

NEWSLETTER

Metella Road Public School



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GROWING AND DEVELOPING TO OUR FULL POTENTIAL

Term 4 Week 2

Tuesday, 16 October, 2012



DIARY DATES:

17 Oct	Parents Auxiliary Meeting @ 2.00pm
23 Oct	Kindergarten Orientation Day 1
25 Oct	Halloween Disco
30 Oct	K-6 Assembly
31 Oct	Kindergarten Orientation Day 2
6 Nov	SRC Hat Day
8 Nov	Kindergarten Orientation Day 3
11 Nov	Remembrance Day
13 Nov	P & C Meeting @ 7.30pm
21 Nov	Parents Auxiliary Meeting @ 2.00pm
27 Nov	K-6 Assembly

PRINCIPAL'S REPORT

Dear Parents and Carers,

Welcome to Term 4 Week 2

Intelligence plus character-that is the goal of true education.

[Martin Luther King Jr.](#)

Iphone App



Metella Road Public School has its own Iphone App! The application provides instant notifications, photos and a calendar. The company plan to release the application for Android and Windows phones later in the year. For members of the community who do not have a smartphone, there is also a website link: <http://metellardps.myauschools.com/authentication/login>

The iPhone application is available through Apple's App Store. Visit the App Store, search for Metella Road Public School and download the free application. The username is **community** and the password is **metellard**. It is used for both the Iphone application and the website.

Student Leadership Policy

There are a few changes to our Student Leadership Policy that I would like to make you aware of. We will continue to have ten student leaders in 2013, and although we will aim to have five girls and five boys, the best ten student leaders will be chosen to lead our school. As well, students from Years 2 to Year 5 will vote for student leaders. Students wishing to become student leaders will apply through the application process and the top twenty (or more if the Student Leadership Team decides) will create a speech to present to the school assembly. Also Sport Leadership positions will be chosen during Term 1 2013. This will allow students to concentrate on applying for Student Leadership positions and not need to create two speeches and apply for two different positions at the same time. Successful student leaders will be announced at the Presentation Day Assembly. Parents will be invited to attend the assembly.

Kindergarten Orientation 23 October

We are all looking forward to our first Kindergarten Orientation next Tuesday morning for our new Metella Road students for 2013. It will run from 9.00am – 11.00am. Students will enjoy activities in the classrooms while parents will listen to an information session on the Best Start Kindergarten Assessment, an explanation of our school rules and expectations, Positive Behaviour for Learning and the Kindergarten Starter Packs and what is included in them.

Quakers Hill High school

The Orientation Day for Quakers Hill HS will be held on Thursday 29 November 2012. The Year 6 Parent Information Evening will be Wednesday 28 November.

.....Mr P. D'Ermilio,
Principal

STEWART HOUSE AND SMITH FAMILY CLOTHING APPEAL

Stewart House clothing bags have been sent home. We are asking for donations of good quality wearable clothing and shoes, also we will gratefully accept blankets. Your donation helps both organisations raise much needed funds to continue this important support for disadvantaged children in our communities. Please return these bags to the Library **before Friday, 2 November.**

PSSA NEWS

The summer PSSA competition games will be played as follows:

Friday, 19 October

AFL vs Beresford Rd @ Binalong Oval
Softball vs Darcy Rd PS @ Darling St
T-Ball vs Beresford Rd PS @ Darling St
Newcombe Ball vs Toongabbie PS @ Metella Rd
Cricket vs Toongabbie PS @ Binalong Oval

Friday, 26 October

AFL vs Westmead PS @ Binalong Oval
Softball vs Toongabbie PS @ Parramatta Park
T-Ball vs Westmead PS @ Parramatta Park
Newcombe Ball vs Girraween PS @ Girraween PS
Cricket vs Girraween PS @ Girraween Oval

.....Mr Calnan
PSSA Co ordinator

MULTILIT MORNING READING TRAINING WORKSHOPS

I will be running some training workshops for the MultiLit Morning Reading Program in the Palace (Morning Reading Room) over the next few weeks:

- Thursday 18 October 3:15-3:45 "Teaching Word Attack Skills"
- Thursday 25 October 3:15-3:45 "Teaching Sight Word Skills"
- Thursday 1 December 3:15-3:45 "Teaching Reinforced Reading Skills"

All are welcome.

.....A. Hands
Reading Recovery and Multilit Co ordinator

BOOK CLUB

Book Club Issue 7 was given to students today and orders are due back to school on or before next **Wednesday 24 October**. Please fill out the order form on the back of the brochure with name, class and items you are ordering (this is extremely important if you would like to receive your order). If paying by credit card you will need to follow the instructions for paying online or by phone. If paying by cheque, make cheques payable to Scholastic Australia. Cash payments need to be correct money (no foreign coins). Please place order and payment (or credit card receipt) in an envelope with child's name and class marked on the front.

It is extremely important that orders are received on or

before Wednesday 24 October to enable the orders to be collated.

.....Mrs Martin

PARENTS AUXILIARY NEWS

Sunscreen Order: We hope that you have all received your Sunscreen order form and will support the school by purchasing some for your family. The order forms need to be returned to the office by **Friday 19 October**.

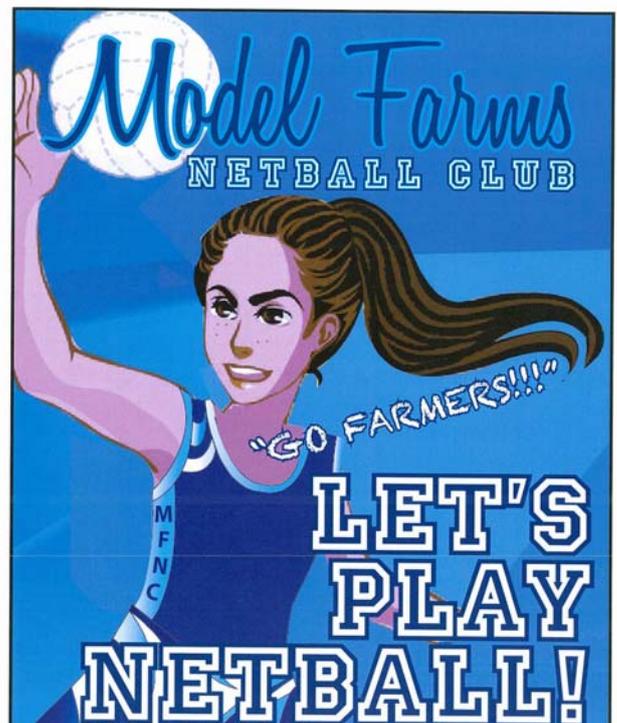
The Toy Warehouse Shopping Trip is on again to the Toy Warehouse at Glendenning, tickets are \$3 each. The start time is 6.30pm and it will be on Tuesday 20th November – sorry no children. Please place a note with your name, child's name, child's class and contact numbers in the P & C box in the office. Any queries please contact Michelle on 0413 584 437. Ticket numbers are limited, so you will need to have your order in as soon as possible.

Our **next meeting** will be Wednesday, 17 October at 2pm. Please note the meeting will be held in the **Connected Classroom**. Everyone welcome.

.....Parents Auxiliary Committee

AUSTRALIAN GIRLS CHOIR OPEN DAY

Congratulations to girls in Years 2-6 who recently took part in the AGC assessment workshop at school. By now you should have received your personalised assessment report either posted to your home or via your school. Girls in Kindergarten and Year 1 have received the flyer about the AGC Open day and we hope that you will be able to join us! Everyone is welcome to come along to the Open Day which will give girls the opportunity to try a free class and attend the information session. Phone 9922 6733 for more information or visit www.aspagroup.com.au



MODEL FARMS REGISTRATION DAY

Saturday October 13th 2012
Winston Hills Mall, 10am - 4pm
www.modelfarms-netball.com
modelfarmsnetball@gmail.com

INSIGHTS

by Michael Grose – No. 1 parenting educator



Give your parenting a spring clean

With spring in the air there is no better time for a little parenting spring clean to make sure you are on track to raise happy, confident and resilient kids.

Every parent I know wants be the best parent they can be. Yet despite the best intentions it's easy to develop poor parenting habits that don't do our kids any favours.

With spring in the air there is no better time for a little parenting spring clean to make sure you are on track to raise happy, confident and resilient kids.

Here is a checklist of **10 parenting ideas** designed to help you put some **psychological muscle** on your kids:

- 1. Encourage effort and improvement more than results:** Descriptive praise is better than generalities. Better still, as kids get older focus your comments more on effort, improvement and contribution than on results. And don't make your kids reliant on what you think about them as their source of self-esteem.
- 2. Get kids to help without being paid:** A little payment for jobs is okay, but don't go overboard. Teach kids what's in it for 'we' not 'me'. By the way, the use of rosters is a great way to get kids to help.
- 3. Balance free time with organised time:** For learning reasons (kids learn a lot when play and activities are self-directed) and mental health reasons make sure kids have plenty of **MOOCH** time.
- 4. NO deals with kids:** If you bribe kids to behave well you teach them that they get what they negotiate. That's hard work in family life. Better to give them a treat after they've behaved well as a show of appreciation rather than make their good behaviour contingent on a reward, also known as bribery.
- 5. Train your kids to speak for themselves:** Give your kids the words they need to speak for themselves in all situations including when they are not with you.
- 6. When kids can, they do (make lunches, get themselves up, etc):** Sometimes we do things for kids that make us feel like a mum or a dad. Your job is to make yourself redundant as a parent so teach your kids to do/make/speak for themselves and work your way out of a job. **NB: You will never become redundant as a mum or a dad.**
- 7. Don't give them things just because they ask:** Character is built through impulse control. Resist giving them what they want even if you have the capacity to do so. **Waiting, saving and goal-setting** are admirable skills that are developed through scarcity.

8. Give kids a chance to sort out their fights and squabbles: The default mechanism for most sibling conflict is compromise. We've just got to give kids a chance to work things out themselves. There are legitimate times to get involved but we need to know what we are doing and why.

9. Use consequences to develop responsibility: Don't rescue kids when they leave that school lunch at home, when they are late for school or they are less than pleasant to another child. *Allow consequences to teach your kids the important lessons of life.* You mess up sometimes but you can make up and/or move on – and you can learn from the experience.

10. Put the camera down – be in the moment: Make sure your mind is where your body is and be fully present when you are with your kids. Take more mental pictures than photos and build their family memories.

This checklist is designed to stimulate some thinking and conversation about your current child-rearing practice. It's not intended as a template for good parenting. It may even stimulate you to do less of some things and more of others. Incremental change is how we become better at most endeavours, including raising children.



INSIGHTS

by Michael Grose – No. 1 parenting educator



Increase good feelings at home

Family harmony is linked to good will and positive emotions. Here's how to increase good feelings in your family and make your home a happy place.



Strong families thrive on good feelings.

They are not devoid of conflict or criticism, but generally strong families are pleasant environments to be part of.

One way to increase good feelings in your family is to increase the number of compliments.

As a general rule, the ratio of compliments to criticism should be around **five to one**. That is, there should be five times more positive, affirmative comments than negative comments.

In unhealthy families this ratio is reversed. When the ratio gets to around five negative comments for every one positive comment, families can be quite toxic.

How does your family rate on this scale?

If you use children only as a measure I suspect that the compliment to criticism ratio will be a little scary.

Some siblings can be unkind to each other, and find it hard to say a pleasant word. This skews the ratio a lot and can make family life awful for everyone. **BUT** this can change over time.

Here are five ideas to help you alter the **compliments to criticisms** ratio:

1. Increase your own number of affirmations, compliments, affectionate phrases and kind remarks in order to skew the ratio a bit. Aim for a seven to one ratio. Not only is this good modelling for your kids, but it will make family-life more harmonious.

2. Keep a check on your use of good feeling (and self-esteem) killers. Eradicate comments such as: "Typical boy!" "If I've told you once I've told you a thousand times, don't..." "What a stupid thing to say to your brother/sister!" Bite your tongue rather than say what you may be thinking.

3. Make kids aware of their language and the potential harm to self-esteem, not to mention family harmony, that constant criticism can cause. Use "I" statements to let kids know the impact of their negative talk on you. "When you talk so aggressively I feel quite scared about what you are going to do next." It's impossible for kids to disagree with "I" statements.

4. Develop the habit of following up a negative with a positive. When I was teaching I always tried to follow up the disciplining of a student with a compliment or some positive feedback so that we could maintain a good relationship. Do the same in your family. Follow up discipline, a rebuke or a negative comment with a positive act or comment. **TEACH YOUR KIDS TO DO THE SAME!**

5. Let the bad feelings out. Sometimes there can be such a build-up of ill-will between siblings that you need to let the bad feelings out. One way to do this is let a child vent to you about their sibling. You may not like what you hear but a clearing of the air can work wonders in terms of improving the family atmosphere.

All these suggestions start with you.

Like everything in family life, whatever you want from your kids, you must do first. So to increase good feelings in your home aim to keep to the compliment to criticism ratio at five to one or more!



Gooden Reserve Netball Association

Northmead Uniting Netball Club

Northmead Uniting Netball Club is a member of the Gooden Reserve Netball Association. This is a local community competition held on Saturday afternoons at Gooden Reserve in Baulkham Hills. We are committed to maintaining a low cost competition that has a friendly, safe and welcoming environment where girls of all skill levels can participate.

2013 REGISTRATION COSTS

These fees are a one-off payment which covers the **entire season**.

Fun Net: \$40
Under 16's: \$65
Over 16's: \$70

Season starting 6 April 2013

Registration day will be held on Saturday 27th October at Winston Hills shopping centre from 8am-12pm near the food court. Come along to register or ask any questions!

Or register now at:

www.goodenreservenetball.com

or call 0423 126 278

REGISTER NOW TO MAKE SURE YOU GET A PLACE!

Fun Net

For ages 5 – 7 we have Fun Net, which teaches ball skills, the rules of the game and teamwork. Fun net is held every Saturday at 12.30.

Junior Competition

Our junior competition is open to everyone, including those who have not played previously. Games are held every Saturday at 12.40pm or 2.00pm.

Adults Competition

Our adults division is a social competition with a fun, friendly atmosphere. We have players who join after not having played for years and even those who have never played. This is the perfect competition to join with a group of friends for some exercise and fun! We are also happy to receive individual registrations to join existing teams. Games are held every Saturday at 12.40pm or 2.00pm.

ROAD SAFETY FACT SHEET

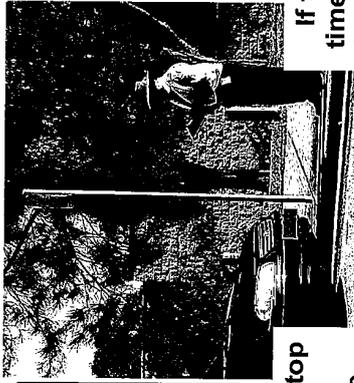
Parking Rules & Penalties
From 1 July 2012



Bus Zone



You must not stop at the times shown on the sign.



If there are no times on the sign then you must not stop at any time.

Stopping includes when the vehicle is not moving but the engine is still running

School Zone
Fine from \$298 + 2 demerit points
All other roads, fine from \$232

For more information contact the Blacktown City Council on 9839 6000

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