Principal’s Message

We were extremely fortunate with the weather last Wednesday for the running of the school’s swimming carnival. It was nice to be outside on such a magic day. Congratulations to all of the students on their wonderful participation and good luck to those who have qualified for the Zone Carnival on Thursday (list further on). I don’t like to single out individual students when I am extremely proud of the way that all our students swam, but I can’t help but mention the efforts of Chloe Scanlon in Year 5. Anyone that was at the pool last Wednesday would probably agree with me in saying that Chloe swam brilliantly and is to be commended for all the hard work that she has put in, training 5 days a week. She is a great example of what is possible when you have a goal and you work towards achieving it. I have a sneaky suspicion that we will be hearing more of Chloe’s swimming achievements in the weeks ahead. Well done Chloe.

This evening, we welcome all parents and carers into the school for our Parent Information Night. If you are able to make it, I’d encourage you to come along. This is a great opportunity to meet your child’s class teacher, hear about class routines and organisation and ask any questions that you may have. At this stage, we do not have a date in mind for Parent-Teacher interviews. We will be consulting with you soon about when you would prefer for these to take place. Once we have determined what the majority of parents would like, they will be scheduled to meet that need. Please remember that regardless of when interviews are scheduled, you can make an appointment to meet with your child’s teacher at any time to discuss any concerns you may have or to alert them to changes in their life which may impact them at school.

Finally, the first P&C meeting for 2016 is scheduled for tomorrow night at 7pm in the school library. The P&C and I would welcome any parents who would like to come along for the first time to see what happens at P&C, in particular new Kindergarten families. Some parents who have attended in the past have said that they find attending P&C a great way of hearing directly from me all of the things currently happening in our school.

Enjoy your week.
David Holland
**Term 1 Statements**

Today, all K-6 and preschool families should receive their Term 1 statement of account. For those not familiar with our school procedures, at the beginning of each term we send home a statement and enclose subsequent permission notes for each of the expected activities for the current term which involve some form of payment. The Term 1 statement always includes the cost of the student’s book packs. From past experience, some families like to pay their term invoice in full as soon as they receive it, others like to pay them off a little bit at a time (eg $5 a fortnight) - the choice is yours. However, students must have paid for individual activities such as excursions and performances by the payment deadlines listed on each note in order to participate. We request that book packs are paid in full by the end of Term 3. If at any stage your family is experiencing hardship, you may be eligible for some assistance, in which case, please make an appointment to discuss your circumstances with Mr Holland.

**Book Packs**

Included on your Term 1 statement is the cost of individual student book packs. We have again worked hard to keep the cost down while still ensuring that the students have sufficient supplies to last for the year. **This year the cost is $45 for the first child and $40 for each subsequent sibling.** For those less familiar with what is in the book packs a couple of key points:

- Book packs are different for each grade. The teachers select the essential items/resources which they feel will be needed in the grades they are teaching
- They include ALL the basic items that students will need for the whole year
- Some grades require a few more resources than other grades (eg. Kindergarten), but we distribute the cost evenly across the school
- Despite increasing costs from suppliers, we have managed to find ways to reduce the resources needed and therefore the overall cost to families

Depending on your child’s grade, the book pack may include the following student supplies: all workbooks for class, the new Kluwell reading journal, a handwriting text, portrait or scrap book for homework, a plastic display folder, lead pencils, pens, a ruler, coloured pencils, erasers, a pencil sharpener, glue sticks (1 per term), scissors, permanent markers, highlighters, mini-whiteboards and markers, a ream of paper, and a USB. If students run out of supplies during the school year, the class teachers will provide additional pens, pencils etc. from school supplies.
Parent Information Night
Tonight we open our classrooms for Parent Information Night. Each classroom teacher will run a session in their room at the times listed below. We have spread out the times a little in order to allow parents with students across multiple grades to attend each class session. Sessions have not been planned for Kindergarten students as the Kinder Orientation process covered most of the key information, however the parents of students in K/1 Green are encouraged to come along to meet Mrs Singh. It is preferable that students do not attend, however if you are unable to make alternative arrangements for your children, perhaps they could bring a quiet activity to do outside the classroom while each session is on. The times are as follows:

- 5:00pm K/1 Green, 1/2 Aqua and 1/2 Orange
- 5:30pm 2/3 Blue, 3/4 Purple and 3/4 Silver
- 6:00pm 4/5 Maroon, 5/6 Jade and 5/6 Ruby

Preschool
We will be holding a Preschool information afternoon for all our Preschool families on Tuesday 23rd February from 4.00pm to approximately 5.00pm. This will give you the opportunity to come along and learn more about various aspects of our Preschool and meet other families who attend the service. On the afternoon we will be discussing the play based program that we provide in line with the Early Years Learning Framework, as well as providing general information about Preschool and ways in which you can become involved. Hope to see you all there!

Zone Swimming Carnival
Congratulations to the following students who have been selected to represent Cardiff South PS at the Crossroads Zone Swimming Carnival on Thursday:


We wish you all the very best and trust that you will represent our school with pride upholding school values and displaying great sportsmanship.

Scripture
Thank you to those families who returned the scripture (SRE) note indicating your preferences in relation to your child’s participation in scripture. Scripture classes will commence tomorrow. Students who have not returned notes will attend scripture lessons with the rest of their class. Parents please be advised, that you may withdraw your child from scripture at any point by simply writing a letter to Mr Holland indicating your wishes.

Getting to know…… Sean C

<table>
<thead>
<tr>
<th>Class:</th>
<th>K/1 Green</th>
</tr>
</thead>
<tbody>
<tr>
<td>Favourite food</td>
<td>Green apples</td>
</tr>
<tr>
<td>What do you want to be when you grow up?</td>
<td>Teacher</td>
</tr>
<tr>
<td>How many sibblings do you have?</td>
<td>2 sisters</td>
</tr>
<tr>
<td>Do you have any pets?</td>
<td>2 cockatiels -Jewel and Rico</td>
</tr>
<tr>
<td>What makes you laugh?</td>
<td>Scooby Doo</td>
</tr>
</tbody>
</table>
Zone Sporting Trials
During Terms 1 and 2, the PSSA Crossroads Zone hosts trials for students in Years 5 and 6 in a variety of sports including AFL, Rugby League, Basketball, Cricket, Tennis, Hockey, Netball and Soccer. The purpose of these trials is to select talented sportspeople to go on to the Hunter’s Regional selection trials. For each of these sports, students have the opportunity to nominate themselves to attend these trials. To be eligible, they must be playing these sports outside of school and be able to demonstrate a high level of skill in their chosen sport. For soccer, netball and hockey, students are selected to attend zone trials based upon the skills they show when trying out for our school teams. Parents wanting more information about the various trials are asked to speak to Mr Jardine.

REACH Rookie Program
Last Thursday, Stage 3 participated in the ‘Reach Rookie Program’. We had loads of fun learning how to get the most out of our lives and maximise our positive wellbeing. It was really cool how we could express ourselves and connect with others in a safe and non-judgemental way.

Student Reflections:

Favourite Part:
- When we danced (AKA I danced) to a random piece of music which helped us build more confidence with our peers. (Grace Yr 6)
- The ‘dance party’ at the end because I felt more confident dancing and it was fun too! (Chloe S Yr 5)
- The ‘name circle’ because it was fun! (Liam S Yr 5)
- The ‘imaginary movie’ because it was emotional and it reminds me of my friends. (Chloe W Yr 5)

Most Memorable Moment:
- The part where we listened to a movie (in our heads) about a bullying situation. (Ben Cornish Yr 5)
- The bullying movie we had to imagine. It was so emotional. (Jessica M Yr 5)
- When I imagined a movie in my head because it made me cry. (Hannah P Yr 5)

How the program has changed me:
- My comfort zone is now bigger and I feel more open to tell people ‘stuff’. (Emma A)
- From being shy to now feeling like a free person. (Hannah B Yr 5)
- I can now explain what I feel like better (Chloe C Yr 5)
- I will now think about other people and what my actions means to them. (Jacob P Yr 6)

Because of the program I will:
- Now be a lot more careful how I treat people and think about people’s feelings and friendships (Emalee Yr 5)
- Now be kinder to my friends and family (Heidi Yr 5)
- Now be a more forgiving person and help my friends if they are hurt (Jesse C Yr 5)
School Carpark
In the past week, we have had to remind a few parents not to drive up the internal road next to the staff car park to either collect or drop off children. This problem is often worse on wet days. With lots of children moving around the school grounds at that critical time before 9:00am and after the bell at 3:00pm it is unsafe to have any traffic entering the school grounds. Your assistance with this is greatly appreciated.

Student Birthdays
Celebrating birthdays with their friends at school is something that our students enjoy very much. To do this, some students like to bring in a treat to share with their classmates. The teachers are happy to support this; we would just request that parents avoid sending in lollipops and full cakes that need to be cut up. From a teachers point of view, cupcakes, biscuits, muffins etc. which can be easily distributed are best. Please be aware that some of our students have allergies to specific foods and may not be able to participate, depending upon the treat.

HAPPY BIRTHDAY

<table>
<thead>
<tr>
<th>Name</th>
<th>Class</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lisa B</td>
<td>3/4 Silver</td>
<td>17th February</td>
</tr>
<tr>
<td>Addison W</td>
<td>Koalas</td>
<td>18th February</td>
</tr>
<tr>
<td>Zoe Z</td>
<td>K Gold</td>
<td>19th February</td>
</tr>
<tr>
<td>Ben C</td>
<td>5/6 Ruby</td>
<td>19th February</td>
</tr>
<tr>
<td>Benjamin F</td>
<td>1/2 Aqua</td>
<td>20th February</td>
</tr>
<tr>
<td>Noah V</td>
<td>1/2 Aqua</td>
<td>21st February</td>
</tr>
<tr>
<td>Seth C-T</td>
<td>5/6 Ruby</td>
<td>22nd February</td>
</tr>
<tr>
<td>Jasmin F</td>
<td>K Red</td>
<td>22nd February</td>
</tr>
<tr>
<td>Riley N</td>
<td>2/3 Blue</td>
<td>23rd February</td>
</tr>
</tbody>
</table>
BODYROCK DANCE STUDIO

Jazz, Hip Hop, Modern/Contemporary, Cheerleading.

Ages 3 - Adult

Classes held at Bayley, Clarence & Garden Suburb
Principal: Michelle Fleming

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Affordable, Classes & continued (that you get to keep)

Tasty, Friendly atmosphere

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All students receive an end of your trophy

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Learn SELF DEFENCE with all the Family

We have mums and dads training with kids from 4 yrs and up. Come and have a go - free trial lesson with no obligation.
Cardiff South Public School - Tues/Thurs 5:30-6:30pm. Drop in and meet your instructor, Joanna Stacey. Traditional Taekwondo, build confidence, learn self defence and have fun with all the family!

Call Greg NOW on 0411 555 930

health fund

DIRECT BILLING

Cancer Council NSW

The simplest way to improve the health of your family and save money

Come to our FREE Fruit & Veg Sense Workshop

Date: Monday 7th March 2016
Time: 9:30am until 11:00am
Venue: Cardiff South Public School

Did you know that eating enough fruit and vegetables all their lives can help protect children against diseases, including some forms of cancer? This free workshop run by Cancer Council NSW will show you how you can easily:

1. Save time and money making healthy meals
2. Learn clever ways to entice fussy eaters
3. Get a free recipe book simply by attending

Don’t miss out – registration is essential. To book your place please register no later than 4/03/2016 by:
emailing eatittobeatit@nswcc.org.au
visiting www.cancercouncil.org.au/eatittobeatit/register
phoning (02) 4923 0704
or returning this registration slip to the school front office

Your name:
Your contact number or email:

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

Believe and Achieve
When speaking with parents when I present at schools, or engaging with them via our social media, bullying is always a hot topic. A recent Facebook post had one of our biggest engagement rates ever. It begged the question— "What is bullying? Do we mix it up with teasing and other forms of mean behaviour?"

It’s an important topic that needs clarification.

Bullying is a term that’s wrapped in emotion. For many people it’s associated with bad childhood memories. It’s been estimated that around 40 per cent of people have experienced bullying in the past. It’s something that we don’t want to happen to our kids.

But I fear it’s being subversive at the moment and confused with teasing and rudeness.

**Rudeness** refers to thoughtless behaviours and thoughtless words. Kids often do rude things to each other without thinking their actions through. Examples include breaking wind in a child’s direction; joking about the colour of a child’s hair in front of others; failing to share possessions and neglecting to acknowledge someone. Rudeness is usually about selfishness and thoughtlessness. Taken on their own many rude behaviours can be seen as an element of bullying but when looked at in context they are more about thoughtlessness, lack of consideration and poor manners rather than a deliberate attempt to hurt someone.

**Teasing** refers to annoying, hurtful behaviour that is used to get a reaction from someone else. Teasing can be persistent in nature, but not always. It’s generally an attempt to get under a person’s skin. It can involve name-calling; it can be personal and hurtful in nature. It can also infringe on another person’s rights. But generally teasing doesn’t have the key ingredients that make up bullying.

**Bullying** is the selective, unmitigated, repetitive oppression of one person or group by another. It involves three elements – intent to hurt or harm; power imbalance; and repetition over time. It takes many forms and guises including physical aggression; verbal abuse; emotional aggression (or blackmail); intimidation; harassment and exclusion.

The new cyber-dimension to bullying has moved the goalpost for many kids. In the past children and young people could escape bullying behaviours by being at home. Cyber-bullying means that children can’t escape bullies like they once could.

**Why the distinction?** I hear the term bullying misused a great deal in the media and when talking with parents. We run the risk of “The Boy Who Cried Wolf” Syndrome where we become so desensitised to the term that we (or teachers) ignore it when children really are the victims of bullying. We also run the risk of failing to skill our kids up to manage rudeness and teasing if we categorise every awful behaviour that kids experience as bullying.

Our ability to be discerning about bullying is as important as the action we take when we are sure that our child is on the receiving end of bullying behaviour. These actions include: dealing with feelings; providing emotional coping skills; getting others involved; building up a child’s support networks; and building self-confidence that can take a battering.

Bullying needs to be taken seriously. But we also need to be discerning about bullying behaviours.

Michael Grose