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Respectful

Responsible

Learners



Edi the Egret

LIVE – LEARN – CARE

Principal's Message

Welcome to Week 6 at Seaham Public School. Today I had the pleasure of attending our whole school assembly which was also the opening of our School Parliament. Thank you to our special guests, Local Member for Port Stephens Kate Washington, Port Stephens Councillor Paul Le Mottee and Hunter River High Principal Deb Dibley. Today was the first official step for our school leaders as they start their journey as part of our whole school leadership group.

Tomorrow I will be travelling to Sydney with our four captains and vice captains to attend the National Young Leaders Day at the new Sydney Convention Centre at Darling Harbour. This day is always a highlight for our school leaders and I am very much looking forward to the experience.

After School Care: As many people are aware, Karen will be finishing as manager of After School Care at the end of this term. The closing date for new tenders was the 20 February. We unfortunately had no application to take over the service. I am having an urgent meeting with assets management on 10 March to see what options we have. I will keep you posted. This could potentially affect many of our families, so I am hoping something will be in place from the beginning of term two.

Skoolbag App: Have you managed your push groups? "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 school canteen messages will be delivered for your attention.

We have this week put on Skoolbag our first digital permission note. We will be continuing to this for the convenience of our families. If you have not managed your push groups, you may miss out on these notes.

If you need assistance with this, please don't hesitate to contact our school office.

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

Friday 3 March Young Leaders Day
Monday 6 March Zone Rugby League Trials
Tuesday 7—Wednesday 8 March Boys Dance Workshop
Friday 10 March School Clean Up Day
Wednesday 15 March Netball and Hockey Zone Trials
Thursday 16 March Soccer Zone Trials
Friday 17 March School PBL Assembly
Thursday 23 March Rugby League Round 1
Friday 24 March School Cross Country
Thursday 30 March Athletics Carnival (Yrs 2-6)
Monday 3 April Zone Touch Football Trials
Friday 7 April Harmony Day Easter Hat Parade End of Term 1
Thursday 4 May Zone Cross Country

Golden Egg Token Winners:

(K-2) Larni Kennedy
(3-6) Charlie Hostler



Canteen News: Don't forget about the canteen, Billy G's Gourmet Cookie Dough Easter Fundraiser. 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.

Starting times for canteen volunteers: Mon, Wed, Friday @9.00am
Tue, Thur @1.00pm

Please call Peta on 0403 276 880 or Alison on 4996 4540 for more details.

Reusable Lunch Order Bags: There are reusable lunch order bags available for purchase from the school office for \$10.50. Colours available include pink, purple, blue and green.

Easter Egg Donations: We are calling on our school community to donate Easter eggs for our Easter Egg Raffle, winners announced last day of term. Please bring donations into the school administration foyer. Thank you for your support.

Canteen Roster 2017

Friday 3 March Melissa Armer Alison Taylor
Monday 6 March Alison Taylor Ang Bowden
Tuesday 7 March Annette Harding
Wednesday 8 March Volunteers Required
Thursday 9 March Alison Taylor
Friday 10 March Kate Davies Celia

All Visitors to the School: All visitors MUST sign in at the school office and take a blue visitor badge to wear for identification purposes whilst on school grounds. Upon signing out at the end of your visit, can you please remember to **return** the blue badges. This includes all canteen volunteers and parent helpers.

Working With Children Check: The mandatory Departmental Policy requires all volunteers to complete a Working with Children Check. This WWC number and other details such as your date of birth, need to be provided to the school for further screening. Could you please see page 5 of this newsletter and complete and return to our office as soon as possible for the screening to be complete. A template of this form will also be available on skool bag if you would prefer to digitally reply. Thank you for your attention to this matter.

Canberra: Expression of Interest notes were forwarded home to students on Monday for the bi-annual Canberra excursion for Years 5 & 6. A \$50 non-refundable deposit along with the signed E.O.I. permission note needs to be returned to the school before Friday 24 March. This is essential so all parties involved in the organisation can finalise numbers and details and subsequent final price per student.

Sydney: Expression of Interest notes for Years 3-4 for their bi-annual Sydney overnighter camp have been forwarded home today. A \$30 non-refundable deposit and the signed E.O.I permission note must be signed and returned to school before Friday 24 March, to enable all details to be confirmed. Digital permission note is also available on our skoolbag app for your convenience if needed.

If you need to discuss the deposits or your family accounts and organise a payment plan, please do not hesitate to contact our school office.

Medical Forms: Can our families please return the relevant health care forms to the office please. Note that asthma plans do not have to be signed by a doctor. Your signature will suffice.



On Friday 10 March, we will be having our School Clean up Day. Everyone is invited to participate. Don't worry, there is no need to pay. Please remember to bring your gloves and a plastic bag. Thank you.
Claire Penfold
Minister for Environment



2017 Zone Swimming Team Apology: Apologies to Chelsea Nunan for being left off the Zone Swimming results last week. Chelsea came third in the 8 Years freestyle overall. Well done Chelsea.
Mr Bennett



Thank You to our Book Covering Volunteers: Thank you to our volunteers who have covered our new reading resources. Our sincerest thanks to Rachael Rapson, Stephanie Stapleton, Deanne Phillips and Tara Gretton. Your support has enabled these excellent new resources to be distributed to classrooms. (please see more photos on page 4 of just some of our many new readers) .

Six tips to help kids avoid anxiety, develop positive self-esteem and not be scared of making mistakes: When parents solve all children's problems we not only increase their dependency on adults but we teach kids to be afraid of making mistakes and to blame themselves for not being good enough. That's fertile ground for anxiety and depressive illness. So, how can we raise kids to be courageous problem-solvers rather than self-critical scaredy cats? Here are six practical ideas to get you started.

1. **Turn requests into problems for kids to solve:** Kids get used to bringing their problems to parents to solve. If you keep solving them, they'll keep bringing them. 'Mum, my sister is annoying me!' 'Dad, can you ask my teacher to pick me for the team?' 'Hey, I can't find my socks!' It's tempting if you are in a time-poor family to simply jump in and help kids out. Alternatively, you can take a problem-solving approach, cuing them to resolve their own problems and take responsibility for their concerns. 'What can you do to make her stop annoying you?' 'What's the best approach to take with your teacher?' 'Socks, smocks! Where might they be?'
2. **Ask good questions to prompt problem-solving:** A problem-solving approach relies on asking good questions, which can be challenging if you are used to solving your child's problems. The first question when a child brings you a problem should be: 'Can you handle this on your own?' Next should be, 'What do you want me to do to help you solve the problem?' These questions are not meant to deter children from coming to you; rather, to encourage and teach them to start working through their own concerns themselves.
3. **Coach them through problems and concerns:** So, your child feels she was unfairly left out of a school sports team by a teacher and asks you get involved. The easiest solution may be to meet with the teacher and find out what's going on. You may or not resolve the problem but in doing so you are teaching a child to become dependent on you. Alternatively, you could coach your child to speak to the teacher herself and find out why she was left out. Obviously, there are times when children need their parents to be advocates for them such as when they are being bullied, but we need to make the most of the opportunities for children to speak for themselves. Better to help your child find the right words to use and discuss the best way to approach another person when they have problems. These are great skills to take into adulthood.
4. **Prepare kids for problems and contingencies:** You may coach your child to be independent – walk to school, spend some time alone at home (when old enough), catch a train with friends – but does he know what to do in an emergency? What happens if he comes home after school and the house is locked? Who should he go to? Discuss different scenarios with children whenever they enter new or potentially risky situations so that they won't fall apart when things don't go their way. Remember the Boy Scouts motto – be prepared!
5. **Show a little faith:** Sometimes you've got to show faith in children. We can easily trip them up with our negative expectations, such as by saying 'Don't spill it!' to a child who is carrying a glass filled with water. Of course, your child doesn't want to spill it but you've just conveyed your expectations with that statement. We need to be careful that we don't sabotage children's efforts to be independent problem-solvers with comments such as, 'Now don't stuff it up!' 'You'll be okay ... won't you?' 'You're not very good at looking after yourself!'
6. **Applaud mistakes and stuff-ups:** Would a child who accidentally breaks a plate in your family while emptying the dishwasher be met with a 'That's really annoying, you can be clumsy sometimes' response or an 'It doesn't matter, thanks for your help' type of response? Hopefully it won't be the first response, because nothing shuts a child's natural tendencies to extend themselves down quicker than an adult who can't abide mistakes. If you have a low-risk-taking, perfectionist, consider throwing a little party rather than making a fuss when they make errors so they can learn that mistakes don't reflect on them personally, and that the sun will still shine even if they break a plate, tell a joke that falls flat or don't get a perfect examination score.

(This is an extract from Michael Grose's Parenting Ideas)

Thank You: Thank you to our wonderful P&C for their dedication and contribution to learning at Seaham Public. We have been able to purchase thousands of dollars worth of home reading and classroom readers for our classrooms and students. Our P&C generously donated \$2500 to assist with this purchase.

Maths also benefited from our P&C with \$1000 being donated to help purchase resources. (Photos will be inserted next week).

In addition to this, we also have a commitment of \$1000 for Science, \$1000 for Technology Games and \$2500 to purchase extra iPads.

On behalf our school we thank not only our P&C committee but our families and school community for their support with fundraising throughout the year.



Working with Children Check

To further comply with the Departments Working with Children Guidelines, can all of our volunteers please complete the below and return to our school office as a matter of priority. If you have previously given our office your WWC number, please disregard the last box.

If you volunteer in any capacity within our school, please ensure that you have applied for your Working with Children Check. If you do not have internet access to make the initial application, please contact our office and we will be able to assist you with this process.

Please follow the steps to complete this process.

- go to www.newcheck.kids.nsw.gov.au
- Click the start here button on the right hand side of the page. You will be taken to a new page.
- Click the apply for your check tab to the right of the page. (Green Tab)
- Select Blue Tab Continue & Apply
- Complete form. If you are a volunteer ensure that you select "volunteer" in the section, "purpose for check"
- Select Volunteer under the purpose check tab
- In the child related sector, Parent Volunteer—Other.
- Continue the application following the prompts and hit next.
- You will need to also complete the known as other name section if you known by any other name but your Maiden name.
- The second page is the consent form, which you will need to tick both boxes, and complete the verification code given.
- Please print out or copy the New Application Receipt, add your name to the top of the print out and either give to the office or email it seaham-p.school@det.nsw.edu.au
- You will now need to take this receipt to a NSW Motor Registry or NSW Council Agency to verify your identity. Attached is the proof of identity documentation that you will need.
- Once the verification process is complete (which will take approx. 4 weeks) at the NSW Motor Registry or NSW Council Agency, you will be issued with your WWC number.
- Once you have received the WWC number and documentation, please give a copy to the school office.

Title	
Last Name	
Maiden Name	
First Name	
Middle Name	
Town of Birth	
State of Birth	
Address Line	
Home Phone	
Mobile Phone	
Work Phone	
Email Address	
WWWC NO:	