



Edi the Egret

Respectful

Responsible

Learners

LIVE – LEARN – CARE

Principal's Message

Welcome to week eight at Seaham Public School. The term is certainly moving quickly. Shortly we will be half way through the school year, with information about half year interviews being issued soon. These interviews are a great chance to touch base with your child's teacher about their progress at school. It is also a good time to have that conversation with your child about how they think they are going and what they feel they need help with. This includes their PBL contract. All students should know what they have achieved and what they need to work on in terms of their contract.

Starstruck: As reported last week, Starstruck will conclude this week with a performance on Friday and Saturday. Best of luck to all students and teachers involved in this great Public Education Event.

Hunter Rugby Team: Congratulations to Harper Collins who has been selected in the Hunter Rugby Team. Harper excels at many sports and we wish him well. He is also involved in representative rugby leave next week which is an outstanding performance.

After School Care: We welcomed staff from Port Stephens Council this week who have taken over our after school care from Karen. The transition was very smooth and we welcome Mel and her team to our school community.

PBL Assembly : Letters will be going home soon to those students who will be receiving their PBL Badge at our next PBL Assembly held next **Friday, 23 June - 2pm**. Parents and families are welcome to attend. Congratulations to those students!

PSSA Boys & Girls Touch Football Knockout: Touch Football was postponed due to the wet weather and has been rescheduled for Tuesday 27 June. New permission notes for this date will be sent home.

Parent Teacher Interviews: Interviews will be held from week two of term three. Notes will be sent home shortly advising the days and times offered for each class. Bookings can be made by either returning your note or completing the Skoolbag e-form.

Life Education: 28-30 June: Payment for this program is now due. If you had an outstanding balance, please make payments per cash/cheque or via our P.O.P.



Dates For Diaries 2017

Tuesday 20 June Public Speaking Finals
Wednesday 21 June Fete Meeting—6pm in Library
Friday 23 June PBL Assembly
Tuesday 27 June School Disco
Wednesday-Friday 28/29/30 June Life Education Program
Friday 30 June End of Term 2
Week 2 of Term 2 Parent Teacher Interviews Scheduled
Mon-Tuesday 14 August Teen Talk Year 5 & 6
Monday 23 October 5 week Kindergarten Orientation Program commences for 2018
Friday 3 November School Fete
Tuesday-Friday 7/10 November Stage 3 Canberra Excursion
Monday 20 November Last week of Kindy Orientation
Tuesday 5 December Orientation Days for High School
Wednesday 5 December Annual Day & Night School Presentation
Tuesday 12 December Year 6 Farewell
Friday 15 December End of Term 4 for students only

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.

Canteen Roster 2017

Canteen: Reminder that our canteen has added to their menu for winter only, the very popular

- ♦ Hot Milo @\$1.00

Canteen Volunteer Needed: Our canteen requires a volunteer for next Thursday, 22 June. Please contact Allison Taylor on 4996 4540 or 0468 742 214.

Stage Two Swimming Program (Years 3-4): Notes have been forwarded home today to students in Years 3-4 for the upcoming Swimming Program that will commence in Week One of next Term. Please note that this was invoiced at the beginning of the school year. If you are not sure if you have paid, please contact our school office.

School Disco: (Year 6 Fundraiser) is being held on Tuesday 27 June. Kinder, Year 1 and Year 2 will attend the first session at 5:30-6.30 pm. Years 3-6 attend the second session at 6:45-8:00 pm. Entry will be \$5. Drinks \$1 and popcorn \$3 will be available at the disco.

Working With Children: Working with Children Checks are a high priority for schools to enable a safe environment for our students. At Seaham Public School, our preference is for families to complete their WWC check. This check goes through the various data bases available and once cleared you will be given a WWC Number. However if this is not possible, a Appendix 5 Declaration must be completed with 100 points of ID given to the school. This process applies to all parents or close relatives who volunteer at their child's school. This includes day to day reading helpers, canteen helpers, events outside of the school grounds, parent helpers on excursions and assistant coaches of various sports. Notes have been sent home to volunteers who need to fulfil this requirement. We appreciate your support, and please do not hesitate to contact our school office if you need to discuss this further.

Tissue Box Donations: Thank you to those families who have responded to our request for tissue box donations. As we are in the colder months, of course tissues are in high demand and we are constantly updating our stocks. We do however, encourage all families to donate one box of tissues (per family) per year, to assist with this need. All tissue box donations can be delivered to our school office. Thank you again.



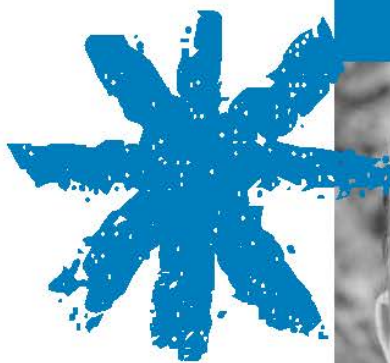
Music Lessons: Lara Thompson having piano lesson with piano tutor; Miss Rachel Scheman in the school hall.



Exciting News: Our egg layers have arrived! We welcome six new hens to Seaham Public School. Thank you to Mrs Lawler who organises and oversees the care of our school chickens and to the several senior students who are responsible for the daily egg collection and monitoring.

Office will be closed Tuesday mornings from 8.30am-9.00am: Our school office will be closed on Tuesday mornings from 8.30am-9.00am. All emergencies can be directed to the teacher on playground duty.

Friday 16 June Angela Bowden Tricia Haynes
Monday 19 June Alison Drew
Tuesday 20 June Jodi Watson
Wednesday 21 June Chrissy Olive
Thursday 22 June Volunteer Needed
Friday 23 June Chrissy Olive



Parenting the in-between years

By Michael Grose

The in-between 'tween' years can be challenging for parents. Here's 5 ways for parents to negotiate these years.

Toddlers and teenagers have traditionally been the stages that are most problematic for parents. Toddlers have a bad reputation as their body outgrows their brain, which is testing for a parent's patience and

their ability to manage behaviour. The teen period with its massive physical and emotional changes requires parents to make significant changes to their parenting and communication methods. Personally, this was a stage that tested my communication skills to the limit. It seemed that every conversation with one of my teenage children was like going for a job

interview. I had to concentrate on every word I said to make sure there was no misinterpretation or argument.

There's a third stage that causes stress and anxiety for parents - the tween stage. This is the age from 8 - 12-year-olds that bridges childhood and adolescence and it often goes under the radar when we talk about stressful developmental stages.

Tween issues are complex

The issues that parents face when raising toddlers such as sleep, obstinance, eating and separation worries seem simple compared to the complexities that parents face with tweens including social media, bullying, friendships and puberty.

This is an age when kids are maturing at different speeds, which can impact dramatically on how they see themselves. It seems also that the relationship between girls and their mothers can be strained during this stage, although dads and daughters aren't immune from testy times either. Boys also have difficulty negotiating this age but they have an innate naivety, which saves them from much of the angst that many girls face.

This is a stage when children need their parents but the shift to puberty and the accompanying social pressures means you may have to shift your parenting gears well before you are ready.



parenting*ideas

Parenting the in-between years

Here are five ideas to help you stay connected to your tween:

1. Spend real & close time together

Most kids are great when you get them one-on-one, but getting the chance to spend some time away from a digital device or screen with a young person today is seriously hard. But close personal time is how you can talk to your child and provide the support they need during these times of transition. Make the opportunity to spend some idle, chatting time with your tween.

2. Allow them to have two faces

Many children in the in-between years wear two faces. They have a face for the outside world of their peers and one for home and their family. The outside face maybe a little older, and have more attitude than you'd like, so try to gently manipulate that face into something softer. Recognise that the tough or older exterior maybe his or her way of coping or gaining acceptance. On the other hand, you may find your tween acts and plays like a young child while at home. Make room for this to happen.

3. Create the path for greater independence

Many children at this age want more freedom and independence, but they frequently don't know how to ask for it. Recognise that healthy development at this stage involves expanding their horizons into different areas of endeavour (hobbies, interests, subjects at school) and around their neighbourhood. Set limits, and expect them to stick to them.

Give them more responsibility, not less as they move into the tween years.

4. Explain the changes that are going on

Puberty begins as young as eight for some girls, a little later for boys. It begins before we see any changes to body shape or form. Many children battle their physiology (and their feelings) at this stage, while we parents focus on their psychology ("What's he trying out now?") so calmly explain the changes that are going on while teaching them how to manage their emotions.

5. Remember, it's not personal

I haven't met a parent who doesn't take the cutting/sarcastic/hurtful remarks that a tween can make personally. That's why parenting tweens can be hard emotional labour. It can also be a sad time as your child is moving from one stage to the next. In a sense, you give birth twice - to a child first and then again to a teen. The second gestation is longer and in some ways more painful. But life does get better and more bearable with time.

Most parents are raising tweens when they have a lot going on in their own lives. Partners, work, friends and broader family are competing for your attention at the very time when your tween maybe challenging you. If you can simplify your life even just a little during this stage you may find that some of the stresses of raising a tween start to disappear or at least seem less complex and hard to bear.



Visit our website for more ideas and information to help you raise confident and resilient young people.



Special note: I'm thrilled to announce that my latest book *Spoonfed Generation: How to raise independent children* is out. It's available at parentingideas.com.au



Students in 1/2D having been working very hard with Mrs Dybell. We love to see our students engaged in their learning. Keep up the good work 1/2D