



Stroud Road Public School and Community Newsletter

Monday, 15th May 2017

I do hope that all the mothers had a wonderful Mother's Day on Sunday, enjoying time with your children and family.

REMINDERS FOR SCHOOLS DAYS

Monday: Canteen (recess and lunch)

Tuesday:

Wednesday: School banking, Story Sharing (news)

Thursday: Canteen (recess)

Friday: Sport, recorders, music, library borrowing

STANDOUT STUDENT AWARDS

Congratulations to Bronte Cooper who received the most ticks for week 3 and will receive a certificate and a voucher for a packet of chips or an ice block from the canteen.



TEXTBOOK PAYMENT

In lieu of a voluntary contribution we ask parents to contribute towards the cost of your child's textbooks. Please send in your payment ASAP.

NAPLAN 2017

NAPLAN assessments for Year three and five took place last week. Well done to all the students who took part. I know you all did your best. Individual student reports will be distributed to parents in September.

AUTHOR VISIT

On Monday, 22nd May we have been invited to participate in the Great Books Festival at Stroud Public School. MidCoast Council has arranged for Jules Faber to present a workshop to the students as part of this festival. Please find attached information and permission note regarding this workshop.

ZONE CROSS COUNTRY

Congratulations to Nicholas, Hayley E and Madeline who ran in the cross country on Friday. We know that you would have ran the best you could and we are proud of your achievements.

KICK ART

Students again participated in Kick Art on Thursday. The students made sculptures and artwork depicting various feelings and emotions. Students are thoroughly enjoying the art activities which can be seen by their engagement and eagerness to participate. Their art will be added to their art portfolios. Well done everyone!



HORSE TALES

Year 6 students participated in Horse Tales last week. All students comments were extremely positive and as one student said 'It was awesome!'. Horse Tales will continue throughout the term on a Thursday.

SCHOOL PHOTOS – CHANGE OF DATE

School photos will now be taken place on Friday, 19th May. The date has been changed due to Smartbots. Sibling and leader envelopes are available from the office. Could students please wear winter uniforms for the photo.

The photos will be taken at 11.00am. I apologise for the change of date.

TUNING INTO TEENS

Tuning into Teens will continue on a Monday afternoon from 1.30pm. Thankyou to all parents who have attended and participated in the information/sharing sessions. I would continue to encourage all parents of near teens to attend these informative sessions.

SMART BOTS

On Wednesday, 17th May we will be attending a SMARTbots program at Stroud School. This will be presented by the University of Newcastle and will be introducing the students to coding and robotics in a fun and interactive show. We are very lucky to be able to participate in this program. The cost of the program is \$2.50 per student and transport will be required to and from Stroud Public School. Thankyou in anticipation of your support.

Please return permission notes and payment by tomorrow to enable transport to be finalised.

TEEN TALK

Year six students will have the opportunity to participate in Teen Talk at Stroud Public School on Tuesday, 23rd May. Permission note is attached.

GARDENING

Thankyou to the children who have assisted in weeding and planting our winter vegetable garden. We are hoping that the children will be able to prepare and cook the produce for hot lunches sometime in the future. So far we have planted peas, radish, spinach, mixed herbs and lettuce.



WALK SAFELY TO SCHOOL

On Friday, 19th May it is Walk Safely to School day. The aim is to encourage children to lead a healthier, more active lifestyle by simply including a walk at the beginning and end of each day. The idea is to ensure that each Australian child achieves at least 60 minutes of exercise a day to help prevent obesity and other health problems.

To recognise this day we will be meeting at the park near the Stroud Road Fire Shed at 8.30am so that we can all walk to school together. We would love to see you all involved in this activity.

HOT LUNCH

On Thursday we will be having hot lunch. Hot lunch will consist of hotdogs and a dessert. The cost will be \$5.00 per student. Thankyou Molly for organising this.

P&C MEETING

The P&C Meeting will be held this Friday at 1.00pm. I would like to encourage as many as possible to attend. The work you do for the students and the school is amazing and greatly appreciated.

PREMIER'S SPELLING BEE

The 2017 Premier's Spelling Bee entries will close on the 30th June 2017. This is open to any students in Years 3, 4, 5 and 6. If you would like to enter your child in this competition please see Kath in the office for further details.



SCHOOL ATTENDANCE

Just a reminder about attendance. Consistent attendance is very important for student learning. If you can organise appointments, family holidays and extra activities outside of school hours then this would be very beneficial to your child's learning. Your child's absence needs to be explained within 7 days by either phone, note, email or the skoolbag app. A doctor's certificate is required if he or she is sick for three days or more.



Best wishes to everyone celebrating a birthday this week.

WEEK 4

Wednesday 17th May Smartbots at Stroud PS
Thursday 18th May Horse Tales Yr 6
Canteen recess only
Hot Lunch
Friday 19th May Walk Safely to School Day
School Photos
P&C Meeting 1.00pm

WEEK 5

Monday 22nd May Tuning into Teens
Canteen
Tuesday 23rd May Author Visit at Stroud PS
Teen Talk
K/1/2 Wetlands Excursion
Thursday 25th May Horse Tales Yr 6
Canteen recess only
Friday 26th May Tenders close 5.00pm

WEEK 6

Monday 29th May Tuning into Teens
Canteen
Thursday 1st June Horse Tales Yr 6
Canteen recess only

WEEK 7

Monday 5th June Tuning into Teens
Canteen
Wednesday 7th June Boating Safety Presentation
Thursday 8th June Horse Tales Yr 6
Canteen recess only

WEEK 8

Monday 12th June Queen's Birthday Public Hol
Thursday 15th June Canteen recess only

WEEK 9

Monday 19th June Canteen
Wednesday 21st June Performance @ GHS
Thursday 22nd June Assembly
Canteen recess only

WEEK 10

Monday 26th June Canteen
Tuesday 29th June Canteen recess only
Friday 30th June Last Day Term 2
Saturday 8th July Stroud Brickthrowing

Kaye Madden
Relieving Principal

Chat with the Chappie

I have a favourite quote at the moment...

“When little people are overwhelmed by big emotions, it’s our job to share our calm, not to join their chaos.” (L.R. Knost)

When we’re tired, stressed and overwhelmed, it can be one of the hardest things to do, to remain calm. When our kids are flipping out it can be all too easy to match them in intensity. Let’s face it, sometimes we just find it easier to ‘let them have it’. Patience, kindness and calmness takes work and energy! I have a single mum friend who is doing it on her own with four kids; she wears a t-shirt sometimes that says ‘I can’t adult today’. I think we all get that. There are days and times when being the adult is just hard, and we must make a choice in how we are going to respond to the little ones in our care. Just as there are various stages of cognitive development, there are also stages for emotional development. Our kids don’t just pop out knowing the right way to respond to everything! So let’s have a quick look at what some of the ‘big emotions’ are that they may be overwhelmed with.

- Fear
- Anxiety/stress
- Anger
- Sadness
- Confusion
- Excitement
- Joy

So the next question is, how can we ‘share our calm’ with them? When they are feeling overwhelmed and chaotic, what can we do as ‘big people’ to help them?

- Model calmness – when they are screaming and angry, take some deep breaths yourself and use a calm, quiet voice to find out what the underlying need is.
- Refrain from yelling – my mum always said, ‘only yell if the house is on fire!’ Be careful not to match their ‘big emotions’. Your little people are relying on you to show them how to express feelings in a way that is respectful and caring.
- Be their coach – teach them about feelings and emotions, that it’s okay to have them and how to express them.

This week, find a moment every day when you can help your child with their big emotions. It will make a big difference for them as they head towards teenage years and adulthood.

P&C News

Thank you to everyone who supported the Mother’s Day Raffle.

The lucky winners were:

Kath Thomas
Wayne – neighbour of Molly
Bronte Cooper

We hope you all enjoy your prizes.

P&C Meeting this Friday – 1.00pm.
Everyone welcome.

Canteen News

Until the new winter canteen menu is finalised the following items are not available at the canteen.

- No cheese and bacon rolls
- No apple & cinnamon muffins
- No blueberry muffins
- No sea salt chips

Canteen Roster Term 2

22nd May	
29th May	Kim
5th June	
12th June	Public Holiday
19th June	
26th June	Kim

If you can assist with the canteen roster it would be very much appreciated. Please see Kim to organise dates etc.

