Dear Parents and Caregivers

**Band** - We would like to offer our sincere apologies for any inconvenience and miscommunication around band and tutorial times this term. I have decided to cancel band for the remainder of the year to avoid any further confusion. I will be seeking to employ new band tutors for 2015 and will provide information as it becomes available. Parents who have already paid fees for the remainder of the term will be reimbursed. If you are, or know of anyone who is interested in being a band tutor, please contact the school office on 47591196.

**Swim Scheme** – Swim scheme will commence on Monday and run on a daily basis for two weeks. Please ensure your children have sunscreen, a hat and plenty of water with them.

**Assembly** – Thanks to 3W and Mrs Williams for a fantastic assembly. Students and families thoroughly enjoyed your item. We also thank Miss Coady and Mrs Tanya Clark for their support in putting the item together. 2/3B will host next Friday’s assembly.

**P&C** – The AGM will be held at 7pm in the staffroom, followed by the regular P&C meeting. We look forward to seeing you there on Wednesday 19 November.

**Magpie Markets** – The November markets will take place on Sunday. Thanks to all students and families who have volunteered to help out with the BBQ – many hands make light work!

**Kindergarten Transition** – Our third session of the ‘Leap into Learning’ program was a huge success. If you have a child starting school next year, or if you know of anyone who will be enrolling their child in 2015, please contact the school office ASAP, as we have commenced planning and organisation processes for 2015.

**Leadership Speeches** – Our prospective leaders will be delivering their speeches to students and staff tomorrow. This activity is for staff and students only.

**Presentation Day Assembly** – The 2014 dance group will be performing at our upcoming Presentation Day assembly. If you have not had the chance to see our students dance, please come along to Presentation Day on Friday 5 December, from 9am.

Have a great weekend.

Warm regards,

Chantal Beltran  
Principal
Term 4 Calendar

**Week 7**
17-21 Nov  Swim Scheme, year 2-6
19 November  P&C Meeting 7pm
21 November  2/3B Assembly

**Week 8**
24-28 Nov  Swim Scheme, year 2-6
25 November  Kindergarten 2015 Transition

**Week 9**
1-4 December  Healthy Harold
3 December  High School Day – Year 6

**Week 10**
8 December  Kindergarten 2015 Transition
9 December  Year 6 Fun Day
10 December  Christmas Extravaganza

**Week 11**
16 December  Year 6 Farewell
17 December  Students Last day of Year

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Term 4 Merit Awards handed out 7 November 2014 for:

KB  Leo W  – his excellent reading skills
    Grace W  – her determination and effort during writing tasks

KGH  Leo G  – a wonderful effort in writing
       Yayi S  – great work in maths

IG  Matthew R  – his improving listening skills
    Bella-Rose W  – her enthusiasm for reading

1/2E  Laila D  – being a safe, respectful and responsible student
       Ethan B  – being a safe, respectful and responsible student

2/3B  Jacob H  – Improvement in handwriting
       Jarred M  – Improvement in writing tasks

3W  Trinity D  – a smooth transition into her new school. Well done!
    Marcus C  – enthusiastic participation in all areas of school life

4W  Claire K  – improvement in comprehension responses
    Annie M  – a huge improvement in handwriting
    Cameron T  – making a big effort with bookwork

5H  Olivia E  – participating well in the Aboriginal cultural talks
    Georgia H  – participating well in the Aboriginal cultural talks

6H  Faith F  – representing our school with the utmost dignity and pride at the UBMMF
    Hamish C  – representing our school with the utmost dignity and pride at the UBMMF
    Rance R  – Improved participation in kitchen lessons
    Tristan V  – improved participation in kitchen lessons
BOUNCE BACK UNITS FOR TERM 3
There are two units that are the Bounce Back Focus for this term. The first is:

COURAGE
Discussion and activities are around understanding the difference between everyday courage, heroism, thrill-seeking, risk taking and foolhardiness. Really, it is having the children understand that courage is the ability to face threatening situations that can cause strong emotions, without giving in to those feelings. Courage is needed to deal with hardships or setbacks, and help all of us to be more resilient when faced with the ups and downs of life.

Then we have – LOOKING ON THE BRIGHT SIDE
The activities in this unit look at building optimism. It focuses on gratitude, finding hope in difficult situations, learning to problem solve, finding a positive side to negative events.

KIDS MATTER SURVEY
Attached to this newsletter is a brief survey to help us gauge the effectiveness of Kids Matter / Bounce Back. Your responses will help us to improve how we provide you with information concerning this initiative.

You may find that you are approached by some of the Year 6 students with the same survey while waiting to pick your children up from school. Please just let the students know if you have completed your survey from this newsletter.

PARENT RESOURCES
Mindful Parenting - Helping parents to improve parenting while at the same time managing stress in the parenting role. There are many other resources on this site which provide guidance for parents and grandparents, information about child development, etc. kidscount.com.au

Women’s and Children’s Health Network: cyh.com
Suitable for all members of the family with some very useful children/teen information. Very user friendly.
Covers many health issues, social concerns, grief and loss.

Bedwetting:
Raising Children Network: www.raising children.net.au
(Select 'School Age' then 'Sleep' links)

Children of Parents with a Mental Illness: (COPMI) – www.copmi.net.au

Please also remember that if you have any wonderful ideas to help us plan future events, write them down and pop them in the SUGGESTION BOX in the office area.

The Kids Matter Team.
Please take a few moments to complete this survey, and return to your child’s teacher. Thank you.

1. Lawson Public School is a Kids Matter School. Do you understand what the Kids Matter framework is about?
   Yes  No

2. Do you read the Kids Matter information in the newsletter /the email?
   Yes  No

3. If so, have you found the information useful?
   Yes  No

4. Does your child talk about our Bounce Back lessons?
   (Bounce Back focuses on developing social/emotional skills and ultimately helps in building resilience.)
   Yes  No

5. Do you have any suggestions about the ways in which we can strengthen communication, and better provide information which will help you in your important role as parent?


Signed: .............................. Phone: .....................

The Kids Matter Team
Mateo really likes football but he’s not sure about playing with the local team. He thinks: “I’m not as good as the other children are. What if they don’t pass the ball to me? What if I drop it?” Mateo often stops himself from having a go at new things. He doesn’t want to look silly. He would rather let others go first so he can watch what they do. At school when the teacher asks him a question he often says, “I don’t know,” even if he does know the answer. Mateo doesn’t want to get things wrong. When he makes a mistake on his homework he gives up and says, “I can’t do it.”

His parents want him to try. “You’ve got to have a go,” his dad says, “otherwise, how will you learn?”

Children who lack confidence in their abilities sometimes try to avoid even having a go at some things. This can get frustrating for parents and carers. It can also stop children from developing the skills they need to tackle tasks confidently.

How confidence develops

For most children, starting school means spending more time on learning and less on play. It also means more expectations of them – from parents, carers, school staff and also from themselves.

Primary school children typically start out with high expectations. When they see how well they do things compared to others, their view of their own abilities often changes. They learn that they are good at some things and not so good at others. They also see how other children and school staff respond to what they do. These things influence children’s confidence in their abilities. They also influence how willing they are to have a go in situations where they feel unsure.
Confident thinking

Self-esteem is an important part of confidence. Having good self-esteem means accepting and feeling positive about yourself. Confidence is not just feeling good but also knowing you are good at something. Particular ways of thinking are very important for building confidence. Helpful ways of thinking include:

- believing that, if you try, you can succeed
- finding positive ways to cope with failure that encourage having another go
- enjoying learning for its own sake by competing with your own performance rather than that of others
- making sure that goals are achievable by breaking down large tasks or responsibilities into small steps
- being ready to help when necessary, without taking over.

How parents and carers can help

Confidence improves through building on small successes. Parents and carers (and school staff) can help by:

- explaining to children that skills develop with practice
- encouraging children to persist when they don’t succeed straight away
- praising effort, persistence and improvement
- making sure that goals are achievable by breaking down large tasks or responsibilities into small steps
- being ready to help when necessary, without taking over.

Dealing with disappointment

Everybody fails to achieve their goals sometimes. Parents and carers (and school staff) can help by:

- responding sympathetically and with encouragement (eg “That was disappointing, but at least you had a go.”)
- helping children focus on what they can change to make things better, rather than thinking that the situation is unchangeable or that there is something wrong with them (eg “What can you try that might make that work better next time?”)
- challenging ‘I can’t’ thinking by showing and saying you believe in them and reminding them of what they have achieved.

Optimistic thinking recognises what has been achieved more than what is lacking. It looks at the glass as half-full rather than half-empty.

Parents and carers can help children focus on their own effort and on achieving personal goals as the best way to measure success.

This resource is part of a range of KidsMatter Primary information sheets for families and school staff. View them all online at www.kidsmatter.edu.au
How thinking affects feelings

Understanding that what we think affects how we feel and how we behave helps children and adults learn effective ways of managing emotions. As shown in the following examples, unhelpful thoughts can lead us to feel bad about ourselves and can stop us from doing what we want to do. Helpful thoughts lead to more positive feelings and effective behaviours.

**Ben thinks:** I’m so dumb – everyone is better at school than me. Ben feels frustrated and hopeless, and he gives up on doing his homework (behaviour).

**Sharni thinks:** I’m never going to make any friends at this new school. Sharni feels worried and sad, and she refuses to go to school (behaviour).

**Rachael thinks:** I wrote a good story in class yesterday. Rachael feels proud and confident, which helps her to write the next story (behaviour).
How thinking affects feelings – continued

Some examples of unhelpful thinking and more helpful alternatives are listed in this table:

<table>
<thead>
<tr>
<th>Kinds of unhelpful thinking to look out for</th>
<th>What a child might think or say</th>
<th>A helpful alternative</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overgeneralising</td>
<td>I failed this maths test – I am hopeless at EVERYTHING.</td>
<td>I may have failed this maths test but I’m good at other things.</td>
</tr>
<tr>
<td>Black or white thinking</td>
<td>I forgot to say my line. Now the whole play is ruined.</td>
<td>I made one mistake. It doesn’t mean the whole thing is ruined.</td>
</tr>
<tr>
<td>‘Shoulds’ and ‘musts’</td>
<td>They should have known not to start the game without me.</td>
<td>I would have liked them to wait for me, but I can still join in.</td>
</tr>
<tr>
<td>Personalising</td>
<td>It’s my fault she got hurt. I should have warned her.</td>
<td>It was an accident. It’s nobody’s fault.</td>
</tr>
<tr>
<td>Magnification</td>
<td>This project is so huge I don’t know where to start. I might as well give up.</td>
<td>I can manage this if I take it step by step.</td>
</tr>
<tr>
<td>Minimisation</td>
<td>Who cares if I won an award for ‘most improved’? It doesn’t mean anything.</td>
<td>I may not have got the best marks, but I’ve still done well.</td>
</tr>
<tr>
<td>Catastrophising</td>
<td>The other team looks so good. There’s no way we can win.</td>
<td>It will be a tough match, but we can still try our hardest. We might do better than we think.</td>
</tr>
</tbody>
</table>

**Challenging unhelpful thinking**

Unhelpful thinking is very common in both children and adults. Often we don’t notice it because the thoughts happen automatically. By listening to the things children say about themselves and their experiences, parents and carers can learn to notice and gently challenge children’s unhelpful thinking. The best way to do this is to help children think through the reasons why they think a particular way. Saying things like, “I can see how you might think that, but maybe there’s another way of looking at it,” or “Let’s see how we can check that out,” are very useful for helping children change their unhelpful thinking. It can help children to know they are not wrong to have unhelpful thoughts (everybody has them), but that learning to identify and change unhelpful thinking is a way of managing their feelings better.
P&C AGM and meeting
The November P&C meeting will be the final one for 2014, and will include the AGM, followed by a regular meeting.

We will be voting for our 2015 office holders, and focus groups. If you are interested in having input into the decisions made and activities held by the P&C in 2015, think about standing for office. All parents and community members welcome. Nomination forms will be available soon.

When? Wednesday, 19th November
Starting time? AGM starts 7.00pm.
Regular meeting follows at 7.30pm
Where? Staff Room

watch this space
The end of the year is getting closer, and there are many events and activities happening at school. Please keep an eye out for notes and information about the upcoming Christmas raffle and sausage sizzle at the end of year Christmas Concert. These will both be P&C fundraising events. All money raised will go back into supporting our students and school. We would love you help and participation.

uniform shop
Don’t forget - the uniform shop is open every Wednesday morning during school terms (between 8.30 and 9.30am), near the top playground sandpit.

You are welcome to come and ask questions, and stock up on uniform supplies. If you’re not able to get to the uniform shop at this time, fill in an order form at the school office. We will fill the order as soon as possible.
magpie markets - november

The next markets for 2014 are on Sunday, 16th November 2014. If you have a child in KGH or 2/3B, you are asked to volunteer to help on the BBQ.

This market will be on the same weekend as the Mid Mountains Festival, so we may need a few more hands than usual to help.

Please contact your class rep, or fill in and return the form that you came home this week. Thanks in advance!

magpie markets 2015 – help still needed!

By now, you will have heard that we are losing some of our long term markets volunteers to high school next year. The jobs these people do help the markets run smoothly each month. This is so important to our school, because the thousands of dollars that the markets raise each year are used directly to support our students and staff.

What you may not know is that there are still gaps left, waiting to be filled. Please consider putting your hand up to help. If a few people volunteer, the work can be shared. Most jobs are only an hour or two per month. A small contribution can go a long way.

Please contact the Magpie Markets committee on any of the following contact details to find out more:

0423 324 455 (Anja)
0414 466 777 (Sarah)
magpiemarkets_lawson@hotmail.com
Dancing in Denmark

Blue Mountains dance troupe – the Wagana Aboriginal Dancers have been invited to bring 4 young dancers to perform at the 13th Dance and the Child International World Congress in Copenhagen in July 2015.

Shakira P, Jacklyn C and Olivia E from Lawson Primary School and Kirrily W from Faulconbridge Primary School will travel with Jo Clancy and Darug Singer/Songwriter Jacinta Tobin to Denmark next year to perform ‘Sum of my Ancestors’ which explores and confronts issues related to Aboriginal culture and identity. Wagana girls are learning everyday who they are, where they come from and their role in community. They have fair skin, they dance, they weave and they share stories passed down from generation to generation. They are all the Sum of their Ancestors.

Wagana have recently returned from a tour to Glasgow where they delivered workshops and performed at the Commonwealth Youth Dance Festival. Wagana’s Artistic Director Jo Clancy said ‘the level of interest in Aboriginal culture, people and dance from the 400 young people we shared our workshops with in Glasgow was overwhelmingly positive and our performance evoked tears and much applause from our audience.’

Wagana are thrilled to have another opportunity to share Darug and Wiradjuri Aboriginal culture at an international event and to showcase the richness of our dance, language and art. The girls are also very proud and humbled to go overseas and represent their families, their community and their culture.

If you would like to sponsor Wagana’s Denmark tour or make a donation you can call Jo on 0409 651 290 or email jo.clancy@bigpond.com Wagana are auspiced by the Blue Mountains Aboriginal Culture and Resource Centre.
FUNDRAISING for the Wagana Aboriginal Youth Dancers to perform at Dance & the Child International in 2015 in Copenhagen DENMARK

Under the direction of Jo Clancy and Jacinta Tobin the Wagana Aboriginal Dancers perform Contemporary Aboriginal dances inspired by the beautiful Blue Mountains country. They honor and respect the Darug and Gundungurra peoples as the traditional custodians of the Blue Mountains and aim to show their love of sharing culture through dance, music and story telling. They are thrilled to have been invited to perform at the 13th Dance and the Child International World Congress in Copenhagen July 2015.

Please help us get to Denmark by supporting our fundraising drives and special events, by making a donation or becoming a sponsor...

**MAJOR WARATAH SPONSORS - $2,000**
Waratah sponsors will be acknowledged as our major Sponsors at the Congress, on all our advertising material and at our fundraising events leading up to the Congress. We would also be happy to perform at your next event, Christmas party or AGM...

**OCHRE SPONSORS - $1,000**
Ochre sponsors will be acknowledged by us at the Congress, on our advertising material and at our fundraising events leading up to the Congress.

**DINAWAN (EMU) SPONSORS - $500**
Dinawan sponsors will be acknowledged on some of our advertising material and at our fundraising events leading up to the Congress.

Wagana are auspiced by the Blue Mountains Aboriginal Culture and Resource Centre