

Principal's Message

Principal's Awards

Congratulations to Jack and Charlie. Their picture will soon be posted on our website.

Power of One Presentation

All students were able to attend this visiting performance thanks to the support of our P&C. The anti-bullying message is important and I am glad that all were able to see and hear it. I also acknowledge Mr Berwick's effort in organising the event.

Athletics Carnival & K-2 Tabloid

Unfortunately our 2-6 carnival last Friday could not be held due to the wet weather leading up to the day. Fingers crossed for 6 June! Our K-2 Tabloid, however, went ahead as planned and proved to be a great day for students and parents alike. We hope to have some pictures up soon on our website. Thanks to Mr Gardiner for organising.

School Uniform

At the P&C AGM, the five year uniform review was undertaken. The only substantial change is the introduction of a sports shirt and shorts, which will be on display when they are available. The other decision made was to enforce the current uniform, right down to the footwear. For many of our students, this will mean no change at all. For others who need reminding, normal day-to-day shoes are **black**. They can be black sports shoes (no contrasting colour laces) but not casual black slip-ons that offer little or no support. Socks are fold-down (ie covering the ankles) in grey for boys and white for girls. Term 2 will be a period of grace – from the beginning of Term 3 students not in full school uniform will not be able to access Playground C or attend any off-site activities.

Cyberbullying – what the experts say

While research into cyberbullying is still in its infancy, the one thing we do know is the online environment is really just a new setting for age-old issues. Cyberbullying is an extension of face-to-face bullying. It's all about relationships.

Find out more:

<http://www.schoolatoz.nsw.edu.au/technology/cyberbullying/what-the-experts-say>



Coming Events

30 May	"Amazing Me" Personal Development Program – 6:30pm-8:30pm in the Library
31 May	Gala Day (AFL, Netball, Soccer) K-2 assembly 2pm (postponed from 24 May)
4 June	Meal Deal Day
5 June	ICAS Science Competition 3-6 assembly 2pm Student Banking Reward Redemption Day 8.30-8.55am in Library
6 June	Years 2-6 Athletics Carnival (re-scheduled) Tahmoor Sportsground
7 June	K-2 assembly 2pm
12 June	Last day for Merit Awards/ Principals Awards before Gold Medal Assembly

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Thirlmere, NSW, 2572
www.thirlmere-p.schools.nsw.edu.au

E: thirlmere-p.school@det.nsw.edu
P: 4681 8476
F: 4681 8727

The office is open from 8.30am to 3.15pm



Principal's Message Cont.

Weekend Family Snow Sports Camp

"Affordable holiday" and "skiing" in the same sentence? Yes, if you're quick. Sport and Recreation offers weekend getaways in the snow from July – September.

Find out more: <http://www.dsr.nsw.gov.au/jindabyne/>

Making Music Together

Music education produces many benefits, including strengthening children's abilities in reading, maths, and verbal intelligence. New research suggests it may also teach something less tangible, but arguably just as important - the ability to empathise.

Find out more: <http://www.psmag.com/culture/making-music-together-increases-kids-empathy-41627/#.T5j1f7R1SQM.facebook>

Helping your child with Homework

Video: **Teachers** talk about how parents can help kids take responsibility for their homework and avoid Thursday night meltdowns.

Find out more:

<http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/helping-your-primary-school-child-with-homework>

Have a great week,

Stephen Lord

Gold Medal Assembly

Gold Medal Assembly will be on Tuesday 25th June 2013 at 9.30am.

All Merit Certificates for Principal's Awards must be to the office by no later than Tuesday 11th June 2013.

All Principal's Awards must be to the office by no later than Monday 17th June 2013.

125th Anniversary Committee

Letters and Order Forms for the engraved Paver have been sent home.

If you would like to order a Paver, please complete the Form and return to the office by no later than 28 June 2013.

Order Forms can be obtained from the office.

Uniform Shop

The girls Winter Tunic has currently sold out of size 8, new stock will not be available until Term 3.

The new sports shorts are now available to purchase from the uniform shop at a cost of \$15. We currently still do not have the new sports Polo Shirts and will let you know when they arrive.

The sports uniform will be compulsory to wear as of Term 1 2014.

Band News

All Band Invoices have now been sent home. Please note that this term is an 8 week program and Invoices have been sent out accordingly. Term 2 Invoices are now due.

TERM 1 FEES ARE NOW OVERDUE!

Permission Booklet

Majority of the Permission Booklets have now been returned. Thank you to the parents who have returned the booklet already.

THERE ARE STILL A FEW BOOKLETS THAT REMAIN OUTSTANDING!

If you have not returned the booklet to school yet, we require parents/carers to sign and complete it and return it as soon as possible intact.

Excursions, Notes and Payment Due Dates

Early Stage 1 (Kindergarten)

Meal Deal – Last day of Payment 3 June 13

Notes sent home this week

Canteen Special Meal Deal

Stage 1 (Years 1 & 2)

Meal Deal – Last day of Payment 3 June 13

Notes sent home this week

Canteen Special Meal Deal

YEAR 2 ONLY - Athletics Carnival (purple note)

Stage 2 (Years 3 & 4)

AFL Gala Day – Last Day of Payment 30 May13

Meal Deal – Last day of Payment 3 June 13

Notes sent home this week

Athletics Carnival (purple note)

Canteen Special Meal Deal

AFL Gala Day

Stage 3 (Years 5 & 6)

Meal Deal – Last day of Payment 3 June 13

AFL Gala Day – Last Day of Payment 30 May13

Year 6 Chocolates – Last day to Pay 7 June 13

Illawarra Fly/Minnamurra Rainforest – Last day

to Pay 12 June 2013

Notes sent home this week

Canteen Special Meal Deal

Athletics Carnival (purple note)

**NO PAYMENTS FOR EXCURSIONS
WILL BE ACCEPTED AFTER,
“LAST DAY FOR PAYMENT”**

Dollarmites School Banking

The Reward Redemption Day will be this coming Wednesday, 5 June 2013 between 8.30am and 9.00am in the Library.

All students that are involved in Dollarmites School Banking can meet me in the Library during the nominated day and time to hand over their Tokens and choose a Reward that they would like.



\$\$\$ HAPPY BANKING \$\$\$

Library News



NSW Premier's Reading Challenge

Congratulations to

Mackenzie, Julie A, Noah R, Gemma, Jaylie P, Mikaelay R, Brook, Chloe W, Jazmin C, Elise M, Ashlee D, Laine B who completed their Premiers Reading Challenge this week.

Remember you have until 31st August to complete the challenge so KEEP ON READING.

THIRLMERE PUBLIC SCHOOL

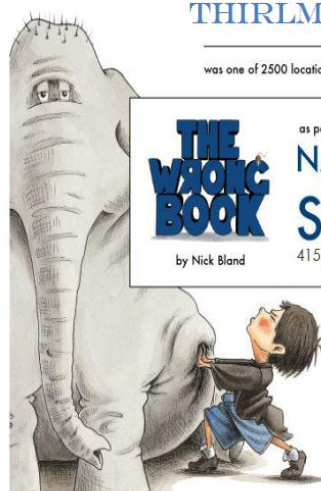
was one of 2500 locations who shared a reading of



by Nick Bland

as part of
**NATIONAL SIMULTANEOUS
STORYTIME 2013**

415,000 students shared the book. on Wednesday 22 May 2013.



Hosted by:



Australian Library and
Information Association

Supported by:



Read Every Day. Lead a Better Life.

Thirlmere Public School

29 May 2013

Term 2 – Week 5

Canteen

PLEASE NOTE that the new price list has been out for over a term and there will be NO exceptions to the new prices.

A Meal Deal note, as shown below, has been sent home today to all students. The Meal Deal Day is for Tuesday 4 June 2013.



Chinese



Special Meal Deal

Tuesday 4th June 2013

The Canteen will not accept normal lunch orders on this day, special meal deals ONLY.

All orders must be returned by Monday 3rd June.

Don't forget to decorate your lunch bags! Prizes will be awarded for best decorated bags.

Please complete the order form below, circling which meal deal your child would like and attach to a lunch bag. Return this in your class lunch basket or drop it in at the office. Correct money only please.

YIN MEAL DEAL



Fried rice

Prawn crackers

Mandarin

Apple/Blackcurrant Juice or
water

\$5

YANG MEAL DEAL



5 mini Spring Rolls

Fortune cookie

Mandarin

Apple/Blackcurrant Juice or
water

\$5

Name: _____

Class: _____

Money Enclosed: _____

AFL, Netball and Soccer Gala Day

Please be advised that although the new school sport shorts are now available to purchase in the Uniform Shop, it is not a requirement that these shorts be worn for the AFL, Netball and Soccer Gala Day.

If you have already purchased the new sport shorts, they can be worn, otherwise the current navy blue shorts are to be worn.

Any students that do not have football boots for the AFL and soccer can wear sports shoes on the day.

Kindergarten Enrolments for 2014

If you have a child or know of someone in the local area that will be starting Kindergarten in 2014, enrolments are now being taken. Forms are available from the office.

INSIGHTS

by Michael Grose – No. 1 parenting educator



What bullying isn't, and what to do when it happens

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.



Bullying is a word that's wrapped in emotion. For many people bullying is associated with **bad childhood memories**. It's been estimated that around 40% of people have experienced some type of bullying in the past.

Bullying is an insidious behaviour that transgresses children's natural right to feel safe and secure. It can adversely affect their learning, emotional well-being, further peer relations and their sense of self.

Bullying takes many forms and guises including, physical and emotional abuse, intimidation, harassment and exclusion.

It now has a well-publicised cyber-dimension which has moved the goalposts for many kids. In the past children could escape bullying behaviours they may have experienced by being at home. Cyberbullying now means that kids can't escape the bully like they once could.

Bullying is not the domain of one gender. Girls bully just as much as boys but they do it in less physical ways. While boys use physical intimidation or verbal abuse to wield power, girls are more likely to use exclusion or verbal sarcasm to assert themselves.

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.

Bullying is about lack of power as one person is powerless to stop the teasing or physical abuse. Bullying is the *selective, uninvited, repetitive oppression* of one person by another person or group.

If you think your child is being bullied then handle with care as children often don't want to admit that they are on the receiving end of bullying.

Some kids keep it close to their chests so it helps to be on the lookout for **warning signs** such as: items being stolen, changing the route to school and withdrawal from usual activities.

If your child is being bullied:

1. Listen to their story: Children who are bullied need someone to believe their story. Take them seriously and avoid dismissing complaints as tell-tale. Use common sense to differentiate between bullying and more random, non-selective antisocial acts. Kids can be nasty to each other, yet this doesn't constitute bullying.

2. Deal with their feelings: A child who is bullied probably feels scared, angry and sad. Boys are more likely to display anger and girls claim they feel sad. The degree of emotional intensity is an indicator of the amount of bullying. Recognise and validate their emotions. Let them talk about how they think (remember boys respond better to 'think' language) and feel. It's normal to feel sad, scared or just plain confused.

3. Get the facts: Get a clear picture of what happens, including who is involved, the frequency and what happens prior to any bullying. Get your child to be as specific as possible by asking good questions. An accurate picture will help you determine your next course of action.

4. Give them coping skills: With a clear picture you can start giving your child some help about how he or she may deal with bullying including using avoidance strategies, being more assertive and changing poor body language.

5. Get the school involved: Bullying is best handled when parents and teachers are involved. Approach your school through the appropriate channels, make yourself aware of your schools' anti-bullying procedures and programs, and be willing to work within these guidelines.

6. Help build your child's support networks: Kids need a group of friends to support them when they experience bullying so look for practical ways to broaden friendship groups.

7. Build their self-confidence: Provide children with systematic encouragement. Let them know through your words and treatment of them that they will get through this period.

It's worth remembering that children who experience some form of bullying often come out stronger and more resourceful because they have experienced difficulties and they know they can defeat them.

School Newsletter

To embrace the technological nature of society, our newsletter is now being delivered by email. In the space provided below, please indicate the email address/es you wish to use to receive the newsletter.

1st Parent/Guardian Email :

2nd Parent/Guardian Email :

3rd Parent/Guardian Email :

Extra School Reports

In some households there is a need for a second report to be sent to another parent not permanently residing with the student.

Reports go home at the end of Semester One and Semester Two.

If you require a second report, please provide us with the following details.

Name: _____

Address: _____

Relationship: _____

Email address: _____

If you have any updated Court Orders/AVO's that you have not provided to the school yet, could you please arrange a copy as soon as possible.

We also require you to advise the ladies in the office if the structure at home has changed so that we can update our records accordingly.



Thornton Bros

The school would like to thank Thornton Bros Flowers who are kindly donating a bunch of flowers to the school each fortnight to help beautify our office area.



Taara Gardens

For the Not-so-retiring!

Enquiries: Charlene Crocker: 0417 483931 or

Jenny Cheetham: 0418 265 416

We welcome you to come & have a look around the Village. Located at: 25 Estonian Road, Thirlmere

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