



# North News

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## Week 4 Term 4

## Principal's Message

Swim school starts in two weeks time. There were 291 drowning deaths across Australia in 2017. That total is expected to rise for the 2018 summer season. For a country that prides itself on having a lifestyle that embraces the outdoors, we are failing to ensure all our children can swim. It is an essential skill for all young people. If your child is one of them, they must take part in the swim school for their own safety.

We have a visiting performance next week for Years 2 to 6. It is a science based program that is very engaging and educational at the same time. Please make sure you get your child's permission note in on time, it would be a shame to miss out.

Thank you to all those parents who read last week's newsletter and took the advice to treat their children's hair for head lice. It is a constant problem and really needs everyone to be proactive to get rid of them.

A reminder to everyone that children should be wearing hats while playing now. The UV rays are damaging during the day and young skin is extremely susceptible to damage caused by the sun. Hats can be purchased from the uniform shop.

Our Kindergarten orientation program starts next week. If you know of any local children who are starting school next year and have not enrolled yet, please encourage them to do so. It would be a shame to miss out on the program as it sets our kindergarten students up for a successful start to school.

**Leonie Pearson**

### TERM 4

#### Week 5

**12 November** Kindy Orientation starts  
6.30 P&C Meeting

**15 November** Incursion—A Case of Emergency

#### Week 6

**19 November** Swim School starts

**23 November** Governor Generals Sports Day

#### Week 7

**27 November** Goulburn HS Orientation

**30 November** Swim School ends

#### Week 8

**4 December** 5.30pm Mulwaree HS Info Expo

**6 December** AECG Mtg

#### Week 9

**12 December** K-2 Presentation  
7.00pm 3-6 presentation (MHS)

**13 December** Last day of Kindy orientation

**14 December** Thank You! Morning Tea

#### Week 10

**17 December** Year 6 Farewell

**19 December** Last day for students

### **2019**

**30 January** Students return

**1 February** Swimming Carnival

Term 4 Calendar

Target expectation for this week is

*Report a Problem!*

Respect

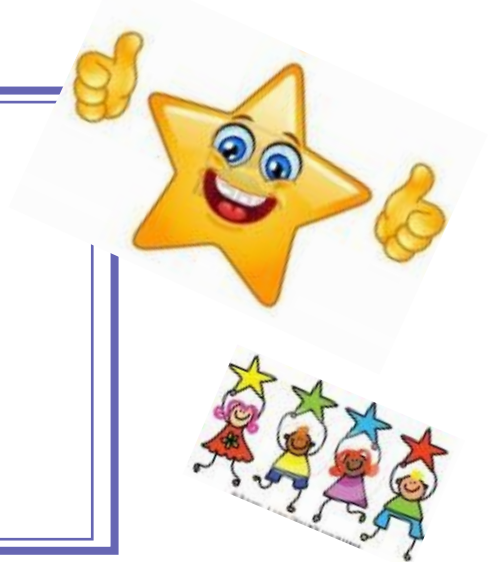
Responsibility

Co-Operation



### AWARD WINNERS WEEK 10 TERM 3

KN	Ellie Madelyn	3/4L	Jasper Harper Simon
KM	Bede Ella	3/4H	Jaida Jordyn Jaxon
1HR	Abbey Briley Riley April	3/4W	Corben Rhyan Zarah
1B	Charlotte Harrison	5/6L	Elyssa Tyrese Bella
2B	Noah Jasmine Penny	5/6W	Martika Thomas Jhy
2/3G	Shelby Guy Liam	5/6M	Amber Talea



### SPECIAL AWARDS

<b>Listening</b>	<b>5/6W 2B</b>
<b>Miss Taylor</b>	<b>Will 1HR</b>
<b>Mathletics</b>	<b>Penny 2B</b>



Our whole school social skills focus is on *Reporting a problem*.  
 Our aim is to encourage co-operation with, and care of others in all situations within the school, particularly in the way we respond to a problem that occurs when we are playing.

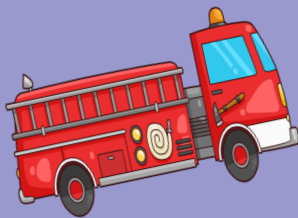
Respect

Responsibility

Co-Operation



K-2 had a visit from Towrang Rural Fire Brigade. With the predicted hot, dry summer quickly approaching it is good to know that we have such dedicated men and women supporting our greater community.



# What's been happening .....



5/6M produced very colourful abstract portraits.

See if you know who they have drawn!



Michael Grose

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MICHAEL GROSE

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## FOUR: *Sowing seeds of future success in your child*

I was pretty stoked by a recent gardening effort of mine. An olive tree, which I'd planted **seven years ago**, finally bore its first fruit. Yep, for seven years I saw no fruit! That's seven years of **constant** watering, fertilizing and weeding before I saw any results.

I felt like giving up on it long ago. I couldn't see the point! But my wife kept telling me that olive trees were slow to mature. She kept reminding me that it would come good eventually. I just had to hang in there. She was right! And the results are well worth the effort as the tree is full of olives ..... Just outside my back door.

**Raising kids is a lot like growing an olive tree .... Or any plant, for that matter.** You have to hang in there as you often don't see the results of all your efforts straight away. With some kids it takes a very long time to see the fruits of your labour. But you have to keep plugging away and doing your best as a parent. That's why patience is one of your best assets.

You also need a lot of faith in your own parenting when you raise these slow maturers. You have to believe that your efforts are having an impact, despite not seeing any results.

These are two areas in particular where parents need to be patient—developing confidence in kids and teaching kids to behave well.

### *Let's have a look at confidence building .....*

Kids up to the ages of 9 or 10 are in a heavy self-esteem building phase. The job of latency (between 4—10 years of age) is for kids to figure out 'what they can do' and 'how they fit into the various groups in their lives'. They look to parents as the significant adults in their lives, to be their self-reference system. That is, mum and dad think I am capable, so I must be!

When parents show faith, point out their strengths and support their learning efforts in a positive rather than critical ways, kids begin to build up a strong internal picture of themselves. That picture builds up over time.

The higher regard a child holds a person in, the more likely their encouraging efforts are to impact on them. That gives parents a head start over teachers, coaches and other adults in the confidence-building area.

I saw a dad recently make the most of an opportunity to impact on his ten-year-old daughter's confidence levels. The ten-year-old had a little moan to her dad about a struggle she was having with some schoolwork. He listened without interruption. Then he quietly sat next to her and let her know that he thought she'd be able to tackle this learning task, although it wouldn't be easy. He said that she was one of the most determined people he knew. He mentioned some past examples where she had really applied herself and succeeded.

I swear I saw this little girl grow about five centimetres while listening to her dad. She went off straight away to tackle the learning task with new confidence.

*Continued from page 4 .... The best of Happy Kids*

What did this dad do that was so special?

He gave her a little motivational talk. But more than this, he sowed a seed for future success by pointing out a strength, and then showing her how to apply this strength to the job at hand.

***How often do we get little opportunities like this every day to sow a seed of future success in our kids, yet we blow it because we are too busy, or just don't know how to respond?***

As parents we get plenty of opportunities to **sow seeds for future success**, we just need to recognise them and respond in a way that has an impact on kids.

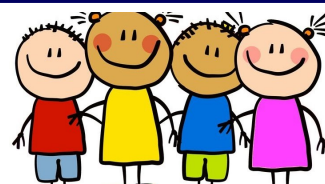
Here are three simple ways you can use straight away to sow seeds of future success in your kids:

1. **Describe their strengths.** "Gee Jess, you are so good with people. That smile of yours really puts people at ease." telling kids what they are good at develops greater understanding and becomes part of their self-reference system. Self knowledge is about the best knowledge you can develop in kids.
2. **Use the 'Confidence Sandwich' when giving kids feedback.** Kids need feedback if they are to improve in any skill. Some kids react poorly to feedback, seeing it as a criticism, rather than an opportunity to improve. If this is true of a child of yours, then sandwich feedback between two positive comments. E.g. "Your kicking was fabulous today. You got some real distance with those kicks. Your marking will improve if you ..... You should be pleased with how well you share the ball around with your team-mates."
3. **See assets in liabilities.** Poorly organised kids can be creative; stubbornness can be seen as knowing what you want, and being a poor decision-maker can be seen as flexibility. It all depends on your viewpoint.

Effective parenting is about making the most of the ordinary, everyday interactions that you have with your children on a daily basis. You get opportunities everyday to promote confidence in kids. You've just got to make the most of them.... And be patient, just as I had to be with my olive tree, as you might not see the results straight away.

But you've still got to put in the work regardless ... that takes faith, patience and persistence. Three great qualities in any parent!

If your child will be attending Goulburn North next year for Kindergarten, now is the time to put an enrolment form in. Please come to the school office and collect an enrolment form so we can get placements started.



If you have friends or neighbours who are in zone for Goulburn North could you please give them a reminder that now is the time to enrol their child.

# Canteen Roster

Term 4 2018	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 15-19 October	C L O S E D	Carol Helen	Alana Karen	C L O S E D	Wendy karen Erin
Week 2 22-26 october		Karen Kathy	Janelle Monique		Louise Erin
Week 3 29-2 November		Carol Helen	Tracy Ariana		Wendy Jill Erin
Week 4 5-9 November		Karen Mel	Denise		Alana Clare Erin
Week 5 12-16 November		Carol Helen	Alana Karen		Wendy Sally Erin
Week 6 19-23 November		Karen Kathy	Janelle Monique		Louise Erin
Week 7 26-30 November		Carol Helen	Ariana Tracy		Wendy Jill Erin
Week 8 3-7 December		Karen Mel	Denise		Erin Alana Clare
Week 9 10-14 December		Carol Helen	Alana Karen		Sally Wendy Erin
Week 10 17-20 December		Karen Kathy	Janelle Monique		Holidays!

We are always in need of volunteer to keep our canteen going, please contact the canteen manager, Karen Chandler on 0439 485 451, to discuss any times you may be available to help.

*The canteen relies on parent and community members to keep it open, so let us know if you can help.*

