Dear Parents and Carers

As the term quickly slips by, I would like to take this opportunity to acknowledge the dedicated and hardworking staff and community here at Lawson. Having only been here for 4 weeks, I am humbled to see the opportunities and experiences available for students at Lawson Public School. To name but a few:

- the choir is busy rehearsing for their engagement with the African Children’s Choir - a once in a lifetime experience. Not to mention the work of Sarah Sloss and her team who have worked tirelessly and continue to do so to ensure that the ACC’s visit to the Blue Mountains is memorable;

- the African Children’s Choir Hands on the Bus poster competition winners have been selected and will be announced at next Monday’s (May 18) welcome assembly. The three winners will put their handprints on the African Children’s Choir tour bus, promoting friendship and understanding as part of its Under One Sky national tour;

- our Cross Country Carnival was quickly reorganised and held last week at school due to the closure of Lawson Golf Course grounds. Staff and parents/caregivers worked together to ensure the Carnival was a success. We wish those students moving on to the next level of competition every success;

- our Lawson Public School Futsal teams made us proud at the Blue Mountains Futsal Gala Days. Congratulations on your results but mostly on the way you represented our school;

- the Mothers’ Day Stall organised last week by our wonderful P & C ladies was a huge success. There was much excitement from the students and some very carefully considered purchases were made. I hope you liked your special gifts;

- our dance group are in full flight with their rehearsals. Another of our mum’s, Tanya Clark, works with the dancers on a regular basis, giving up her time to ensure interested students are able to participate;

- the chess club has recommenced – again we have a wonderful parent who happily gives up his time on a Thursday afternoon to provide the opportunity for students to learn and play chess.

I know I will have missed many other activities and people who give their time to the students at Lawson Public School. On behalf of the students, I say thank you to the staff, families and community members for their ongoing commitment and enthusiasm.

Warm regards,

Corinna Robertson
Relieving Principal
Term 2 Calendar

Week 4
12-14 May  NAPLAN Year 3 & 5 students
15 May     District cross country

Week 5
18-20 May  Stage 3 Canberra Camp
18-22 May  African Children’s Choir
19 May     ICAS ICT test
21 May     Drumming incursion $5.00
22 May     3G Assembly 1.45pm

Week 6
27 May     P&C Meeting 7pm

Week 7
1 June     Stage 3 bio blitz
2 June     UBMMF rehearsal Katoomba PS
3 June     ICAS Science test
4 June     K-2 Cross country
5 June     4/5H Assembly 1.45 pm

Week 8
8 June     Public holiday NO SCHOOL

UNIVERSITY OF WESTERN SYDNEY
SCHOOL OF COMPUTING, ENGINEERING AND MATHEMATICS
PENRITH OBSERVATORY
Saturday 16 May  ASTRONOMY NIGHT
7pm – 9pm         The night will include a colourful and informative multimedia presentation, a 3D movie, a tour of the dome area and 0.6 m telescope and an opportunity to view celestial objects through the university’s telescopes.

Our programs will run regardless of the weather.
Cost: Astronomy Nights -$18 adult, $12 child/concession and $50 family
Workshops - $15 per person
Bookings are essential: Book and pay online: www.uws.edu.au/observatory, What’s On
Contact: Tel: (02)4736 0135 Email: penrithobservatory@uws.edu.au
www.uws.edu.au/observatory,
www.twitter.com/uwsobservatory
www.facebook.com/UWSObservatory

Newsletter Distribution

In keeping with our environmental approach Lawson Public school newsletter is posted on the school website for your information, however if you require a paper copy please complete the information below of your youngest child and return it to the school office.

□  Child’s name .............................................................. Class..............................................
Futsal Gala Day 2015
Our stage 2 and 3 students represented our school respectfully and courageously at the Blue Mountains Futsal Gala Days on May 1 2015 and May 8 2015. All three teams showed sportsmanship, resilience and gave every game their best shot. The Under 12’s team played 5 games and won 3, lost 1 and drew 1. They finished in equal first place. They played the grand final against Blackheath and with great team work, encouragement and skill they won 2-1! What a great day.
The Under 10’s team played three games each. They showed great skills and determination. One of the teams was undefeated and took out the day in first place. They approached the grand final cautiously but with great excitement. They didn’t stop running and never stopped giving each other encouragement which lead to a win! Lawson Public School were the winners on both gala days. Bring on next year.

Cross Country 2015
The School Cross Country Carnival was held last Thursday May 7 2015. Due to the relentless rain for the previous week, the Lawson Golf Course was closed so we had to have our carnival at school. The students adapted very well to this sudden change. Congratulations to those who participated, it was a great day and everyone supported each other in their classes and house groups. Thank you to parents/caregivers who helped out on the day and to those who came to support your child.
Congratulations to those students who made it into District. The carnival is on this Friday May 15 2015 at Blackheath Pool Park.

Live Life Well Program
All classroom teachers have been provided with Fundamental Movement Skills packs for their classrooms. These include fitness cards, pamphlets and posters. Students will be receiving pamphlets over the coming weeks to accompany and support their learning of health and nutrition. Our Crunch and Sip program is continuing to be a great success and we continue to encourage students to have fruit or vegetables in the morning session. We have also implemented the H2Go program which encourages students to drink water during class time. This improves brain function, hydration and has zero sugar. Please visit this website for further information: http://www.healthpromotion.com.au/H2O/H2O_Home.htm

Keep healthy ☺

Thank you

Miss Blunt
Understanding and managing feelings

Children’s abilities for recognising, understanding and managing their emotions are influenced by the ways the adults who care for them acknowledge and respond to their feelings. When children learn to manage their emotions they are also better able to manage their behaviour. Parents, carers and school staff can provide important support and guidance for children’s emotional development.

Helpful ways of supporting children’s emotional development

Listen and validate the child’s emotional experience

Listen to what children say and acknowledge their feelings. This helps children to identify emotions and understand how they work. Being supported in this way helps children work out how to manage their emotions. You might say, “You look worried. Is something on your mind?” or “It sounds like you’re really angry. Let’s talk about it.”

View emotions as an opportunity for connecting and teaching

Children’s emotional reactions provide ‘teachable moments’ for helping them understand emotions and learn effective ways to manage them. You might say, “I can see you’re really frustrated about having to wait for what you want. Why don’t we read a story while we’re waiting?”

Encourage problem-solving to manage emotions

Help children develop their skills for managing emotions by helping them think of different ways they could respond. You might say, “What would help you feel brave?” or “How else could you look at this?”

Set limits in a supportive way

Set limits on inappropriate behaviour so that children understand that having feelings is okay, but acting inappropriately is not. You might say, “I know you’re upset that your friend couldn’t make it over, but that does not make it okay to yell at me.”
Some unhelpful things to avoid

**Dismissing children’s emotions**
Telling children not to feel the way they do (e.g., by saying, “Don’t be scared/sad/angry”), can lead children to believe that their emotions are wrong and they are bad for having them. Remember that all feelings are okay and for children to learn how to manage them they first need to be acknowledged and understood.

**Lying to children about situations to avoid emotional reactions**
Telling children things like, “It won’t hurt a bit” (when you know it will), can actually increase the emotional reaction. It teaches them not to trust the person who has lied. It is important to communicate with children about difficult situations that affect them in ways they can understand. Providing information to children at their level, with reassurance, helps them be prepared and work out ways to manage their emotional responses.

**Shaming children for their emotions**
Sometimes adults tease children about their emotional responses or try to talk them out of feeling a certain way, which can lead feelings of shame. Saying things like, “Why are you crying like a baby?” or “You’re such a scaredy-cat!” undermines children’s confidence. Instead of helping them to feel brave it may lead them to feel guilty for experiencing that emotion.

**Ignoring children’s emotional responses**
Sometimes adults may think that the child will just grow out of their emotional responses and ignore them. This can communicate to children that their emotions are unimportant and limits their opportunities to learn effective ways of managing their emotions.
next P&C meeting – date changed

When? **Wednesday, 27th May, 7pm** (changed due to the African Children’s Choir Workshop being held on 20th May)
Where? Staff Room

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

Please make a note of this new date in your diary. Come along to hear what is happening in our school, and have your say!

Mothers’ Day stall helpers – thank you

The Mothers’ Day stall was a great success last week. Our students had the opportunity to choose lovely gifts for mum, and the money raised goes right back into supporting our school community. We want to say a huge thank you to Lisa and Kim, who were the stall coordinators. Without their hard work and collection of fantastic gifts, it wouldn’t have happened.

Thank you also to these wonderful parent helpers who helped make it happen on the day: Neige, Vanessa, Sarah, Liz, Celie, Bianca, Anja, Ondine, Julie, Graeme, Nicole, Sally, Jess, Amanda, Lina, Danielle, and Suzanne.

african children’s choir

The African Children’s Choir visit is next week, from 17-23rd May! If you haven’t purchased tickets to the public concerts you want to go to, make sure you do so soon. Tickets are available through [www.kwaya.org](http://www.kwaya.org)

Don’t forget to return your child’s note for the student workshop they will be running next Thursday 21st May.

Our school choir will have the privilege of singing with them at the concert in Blackheath, on Thursday 21st May at 7.30pm, so come along and hear two wonderful choirs join together.
magpie markets
Our markets are this **Sunday, 17th May 2015**. We look forward to seeing you there, enjoying the atmosphere and grabbing a good buy.

Classes 4/5H and the Support Unit classes are rostered on to help with the BBQ.

A note has been sent home to these classes, giving families an opportunity to volunteer. Information will also be available through your class parent rep. Your help will be **greatly appreciated**, and it's a fun way to meet others and help raise funds to support our school community.

school yearbook – help still needed
Our yearbook working group is starting to think about the 2015 edition. This small, hardworking group of volunteers is looking for interested people to join them in putting together another quality publication, full of our school community, student achievements and creativity.

*Are you interested or skilled in graphic design, or editing? Are you good at collecting information? Do you have any good photos you have taken at school events this year?* If you answer yes to any of these, and you are willing to help, please contact Vanessa Smith via email on sea.sontree226@gmail.com

uniform shop
Don’t forget – the uniform shop now has long sleeved school shirts available in the new style, and they look great!! They cost $25 each. There are also plenty of jackets, hats, beanies, girls’ tights and other winter stock available. Open 8.30-9.30am on Wednesday, or hand in an order form with payment to the office.
SCHOOL ZONE PARKING OFFENCES

Increased penalties for School Zones. Current as at 1 July 2014

Means that in the area in the direction of the arrow, you must **NOT STOP** your **vehicle** at any point on the road or kerb, unless there is a medical or other emergency.

**Maximum Penalty**

- $415
- + 2 Demerit Points

Means that you have no more than 2 minutes for drop-offs or pick-ups of passengers or goods and the driver must stay within 3 metres of your vehicle.

**Penalty**

- $173
- + 2 Demerit Points

Means that in the direction of the arrow or arrows you are not allowed to stop your vehicle unless you are driving a bus.

**Penalty**

- $311
- + 2 Demerit Points

**DOUBLE PARKING**

You are **NOT PERMITTED** to stop or park your vehicle alongside another vehicle that is already parked parallel to the kerb.

**Penalty**

- $311
- + 2 Demerit Points

- STOP in a NO STOPPING zone: $311 + 2 Demerit Points, or STOP on or near a Children’s or Pedestrian Crossing: $415 + 2 Demerit Points
- STOP on path/strip in built up area: $173 + 2 Demerit Points
- STOP or Park in a Disabled Marked Area without a permit: $519

**Please Note:** fines subject to change without notice. Current to 30 June 2015. These penalties apply to offences in school zones during posted school hours.