Principals Message

Last Friday night, I had the privilege of being in the audience at the Entertainment Centre to watch our Starstruck performers do their thing. In the lead up to the weekend, the team were a little bit secretive about the songs they were dancing to and the costumes they were wearing – I think to keep an element of surprise. Well I was pleasantly surprised. All in all they were excellent, although I have to confess I kind of missed their second item because I didn’t know what to look for and didn’t spot any recognisable faces once they were on. Thankfully, they are a forgiving bunch (they probably put it down to me getting older and losing a few marbles) and they were happy to laugh about it with me later. Can I congratulate all the girls in the team for their commitment and for the pride they showed in representing our school. Special thanks go to Miss Murray for going above and beyond the call of duty to help our team prepare. Thank you also to Mrs Wynter and Miss Drummond who provided Miss Murray with support backstage during the performances.

Tomorrow, we are looking forward to our annual Athletics Carnival. Lots of time and energy has gone into preparing for the carnival and we hope it will be another enjoyable family event. However, once again we are in the unfortunate position that the weather forecast is not favourable. We will leave the decision to cancel as late as possible so as to give us every chance of proceeding with the carnival, however if a decision to cancel is made, we will post a message on the Skoolbag app by 8:30am tomorrow morning. We look forward to a great day – join us if you can.

Hope to see you and some fine weather, tomorrow.

David Holland

Out of Uniform

Next Tuesday, all students are invited to come to school out of uniform and bring a gold coin donation. The gold coin donations are being used to subsidise the cost to families of purchasing Starstruck costumes. Please remember: students MUST wear suitable covered shoes (no thongs or sandals); wear a school hat and they are not permitted to wear singlets or tank tops showing the stomach area.

Congratulations Students of the Week!

Junior Student Award

Yaegan Faulkner
1D

Senior Student Award

Alex Jones
3S
Monday | Tuesday | Wednesday | Thursday | Friday
---|---|---|---|---
Wk 9. 15.6 | 16.6 | 17.6 | 18.6 | 19.6
ICAS – Writing | ICAS – Spelling | Athletics Carnival K-6 | Pacific Smiles visit – preschool | 5PAYMENT DUE – 2nd instalment
Hockey Gala Day | Touch Football Knockout | Stage 3 Camp | Year 6 Debate – Biddahb | – Stage 3 camp
School Council meeting – 5pm | | | Assembly 2pm – 35 | | 5PAYMENT DUE – Yr 6 T-shirt

Wk 10. 22.6
Notes due – Yumaloong | 23.6 | 24.6 | 25.6 | 26.6
| Notes due – Let’s Bridge the Gap | Yr 6 visit Cardiff High | Yumaloong excursion K-6 | NAIDOC Performance – Let’s Bridge the Gap K-6
Out of Uniform – gold coin | Inr Touch Gala Day | Semester 1 reports go home | PSSA v Garden Suburb PS at Garden Suburb school
Hunter Recycling visit - preschool | P&C Meeting – 7pm | No Assembly | |

29.6 6.7
HOLIDAYS | 30.6 | 31.6 | 3.7 | Last Day Term 2

Southy Stars – Week 8
🌟 Madison Dykes -2L 🌟 Oliver James -35 🌟 Maddison Ridgeway – 2G

Payment deadlines this week
Stage 3 Camp 2nd instalment - due Friday (19/6)
Year 6 T-shirts - due Friday (19/6)
Yamuloong – note only due Monday (22/6)
Let’s Bridge the Gap – note only due Tuesday (23/6)

Athletics Carnival
Tomorrow all of our students from K-6 are heading over to Glendale Sports Centre for our school athletics carnival. The students need to be at school by 8:45am so that we can mark rolls early and depart promptly at 9:00am. A copy of the running order of events is included further on in this newsletter with approximate times listed. Please keep in mind that we will do our best to stick to time, but we cannot guarantee that the carnival will run precisely to time. The students in K-2 will each participate in their age race followed by novelty events on the in-field. They will then board the bus at 12:30pm to return to school. Any student that turns 8 this year will have received a separate note explaining the options available to them. If this note has not been returned, these 8 year old students will return with K-2 at 12:30pm.

The students are reminded to wear their sports house uniform, bring their school hat, pack recess and lunch and a water bottle and wear sensible shoes for running. There will be access to a limited canteen during the day. In line with Glendale Sports Centre policy, students are not permitted to have coloured hair spray, face or body paint or wear feather wigs/costumes.

Administration of medicines at School
It’s that time of year when noses start to run, coughs persist and children develop various viruses and infections. If your child is prescribed medication by a doctor that would need to be administered at school (for any medical condition), you must ensure that the medicine is clearly labelled with your child’s name, the correct dosage and the frequency of when to be prescribed. The medicine should brought to school in the first instance by a parent and that parent needs to complete a form which provides the school with permission to administer the medication to your child. We apologise, but we are unable to administer medication to any child without the correct forms being completed at school. It is NOT sufficient to send in a letter with tablets in a plastic bag requesting that these be administered to a child. Also, please be advised that within the Department staff cannot administer paracetamol or ibuprofen to any child not prescribed by a doctor.
Public Speaking
Congratulations to the students who represented their classes last week in our School Public Speaking Competition. All students spoke extremely well and should feel very proud of their individual achievements. I will be providing all the representatives with some written personal feedback highlighting their strengths and areas for improvement.
The following students will represent our school at zone level early in term 3. The Local Competition Finals will be held during Week 4 of Term 3. Dates, venues and session times are being finalised and students will be advised of these by the end of term.
Stage 1 – Madison Dykes and Juliette Roberts
Stage 2 – Liam Nash and Chloe Walandouw
Stage 3 – Eddie McLeish and Corey Vizintin
Thank you,
Melanie Conrick

Library News
Thank you to all those students who consistently return their books on time. Overdue notices were given to students last week and it would be great if these books could be returned before the end of the term.
Congratulations to Chloe W, Chelsea W, Olivia C, Indiana W and Madison D who have all finished the Premier’s Reading Challenge and entered their books online. Look out for your picture on the wall.
The next school holidays could offer a fabulous opportunity for some quiet reading time. Listed below are details of how to enter your books online. K-2 classes complete their challenge during their weekly library lessons.

Search: NSW Premiers Reading Challenge 2015
You could familiarise yourself with the PRC website. There are lots of usage tips and reading suggestions. Logon is not required to view the Booklists, or read the Rules and Frequently Asked Questions (FAQs).
To add books to the student reading record students will need to Logon using their school username and password.
Log on and go to: Student Reading Records > enter books by ID or Title or Author. To enter a Personal Choice book, select the ‘Add a Choice Book’ tab > enter part of the title or author > select ‘Search’. If your book appears as an option, select ‘Add’. If it does not appear, scroll down to the ‘Still can’t find a book?’ section > enter the full title and author > select ‘Add’.

Wanted – book review club
We currently have so many fabulous new titles in our library. If you love to read and want to be the first to borrow these books I have an exciting opportunity for you. I am looking for keen readers to borrow, read, review and discuss these new stories to help increase borrowing across our school.
Stage 3 Outdoor Education Camp
Just a reminder to all families with students in Years 5 and 6, that the excursion is due to take place in Week 7 of next term – which is not all that far away now. All outstanding balances must be paid by Friday 14th August. Deposits are now overdue; any student that has not paid a deposit by this Friday will not be included in the camp numbers.

PSSA this Friday
Weather permitting; Cardiff South will be competing against Garden Suburb PS on their school grounds for PSSA this week. As always, parents are welcome to come along and cheer the teams on. Because this week’s match occurs on school grounds, please ensure that if you are spectating you sign in (and sign out when they are finished) at the school’s office before making your way down to the ovals.

P&C Rescheduled
Parents please be advised that the P&C meeting which was scheduled for this Wednesday night has been rescheduled for the following Wednesday (24th June) due to the State of Origin. The rescheduled meeting will be at the normal time of 7pm in the library.

Staff Update
In Terms 3 and 4, Miss Ellis will be taking some well-deserved long service leave. During this period, we welcome Mrs Leanne Winterbine to Cardiff South as she takes over the teaching responsibilities for 5E. Mrs Winterbine has been a familiar face at Cardiff South in 2015, filling in in a few places across the school. We’re sure that she will fit right in and lead 5E well during Ms Ellis’ absence. There will also be some short periods of leave taken by two or three staff members next term, starting with Mrs Conrick in Weeks 1-3. The impact of these should be quite minimal. Also, it is good to remind families that Mrs Fiddes, Mrs Arthurs and Mr Fredericks are all still members of our staff. For various reasons, each of them will be continuing their current leave into next term. The extension of their leave will mean that there are no other changes affecting our current classes.

Jelly Beans Invitation
We said at the start of the term that we would give the parents of students in K-2 who are currently participating in the Jelly Beans music program, the opportunity to come in and see the program in action for themselves. The time has come! Parents are invited to come along to their child’s Jelly Beans lesson next Tues 23rd June. Each of the classes has their lessons in the school hall at the following times:

<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
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<tbody>
<tr>
<td>K/1Red</td>
<td>9:15-9:45</td>
</tr>
<tr>
<td>Kinder Gold</td>
<td>9:45-10:15</td>
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<tr>
<td>2L</td>
<td>10:15 – 11:00</td>
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<tr>
<td>1/2Z</td>
<td>11:30 – 12:15</td>
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<tr>
<td>1D</td>
<td>12:15 – 1:00</td>
</tr>
<tr>
<td>2G</td>
<td>2:00 – 2:45pm</td>
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Join us next Tuesday if you can.
Lucas Wise Unplugged

Class: 2G

What is your favourite book?
The Beach They Called Gallipoli

What do you want be when you grow up?
A Police Officer in the Dog Squad

What sport do you play?
Soccer

Do you have brothers or sisters?
1 younger sister, Abbey

Favourite holiday destination?
Canberra, especially the War Memorial

The Homework Hub is a service provided by Cardiff Heights Baptist Church. The Hub operates from the church Ministry Centre.

All volunteer staff have a Working With Children clearance.

For enquiries, please contact the Youth Pastor, Warren Moore 0412 009 670
Canteen Roster

<table>
<thead>
<tr>
<th>Wednesday 17</th>
<th>Friday 19</th>
<th>Monday 22</th>
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<tbody>
<tr>
<td><strong>No canteen</strong></td>
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<tr>
<td><strong>Athletics Carnival</strong></td>
<td></td>
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</tr>
<tr>
<td>C. Strong</td>
<td>D. Rielly</td>
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</tr>
<tr>
<td>L. Williamson</td>
<td>L. Jones</td>
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<td>J. Matheson</td>
<td>P. Tarrant</td>
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<td>F. Vrontzos</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

Our Online Canteen
An Online Ordering System

**Lunch on Us**
Last week’s winner was....
**Emma-Kiara Copas**
*Congratulations!*

Athletics Carnival

Below is a guide to the events taking place during the athletics carnival tomorrow.

9.30am 5, 6 and 7yrs races
10.00am 8-13yrs heats
10.10am K-2 tabloids
10.25 8yr 100m finals
10.30am Jnr & Snr 200m finals
11.10am **Recess**
11.30am Jnr & Snr 800m finals
12.00pm 3-6 field rotations
12.30pm K-2 return to school
1.20pm **Lunch**
1.40pm 9-13yrs 100m finals
2.00pm House relays
2.30pm **Conclusion** – return to school

Maths Quiz – Stage 3

Of the 42,000 spectators at the Knights last home game, it was estimated that 1/7 had free passes.

Q. How many were admitted for free?

Q. If the admission price was $5, how much would have been received from the paying spectators?

Name: ___________________________ Class: _______

Answer: __________________________
Stage 2 Excursion – Glenrock Conservation Area
This is a joint recount by 4G students: Chloe Wright-Smyth, Heidi Wellings, Emalee Millington, Chloe Wallandouw, Ella Daly, Olivia Chandler, Jordyn Fletcher, Riley Butet

On Thursday, 11th June, 2015, all of Stage 2 went to Glenrock Conservation Area. Each class had a ranger that took them through the bush. 3S had ranger Bec, 3/4BG had ranger Kim and 4G had ranger Gary.

We talked about some plants and animals that lived in the park. I learnt that the bush is a really safe place and that there is a lot of natural food and medicines there. Gary was an experienced park ranger who was very interesting. Did you know that if you crush up wattle leaves and mix it with a little bit of water, it makes natural soap? There was also a special plant whose leaves had a purple back, that is believed to help treat breast cancer!

We walked on until we came to the sound of bellbirds. We spotted a ‘stingoes’ plant, ‘aeroguard’ plant and a ‘headache’ plant. One plant had an orange berry that could numb your mouth, like when you go to the dentist. You could also use it to fish. We also found plants you could drink water from and weave with. We also learnt how the Aboriginals fished using the orange berries. They would smash the berries up and place them in the water. They waited for the fish to float to the top...but don’t worry, they’re not dead, just sleeping.

After a bit more walking we came across a little rocky river where we had morning tea. We were allowed to walk on the rocks. Ella slipped over! At this point we were glad to have a break because we were starving!

After recess Gary took us to another part of the river and told us the story about the first Aboriginal to die. After walking a little further, we came across some ochre and we were allowed to collect some. Olivia went ochre crazy! I mean, crazy layers of red, yellow and orange. We painted our faces. Snap! Our teacher went photo crazy! Snap! Oh no, not another photo with this make-up on! By the way, try not to get ochre in your eyebrows because it doesn’t come out so well. Emalee found that out the hard way!

Gary aslo told us about his totems; they were the red bellied black snake and the long neck turtle. Then Gary took us to the scout camp. We could see the beach from there. It was then time to sit down, have a rest and eat some lunch. We saw a wild bush turkey! I’ll warn you about these bush turkeys; They know how to unzip bags!

After lunch we all had a race to the beach and lagoon. It was so nice at the beach! At the beach, Sam and Chloe (W-S) were jumping off the sand dunes. It was great!

Unfortunately we had to go back to school. We had so much fun and some of us were covered in dirt! We had such a good time at Glenrock Conservation Area, we definitely recommend it!

Overall, we thought the Glenrock excursion was the best one yet and everyone had lots of fun.
On Thursday we went on an excursion to Glenrock. When we got off the bus we went and lined up. Our instructor was Bec and she was going to give us a tour around the park.

Bec told us about golden wattles and other types of wattle. We walked along the bridge and then it started raining so we put on our raincoats. Then we saw a pipe and Bec told us all about it. It was a sewer pipe that goes to the treatment plant.

Then we went and had recess near a wall of rocks and benches. There was a piece of rubber and a log and we had a balancing contest. After recess we saw a cockatoo.

Next we saw three waterfalls and seeds. The seeds looked like leaves but were in a seed pod. After that we saw a strangler fig and it looked very strange. It was two trees combined. The first tree was dead and the other tree used it to grow on.

Then we went to Leichardt’s Lookout which was on top of a hill. When we walked down we found two bearded dragons playing hide and seek. We walked down and played Chinese Whispers along the way.

Our excursion was amazing because we played the silent game and walked through a whole bunch of flowers. We finally arrived at the beach and then we left. We had a lovely day, I loved it!

**Blake Mitchell 3S**

Yesterday 3S, 4G and 3/4BG went on an excursion to Glenrock National Park. We all went different ways around the park. Bec was our ranger and leader for the day.

First, we walked around near the bridge to see a waterfall, a snake in a tree and a creek. While we were walking I spotted a very small bird hopping on the grass.

When we finished walking on the bridge we walked on the rocky sand paths. We saw small mushrooms, flowers and vines.

After that we went walking around and it went over another bridge. We had recess near Flaggy Creek. Next we went near a muddy and sandy place where there were termites nests. We saw a cockatoo high up in the tree.

Lastly, we started off for the beach. We had to go through a thin passage in the rocks, it was hard to get through. Then we were close to getting to the beach. When we got to the beach we saw coal and rocks. Then we hopped on the bus and went back to school.

**Ema Prebendarcik 3S**
CARDIFF SOUTH SHIM JANG TAEKWONDO

Tues & Thurs 5.30-6.30pm
Cardiff South Public School Hall
(Fourth Street Entrance)
Ages 5 to adult – all welcome
Low monthly fee $60 covers training at all of our centres
Centre operated by Regional Instructor Joanne Dovey
Enquires: Master Greg Dovey

0411 155 510

If you’ve done Taekwondo before and want to again, give us a call. Senior students & Black Belts are most welcome.

www.shimjang.com.au
Ten common discipline mistakes

Here are 10 common and easily avoided mistakes parents make when disciplining their children. Replace these mistakes with better techniques and you’ll be on your way to parenting easy street.

Discipline is easy when children are easy. It can be downright tricky when children are difficult, have interesting personalities or are at one of the challenging developmental stages.

It’s with kids in these difficult categories that we need to get our discipline techniques right. Here are 10 common mistakes I see many parents make when trying to get cooperation from their children, keep them safe or teach them to behave well.

Do any of these bloopers ring a bell?

1. **Repeating yourself**
   If you do this, you are training your kids to become ‘parent deaf’. Kids learn more from respectful actions than your repeated words, so speak once – twice at most – then DO something.

2. **Shouting to be heard**
   You will get better results by going below the noise baseline to get their attention rather than raising your voice.

3. **Setting limits too late**
   If you set a limit a few weeks after new object or situation is introduced (e.g. a kid gets a new mobile phone, a teen starts going out at night), you will be seen to be taking away a freedom. It’s better to set limits first then loosen them up later.

4. **Setting no limits**
   Boundaries, rules, expectations and standards teach kids what’s expected. Boys love them. They also like to push against them, so you need a firm backbone.

5. **Failing to follow through**
   Talk! Threaten! Nag! No way! See No. 1 above.

6. **Making consequences too harsh**
   “You’re grounded for a month, Mr 6-year-old” is a tad harsh and will usually bring resentment, not to mention confusion. Stick to the 3 Rs – respectful, reasonable and related to the behaviour – when setting consequences and you can’t go too far wrong.

7. **Applying consequences when you, or they, are angry**
   When anger is in the air kids will become mad at you … if they listen at all. Calmness makes a huge difference to effectiveness at the point of discipline.

8. **Mixing discipline with counselling**
   Never mix the two as it sends mixed messages. If a child misbehaves manage that situation. If you suspect something negative is going on in their life, then deal with that at a separate time.

Keep the two actions separate so they can both be effective.

9. **Deferring discipline**
   Deferring discipline to a child care centre, preschool or school. This is taking the easy way out and teaches kids that you don’t have real authority. Have the confidence to be the authority and take a lead.

10. **One parent is always the bad guy**
    This gets wearing. Also it’s hard to have fun when you are the tough cop all the time. If you are in a two-parent situation take discipline in turns. If you are parenting solo, bring parents into the act.

We’ve all made mistakes when disciplining kids. Tiredness, emotion and lack of skill can get in the way of effective discipline. But part of the evolution and growth of you as a parent involves eradicating some of your old ways, and replacing them with new, more effective, more sophisticated ways of managing yourself and your kids.

For better, more sophisticated and more effective discipline techniques visit my online parenting manual – the Parenting Ideas Club. There are 1,000s of strategies waiting to be used. Take your FREE trial now at parentingideasclub.com.au