Principals Message

If you’ve been reading the newsletter over the past two weeks you would be aware that there is an awful lot happening in our school at the moment. We have students involved in a wide variety of activities: PSSA and sport knockouts, StarStruck, debating, Stage excursions as well as the Jelly Beans and Raw Art programs. Staying on top of what is happening can be a challenge for teachers, parents and even the students themselves. We always endeavour to ensure that we communicate accurate information about upcoming events, but if you are ever in doubt – our newsletter is still the most up to date and accurate source of information for parents.

National Reconciliation Week 2015 occurs between 27th May and the 3rd June. Reconciliation Week is a great opportunity to foster a higher level of knowledge and pride in Aboriginal and Torres Strait Islander histories, cultures and contributions and it also aims to help establish meaningful relationships between schools and Aboriginal people. I’m pleased to announce that in 2015 Cardiff South PS will be hosting a very unique Reconciliation event – a special performance by the Street Warriors featuring Shannon Noll. The Street Warriors is a local hip-hop band consisting of Aboriginal performers (one of which is a parent from our school) and hopefully you would be familiar with the name Shannon Noll. They will be performing a few songs together and speaking to our students about reconciliation and why it is so important. There will be no charge to families for this performance and all parents are invited to attend. It will take place on Monday the 1st June in the school hall. If you are free we would love to see you there.

Have a good week.
David Holland
Principal

Payment Deadlines
Thank you to all our families for meeting the payment deadline for the Stage 3 excursion and Raw Art last Friday. These deadlines are important because they help us to be thorough in our organisation for activities at school and your cooperation in meeting these is sincerely appreciated. For your reference the next three deadlines due are:

- PSSA - Due today!
- Raw Art for K Gold, K/1Red, 1D - Due today!
- RAW Art for 5E, 6C and 6J - Due Thursday (21/5)
Buddy Benches

Last week our school was fortunate to take delivery of 2 ‘Buddy Benches’. These were produced especially for our students by the Cardiff Men’s Shed and were presented to our captains at a school assembly on Thursday 7\textsuperscript{th} May. Originally the idea behind these benches was the brainchild of a young American student who was going to school in Germany. He thought that if a student was feeling sad and lonely in the playground, or worse was being bullied, then they could go and sit on the buddy bench so that other students could see that they needed a buddy or friend. Hopefully the other students would respond by sitting and talking with them and inviting them to come and play. Other schools have trialled these and have had some success with students supporting one another so together with the support of the Cardiff Men’s Shed we’ve jumped on board too. One will be placed in the K-2 playground and the other in the 3-6 playground.

New Flagpoles

After quite a long wait, we finally had our new flagpoles installed at the front of the school last week. This was something initiated by our Aboriginal families last year. They asked about the possibility of flying the Aboriginal and Torres Strait Islander flags as well as the Australian Flag in our school. Because our one and only flagpole stands in a slightly hidden location near the canteen we decided to install 3 new poles in a more prominent location in front of the school. They look great, we hope you think so too.
Raw Art
Today, we were to see our Stage 2 students enjoying their Raw Art activities, unfortunately the Artist assigned for the day had to call in sick and was unable to attend. Stage 2 students will not miss out though - we have managed to secure an additional artist for this Friday, 22nd May so Stage 2 classes and Early Stage 1 will both participate in Raw Art. For those students participating in PSSA sport, your Raw Art lesson will be conducted in the morning session.

Stage 3 Historic Newcastle Excursion
This Wednesday 20th May, Stage 3 will be journeying by bus to Newcastle for an excursion looking at certain historic sites. If your child is going on the excursion please ensure they are packed and ready to go. Students need to be at school by 9am. They will need recess, lunch and a drink of water. Please ensure they are dressed in full school uniform, including their hat. The weather is looking slightly inclement. Students will need a suitable rain coat as we will be still going if it is raining. The bus will arrive back at school before 3pm.
With thanks, Stage 3 teachers

School Disco
The school disco is scheduled for this Thursday the 21st of May. The K-2 session will run from 5:30-6:45pm and the Yrs 3-6 session will run from 7:00 – 8:30pm. The cost of the disco ($7) was included on every family’s statement which we sent home two weeks ago and includes entry, a packet of chips and a drink. Students who have not yet paid or brought permission notes need to do so asap, we will accept payment at the door on the night (permission note still required), however it makes the job easier if you can pay via the office beforehand. A reminder that students with asthma are asked to bring and carry their puffers with them on the night.

School Photos
Our school photo day has been scheduled for next Thursday the 28th May. Last Tuesday, we sent home with the students - envelopes which contain more information about the packs that are available to order and the ordering forms themselves. Regardless of whether you choose to purchase a photo pack or not, envelopes MUST be returned on photo day. For those interested in purchasing family photos, special envelopes for ordering these are available at the office. We’d ask that on the photo day all students wear our new winter uniform consisting of navy pants, the school polo shirt, white socks and black shoes. Because not all families have changed over to the school jackets yet we will take the photos without the student’s jackets on. The students in preschool will have their photos taken over two days depending on their group on Tues 26th May and Friday 29th May.

Riley Wellings Unplugged

Class: 2L
What makes you laugh? My dad
Favourite game or toy? Playstation – MX v ATV
Favourite movie? Guardians of the Galaxy
What do you do for fun? Play soccer
Siblings: 2 older sisters, Montana & Heidi
Best memory: Going to Jambaroo
PSSA Competition
The Crossroads PSSA competition kicks off this Friday (22/5) with a home game at Ulinga Park against Barnsley Public School. Junior games commence at approximately 1:00pm and Senior games commence at 1:40pm. Families are always welcome to come along and cheer our teams on. Students who are involved with PSSA that would like to place a lunch order on Fridays can still do so – simply write “PSSA” on the lunch order and they can be collected before getting on the bus.

Hot Shots Tennis - Free Racquet for Kindergarten Students
During this week every Kindergarten child will take home a tennis racquet and shirt for free. This offer is available to our Kindergarten children as our school is a member of the ANZ Hot Shot Tennis.

Also, thanks to families registering on the Hot Shot website, we were able to use our points to purchase tennis balls especially designed for our beginner tennis players.

Next week we will outline how you can register your child as a ‘Hot Shot’ so we continue to receive free tennis resources to support our sports program.

2016 Enrolments
Parents, please be advised that we are now taking enrolment applications for both Kindergarten and Preschool for the 2016 school year. Please speak to our friendly office staff for more information about the application process or see the Term 2 Week 2 newsletter for a detailed summary of the enrolment process.

Stage 2 Excursion to Ulinga
On Friday the 8th of May we went to Ulinga to learn about local parks. Mr Bower told us a bit of history about Ulinga and the sports that were played there. He told us that ‘Ulinga’ means to fly. I had a great time.

Liam Nash

On Friday the 8th of May 3S, 3/4BG and 4G went to Ulinga Park because we are learning about national parks in HSIE. The park was made about 60 years ago. There are two tennis courts and three netball courts there.

Tahleah Harper

Stage Two went to Ulinga and we learnt lots of things. Ulinga’s second hall was built in 1966 but some rain damage caused it to fall down. There are two tennis courts, three netball courts and two soccer fields.

Jillarnie Ahoy

Ulinga is an open park for anyone to come and play on. It has two tennis courts, three netball courts, two soccer fields and a cricket pitch. There used to be a baseball field and hockey was also played there in the past.

Charlie Gibson
**Walk Safely to School Day – Friday 22nd May**

Walk Safely to School Day is an annual, national event when all Primary School children are encouraged to walk and commute safely to school. It is a community event seeking to promote Road Safety, Health, Public Transport and the Environment. There are a couple of ways you can get involved: if you live within walking distance of our school; you could arrange to walk with your children to school; you could have your children meet with their friends at a designated spot to then walk to school together; or if you live further away you could park 10 mins from school and then walk the rest of the way. As you do so, use the opportunity to reinforce safe pedestrian practices like crossing at safe spots and looking both ways. There’s plenty of time, so come on Cardiff South let’s make a plan and walk to school this Friday!

**Online Canteen**

Our school’s online canteen is now officially live and operating. If you haven’t had the chance to register yet, you can still do so by visiting [www.ouronlinecanteen.com.au](http://www.ouronlinecanteen.com.au). Just a reminder that if you choose to order online, orders must be completed by 9:10am on the day the order is required otherwise it will not be processed. If you need more information about online ordering, please visit the website above or speak with our P&C Treasurer Jacalyn - 0405 182 461.

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<th>Canteen Roster</th>
<th>Wednesday 20</th>
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<th>Monday 25</th>
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<td>K.Scanlon</td>
<td>C.Strong</td>
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**Canteen Specials**

- 😊 Cup of Pumpkin Soup with Crusty Bread Roll  
  $3.00
- 😊 3 Mini Spring Rolls with S/S Sauce  
  $2.00
- 😊 Hot Chocolate  
  $1.30
- 😊 Raisin Roast  
  80c/slice

**Canteen Menu and Price List**

A new updated menu and price list is now available; you can find this on the website, the Skoolbag app or in paper form from the canteen or school office.

**Pie Drive**

The canteen is once again running their annual Thompson’s Pie Drive. Order forms have gone home today- one to each family. **Please have these returned by Monday 15th June.**

Collection will be Thursday 25th June between 1pm and 2.30pm.
Parenting ideas INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

What it means to be an emotionally intelligent parent

Ten-year-old Elle liked to be active, but one weekend things got out of control. A jazz ballet concert, a game of netball, and a family visit to her cousin’s house meant no time to herself.

And she let her parents know it with constant moaning, as well as a tantrum or two.

Her father held his tongue for most of the weekend, but couldn’t help but give her some fatherly advice on Sunday night. “You’ve spent the whole weekend moaning about how busy you are. Maybe you need to drop one of your activities, if they are stressing you out so much!”

A tantrum followed…from Elle.

Elle’s mum took a different tack. She had a hunch that something was bothering her daughter. “You sound like something is bothering you big-time. What’s up?”

“I’ve got to give a talk at school on Monday in front of the whole school and I haven’t time to prepare. It’ll be awful and everyone will laugh.”

Her mum replied, “You sound like you might be pretty nervous. That makes sense. Giving a talk in front others can be nerve-wracking.”

Elle dropped her shoulders, smiled and said, “You bet!” She was relieved because her mum understood how she felt. In fact, her mum had unlocked the problem for her and reflected back how she felt.

Elle’s dad focused on her behaviour and responded in kind (with well-meaning advice about her future behaviour), while her mother focused on the feelings that acted as a possible driver to her daughter’s behaviour. She took an emotionally smart approach, which turned out to be the right one in this circumstance.

Emotionally intelligent parents don’t dismiss children’s behaviour and allow kids to do as they please. There are times that we need to focus on a child’s behaviour. A child who is rude in public should be reminded in no uncertain terms that poor manners are inappropriate.

However, there are times when smart parents need to look beyond the obvious behaviours to get an good understanding of what’s happening to their child, and to help a child better understand and manage their emotions.

So what does an emotionally intelligent parent look like? And importantly what is the impact on kids, parents and families of this approach?

Emotionally intelligent parents have the following five attributes in common:

They will usually:

1. Listen more and judge less

There is nothing better than being understood. Parents who operate from an emotionally-smart mindset are more likely to listen to their kids when emotions are high, trying to access what may be going on, rather than clamping down their behaviour or closing them down with well-meaning advice.

IMPACT: Better, more open relationships.

2. Accept strong emotions

Anyone who lives with teenagers will know that emotions can run very high. They can say the worst possible things to each other and, at times, to you. Ten minutes after delivering a hateful tirade they can be cuddling up to the person who was the butt of their anger, frustration or anxiety. Emotionally intelligent parents know that feelings need to be expressed rather than bottled up, and allowed to fester. They also believe there is nothing so bad that a child can’t give voice to in a family, however there are behaviours that are not unacceptable.

IMPACT: A healthy expression of emotions.

more on page 2


parentingideas.com.au
... What it means to be an emotionally intelligent parent ...

3 Focus on the present
Most parents are rightfully future-focused. We focus on the homework that needs to be handed in tomorrow; the washing that needs to be done; the meal that needs to be cooked. That's part of everyday life. Children generally focus on the here and now. That of course can be frustrating to a task-oriented future-focused mother or father. However, when we lower our gaze we are more likely to pick up how kids are feeling, and importantly help them understand and manage their moods and emotions.

IMPACT: Happier families and less stress felt at home.

4 Use rules rather than their moods to determine discipline
Some parents discipline according to their moods. If they feel good then they give children plenty of lenience. If they are feeling bad then they pick their kids up on every little thing. It's better to stick to the family and house rules; that makes you more predictable, which kids really crave.

IMPACT: More consistent parenting

5 Develop a language around feelings
A family develops a vocabulary around the things that are important to them. Kids in a sport mad family will inevitably have a rich vocabulary around their chosen sport. The same holds for emotional intelligence. Families that truly value building emotional smarts will develop in kids a rich palette of words that will help them describe how they feel. This vocabulary will inevitably stay with them for life.

IMPACT: Better relationships later in life at work and in their own families.

At a time when anger and anxiety has never been so high in families, there is a massive need for a parenting approach that includes emotional intelligence. Many parents struggle in the area of helping children understand and manage their emotions because we've never had any training in it. We didn't learn it from our parents, and more than likely haven't learned it at work. Emotional intelligent parenting can be learned. At Parenting ideas emotional intelligence is central to the work we do with parents. We know first hand that kids who have parents versed in Emotional Intelligence are more likely to raise kids with the skills to be happier, enjoy better relationships and experience more success at school.

Michael Grose