Principals Message

One of the great things about our school is the number of parents who are able to volunteer their time at school assisting in classrooms, the canteen and the uniform shop. In order for anyone to volunteer in school, it is compulsory in the Department of Education and Communities that they have completed a ‘Working with Children Check – Declaration for volunteers and contractors’. To do this, you simply complete one of these forms (available at the office) and present 100pts of ID much like you would do to renew your licence. All original must be sighted and photocopied by office staff. This is a process that needs to be redone at the start of each school year.

Some sources of ID include but are not limited to:

- Driver’s licence – 40 pts
- Current passport – 70 pts
- Medicare care – 25 pts
- Debit card – 25 pts

If you are volunteering in school and have not yet completed your WWCC, I’d ask that you do so this week. From this Wednesday onwards, anyone who is in the school grounds that has not completed their WWCC will be ask to leave until it has been completed.

Thank you to everyone who supported Harmony Day last Friday with donations. I’m pleased to report that we collected $1906.55 which can now be donated to young Jemma’s family at Cardiff PS. Jemma’s funeral was yesterday afternoon and I, along with teachers from other local schools, was fortunate to be able to go over to Cardiff PS for a few hours to relieve the teaching staff so that they could attend Jemma’s funeral. As you can imagine, the past week has been a fairly difficult time for their school, but I know they have appreciated our ongoing support.

I might see some of you on Thursday for the running of the Cross Country.

David Holland

Congratulations
Students of the Week!

Junior Student Award

Lachlan Brown
2G

Senior Student Award

Grace Luck
5E

This week’s value: Respect

Key Message: Accepting others even when they are different from us
Parking Reminders
Just a reminder to continue to respect the road rules and parking signs around the school grounds. These are there for everyone’s benefit and when people follow the rules our students are much safer. Over the past few weeks, a few people have ignored the signs and they are placing our students at risk. The council’s rangers have been asked to assist us with ensuring the rules are being respected.

Parent Teacher Interviews
Interviews are scheduled for this evening. The teachers’ have been asked to support parents with multiple interviews by being very rigid and sticking to time. If you find that the time scheduled is insufficient, you may be able to make an alternative time to conclude your discussion. If at the last minute today something comes up preventing you from attending your scheduled interview, please phone and let us know.

School Cross Country
The school’s annual cross country event is planned for this Thursday, 26th March. The carnival is for students 8 years and older. All students are expected to participate in their age race to the best of their ability and have been practicing in the lead up during fitness times at school. The races will start at 11:30am and will be run on the school grounds. The 8, 9 and 10 year olds will run 2km and the 11, 12 and 13 year olds will run 3km. Ribbons will be awarded at a school assembly for students finishing 1st, 2nd and 3rd in each age division. Parents are welcome to join us in the K-2 playground as spectators, you may like to bring a camp chair and a hat. The fastest four runners for each age division automatically qualify to represent Cardiff South at the Zone Cross Country on Thursday 23rd April at Federal Park, Wallsend.

Earth Hour
Earth Hour begins 8.30pm on Saturday 28th March. This is when we are asked to not use devices like computers TV’s and lights. By ‘switching off’ for one hour we are showing our support towards initiatives to reduce global warming whilst getting people to talk about how we can reduce our environmental footprint. During ‘Earth Hour’ you may wish to hold a candle-light dinner, play board games, charades or camp outside and use torches. I am sure the whole family will have fun while supporting a world-wide campaign. Now is the time to start planning what you will do to support Earth Hour.
Homework Forum
On Wednesday 1st April the School Council will be hosting an open forum on homework. This parent forum is the next stage in the School Council’s work to review and update our school’s homework policy. The forum will commence at 7pm in the school hall and all school families are invited to attend. The evening will include feedback from our 2014 homework survey, a presentation from Mr Holland on what research is showing about homework, and then participants will be able to contribute ideas and suggestions through small group discussions on key issues including: How much homework per grade? What tasks should be part of regular homework? How do we meet the needs of all learners? How do we get a balance between rehearsing skills and applying them? How can the school support parents with homework? The aim is to be finished by 8pm. The School Council hope that you are able to attend and come prepared with helpful ideas or suggestions.

Skoolbo App
‘Skoolbo-Go Aussie Kids Go!’ is an Australian website designed to help children with their reading and maths. Students in Years 1-6 have an account which gives them free use of the program at home. There is no advertising on Skoolbo or in-app purchases. Children are not able to communicate on Skoolbo and there is no possibility of unsafe interactions. It is your choice if you would like to access this software or not but it is produced by a reputable company and we felt it was a worthwhile resource to make available to all our students.

How to get going at home:

1. Visit www.skoolbo.com.au/downloads and download the software. Skoolbo works on tablets (ipads and androids) and computers (PCs and Macs).
2. Open the software and select home use
3. Insert your child’s username (sent home recently). The password is by default the colour BLACK and the animal BEE, although your child might have changed this at school.

Please do not hesitate to contact me on fay.downes@det.nsw.edu.au if you need help with logging in. If you are having problems downloading please contact Skoolbo at info@skoolbo.com.au or phone (02) 6112 8508.

Canteen Recess Specials – PRE ORDER ONLY
The canteen is offering some new and health specials from now till the end of Term 1.

😊 Fruit Pizza...70c😊 Fruit Pizza with yoghurt dip...$1
😊 Fruit Rocket...70c😊 Fruit Rocket with yoghurt dip...$1

Eva C Unplugged
Class: 1D
What is your favourite food? Ice Cream
What is your best subject at school? Reading groups
Favourite movie A monster movie
Hobbies: Playing with friends
Siblings: A baby brother - Archer
Things that bug me.. Screaming babies
On Friday 20th March we celebrated Harmony Day. Students were encouraged to come out of uniform and wear something orange. From 2pm-3pm the students were split up into multi-aged groups to enjoy fun and educational games. Everyone had fun mixing with other students of different ages and we can’t wait to do it again next year.

Ella - 6C

On Harmony Day we had to make a hand. We drew patterns and when we were finished we had to stick it on orange cardboard. We got to go out of uniform and wear orange.

Tasha - 2L

We listened to the song Black Fella, White Fella and read the book of the same name. The song was written by a rock band called the Warumpi Band and is about different people getting along.

We also learnt about the harmony in the Yin and Yang symbol. Both sides are different but the fit together.

Leo de la Lande - 6C

I like Harmony Day because there was lots of activities. In one activity I made patterns with Ms Ellis, it was fun. I wonder what we will do next Harmony Day?

Alex - 1D
The 100 Year centenary of the ANZACs is an important anniversary which gives us the opportunity to reinforce with our students, the sacrifices that were made through war and which give us our freedom today. In preparation to commemorate this, Cardiff South PS is offering some unique opportunities for our students.

**Book Donations**

All families have the opportunity to donate a book to our school library to commemorate 100 Years of ANZAC. Each book donated will have a commemorative book label attached with your family name and will be available for students’ to borrow for years to come. Additional notes are available at the front office.

**Remember Me Soundscape Project**

All Stage 3 students have the opportunity to record the name of one of the 62,000 ANZAC soldiers lost in World War I. Their recordings will be played at The Australian War Memorial over the next year. Permission need to be returned this week.

**Year 5 Writing Competition**

The Literacy Committee at CSPS has begun an annual ANZAC day writing competition for year 5 students. Each year a new topic around ANZAC day will be decided. This year’s topic is The Gallipoli Landing. The winning written piece will be read as part of our school ANZAC day service to held on 23rd April 2015. The writer can choose whether they read their piece or allow another person to read it on their behalf. The winner will receive a book prize and have their name on a perpetual trophy that will be displayed in the school.

### Canteen

<table>
<thead>
<tr>
<th>Wednesday 25</th>
<th>Friday 27</th>
<th>Monday 30</th>
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<tbody>
<tr>
<td>K. Hartley</td>
<td>K. Smith</td>
<td>D. Rielly</td>
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<tr>
<td>D. Bidner</td>
<td>A. Kerr</td>
<td>L. Wellings</td>
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<tr>
<td>S. Werner</td>
<td>C. White</td>
<td>L. Fletche</td>
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**Thank you for your support 😊**

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Believe and Achieve
It’s that time once again. The NSW State Election will be held on Saturday 28th March. Our school will be a polling station and the P&C will be running a BBQ on the day to raise funds for the school.

If you are willing and able to either:
- Help on the stall on the day, or
- Bake cakes, scones etc that we can sell on the day

Then please contact Kevin Sinclair on 0405724906 or kevinsinclair@mac.com

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**Eggscellent!**

P&C 2015 Easter Raffle
Tickets $1 Each

This week your child will bring home a sheet of raffle tickets for the upcoming Easter Raffle. Apart from raising funds for your school, the raffle provides the chance for 13 lucky people to win a bag full of Easter goodies (all calorie free of course!). Your child has been allocated 1 sheet of 10 tickets which they can sell for $1 each. If you require additional tickets, they are available at the office.

This year there will prizes for those selling the most tickets - one each for infants and one for primary. Each winner will receive their own bag of Easter goodies plus a $30 Smiggle voucher!

This is a fantastic fundraiser for your P&C, which relies heavily on your generosity. Please send donations of Easter goodies to your child’s classroom – your donations will help towards making 13 exciting Easter Prizes.

The raffle will be drawn on Thursday 2nd April at the end of the School Assembly in the Hall (at about 2:40pm)

*Good Luck!!*

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**Mortgage Choice**

Any school family that establishes a mortgage from Mortgage Choice CARDIFF, our school receives a donation of $250!!

Support your local broker that supports your school

Richard Windeyer

Cardiff 1800 01 LOAN
2/30 Harrison Street CARDIFF 2285

Believe and Achieve
Parenting ideas INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

Raising sensitive kids

Sensitive kids benefit from having an optimistic and resilient parent that supports them and can teach them how to recognise their own emotional state.

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.

Is this sensitivity nature or nurture? I suspect the former is the culprit. It has been estimated that 15 per cent of children are born with a more sensitive temperament. That is, a temperament that makes them particularly aware of their surroundings and of any changes that may occur.

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.

However, typically sensitive kids often read too much into what others say or do. Sometimes parents will say something without thinking or a friend will ignore them for a whole day for no other reason than they were self-centred. Sensitive kids take these matters to heart. They take the mistakes of others and turn them into something they are not. They see a simple blunder and see it as a personal slight or something sinister. Sensitive kids can think too much and read too much into simple situations. That’s why sensitive kids can become anxious, shy or both. They can be hard to live with.

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.

As the world kids inhabit at school is akin to a jungle, sensitive souls can leave themselves open to being hurt by their peers. Kids who wear their hearts on their sleeves can sometimes be given a harder time by unthinking peers just as those who look and act a little different than the norm are susceptible.

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.

Michael Grose