Dear Parents

Our school musical rehearsals are in full swing with the students’ enthusiasm high. Next week we will have full school rehearsals to help the students get a feel for the whole production, know when to be ready to perform and to be sure of all the songs and their moves. Last week we sent home notes about costuming. The details about your child’s requirements are in this note. All in all, the school and our wonderful production team have borrowed, made and bought most of the costumes. There are a few items that we ask parents to provide. We hope that these are items that are usually found in a child’s wardrobe such as footwear, pants and tops and leggings. In order to ensure that everyone is ready, your child’s teacher will be asking to see these items next week.

**PLEASE NOTE the school production will be held at Waratah Technology High School.**

There are two performances

1.00 pm on Wednesday 28 August (Matinee)
6.45 pm on Thursday 29 August (Evening performance)

More information about production arrangements will be sent home next week.

**Tickets**

Tickets for our whole school musical are now available from the front office.

**Student medical forms**

During Term 3 and 4 we will be updating our medical records systems to ensure we have the most up to date information on your child’s health.

If you have a child with a medical condition you will receive a copy of the new forms in the mail and will need to fill them out and return them to school as soon as you can.

The good news is that we have already started collecting some of this information, which means less for you to do.

The new forms will help us collect your child’s important medical information and the introduction of the new systems will mean we will be able to better manage the daily emergency health needs of your child.

We appreciate your support as we work through this process together. Should you have any questions relating to medical information you are welcome to call.
Bus zones and parking around school
Finding a place to park around the school is never easy especially on wet or cold days; however on all days it is important to follow the road and parking rules. Please avoid parking in the school car park, loading zones, bus stops and no stopping zones. Please also be aware that police have been patrolling our school area to monitor parking and driving.

Checking information
If you require information about an incident or event please check with your child’s teacher or the front office.

Dogs in school
Please be aware that schools are dog free zones. No matter how sweet, small or well behaved the dog; it must not be brought into the grounds.

Child Protection
Child protection lessons are a mandatory component of the NSW curriculum in Personal Development, Physical Education and Health. Every year students learn about keeping themselves safe, establishing and keeping positive relationships and how to access support and help.
There is a component of these lessons which requires parental permission. That lesson is about teaching children the correct names for body parts.
If you sign the form your child will participate in child protection lessons and be taught the correct name for body parts.
If you do not sign the form your child will still participate in Child Protection lessons except when the class is being taught the correct names for body parts.
Please see the permission note in this bulletin and return it to your child’s class teacher.

Regards
Maria Williams

Cyberbullying - prevention tips for parents
The statistics around cyberbullying are sketchy, mainly because it often goes unreported. What we do know is that the likelihood of children being bullied online or over the phone increases as they get older and use technology more frequently.

When lunch comes home ... again
Almost nine out of 10 Australian parents say children's resistance is a major obstacle in their efforts to provide a healthy diet, and in many cases school lunches are one of the battlegrounds. But it’s a battle families can do without and there are some simple steps to help avoid it.

‘Canteen News’
On Monday 26 August the canteen will be cooking CREAM OF CAULIFLOWER SOUP and PESTO PASTA using vegetables from our school vegie garden. If you would like to order please fill out the form below and send back to the canteen by Friday 23 August.

Pesto pasta—$3.00 □
Soup—$2.00 □
Name—...........................................
Class—.................................

P&C News
Please check your child’s bag for Father’s day raffle tickets coming home today.

Father’s Day Stalls
August 27 and 29
We are looking for donations. There will be a donations box outside the canteen each morning.
Thank You
NB: Days differ from last year due to the musical performance.
Sausage Sizzle
New Date

Woolworths Mayfield
August 24

Come and join us for this mouth-watering event.

Volunteers Urgently Needed!
See Volunteer Form
Or Call Anne on
0448 68 88 17

2013/2014 Entertainment Book
Now Available For Only $60

Packed with hundreds of bargains with up to 50% off and 2-for-1 offers from the best restaurants, cafés, hotel accommodation, attractions and activities for kids and adults. Layby is available. Please see office for an order form.

Mayfield BBQ Volunteer Form (please return to P&C post box)

Name ________________________________

Phone ________________________________

Please Tick (√)

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<tr>
<th>Set Up 6.30 am</th>
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<th>11.00 am— 12.00 pm</th>
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CANTEEN ROSTER

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KINDERGARTEN AND PRESCHOOL
ENROLMENTS ARE NOW BEING TAKEN FOR 2014
Please contact the school office for an application form
Children must turn 5 before 31 July the year they are attending Kindergarten
Children must turn 4 before 31 July the year they are attending Preschool

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**CANTEEN PIZZA DAY Tuesday 3 September 2013**

The canteen is holding a special pizza lunch day on **Tuesday 3 September**. If you would like your child to participate in the pizza day please fill out the form below and return it to the canteen no later than **Friday 30 August**.

Lunch will consist of pizza, drink and lolly treat
**Cost : $6.00**

**No other hot food will be available on this day.**

**Name:**------------------------------------- **Class:**-------

Pizza  Cheese ☐ Vegetarian ☐ Meatlovers ☐
Poppa  Orange ☐ Apple ☐ Water ☐
Lolly treat ☐

---

**CHILD PROTECTION PERMISSION NOTE**
(please return to class teacher)

I give permission for my child ____________________________ of class ____________ to take part in the Child Protection lesson about the correct names for body parts.

Signed: ____________________________ Date: ____________________________

(Parent / Caregiver)
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<td>12 August Kids at Sea tickets on sale from office</td>
<td>13 August</td>
<td>14 August <strong>12.20 pm</strong> Yrs 5-6 Police talks 2.00 pm Yrs 3-4 Police talks</td>
<td>15 August 2.00 pm Yrs K-2 Police talks</td>
<td>16 August</td>
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<td>19 August <strong>Whole school rehearsals</strong></td>
<td>20 August</td>
<td>21 August 150 Year Anniversary 2014 Fete meeting 3.15 pm in the library</td>
<td>22 August</td>
<td>23 August <strong>Whole school assembly 11.30 am</strong></td>
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<td>26 August</td>
<td>27 August Fathers Day Stall</td>
<td>28 August <strong>School Matinee performance 1.00 pm Waratah Technology High School hall</strong></td>
<td>29 August Fathers Day Stall School Musical Evening performance 6.45 pm Waratah Technology High School hall</td>
<td>30 August Regional Athletics Carnival</td>
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<td>2 September <strong>Pizza day at the canteen</strong></td>
<td>3 September</td>
<td>4 September Kindergarten Information night for parents 6.30 pm P&amp;C talk</td>
<td>5 September</td>
<td>6 September <strong>Oakvale Farm excursion KINDERS ONLY</strong></td>
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<td>13 September <strong>11.30 whole school assembly</strong></td>
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**SCHOOL HOLIDAYS**

**SCHOOL HOLIDAYS**
Resiliency Robbers

All parents have the best of intentions when raising kids. Wanting what is best for kids can cause parents to make decisions that are not always in their (children’s) long-term best interests.

If you buy the line that the promotion of resilience is in the best interests of kids then check out the following common parenting mistakes that reduce children’s resilience.

Robber # 1:
Fight all their battles for them
Nothing wrong with going into bat when kids struggle or meet with difficulty inside or outside school but make sure this is the last resort, not the first option.

- Resilience notion # 1: Give kids the opportunity to develop their own resourcefulness.

Robber # 2:
Make their problem, your problem
Sometimes parents can take too much responsibility for issues that are really up to children to work out or decide. Here’s a clue if you are wondering what I am talking about: a jumper is something a mother puts on her son when she is cold!

- Resilience notion # 2: Make their problem, their problem.

Robber # 3:
Give kids too much voice
In this era of giving children a voice it is easy to go overboard and allow them too much of a say in what happens to them. Kids often take the easy option to avoid hard or unpleasant situations.

- Resilience notion # 3: Make decisions for kids and expect them to adjust and cope.

Robber # 4:
Put unrealistic or relentless pressure on kids to perform
Expectations about success and achievement are important. Too low and kids will meet them. Too high and kids can give up. Too much and kids can experience anxiety.

- Resilience notion # 4: Keep expectations in line with children’s abilities and don’t put excessive pressure on them.

Robber # 5:
Let kids give in too easily
Resilient learners link success with effort. They don’t give up because they don’t like a teacher or when confronted with multi-step or more complex activities. Similarly they don’t bail out of a sporting term half way through the season because the team is not winning or they are not enjoying it.

- Resilience notion # 5: Encourage kids to complete what they have started even if the results aren’t perfect.

Robber # 6:
Neglect to develop independence
Don’t wait until they are teenagers to develop the skills of independent living. Start early and promote a broad skill set so that they can look after themselves if you are not around.

- Resilience notion # 6: Don’t routinely do for kids what they can do for themselves.

Robber # 7:
Rescue kids from challenging or stretch situations
There are many times kids are put in situations that are outside their comfort zones for a time. For instance, giving a talk, singing at the school concert or going on school camp may be challenges for some kids. They are all situations that kids usually cope with so show your confidence in them and skill them up rather than opt for avoidance.

- Resilience notion # 7: Overcoming challenges enables kids to grow and improve.

Sometimes the manageable hardships that children experience such as a friend moving away, not being invited to a party or completing a difficult school project are fabulous learning opportunities.

They help kids to stretch and grow. Dealing with them effectively also teaches kids that they are capable of coping when they meet some of life’s curve balls.

And that is a huge lesson to learn at any age.
The simplest way

to see if you're eating enough fruit & veg.

Take the Fruit & Veg Challenge!
Wipe down everything you ate and drank yesterday and see if you got the 2 serves of fruit and 5 serves of veg you need.

Did you know that in NSW 9 out of 10 parents are not eating the recommended daily amount of veg and half are not eating the recommended daily amount of fruit?

Here is an example:
Drinks: 2 cups of tea, 2x 125ml glasses of OJ, 3 glasses of water
Snacks: 1 tub yoghurt, 1 banana, 2 biscuits
Breakfast: 2 slices toast with butter and jam
Lunch: 1 medium potato with tuna and cheese, 1 apple
Dinner: Macaroni cheese, ½ cup peas, 2 slices garlic bread

This person ate 3 serves of fruit (juice only counts as one serve) and 1 serve of veg. If you’re eating less fruit or veg than you need, have a think now about how you can eat more.

The simplest way

to set a healthy example for our kids.

By eating more fruit and veg now you’ll be a healthy role model for your kids and help protect their health in the future.

What you eat influences what your children eat. This is especially important with fruit and veg because eating adequate amounts all your life can help protect you and your children against all of these:

- Coronary heart disease
- Obesity and being overweight
- Some forms of cancer
- Diabetes
- Constipation
- High blood pressure and cholesterol levels
- Asthma
- Depression
- Cataracts
- Stroke

For more information visit www.eattobeatit.com.au
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Eat It To Beat It
“Kids at Sea”
Waratah Public School
K-6 school musical

“Kids at Sea” is a very popular musical that has been performed by schools all over Australia with great songs, witty dialogue, and amusing characters. It is set in 1900 in London and the mysterious Far East.

Join us as we sail the seven seas with young Harold Sindbad, meeting pirates, mer-people, sultans, Roc Birds and ending up on Neptune’s Fabulous Treasure Island.

The show’s theme is one of fun, optimism and having a positive attitude to life.

There will be 2 performances

**Matinee performance Wednesday 28th August**
1.00 pm – Waratah Technology High School hall

**Evening and main performance Thursday 29 August**
6.45 pm – Waratah Technology High School Hall

**Tickets**

Adults $15 Children $10

Or

$50 for 2 adults and 2 children

ON SALE NOW—DON’T MISS OUT

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**KIDS AT SEA TICKETS**

Kids at Sea Tickets—can be purchased at the school office from MONDAY 12 August. They may also be ordered by using this slip and returned in an envelope to the office post box.

**(Please note tickets will only be given to an adult)**

Wednesday 28 August 2013—Matinee Performance  1.00 pm
Thursday 29 August 2013—Night Performance 6.45 pm

Cost—Adult $15.00/Children $10.00

Name

..................................................................................................................................................................................................................

Child’s name and class ........................................................................................................................................................................

Number of tickets .............................................Performance Date..................................................

Money enclosed ..........................................

I will collect tickets.  Yes/No

..............................................................................................................will collect tickets on my behalf.

Please collect tickets from Waratah Public School office