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Respectful

Responsible

Learners



Edi the Egret

LIVE – LEARN – CARE

## Principal's Message

Welcome to Week 5 at Seaham Public School. Half way through the term already. The weeks are flying by and we continue to be very busy at school. We have some important events coming up.

**P&C (AGM):** Next Wednesday, 1 March, is our first P&C meeting for the year and we would love to see some new faces present. This will also be the Annual General Meeting so executive positions are vacant and nominations can be accepted. Please see next page for further details. Remember you don't have to be on the executive team. You can just come along and help in the wonderful fundraising that continues to occur at Seaham.

**Opening of Parliament:** Our first whole school assembly is also coming up. Apologies for the change of date. It was needed to be moved to next Thursday 2 March due to a Principal's meeting that I need to attend tomorrow. We will confirm the time when we hear from our special guests. This assembly is very important as it is the opening of our parliament as well as the time when student leader positions are announced. There will be no class item at this assembly.

**Imagination:** Next Friday the four school leaders and myself will be attending 'Imagination' (formerly known as the Young Leader's Day) at the new Sydney Convention Centre at Darling Harbour. Up to 6000 young leaders attend this day and it is always a highlight on our leader's calendar. During the day, our leaders are inspired by guest speakers and are given strategies to take back to school to help them become better leaders.

**Head Lice:** We have learnt that our unwanted visitors are back. They are an unavoidable fact of life for school aged children. We advise and encourage you to please check your child's hair for nits/lice. Please see the following link [www.schoolatoz.nsw.edu.au/wellbeing/health/removing-head-lice-and-nits](http://www.schoolatoz.nsw.edu.au/wellbeing/health/removing-head-lice-and-nits) for information on how to treat your child's hair if they are present. Whilst lice do not discriminate on what type of hair they like, we encourage those with long hair to tie their hair back and up to reduce the chances of hair to hair contact with other students.

**Medical Paperwork:** Health care plans, action plans and medication permission forms have been sent out for our students with high risk medical conditions and those suffering from asthma. **Please return these plans and paperwork by Monday, 27 February.**

**School Uniform News:** This year our P&C have made available a rainproof jacket. It can only be purchased by special order. Please contact Kim Penfold for more information if needed on 0431 307 035. Price is to be confirmed however we anticipate it will be \$40-\$45.

Due to enrolled children's life threatening Anaphylactic Allergic reactions to all nuts and peanut products, we would like to encourage families not to send these products to school with their children. These include peanut butter, nutella, sesame seeds, loose nuts, muesli, nut or chocolate bars or any products containing any type of nuts. We appreciate your support in this matter.



## Dates For Diaries

2017

Wednesday 1 March P & C Meeting—AGM
Thursday 2 March First School Assembly & Official Opening of Parliament
Friday 3 March Young Leaders Day
Monday 6 March Zone Rugby League Trials
Wednesday 15 March Netball and Hockey Zone Trials
Thursday 16 March Soccer Zone Trials
Friday 17 March School PBL Assembly
Friday 24 March School Cross Country
Thursday 30 March Athletics Carnival (Yrs 2-6)
Monday 3 April Zone Touch Football Trials
Thursday 4 May Zone Cross Country

## Golden Egg Token Winners:

(K-2) Ella Johnson  
(3-6) Liam Pascoe

**Canteen News:** Don't forget about the canteen, Billy G's Gourmet Cookie Dough Easter Fundraiser. Families support of this fundraiser ensures monies raised goes straight back into our school community. Orders need to be returned to the office by 6 March. Pick-up of order will be 21 March. If you did not receive your order form, please see our web page or skoolbag app.

**P & C Committee:** Will hold its AGM on Wednesday 1 March at 6:30 pm in the school library. All positions are vacant.

President  
Vice President  
Second Vice President  
Treasurer  
Correspondence Secretary  
Minutes Secretary

If you would like to nominate yourself or someone else please do so by forwarding your (nomination/ nominee) to the P & C email:  
[Seahampandc@gmail.com](mailto:Seahampandc@gmail.com)

The P & C is the fundraising arm of your school. If you would like to become involved, meetings are held the first Wednesday of the month at 6:30 pm in the school library. Membership is \$1. Please come along we would love to see some new faces. **P & C President - Mark Lilley**

## Canteen Roster 2017

Friday 24 February Sandra Batchelor Chrissy Olive
Monday 27 February Alison Drew
Tuesday 28 February Jodi Watson
Wednesday 1 March Sandra Batchelor Chrissy Olive
Thursday 2 March Peta Salter
Friday 3 March Melissa Armer Erin Bobako

**Skoolbag App:** We have been updating our Skoolbag App for our families ease and convenience. We have added some new categories to enable you to quickly access the information needed.

**"Canteen"** has been added. This has the current canteen list and details of the current canteen fundraiser.

**"Uniform Shop"** has also been added. This has the current school uniform order and price list attached.

"Push Groups" has been created for all our classes and school canteen. We strongly encourage our families to go into the **...'more'** in the right hand bottom of your screen on your smart phone or device. This 'more' option then takes you to setup push notifications, fourth row down.

Please enable your child's class and room number by pressing the off round button to on (green).

If you volunteer at our canteen, please also select this option. This is where many school canteen messages will be delivered for your attention.

These changes are important, as we are aiming to also create digital permission notes for family's convenience. Therefore permission notes that only relate to certain classes will only be pushed on our end to the relevant class/group. If you need assistance with this, please don't hesitate to contact our school office.

**School Photos:** We understand that many families have different needs and sometimes two sets of photo packs are needed for both mum and dad. Please be aware that you can contact Master School Portraits to order extra/additional photo if required by calling 49 668 292.

**First Day at Kindergarten Photos:** MSP offer 'first day at kindergarten' photos for our school, in which one photo is distributed to each family. (This is not included in your pre-paid photo packs). We don't want to cause families any distress, so we would like you to contact the office or complete the tear off slip attached to back of this newsletter, if more than one copy of this photo maybe required.

**Moving into Year 7 in 2018:** Expression of Interest (EOI) forms will be forwarded home to our Year Six families on 9 March 2017. Families are to complete forms and return to our school office no later than Friday 17 March 2017. All student need to have a completed form, regardless if not attending a Public High School. If you need help with this, please do not hesitate to contact our office.

**Are you interested in piano, violin or cello lessons?** We have been approached by music teachers in regard to family/student interests in these instruments. Please register your interest with our school office or complete expression of interest slip attached to this newsletter, if this maybe a service you would like to see available.

**Help Kids overcome fears, anxiety and perfectionism (by Michael Grose):** Perhaps the most exciting news in the parenting area over the last decade is the discovery of brain plasticity. That is, the brain is always growing and developing as opposed to it developing and reaching its lowest point at a certain age; and then it's all downhill from there.

It is exciting to know that your child's talent and smarts are not fixed. Their brains can always learn more, continue to grow and be stretched. This doesn't mean that your child doesn't have a propensity to be smart in certain areas such as maths or language learning or that all talent is created equal. Genetics gifts us with certain abilities that are either developed or they're not. Instead, your child's abilities and talents, just like yours, are evolving over time.

So as parents it seems smart that you should be developing a growth mindset in your child. A fixed mindset is limiting, even debilitating for kids. You want them to believe that with effort and practice they can develop their skills and abilities in whatever area or interest they want.

Science is on their side – their brains will continue to grow and stretch however a fixed mindset will let them down. If they believe that intelligence and talent is fixed then those beliefs will become self-fulfilling prophecies. Once again, it all comes down to attitude!

Carol Dweck, author of "The New Psychology of Success" believes that a growth mindset is the quality that separates those who succeed from those who don't. Her research reveals how the use of language when praising kids can have a profound impact on their attitudes. Subtle differences in tone, wording and phrasing can lead even a child at two and half to have self-limiting beliefs when he or she started school a few years later.

**Don't overpraise:** The problem with praising intelligence and ability is that it leads to fixed mindset development. Kids believe that their success is reliant on their ability or talent, rather than their effort or attitude. So to be respected and recognised as successful they become risk-averse. Far better to achieve some success no matter how meagre, than risk failure and being seen as dumb, stupid or a failure.

So how can a parent develop a growth mindset in children? Well, it does come down to language and a few other strategies as well. Here are three simple ideas to get you started:

**Praise effort, strategy and action, not results:** Focus more on the processes of what kids do rather than results to develop a growth mindset. Kids need to hear comments such as "You worked hard to get that right!" (effort), "That was a smart idea to tackle the hardest task while you were fresh!" (strategy) and "You recognised the first few steps were the most important but then after that you were right." (action). This type of praise, also known as encouragement, helps kids develop the belief that success has more to do with what they do than innate smarts and talents.

**Look for opportunities to stretch your child's capabilities:** Encourage kids to stretch their capabilities by adding depth and breadth to their list of activities. Boys, in particular, often go deep investing all their time into areas such as sport or online gaming to develop their talents over time. Encourage them to stretch their capabilities across a range of areas rather than a few. Conversely, encourage a child who dabbles in many areas or interests without specialising in any area, to go deeper in one area.

**Give honest feedback:** Providing your child with honest feedback about their performance not only helps them improve, but also promotes a growth mindset. We often shy away from giving feedback for fear of harming children's self-esteem. Confidence can be maintained by being sensitive to **how** we provide feedback. For instance, focusing on two or three things kids do well before giving constructive feedback is one way you can keep a young learner's head up while giving pointers about better performance.

**Learn how to develop a growth mindset in your child:** I'll teach you how to develop a growth mindset so that your child (and you) will continue to acquire new skills and knowledge across their lifespan in my [Cracking the Confidence Code](#) course.

You'll also learn how to:

Impact on your **kids' thinking** to help them overcome self-doubt.

- Use praise and encouragement effectively to help them **overcome their fears**.
- Develop a real sense of **independence** in your kids
- Help kids tackle the tasks and situations that induce **anxiety or nervousness** rather than avoid them.

## 2017 Zone Swimming Team

Last Friday the Seaham Public Zone Swimming Team participated in the Zone Swimming at Lakeside, Raymond Terrace. All fifteen students did a phenomenal job. The boys won the senior boys relay and many received ribbons. Out of all the schools participating, Seaham Public came fourth overall. Congratulations to all and to Archie Lilley for making it to regional in the 50m freestyle.

Results from the carnival are as follows:

**Archie Lilley:** First in 100m freestyle, 50m butterfly and second in 50m freestyle.

**Shelby Meehan:** Third in 9yrs 50m freestyle and backstroke.

**Jimmy Lilley:** Second in 9yrs 50m freestyle

**Charlie Burey:** First in 8yrs 50m freestyle

**Rebecca Drew:** First in senior girls backstroke

**Jack Armitage:** First in 11yrs backstroke

**PSSA Tennis:** Last Thursday Matthew Edwards competed in the Zone PSSA Tennis Trials at Raymond Terrace. Matthew was third overall. A great result. Well done Matthew.



**Debating Workshop:** On Tuesday I had the pleasure of accompanying a group of 8 aspiring debaters to Maitland East Public School to attend a debating workshop that was organised and run by the Arts unit from the University of Newcastle.

During the workshop, the students and teachers heard from three experts as they covered all aspects of debating. The students listened well and found the speakers to be both informative and very entertaining.

After a lunch break, the students participated in mini-debates and put some of their new skills to use. It was a fantastic day and I am confident that all our students were inspired by these experts and will make great debaters in the future. Thank you for your exemplary behaviour and for your keen attitude to learn something new – Bridie, Charli, Allana, Isis, Veronica, Travis, Jack and Clare Moir. I look forward to working with you later in the year. **Mrs Imber**

**Expression of Interest for Bootcamp:** We have been approached by personal trainer in regard to possibly hosting a bootcamp (a group personal training session) here at Seaham Public School for anyone over the age of 18. At this stage it would be either a Tuesday or Thursday from 6.30pm to 7.30pm for \$10 per session. If you would be interested, please complete the expression of interest attached to this newsletter.

**Blanket Collection:** Matthew McDonald is collecting blankets for the less-fortunate in our community, ready for the winter season. Any blankets will do. They can be left at our school office through next week, 27 February to 3 March. Matthew McDonald is doing this as part of his Grey Wolf award for Club Scouts.



Absent: Bridie Gillon



## Expression of Interest for Bootcamp

Name/Names: \_\_\_\_\_

Contact No: \_\_\_\_\_

My preference would be:

☐

Tuesday

☐

Thursday

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## Expression of Interest for Piano, Violin or Cello

Student Family Name/Names: \_\_\_\_\_

Student Christian Name: \_\_\_\_\_ Class: \_\_\_\_\_

Student Christian Name: \_\_\_\_\_ Class: \_\_\_\_\_

Student Christian Name: \_\_\_\_\_ Class: \_\_\_\_\_

Student Christian Name: \_\_\_\_\_ Class: \_\_\_\_\_

Contact No: \_\_\_\_\_

Interested in: Piano/ Violin/ Cello (please circle)

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## First Day Kindergarten Photos



Yes if possible we would like to have an additional first day Kindergarten photo due to a split family situation:

Student Family Name/Names: \_\_\_\_\_

Student Christian Name: \_\_\_\_\_

Contact No: \_\_\_\_\_