Dear Parents and Caregivers

We are approaching the halfway mark for term three. It has been an exceptionally busy term for the Lawson PS community.

4W Assembly – Well done to Mrs Way and students in 4W on a great assembly! Your item was enjoyed by staff, students and parent/community members. Although I was unable to attend the assembly, I was fortunate to be able to join 4W for their rehearsal on Thursday – what a talented group of students! Congratulations also, to all merit award recipients, workers of the week and those students who received sporting ribbons! 1/2E will host our next assembly.

Participation in Extra-curricular Activities - Students at Lawson PS are fortunate to be given access to a great deal of extra-curricular activities. Any students representing the school in such activities will be required to wear full school uniform. As participation in extra-curricular activities is a privilege, students who have had negative behaviour entries in the 10 weeks prior will not be invited to take part.

Premier’s Spelling Bee – Our school spelling bee will take place on Friday. We congratulate the representatives from each stage and wish you all the very best as you take part in this exciting event.

ICAS Maths – The final ICAS test for 2014 took place yesterday. Well done to all students who took part.

P&C Meeting – Our next P&C meeting will be held on Wednesday 20 August at 7pm. All welcome.

Grandparent’s Day/Open Day/Book Parade – Classrooms will be open from 11:30am-12:00pm parents/carers/grandparents are able to come and view your children’s class work and room. The book parade will take place in the quad from 12:10pm until lunch, all the children are encouraged to come dressed to school as their favourite book character and participate in the parade. Parents/Carers/Grandparents are invited to stay and have a picnic lunch with their children/grandchildren.

School Attendance - The Education Act (1990) requires parents to ensure that children of compulsory school age attend school on each day that the school is open for instruction. If children are absent from school, parents are required to provide the school with an acceptable explanation within seven days of the absence. I am obliged to report apparent unresolved non-compliance with the Education Act (1990) to the local manager of the region’s Home School Liaison Program for further investigation by a home school liaison officer to help resolve the matter. The local manager will consider if further action is necessary. This may include the development of an Attendance Improvement Plan with specific targets, strategies and timelines.

Warm regards

Chantal Beltran
Principal
Term 3 Calendar

Week 5
15 August  Spelling Bee

Week 6
18 August  Nepean Dance Festival tickets go on sale at Joan Sutherland Centre 9am

Term 3 Awards handed out on 8 August for:

KB  Oscar D – his improvement in using a range of mathematical strategies  
    Hamish G – his excellent attitude towards writing tasks

KGH  Emily H – working well in reading groups  
    Levi D – wonderful work in writing

IG  Madison G – her enthusiasm for reading  
    Ben D – enthusiastic participation in mathematics

1/2E  Ethan B – being a responsible class member  
    Genevieve P – pleasing attitude to complete set tasks

2/3B  Patrick S – being a fantastic worker in class  
    Taryn B – being a great Lawson PS learner

3W  Keira K – excellent improvement in Maths well done Keira!  
    Nicholas D – trying hard in all areas Well done Nicholas!

4W  Caelan M – great responses in comprehension tasks  
    Adrian M – listening and following teacher direction

5H  Madeline W – a more focused approach to learning tasks  
    Caitlin H – working cooperatively in reading groups

6H  Tom B – excellent work in Mathematics  
    Chelsea B – trying her best in all areas

Athletics Carnival Results 2014

Congratulations to Megalong - winning house for 2014. Also, congratulations to all students who participated so enthusiastically on our Athletics Carnival day!

I would like to acknowledge all students who received ribbons at last week’s assembly for a job well done! You should all be super proud of your achievements.

A very special congratulations to the following students who set new Lawson Public School records at the carnival:

Marcus C: 8 Years Boys 100m, 16.81 seconds; 8 Years Boys 200m, 39.41 seconds  
Hannah B: 8 Years Girls 100m, 17.56 seconds  
Xavier S: 9 Years Boys 100m, 16.31 seconds; Junior Boys Long Jump 3.41 metres  
Nikhalesh C: 9 Years Boys 200m, 37.56 seconds  
Olivia E: 10 Years Girls 100m, 17.10 seconds  
Chiquita C: 12 Years Girls 100 m, 15.75 seconds  
Tyanna K: Junior Girls Long Jump, 3.40 metres; Junior Girls Shot Put, 6.12 metres  
Kea P: Senior Girls Discus, 16.71 metres

Fantastic effort everyone!

Mrs Hardge
(At Lawson Public School we look after our MENTAL WELLBEING as well as our PHYSICAL WELLBEING.)

Last term as part of our **BOUNCE BACK PROGRAM** the focus was on the **CORE VALUES** of honesty, fairness, responsibility, support, cooperation, acceptance of difference, respect, friendliness and inclusion. In letting you know about the content of the program, you might be able to reinforce these values at home as you talk with your children, whether they be younger or older. There are also many lovely books that reinforce these values, while at the same time providing a special time for talking and reading.

This term all classes will be looking at **PEOPLE BOUNCING BACK** – and of course, this relates to resilience, the capacity of people to bounce back when we face difficult times – and we all have them. Students will learn that just as the bush can regenerate, our skin can repair etc people can 'bounce back' after hardship. Suggested coping strategies will also be discussed.

For your information there is a verse that encapsulates the message of the unit:

- **Bad times don’t last.** Things always get better. Stay optimistic.
- **Other people can help if you talk to them.** Get a reality check.
- **Unhelpful thinking makes you feel more upset.** Think again.
- **Nobody is perfect – not you and not others.**
- **Concentrate on the positives (no matter how small) and use laughter.**
- **Everybody experiences sadness, hurt, failure, rejection and setbacks sometime, not just you. They are a normal part of life.** Try not to personalise them.

- **Blame fairly.** How much of what happened was due to you, to others and to bad luck or circumstances?
- **Accept what can’t be changed (but try to change what you can change first).**
- **Catastrophising exaggerates your worries.** Don’t believe the worst possible picture.
- **Keep things in perspective. It’s only part of your life.**

The message is really relevant for all of us.

Other current programs are Child Protection and Drug Education.

**SUGGESTION BOX:** Just a reminder that in the office entry there is a Suggestion Box. Please feel free to add any ideas, or lists of local services/resources that might be of benefit to the school community. Please supply your name and a contact phone. We’d encourage children too to submit ideas – along with their names and classes.

We would also like to refer you to the attached article titled: **Helping Children to Manage Feelings.**

The following list is provided for parents and carers who might like to read further about social and emotional learning:


For further information: [www.kidsmatter.edu.au](http://www.kidsmatter.edu.au)

The Kids Matter Team
Helping children to manage feelings

“Let’s go, let’s go. Come on Dad!” This is the family outing that everyone in the family has been waiting for.

Seven-year-old Voula has been up since dawn jumping around excitedly.

When Voula gets wound up it can be difficult to keep things under control. She doesn’t seem to understand that her baby brother doesn’t like her jumping around and poking at him, or that her Dad is a bit slower in the mornings and needs his space. You don’t want to dampen her enthusiasm, but you’d like her to be able to express it in ways that are less annoying to others!

Learning to manage feelings

Children’s feelings are often intense. They can be quickly taken over by feelings of excitement, frustration, fear or joy.

When feelings take over children’s behaviour, they can find it difficult to manage without adult support. This is why learning how to recognise and manage feelings is a very important part of children’s social and emotional development.

Understanding that all sorts of feelings are normal, that they can be named, and that there are ways of handling them are the first things children need to learn about feelings. Understanding that feelings affect behaviour, and being able to recognise how this happens are important steps for learning to manage feelings.

Children’s feelings are often intense. They can be quickly taken over by feelings of excitement, frustration, fear or joy.
How parents and carers can help children manage feelings

1 Notice feelings
Before we can learn how to control feelings, we first have to notice them. You can help your children notice feelings by noticing them yourself and giving them labels: happy, sad, excited, frustrated, angry, embarrassed, surprised, etcetera. Giving feelings names helps to make them more manageable for children.

Learning to pay attention to how they are feeling helps children understand that all feelings are okay and that they can have emotions without being controlled by them.

2 Talk about everyday feelings
Talking with children about what it’s like when you’re angry, sad, nervous or excited helps them find ways to express feelings without having to act them out through negative behaviours. Children learn these skills best when they hear adults and peers using words to express feelings and when they are encouraged to use words like this too.

Learning to name feelings helps children find ways to express them without having to act them out.

3 Create space for talking about difficult feelings
Although all feelings are okay, some feelings can be more difficult to cope with than others. Help children to separate a feeling from a difficult reaction by helping them name it. Being able to say or think, “I am feeling angry,” means that children don’t have to act really angry before anyone takes notice. It allows them to choose how they will respond. The same idea works with other difficult feelings like nervousness or fear.

Learning to cope with feelings helps children manage their behaviour at school and at home. It helps them learn better, relate to others better and feel better about themselves.

Things to remember:
- Learning skills for managing feelings takes practice.
- Noticing and naming feelings comes first.
- Talking about everyday feelings in normal conversations makes it easier when the difficult feelings come up.
- Talking about difficult feelings is usually best tried after the feelings have calmed down a bit, and when children, parents and carers are feeling relaxed.

Things to try at home:
- Use feeling words when you talk with children about everyday situations (eg “You scored a goal! How exciting was that!” or “It’s pretty disappointing that Kati can’t play with you today”).
- Invite children to describe their own feelings (eg “I’m feeling pretty nervous about going to the dentist. How about you?” or “How did you feel when?”).
next P&C meeting
When? **Wednesday, 20th August**
Starting time? **7.00pm**
Where? **Staff Room**

P&C meetings are a great opportunity to get informed, and have a say about what’s going on at our school. Everyone is welcome.

magpie markets

The next markets for 2014 are on **Sunday, 17th August 2014**. If you have a child in **6H or 1/2E**, you are asked to volunteer to help on the BBQ.

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

uniform shop – girls’ trousers

Last year, the uniform shop stocked a new girls’ bootleg pants, to replace both the styles (stretch and tailored). We still have few pairs of old style trousers in sizes 6-14. They can be worn as part of the school uniform, but we are selling them at $12 (instead of $25) to help us stock out. Come and stock up! Uniform shop is open from 8.30-9.30am on Wednesday.
dates for the diary

Please make a note of the following dates in your diary:

**Wednesday 20th August** - Book Week Parade & Grandparents’ Day

**Friday 29th August** - Fathers’ Day Stall

help needed - markets committee

At the end of this year, we will be losing some of our regular market volunteers to high school. These people have made a huge contribution over the years, helping to raise thousands of dollars which has been used to enrich and support our children’s and school community. Their contribution will be hugely missed.

So – in planning for the future, we are looking for new volunteers to form a Magpie Markets Committee, as well as some people to run the BBQ from 2015. If you are interested in contributing to the school in this way, please contact a P&C member, or let the school office know. Your help would be invaluable. You will receive the necessary training to the end of 2014.
Missing just one day of school has negative consequences for a student’s academic achievement, the first major study linking poor attendance to lower NAPLAN results has found.

And school attendance patterns established as early as year 1 can predict how often a student will show up to class right through high school, according to the research.

The average public school student in NSW misses almost three weeks of school each year. Australia is alarmingly slack when it comes to school attendance, with high school students skipping more days of school than almost any other developed country.

On Monday, the harmful effects of that absenteeism will be exposed by the results of a study to be presented at the Australian Council for Educational Research’s annual conference.

An analysis of the attendance records and NAPLAN results of more than 400,000 students from Western Australia found any absence from school leads to a decline in academic performance.

The study dispels the belief there is a safe level of absence students can get away with before their grades will suffer.

“We were able to show that actually every day counts and days that you’re missing in year 3 and year 5, we can detect that all the way through to year 9,” the report’s co-author, Stephen Zubrick, from the University of Western Australia, said.

“A 10-day period of unauthorised absence in a year is sufficient to drop a child about a band in the NAPLAN testing.”

Year 3 numeracy achievement in 2012 declined by 1.6 NAPLAN points for every unauthorised day of absence in the first two terms of that year.

The most startling finding, Professor Zubrick said, was that students arrive in year 1 “with their school attendance careers already in their pockets”.

“For most children, year 1 sets the pattern for what school attendance will look like in the future,” Professor Zubrick said. “You’re learning more than reading and writing. You’re learning to show up.”

Absence was found to have a greater impact on writing than it did on numeracy and reading.

While poor attendance is a problem across the socio-economic spectrum, families in affluent areas often interrupt schooling for overseas holidays.

Professor Zubrick insists his message is not about finger wagging or guilt trips, but says “we do need to recognise that when a child is standing on the Eiffel Tower, so to speak, they may be learning a lot about the world but they’re not necessarily learning everything they’d be learning at school.”

The average attendance rate for NSW public school students in 2013 was 92.6 per cent - about 14 days off per year - and has been relatively consistent over the past decade. Attendance is much poorer among high school students with the average student missing 20 days per year.

Julie Townsend, the headmistress of St Catherine’s School in Waverley, said the girls' school had a “very strict” attendance policy and did not consider a family holiday to be an appropriate reason for missing school.

“We [tell parents] that we only teach for about 185 days a year and we expect that they take their holidays during the very generous holiday period,” she said. “If the parents go - and that’s just happened this week - we call them in and we talk about the breakdown of our relationship and that our values aren’t aligned. We take a very hard line on it.”

She said acceptable grounds for leave could include compassionate reasons, health complications or the commitments of elite athletes.

In a major international survey of 15 year olds, conducted by the OECD in 2012, almost one-third of Australian students said they had skipped at least one day of school in the previous two weeks.

That means Australian students skip school more frequently than any other developed country except Turkey and Italy. In high-performing countries such as Japan and Korea that figure was less than two per cent.
The NSW Education Department’s school attendance policy states principals have the authority to grant students exemptions from school for up to 100 days per year. Reasons can include family holidays if they are “in the best educational interests of the child”, employment in the entertainment industry or participation in elite sporting events.

Ross Tarlinton, the headmaster of St Joseph’s College, said it was always his priority to maximise a student’s attendance but he would make exceptions for ill-health, family or sporting commitments and occasionally travel.

“I had a boy who went with his father who was doing some pro bono medical work in a Third World country for a short period of time to have that experience and I let him go,” he said. “That boy came back so rich for the experience.”

The head of SCEGGS Darlinghurst, Jenny Allum, said understanding that you have to show up even when something else might be more desirable is an important life lesson.

“School isn’t something you normally or mostly do. It’s something you always do,” she said.

“If you’re making a commitment to something else over school, boy that better be important.”


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Do you want to be an Aboriginal Foster Carer?

Community Services is looking for Aboriginal people willing to become a foster carer. You can be single, married, in a de facto or in a same sex relationship. You can be renting, buying or you may own your home. You can be working or not working.

As an authorised carer of a child or young person, you will receive ongoing support and you may be entitled to a carer allowance to assist you with providing care. Standard Care Allowances are detailed below:

<table>
<thead>
<tr>
<th>Children aged 0-4</th>
<th>Children 5-13</th>
<th>Children 14-15</th>
<th>Children 16-17</th>
</tr>
</thead>
<tbody>
<tr>
<td>$455 p/f</td>
<td>$513 p/f</td>
<td>$688 p/f</td>
<td>$459 p/f</td>
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</table>

For more information on becoming a foster carer please don’t hesitate to contact a staff member in the Aboriginal Foster Care Recruitment Team based at the Mt Druitt Community Services Centre on (02) 8887 7400 or you can email to james.conaty@facs.nsw.gov.au
Hazelbrook Community Soup Night

Fri 16 Aug
6pm-8pm
Hazelbrook Scout Hall
Railway Parade

Our first Soup Night was lots of fun. So join us for a bowl of beautiful hot soup and another chance to meet other members in your community and have a chatter.

Everyone Welcome!
Bring a soup to share if you can but not necessary

For more info: Contact MMNC on 47592 592 or www.mmnc.org.au
Blue Mountains Neighbourhood Centres in partnership with Australian Red Cross and the NSW Rural Fire Service present:

‘More than a fire plan’

Free community forums for the people of the Blue Mountains looking at emotional and practical preparedness.

Unsure what to do when there is a bush-fire or other emergency? Feeling confused? Not sure how to develop your own fire plan, or who to ask for help?

Join us at any of the free community forums listed below. * Registrations essential for catering purposes.

These forums are financially assisted by NRMA Insurance through its Community Grants program and supported by Blue Mountains City Council.

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>Lower Mountains Neighbourhood Centre</td>
<td>Thursday 14 August 2014</td>
<td>7-10pm</td>
<td>Sharon Burridge Hall, Blaxland Community Centre, 33 Hope Street, Blaxland 4739 1164 to register</td>
</tr>
<tr>
<td>Mid Mountains Neighbourhood Centre</td>
<td>Saturday 16 August 2014</td>
<td>2-5pm</td>
<td>Mavis Wood Hall, Mid Mountains Community Centre, New Street, Lawson 4759 2592 to register</td>
</tr>
<tr>
<td>Katoomba Neighbourhood Centre</td>
<td>Sunday 24 August 2014</td>
<td>2-5pm</td>
<td>Old Library, New Hall, Katoomba Street (arcade leading to Coles), Katoomba 4782 1117 to register</td>
</tr>
<tr>
<td>Springwood Neighbourhood Centre Co-op</td>
<td>Saturday 6 September 2014</td>
<td>2-5pm</td>
<td>Large Hall, Presbyterian Church, Macquarie Rd, Springwood 4751 3033 to register</td>
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</tbody>
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As these forums are popular and space is limited, please register early to avoid disappointment.

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Opening Night: Friday 29th August - Doors open 7.30pm for 7.45pm start.

Featuring - Panel Discussion Q&A: Artists’ Perspectives on the Archibald Prize.

Inaugural 2014 Features, Matthew Lyons, Mick Dala and Winter Magic Festival Artwork 2014 Director, Victor Paratale.

Saturday 30th August - 9.30am-6pm
Sunday 31st August - 9.30am-6.30pm
Close of Show with Simon Monnie (ABC 702).

Where
Springwood High School, Gleno Rd, Recondwbridge.

Tickets
Friday Night: $15
Includes Light Supper & Wine
Sat & Sun: Adults $5
Concession $2.50
Family $10

Tickets at door or School Office.
For more information contact (02) 4751 9261 or email springwoodartshow@gmail.com

Proudly brought to you by the Springwood High School P&C

Springwood Art Show 2014

www.springwoodartsbow.org.au

Proudly brought to you by the Springwood High School P&C
Leura Cricket Club Junior Muster Day

Sunday 17th August, 2014 at 11 am
Peter Carroll Oval Leura.

Leura cricket club is holding its annual muster/registration day for
the upcoming 2014/15 Cricket season on Sunday the 17th of August
11am at Peter Carroll oval.
The club is looking for local juniors between 8 and 16 to form sides in
the Blue Mountains Cricket Association competitions. Both boys and
girls are encouraged to play.
All interested children and parents are invited to attend.
Registration information, coaching clinics and a free sausage sizzle
will be provided. Experienced coaches will be on hand to go through
the basics and drills and introduce the kids to cricket and the club.
Sponsors will offset the one off cost of registration and all playing kit
including bats, pads, gloves etc. will be provided. A dress shirt and a
playing shirt is included in the cost of registration as is a playing
and dress cap.
So tell your parents, grab your friends or schoolmates and head down
to Peter Carroll Field at Leura at 11 am on the 17th of August and
enjoy some cricket Butcher style!
Anyone interested in playing that can’t make this date contact
the LCC president Brendan Hogan on 0401938464