins in the playground for students or staff to use. You can assist us by helping your child/ren to pack a waste free lunch. Where possible, this means avoiding pre-packaged foods like chips and snack foods. The easiest way to pack a waste-free lunch is to pack a fresh and healthy lunch. Cut up fruit or veggies are great, as are healthy sandwiches or wraps stored in sealable containers. To help promote the idea of reducing our waste, students who bring waste free lunchboxes on Thursday will go in the draw to win ‘Nude Food’ lunch containers – drawn at Friday’s school assembly. Thanks for supporting our Binless Day.

School Disco
The first school disco of the year has been planned for next Tuesday evening the 9th April. The cost per child is $7 and is required to be paid at the door on the night (school hall). This entry cost includes a ‘Disco Deal’ of one drink and one packet of chips and all money raised will be used to support the Year 6 fundraising effort.

Kinder – Year 2 - 5:30pm to 6:45pm

Years 3-6 - 7:00pm to 8:30pm

Children are expected to display appropriate behaviour throughout the disco and must be collected at the end promptly by an adult. Feel free to come dressed as your favourite Fairytale Character or Superhero!

59th Annual Combined Schools Anzac Service
The 59th Combined Schools Anzac Service will be hosted at the Civic Theatre next Thursday 11th April. Our school will be represented by Mr Holland and our 6 school leaders. Notes are due back by Monday 8th April please.

Athletics Carnival
Our annual school Athletics Carnival is on tomorrow for students in Year 2 who turn 8 this year and all students in Years 3-6. There are a number of students who have not returned their permission note and/or payment for the day, those students have taken home another note today (look for a grey note). Students are asked to hand in their permission note with payment to the office first thing tomorrow morning. Students who do not bring in their permission note will remain at school, under the supervision on K-2 teachers and continue with regular class work. We hope to see all students involved in the day. The carnival will commence at 9.30am with the very exciting Eye of the Tiger Dance off! Parents and families are invited to attend and cheer on our great athletes! Showers are predicted, however at this stage the carnival will proceed, as there are no available alternate dates available with the Sport Centre. If the weather presents a safety issue for students, the carnival will be cancelled; please check the website after 8am for any changes.

Cardiff Cougars
The Cardiff Cougars rugby league club are in need of 2 nine year olds for this season’s competition. If you have a nine year old that is interested in playing rugby league, please contact James Baldock from the club as soon as possible on 0402 176 010.
School Council
The first School Council meeting will be held in the office at 5:30pm on Monday afternoon (8th April). Letters will be sent to members this week outlining the agenda.

Easter Raffle
Congratulations to the twenty winners of the Easter Raffle, listed below. The two classes that sold the most tickets were 6m and K/1L and the most tickets sold by individual students were Nixon Miller-Pitham in 6M and Max Baldwin in Kinder Purple, well done! Thanks to your generous donations and support, we raised $1515 which will go towards technology upgrades across the school.

1. S.Pilarski 11. T.Sweeney
2. R.Hampton 12. L.Frost
3. J.Monaghan 13. L.Frost
5. R.Hampton 15. E.Duff
7. G.Jay 17. Mr Fredericks
8. E.Johnson 18. C.Gilday

Mothers Day Stall
The P&C have scheduled a Mother’s Day Stall for Thursday 9th May 2013. As well as giving children the opportunity to purchase a small gift for mum, grandma or carers, it is also another great fundraising opportunity for the school.
For the Mother’s Day Stall to be successful we rely on donations and parent support on the day of the stall. Please keep your eye out for any gift ideas over the holidays, a collection crate will be situated in the school foyer in Term 2.
Again, thank you for your support, P&C Fundraising Committee.
Entertainment Books
Entertainment books will be available from the office soon. If you would like to pre-order a 2013/2014 book, then please cut out, complete and return the form below. Books are $60 each and if you are one of the first 20 with a pre-order form you will receive a bonus strip of vouchers to use now.

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Making school drop-offs hassle-free

"One common transition challenge occurs at school-drop-off time. Some kids are passive resisters on a deliberate go-slow. Others more actively resist their parents' efforts to get them to school with tears, tantrums or tiredness."

There are a number of trouble spots for parents, and they have one thing in common. They all occur around a child's transition from one activity or place to another.

Transitions from play to dinnertime, television to bedtime or from bed to the breakfast table are common battlefields for parents. Kids want to do one thing, yet family requirements mean that they have to do something else.

A battle can ensue with children dwelling, whining or refusing point blank to budge! Parenting is always hard work at these times.

One common transition challenge occurs at school-drop-off time. Some kids are passive resisters on a deliberate go-slow. Others more actively resist their parents' efforts to get them to school with tears, tantrums or tiredness.

Children's tears at drop-off time play at the heart strings of compassionate parents, particularly those who feel guilty about leaving their child. Tantrums are another way children keep parents busy and their complaints about being too tired indicate that perhaps an earlier bedtime is in order.

Usually it's children in the early years of primary school who present most difficulty at school drop-off times. Essentially these drop-off problems are separation issues that can easily be resolved by supportive teachers and some tough love parenting.

It's worth remembering that a developmental task for children is to separate from their parents, so that they can benefit from being around other adults. Parents who resist this imperative, ALLOWING THEIR CHILD TO CLOTHE THEM IN DOING THEIR YOUNGSTER A DISENSIVE.

If dropping kids off at school in the morning is a problem here's a few ideas that may help. Your aim as a parent is to establish a new pattern of behaviour for your child in the morning, particularly as you approach the school gate or classroom door.

1. Go through the morning and drop-off routine with your kids. Make sure everyone knows what's expected. Work out your jobs and those that the kids need to do then stick to this arrangement. For instance, it may be your job to make school lunches but it's up to kids to put them in their bag.

2. Drop kids off, turn around and go: If you have a child who likes to keep you busy each morning with tears or tantrums then you may have to take the 'tough love' approach. Say goodbye using a firm voice, turn around and leave. Don't look back. Most kids settle down at school within five minutes of being dropped off. Parental lingering only makes matters worse for children and teachers. Teachers are experienced at helping kids settle into the school routine, so allow them to take over.

3. Reaffirm their efforts later: If your child begins to go off without tears or tantrums after a long period of difficult departures then make a bit of fuss when you see them later in the day. Don't go overboard with tangible rewards or bribes. Parental recognition, genuinely given, is a huge driver for most kids.

4. Wean your child off you: If your normal habit is to drop your child off at the classroom door each morning, try saying goodbye at the school gate every now and then. The aim is to make your child less, rather than more reliant on you.

If problems continue then it's worth consulting your child's teacher or welfare coordinator, carefully outlining the issue. Be prepared to be coached on this issue, trusting the approach that your school advises.

Teachers generally have experienced this type of separation anxiety before and understand when it's within children's capacities and when they may need extra help to cope. It makes good sense to trust their judgement. From my experience, it's usually spot on!

Published by Michael Grose
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www.parenティングideas.com.au