Principals Message
On Friday, I received the very sad news that we had lost a treasured and highly respected member of our school and community. Jan Weever, affectionately known by the staff and students as ‘Miss Jan’ passed away at approximately 10pm on Thursday night. Miss Jan became unwell back in March and has been hospitalised and in care ever since. The family’s wishes were that when she first took a turn for the worse, that we would not share the details of her illness with the students and wider school community. Sadly, she did not make the recovery that we had all hoped for and she passed away peacefully last Thursday, on her 68th birthday. No-one knows exactly how long Miss Jan has been volunteering in our school, but our best estimate puts it somewhere between 12 and 15 years. In that time, she has rarely missed a day and was as reliable as the sunrise. She spent most of her time assisting in the library, but also loved helping in the classroom in reading groups. Her kindness extended beyond the students to our staff; there were many mornings over the years when the staff would arrive at work to find that Miss Jan had left some delicious home made chocolates on our desks. In 2013, she was delighted to be presented with a Charlton Volunteers Award from Federal Member, the Honourable Pat Conroy for her work in our school. Miss Jan never had children of her own, but she has touched the lives of more children here at Cardiff South than we can count. Her funeral service has been planned for Monday 31st August starting at 10am at Pettigrew Family Funerals Belmont. She will be terribly missed at Cardiff South Public School, but will be forever in our hearts.

You may have seen in the newsletter over the past two weeks, details of the P&C’s school trivia night. It’s planned for Saturday Night the 12th September with a start time of 6:30pm. The cost is $15 per person and teams will consist of 8 people. The P&C tell me that you do not need to have a full table to sign up (they can assist in filling tables), nor do all participants have to be from our school (family and friends are welcome to join in). There will be some great prizes up for grabs and the night will feature some excellent live music. It sounds like it will be a fun night and I’d encourage you to join us if you can. More details can be found further on in this newsletter.

Good luck to Stage 3 who head off to camp for 3 days tomorrow morning.....or perhaps I should say, good luck to the teachers!!

David Holland
Thank you to all the students who participated in the Math-a-thon and to our families for supporting this event. We are pleased to announce that through the students’ efforts and your support, we were able to raise $3,884! What a terrific result. All of the money raised will be spent on buying classroom maths resources and will be available for immediate use by the students once they arrive. The prize draw was held in the hall yesterday morning. Congratulations to:

**Major prize (Apple iPad Mini)** - Bailey Davis (2G)

**Minor prizes (Smiggle vouchers)** -
- Jayden Griffin (K/1 Red)
- Bethy Miller (6J)
- Soni Lange (6J)

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**Stage 3 Camp**

Year 5 and 6 head off to camp tomorrow morning. Students must be at school **no later than 8.30am** and meet under the COLA. Remember any medication must be handed straight to Mrs Winterbine on arrival. Parents, enjoy your three days of peace and we’ll see you back in the COLA at 3pm on Friday.

**Preschool needs Mulberry Leaves**

Spring has sprung and so we figure your Mulberry tree, if you have one, is shooting luscious leaves by now. If this is the case, the preschool would be very grateful if you could pick some for them. Over the next several weeks, the preschool will be following the life cycle of a Silk Worm. Among other changes, an appetite for Mulberry leaves will develop during this process. If you are able to help and you do not have a child in the preschool, we ask that you drop your bag of leaves into the main admin office. Thank you for your support.

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**Southy Stars – Week 6**

🌟 Acelin Thompson—1/2Z  🌟 Catherine Kemsley-2G  🌟 Libby Zarzycki-Cooke-2G
NAPLAN
NAPLAN results for students in Years 3 and 5 were sent home yesterday. If you child did not receive theirs, please see their class teacher.

Term 4 K-2 Swimming program
Just a reminder that permission notes and money for the K-2 Term 4 swimming program at the Viking Fitness centre must be returned by Thursday 17th September.

Zone Athletics Carnival
On Wednesday 12th August 32 very excited students from CSPS boarded the bus for Glendale and the Crossroads Zone Athletics Carnival. The weather was kind and the students soon began their events with enthusiasm. All of the team tried extremely hard and competed to the best of their ability against tough opposition. The team achieved success throughout the day with representatives in all of the 200m finals as well as the 10, 11 and 12yrs 100m finals. At the conclusion of the carnival we were fortunate to have five students gain entry into the Hunter region carnival to be held on Friday 28th August.

The following students placed in the top two competitors for the following events:

- **Chloe Walandouw** - junior girls 800m and junior girls long jump
- **Hannah Brown** - junior girls discus
- **Tyson Reeve** - 11years boys 800m
- **Milli Windred** - 11yrs girls 100m and 200m
- **Alexandra Brown** - senior girls discus

Congratulations and good luck to these students at the Hunter carnival. All students who attended the Zone carnival can feel proud of the attitude, effort, sportsmanship and behaviour as it was top class. Well done!
Oakvale Farm – Kindergarten Excursion
A few last minute reminders for our Kindergarten students who are off to Oakvale Farm tomorrow. Please ensure your child is here at school ON TIME for a 9am departure. Students are to wear full school uniform including their school hat and bring a packed recess and lunch with a water bottle. The weather is looking good so far but please pack a raincoat just in case.

Term 4 Basketball Program K-6
For Sport in Term 4, Newcastle Basketball’s Development Team will be visiting our school to deliver an 8 week basketball program available to all students in Years 3-6. The cost of the program is $20 and the students will learn the fundamental skills required in the game of basketball. It will include skills such as ball handling, footwork, dribbling, shooting, rebounding and defence and they will learn the rules of the game. Permission notes will be sent home this week. For students to participate in the program, all notes and money must be returned no later than 3:30pm on Friday 11th September.

Book Week Update
What wonderful weather we enjoyed for our book week parade last Wednesday. We were surprised, but equally delighted, with how many of you were able to join us for the parade and cheer the students on. Mr Holland had some fun dressing up as Where’s Wally. He decided to hide a ‘Wally’ and a ‘Wenda’ in each classroom for the students to try and find. As it turns out, our students are very good at finding Wally! Those that found Wally and Wenda first (listed below) each received a small prize. Thank you to all parents for supporting the children in preparing costumes.

<table>
<thead>
<tr>
<th>Class</th>
<th>Student</th>
<th>Student</th>
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<tbody>
<tr>
<td>K/1R</td>
<td>Alex Weir</td>
<td>Cody Matheson</td>
</tr>
<tr>
<td>1D</td>
<td>Mason Walmsley</td>
<td>Ella Campbell-Terry</td>
</tr>
<tr>
<td>KG</td>
<td>Jhett Calcott</td>
<td>Ruby Walmsley</td>
</tr>
<tr>
<td>2L</td>
<td>Tasha Banek</td>
<td>Bodhi White</td>
</tr>
<tr>
<td>1/2Z</td>
<td>Dakota Sherry</td>
<td>Brock Nelson</td>
</tr>
<tr>
<td>2G</td>
<td>Caleb Thomson/Lucas Wise</td>
<td>Nikki Banek</td>
</tr>
<tr>
<td>3S</td>
<td>Lane Abraham</td>
<td>Jacob Gonnian</td>
</tr>
<tr>
<td>3/4BG</td>
<td>Taylor Robertson</td>
<td>Liam Spamer</td>
</tr>
<tr>
<td>4G</td>
<td>Jordyn Fletcher</td>
<td>Jessica Merry</td>
</tr>
<tr>
<td>5E</td>
<td>Tyson Reeve</td>
<td>Abigail Frith</td>
</tr>
<tr>
<td>6C</td>
<td>Leo de la Lande</td>
<td>Chelsea Gilday</td>
</tr>
<tr>
<td>6J</td>
<td>Jessica Osborne-Kerslake</td>
<td>Jasper Siemek/Robert Bashford</td>
</tr>
<tr>
<td>Technology</td>
<td>Ada Green</td>
<td>Ella Daly</td>
</tr>
<tr>
<td>Library</td>
<td>Chloe Coomes</td>
<td>Soni Lange/Caleb Fenner</td>
</tr>
</tbody>
</table>

Larni-Ann T Unplugged

Class: 6C
Favourite movie? Brother Bear
What is your favourite food? Potatoes
What do you do for fun? Cheerleading
How many siblings do you have? An older sister and brother - Leketa and Tommy
Do you play sport? Netball
What makes you laugh? Good movies
**Playground equipment**
Just a reminder, that for Work Health and Safety reasons, the schools’ fixed equipment is out of bounds and is not to be used before or after school. Schools are required to provide supervision of fixed equipment when it is in use. Because this area is unsupervised before and after school, please do not allow our students or their younger siblings on the fixed equipment.

**Lost and Found**
A Sony PSP has been found. If you are missing your PSP please see the office staff and be prepared to give a detailed description in order to claim your PSP.

**Fresh For Kids Competition**
In Weeks 8 and 9 we will be holding our Fresh for Kids competition - The Sydney Fresh Fruit Market is running a competition to encourage students to eat more fresh fruit and vegetables. This along with our Crunch and Sip program and Fresh Tastes for Schools, is a great way to keep encouraging the students to make healthy, fresh choices for their lunch box.

The competition will run for 2 weeks (Weeks 8 and 9). Students who bring at least 2 items that are fresh fruit or vegetables in their lunch box on any day over the 2 weeks will receive an entry ticket and a sticker from their classroom teacher. When their entry ticket has 2 stickers, they can fill in their details and bring their ticket to Miss Murray to select a pencil and rubber prize. There are 7 different pencil/rubbers in a set to collect and they can enter as many times as they like. At the end of the 2 weeks, all entry forms will be sent away, along with other participating schools, to go in to the major draw to win some excellent prizes.

1st prize - home entertainment unit (TV and DVD player)
2nd prize - Apple Ipad mini 16GB (there are 3 to be won)
3rd prize - Gift pack (includes a back pack, lunch box, drink bottle) 10 to be won
4th Prize - Event movie vouchers (20 to be won)

The more fresh food they bring each day the more entries they can have in the competition.

**Ethics Classes**
Ethics Classes are now available in NSW public primary schools as an option for children whose families do not wish for them to attend Special Religious Education (Scripture). The NSW government has authorised the charity, Primary Ethics to create curriculum and deliver these classes. Curriculum is available for children from Years K-6.

To enable ethics classes to commence at our school, we require a volunteer Ethics Coordinator and a number of volunteer Ethics Teachers, depending on demand. The Ethics Coordinator acts as a liaison between Primary Ethics and the school and organises the recruitment of the Ethics Teachers. Ethics teachers must attend two days of training and commit to teaching their weekly ethics class for a minimum of one year.

We will commence ethics classes at Cardiff South Public School if and when suitable volunteers can be found and enough demand exists. For more information, visit the website [www.primaryethics.com.au](http://www.primaryethics.com.au) or contact the Primary Ethics Regional Manager- Nigel Gilchrist at [lakemacquarieeast-region@primaryethics.com.au](mailto:lakemacquarieeast-region@primaryethics.com.au)
Alternatively, please make an appointment to speak with Mr Holland.
Book Week Parade 19.8.15
Books Light Up Our World
2016 Enrolments
Planning for the 2016 school year has already begun. If your family will be moving away from the area and your child/ren will be attending a different school for the 2016 school year (and you have not yet notified us), we would appreciate you popping in or phoning the office as it does affect our planning and staffing decisions for next year.

Presentation Day Trophies
Just a reminder that our Presentation Day Ceremony will be held on Tuesday 8th December. We will follow the same process as last year in that, families of award winners will be notified by mail to let them know their child will be receiving an award so family members can try to make it to the event. We are currently organising our trophies and would ask that any students who received a perpetual trophy in 2014 please return these to the office ASAP so we can begin 2015 preparations.

Happy Birthday
Dylan R 6J 26/8
Nathan E 6C 27/8
Leearna C KG 28/8
Jaydan B 6C 29/8
Camie T 6C 29/8
Archie K 3S 30/8
Olli B 6J 31/8
Tahleah H 3/4BG 31/8

Maths Problem of the Week – Early Stage 1
Joe had 15 carrots and a rabbit ate 7. How many carrots does Joe have left?
Name:________________________ Class:_________
Answer:_______________________

Canteen Roster

<table>
<thead>
<tr>
<th>Wednesday 26</th>
<th>Friday 28</th>
<th>Monday 31</th>
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</thead>
<tbody>
<tr>
<td>A.Firman</td>
<td>J.Catalozski</td>
<td>D.Rielly</td>
</tr>
<tr>
<td>K.Lambert</td>
<td>E.Daly</td>
<td>N.Johns</td>
</tr>
<tr>
<td>P.Thompson</td>
<td>C.Rose</td>
<td>T.Ritchie</td>
</tr>
</tbody>
</table>

9 Lake Ave
Cardiff South 2285
Tel 4954 7296
cardiffsth-p.school@det.nsw.edu.au

Believe and Achieve
It’s that time of the year where we recognise all those wonderful people who play the role of dad to our school’s students. Once again we shall be running our famous Father’s Day Stall with all sorts of gifts for Dad. This event has always been a favourite with the kids and in the past people have been most generous with their donations of gifts and time - and now it’s time for Father’s Day 2015!

If you wish to donate gifts for the stall we ask that you wrap them nicely in clear cellophane and leave them at the office. Also, we’re really keen for helpers on the day of the stall between 9:00 and 11:00am as without them, the day won’t happen. Please call/text Kevin Sinclair on 0405724906 if you’re able to help on the day. 😊

Let’s work together to make this a great day for the kids and to help make Father’s Day a great one for all those wonderful Dad’s!

Your P&C

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Trivia Night

….with a difference!!!!!

Annie O’Dee and the Hot Shots Little Trouble Maker

Featuring Newcastle’s premier rhythm and blues band!!

Cardiff South Public School P&C Invite you to a night of trivia and music

6:30pm Saturday 12th September
Club Macquarie Argenton

Cost $15pp (includes 2 x cheese and dip platters per table)

Start organising your teams now!!!
(8 per table)

Save the date…. more details to follow soon !!
Exploring the New Frontier in Parenting

So what is this new frontier of parenting? Emotions are now recognised as an important part of the parenting landscape. Here are five ideas to help you explore the alien landscape of kids’ emotions.

It’s official!

Emotions are now part of the parenting and educational mainstream!

For some time they’ve been relegated as a sideshow to the main events of discipline, confidence building, character building, and lately, resilience.

Not now.

The recently released movie *Inside Out* gives life to emotions in a fun, accessible way. It’s a wonderful demonstration of why we must put emotional intelligence front and centre in our parenting and teaching. The quickest pathway to happiness and success is the acceptance and recognition of feelings.

This is not a new idea. Over 2,000 years ago Socrates reminded his Greek compatriots, “Educating the mind without educating the heart is no education at all.”

Current day muse Dr. Marc Brackett, Director of the Yale Centre for Emotional Intelligence is more expansive. He says, “Emotions matter as they drive learning, decision-making, creativity, relationships, and health.”

This is not to say that we ignore children’s poor behaviour, neglect to set limits or not ask anything of them when they’ve experienced hardship at school. Accepting and recognising emotions is an added layer in our interactions with kids, which may well be the missing link in building cooperation, connection and resilience.

Emotions are messy. They can be loud. They can be hidden. They so often interrupt our well-organised schedules. “What do you mean you’re sad? We’re off to watch a movie. It’s a happy time!” Emotions are hard to control and difficult to see. Like slippery eels swimming in a dam, you know that they are down there somewhere but it’s hard to figure out just what they are doing.

It’s a wonder parents haven’t smartened up to emotions earlier because ‘good parenting’ is hard emotional labour. When your three-year-old throws a tantrum in a supermarket and all you can do is grin and bear it (rather than throwing your own tantrum or doing what you really feel like which is disowning your own child!) you’re doing hard emotional labour.

When you console and contain the hurt of a primary school aged child who throws himself at your feet howling that everyone hates him, you are doing emotional labour.

Staring down a teenager who looks you straight in the eye while spitting out “I hate you!” because you’ve denied their request to go out is hard emotional labour. Parents do emotional labour all the time. That’s one of the reasons its so draining.

Accepting kids’ emotions mean we need to listen to them. We need to be mindful of their feelings as well as their behaviours and thoughts, which is what most parents and teachers are conditioned to do. We’ve built a broad vocabulary around behaviour management featuring terms such as consequences, limits and boundaries, and time-out to name a few. And the perennial ‘To smack or not to smack’ question shows we are very willing to have debates about behaviour management methods, but discussions about emotional management are few and far between.

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.
The limits of many parents’ emotional vocabularies are matched by the limitations in method as well. Most parents when asked can provide plenty of ways to raise a well-behaved child but I suspect many would struggle if asked to name three or more ways to build their children’s emotional smarts. This is not a criticism but an acknowledgement of lack of training in the area.

Ask yourself, “Who taught you how to recognise, manage and regulate your emotions?” If you answered your parents then lucky you. They’ve given you the tools you need to have successful relationships, to maximise your earning potential (I kid you not) and to behave like a champ, not a chump, when playing sport and participating in other competitive or high performance activities. If you were able to identify any adult who taught you emotional intelligence then I suspect you are in rare company. My guess is you probably couldn’t identify anyone, so your emotional intelligence (if you’ve read this far you have the emotional smarts needed for focus, self control and concentration) is unconscious, rather than conscious, making it hard to teach or pass on emotional intelligence skills to kids. So where do we start?

Here are five ideas to help you explore the alien landscape of kids’ emotions, the new frontier of parenting:

1. **Listen first**
   When your child fusses and fumes about some wrong-doing or hurt they’ve experienced clear your mind and listen.

2. **See rather than manage (let your kids do the managing)**
   Children’s behaviour can become tangled up in upsets and disappointments. It’s hard to separate their behaviour from their feelings. Sometimes as a loving, caring adult you just have to soak up their feelings, and give them the time and space to soothe their own souls. We don’t have to do that for them.

3. **Know that emotions can be pleasant and unpleasant**
   We often place value judgements on emotions by saying some emotions are good or positive (happy, motivated, energised) while some are bad or negative (sad, worried, sullen). Avoid passing judgement in such ways. Recognise that emotions are pleasant or unpleasant and that all emotions are acceptable, whereas some behaviours (such as hurting someone when you are angry) are unacceptable.

4. **Build a vocabulary around emotions**
   Just as feelings have names, there are terms for the emotional intelligent parenting method. For instance, I-messages* are a type of communication used by parents and adults who take an emotions-first approach.

5. **Help your kids recognise, then regulate emotions**
   Ever told a child to calm down only to see their emotions escalate? Kids, like adults, need to recognise their feelings before they can regulate their emotional state, and that’s not easy. Emotional recognition is a complex process that takes practice. Even when we are good at it we don’t always get it right. Learning to recognise your feelings is a continuous process that’s best started when young, before the ups and downs of adolescence becomes a reality.

Emotional intelligence is best learned when it becomes part of your family’s culture, or way of doing things. When it becomes part of your family’s DNA then emotional intelligence will be passed down from generation to generation. You’ll know it’s had generational impact when your children identify you as the person who trained them in the skills of emotional intelligence. How cool is that!

Want more ideas to help you raise confident and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did! When you subscribe you’ll also get my fantastic Kid’s Chores & Responsibilities Guide with plenty of ideas to get your kids to help at home without being paid.