Dear Parents

WELCOME

Welcome to the 2016 Kindergarten students. We look forward to their enthusiasm, their open eyes and open minds. This is the beginning of their formal education and another step in their learning. Welcome also to the many new families we have in the school.

This week I visited the students in their new classes and found them to be settled and happy learning in their new environment. A lot of work has gone into ensuring that your child’s learning needs are at the centre of our school’s teaching and learning. Teachers are busy reassessing students to ensure each child is placed at the correct level in reading and maths. To show your support for teachers and your child please be involved in reading groups, canteen, fundraising events and the P & C.

It would be most fortunate if I could assure you that you will never have a problem over the seven years your child attends this school. We all know this is not the case, since we are all human. Communications break down and misunderstandings occur. However I can assure all parents that all complaints will be dealt with sensitively and effectively. I cannot recall a problem which could not be rectified and give a guarantee that all concerns will be addressed and solutions found which caters for the student’s best interest while keeping within the School’s and Department of School Education’s policy guidelines.

Please ensure that either myself or the class teacher knows about problems when they are small, nothing is more frustrating than trying to resolve a list of problems dating back over several months or years. Should the class teacher be unable to resolve your problem I ask you to speak to me as a matter of urgency. It is always worthwhile remembering that the thing which unites us, and that is the quest for an effective, all round education for your child, is potentially the most powerful thing we have, so we need to work towards getting our heads together so the best possible result can be obtained for your child.

Our P&C is a small group of parents who put in many hours fundraising and working for our students at CPS. The annual general meeting is being held on Wednesday, 17 February at 9:30 am in the Connected Classroom (brick building). We would love to have some new faces involved so come along and join in the fun and meet some new people.

DATES FOR YOUR DIARY

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>3.2.16</td>
<td>Kindergarten 2016 start</td>
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<tr>
<td>4.2.16</td>
<td>K-6 Social Skills Program (Sport in Schools) commences and continues every Thursday in Term 1</td>
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<tr>
<td>10.2.16</td>
<td>Book Club orders and payment due back</td>
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<tr>
<td>16.2.16</td>
<td>Selected Y5-6 Debate Workshop</td>
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<tr>
<td>17.2.16</td>
<td>P&amp;C AGM 9:30am</td>
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<tr>
<td>19.2.16</td>
<td>New! POP (Parents Online Payment) ‘go live’</td>
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DATES FOR YOUR DIARY

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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>22.2.16</td>
<td>Y3-6 Zone Swimming</td>
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<tr>
<td>24.2.16</td>
<td>Y3-6 Zone Swimming</td>
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<tr>
<td>28.2.16</td>
<td>P&amp;C Bunning Belmont BBQ (parent helpers needed)</td>
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<tr>
<td>29.2.16</td>
<td>Student Executive - Young Leaders Day, Homebush</td>
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<tr>
<td>9.3.16</td>
<td>K-6 Lorin Nicholson motivational speaker</td>
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<tr>
<td>15.3.16</td>
<td>K-6 Free Watershop</td>
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<tr>
<td>21.3.16</td>
<td>Harmony Day</td>
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<tr>
<td>22.3.16</td>
<td>Y3-6 Free Coding Game Roadshow</td>
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<tr>
<td>24.3.16</td>
<td>Easter Hat Parade</td>
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<tr>
<td>25.3.16</td>
<td>Public Holiday – Good Friday</td>
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<tr>
<td>28.3.16</td>
<td>Public Holiday – Easter Monday</td>
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<tr>
<td>30.3.16</td>
<td>Y3-6 T-Ball Gala Day</td>
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<tr>
<td>5.4.16</td>
<td>Coding for kids (and parents too) cost involved</td>
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<tr>
<td>8.4.16</td>
<td>Last day of school for Term 1</td>
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CPS PROGRAMS

The Staff at our school work very hard to cater for the interests and talents of all students. Therefore, there are a number of programs which are conducted to educate, provide experience as well as catering for the special interests of students. These are:

**Performance Groups** – every Monday 2:45 to 3:15pm. The children experience music (choir), dance, percussion, ukulele and drama. We have employed a music teacher, Mrs Walsh, to assist us in our musical pursuits.

**Choir** – Miss Hale and Mrs Holt are co-ordinating this program.

**Dance Groups** – A qualified dance teacher is co-ordinating this program with Mrs Kondov/Miss Muir. The rehearsal times have yet to be decided.

**Star Struck and Hunter Dance Festival** – Mrs Kondov and Miss Muir are leading this program. The audition video is due very soon and students involved will be rehearsing at lunchtimes.

**Sport in Schools/Social Skills Program** – This program starts tomorrow (Thursday) at a cost of $20 per student and all students are expected to participate. It is run by qualified sports trainers and teachers and aims at giving students strategies to improve their “getting along” and building friendships skills. Please ensure your child has paid so they can participate in this worthwhile program.

**Reading Recovery** – This year we are fortunate to have an extra student in our RR program. Mrs Irby will teach the three students in Yr 1 daily for 30 minutes each.

Also during the week there is:

**Library** – each Wednesday & Thursday. Students to bring a library bag.

**Student Banking** – every Thursday

**Canteen** – Wednesday and Thursday – the canteen follows the Healthy School Canteen Initiative only providing approved healthy foods. The canteen also operates each Friday at lunchtimes for iceblocks, fruit etc.

**Crunch ‘n Sip** – to promote a healthy lifestyle, every day in all classes at 10:30am. Please send a piece of fruit with your child.

**Scripture** – every Thursday from 12:30-1pm.

**Assembly** – every Friday from 1:20-2pm. Parents are most welcome.

SWIMMING CARNIVAL

Today our swimming carnival is being held at Charlestown Pool. The carnival is a time trial for all competent swimmers and is a selection trial for the East Lakes Zone Carnival. There are also lots of novelty events for non-swimmers. Pictures will be included in next week’s newsletter.

AFTERNOON PICKUP

Parents are asked to please pick up their children promptly at 3:15pm from either the back gate or COLA area. Children will be reminded to come to the office if no-one is there to pick them up. Teachers will still meet the bus children and wait with them until they are collected.
EMERGENCY CONTACT DETAILS

These have also been sent home today for parents to update and return asap so our records can be updated. Return forms with changes if necessary or if none, just write ‘no changes’ and return all please. Your assistance with this is appreciated.

PARENTS ONLINE PAYMENT (POP)

It will shortly be possible for parents to make online payments to the school for amounts owing for students, via a secure payment page hosted by Westpac. Our school’s ‘go live’ date will be 19 February 2016. Payments can be made using either a Visa or MasterCard credit or debit card. The payment page will be accessed from the front page of the schools website by selecting $ Make a payment

Items that can be paid include voluntary school contributions, subject contributions, excursions, sales to students and creative and practical arts activities (these include dance and ukulele). There is also a category called Other which will be for items not covered in the previous headings, Other can be used to make a complete payment of a school invoice.

When you access the $ Make a payment you must enter:

- the students name, and
- date of birth.

These details are entered each time you make a payment as student information is not held within the payment system. There is also the option to enter the Student Registration Number and Invoice number these are not used at our school, please leave blank.

This is a secure payment system hosted by Westpac to ensure that your credit/debit card details are captured in a secure manner, these details are not passed back to the school.

You have the ability to check and change any details of the payment before the payment is processed. Receipts can be emailed and/or printed.

Details of the payments are passed daily to the school where they will be receipted against your child’s account. As a receipt has been issued from the payment page a further receipt will not be issued by the school.

Enjoy your week!

Jayne Thompson
Principal

CANTEEN NEWS AND ROSTER

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Roster</th>
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<tr>
<td>Thu</td>
<td>4.2.16</td>
<td>A Jeayes, L Jones</td>
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<tr>
<td>Fri</td>
<td>5.2.16</td>
<td>No orders—counter service at lunch only J Hope, L Madison</td>
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<tr>
<td>Mon</td>
<td>8.2.16</td>
<td>CLOSED</td>
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<tr>
<td>Tue</td>
<td>9.2.16</td>
<td>CLOSED</td>
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<tr>
<td>Wed</td>
<td>10.2.16</td>
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CLOTHING POOL HOURS

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<tr>
<th>Days</th>
<th>Time</th>
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<tr>
<td>Wed</td>
<td>2:45 pm – 3:15 pm</td>
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<tr>
<td>Fri</td>
<td>9:00 am – 9:30 am</td>
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CHARLESTOWN JUNIOR FC

2016 REGO DAYS

Sunday 3rd January 2pm - 4pm
Thursday 4th February 6pm - 8pm
Sunday 7th February 4pm - 6pm

Charlestown Bowling Club

Please register online at myfootballclub.com before attending our registration days.

All enquiries to jfcfootballmanager@gmail.com or

President - Craig Plain 0402423251
Vice President – Evan Prestwich 04 848 6356
Ulinga Netball (Cardiff South) will be holding registrations on Saturday 13.02.16 from 10-12pm at Ulinga Netball Courts, Cross Street Cardiff South.

Come and play Rugby League for the Mighty Magpies in 2016. Registration days and times are Every Sunday in Feb between 2pm-4pm at the oval Gardner St Dudley OR Online at www.playnrl.com.au
Fees for 2016
Mini 6,7,8 FREE
Mod 9,10,11 $80
Mod 12 $100
International 13,14,15,16 $110
For more info please call Lisa 0414 614 666

KAHIBAH FOOTBALL CLUB
Season 2016 Registrations are now open
We invite both girls and boys to join our club and football in a community environment.

For all the information you need visit our club website and click on registration tab to register.

For any other queries, please contact us at kahibahfc@outlook.com or call our club registrar Tony Birleson on 0439 253 427.

IMPORTANT:
The last date for registrations and payments is Sunday 21st February 2016

Come and play Hockey with Souths Girls
South Newcastle Junior Girls Hockey Club is looking for new players
Girls aged 4-18 and Boys 4-9
All training and games are played on the synthetic turf at Broadmeadow Training is Mondays 4.15-5.15 starting 9 February 2016.
Come and Try/Registration day Monday 9 February 2016
Contact Sue Evans 0415 906 234
dsevo@bigpond.com
Katrina Juchau 0439 427 517
katrina.juchau@bigpond.com
Melissa Lintott 0432 011 459
jlintott66@optusnet.net.au

Lake Macquarie Junior Rugby Club Presents
JOEY RUGBY

Friday nights 5th and 12th February
5.30 - 6.30pm
4 - 10 year olds
Walters Park, Speers Point

Come along and learn how to play rugby!
Whether you’re 5 years or 10 years, we will put you through some basic rugby skills and learn how to play and have lots of fun playing rugby union.
There will be skills training and games provided by coaches, trainers and 1st grade players from our club and for the older kids we will teach you how to tackle.
There will be a BBQ for the participants after each session (with $10 for kids and $15 for parents).

KOTARA BEARS WANT YOU!!
Kotara Bears Junior Rugby League Club is seeking players in all age groups for 2016.

Online Registrations are now open, or come along to our Registration Days at Hudson Park (behind Westfield Kotara).

REGISTRATION DAYS 5 pm - 6.30pm
• Tue 2nd February
• Thu 4th February
• Thu 11th February

REGISTRATION COSTS
• $80 for minis (Under 6 to Under 8)
• $110 for Under 9 to Under 16
• $150 for Under 17

Training will commence Tue 16th February.

For further information please:
• go to our Facebook page ‘Kotara Bears Juniors’,
• visit www.kotarabears.com
• email kotarabears@hotmail.com
• call Craig Woolcock on 0400 299 030
10 confidence-building strategies every parent and teacher should know

By Michael Grose

Instilling confidence takes more than heaping praise on kids. Here are 10 practical confidence-building strategies for parents and teachers of children and young people.

Children with healthy self-esteem and self-confidence learn more, achieve more and are generally happier than those with low confidence levels. Building children's and young people's confidence is complex. It's more than being a praise robot and heaping positive comments on a child at the first sign of them doing something well. Confidence building requires a number of approaches that impact on how they think, how they feel and what they can do.

Here are ten practical strategies that you can use to build real self-confidence in kids of all ages:

1. **Model confident thinking**
   Kids soak up the language, thinking and behaviour of those closest to them in their environment. Parents and teachers, play a part in modelling confident thinking and behaviour particularly when it comes to tackling new activities. In particular, let kids hear positive self-talk when you tackle something new. They should hear something like, “I'll have a go at this. If I don't do so well then I can try again tomorrow.” This is far more effective than “I'm no good at this. I'll probably stuff it up.”

2. **Focus on effort & improvement**
   Current thinking shows that people who believe that they can increase their intelligence through effort and challenge actually get smarter and do better in school, work, and life over time. One way to develop a growth mindset is to focus your language on effort and improvement rather than on the results of what they do. By linking success with effort you are teaching them success comes from something other than purely their ability, talents or smarts.

3. **Praise strategy**
   While effort is key for achievement, it's not the only thing. Kids need to try new strategies and seek input from others when they're stuck. They need this repertoire of approaches – not just sheer effort – to learn and improve. It helps too to focus language on better and smarter ways on improving. Comments such as “That was a smart idea to tackle the hardest task while you were fresh!”(strategy) and “You recognised the first few steps were the most important but then after that you were right” are descriptive statements that have significant instructional value for kids.

4. **Develop self-help skills from an early age**
   A child’s self-esteem comes as a result of his or her successes and accomplishments. The most important competencies to build confidence are basic self-help skills. These form the building blocks upon which other competencies such as organisational skills and many social skills are formed.

5. **Give them real responsibility**
   From a young age start giving children responsibility for some aspects of their lives. By giving kids responsibility for many aspects of their lives we are sending a powerful message that we think they are capable. Also they are learning the skills necessary to care for themselves.
6. Practise unconditional acceptance
Your ability to accept children and young people’s best efforts in any area of endeavour, irrespective of the results, will go a long way toward to determining their self-esteem and confidence. If a child makes their bed to the very best of their ability, resist fixing it, even though it may fall short of your adult standards. Instead remind them next time of how to do it well.

7. Expand their horizons
Some kids are confident and capable at home but are fearful and nervous when it comes to new social situations and unfamiliar environments. Children today, have less opportunity than those in the past to negotiate and explore unpredictable situations. Wherever possible look for opportunities to expand children’s horizons to include unfamiliar places and unfamiliar locations including catching public transport and walking to friends’ places unattended when capable.

7. Recognise improvement
Focus your comments on children’s effort and improvement rather than on winning the game or getting top marks. Help kids set realistic goals in line with their capabilities and interests. Learning five new spelling words a week maybe more realistic than 20 words that his school may require.

8. Put the training wheels on to support learning
Putting training wheels on a bike is a great way to teach a young child to ride. They keep them upright and mobile while get they are getting the knack of balancing. We can use the same principle to support kids learning while they develop independence in many areas of life. For instance, we can accompany anxious kids to birthday parties and stay for a short time so they become comfortable before leaving.

9. Build teaching and training into your day
Teaching and training needs to be part of the everyday repertoire of a parent. This means we need to add a little extra time to many of our interactions so we can help children acquire many of the basic skills of living, whether it is a young child learning to do up his or her shoelaces or a teenager learning how to fill out his or her tax form for a part-time job. When adults are busy it is often easier to do things ourselves.

10. Ask children for help
Doing things together is a great way to build competency and build the confidence that mastery brings. A simple way to initiate joint activity is to ask your child or young person to give you hand with something. Better still, get them to teach you or show you how to do something you are unfamiliar with. Being a teacher rather than the learner is a great confidence-builder particularly for those kids who struggle with activities that others find easy.

Most importantly, great parents and teachers have a knack of communicating confidence in kids. They find ways to let kids know that they believe in them – that they know their kids will perform and succeed, that they have faith that they can deal with life’s challenges and know that they can become more independent.
The School Student Transport Scheme (SSTS) gives eligible students free or subsidised travel between home and school, on the approved train, bus or ferry services.

From term one 2016, Transport for NSW will be issuing School Opal cards to students eligible for travel under the School Student Transport Scheme via a new online application process.

Automatic renewal
Most parents, guardians and students won’t need to apply for a School Opal card if they have already been given a school student travel pass and will automatically receive a School Opal card in 2016.

However, parents, guardians and students will need to apply if the student:
- is just starting school and has not had a pass before
- is in a transition year (i.e., year 2 to 3, or 6 to 7)
- is changing schools, including going between primary and secondary school
- or, if the student’s personal details have changed (e.g., address).

Reduced distribution
While School Opal cards will automatically be sent to schools for existing pass holders for distribution for travel in term one, all new applications received for travel from the start of 2016 will be sent directly to the student’s nominated address.

Online application form
Schools will no longer need to keep the SSTS application form as parents, guardians and students can go online from 2 November 2015 to complete their application form, print it out and return it to the school.

Simplified replacement process
Schools won’t need to endorse additional applications for lost, stolen or damaged passes, as parents, guardians and students simply need to visit [www.transportnsw.info/school-students](http://www.transportnsw.info/school-students) or call 131500 to order a new School Opal card.

Online eligibility assessment
The new online application portal will automatically assess eligibility based on distance rules.

Same eligibility rules
The eligibility rules for subsidised school travel remain the same for travel inside and outside the Opal network. Students may need to live a minimum distance away from their school:
- Years K-2 (Infants) there’s no minimum distance.
- Years 3-6 (Primary) 1.6km straight line distance or 2.3km walking distance or further.
- Years 7-12 (Secondary) 2.0km straight line distance of 2.9km walking distance or further.
Dear Parents

We need your HELP! The P & C organise a number of events throughout the year and are responsible for the running of the canteen each week. All of our work is done on a voluntary basis and we rely on you and your families to assist us. The P & C raises funds that are then used to benefit the students of the school whether that be by subsidising activities or by purchasing resources.

In Term 1 we have a number of events scheduled so if you are able to spare a couple of hours at any of the events listed below, please leave your details at the office.

1. **P & C Annual General Meeting – WEDNESDAY 17th February**
   The Annual General Meeting will be held on Wednesday 17th February starting at 9.30am. If you are interested in holding a position or would just like to be involved, please come along to the meeting. At the P & C meeting following the AGM we will be discussing all the fundraising events for 2016. Everyone is welcome to attend.

2. **Bunnings Belmont BBQ – SUNDAY 28th FEBRUARY**
   We will be hosting the BBQ stand selling sausage sandwiches and soft drinks from 9 til 4pm. We require parents for the following shifts: 8.30 -11, 11 -1.30 and 1.30 – 4pm.

3. **Easter Raffle – due TUESDAY 22nd March**
   A book of 10 tickets will be sent home in early March. We would appreciate your support by purchasing the tickets and also if you are able to make a donation/s for prizes that would be great.
   Donations and tickets will be due to be returned by Tuesday 22nd March with the raffle being drawn at the Easter Hat Parade on Thursday 24th March.

4. **Canteen**
   At this stage the Canteen will open on Wednesdays and Thursdays for full service and on Fridays for Lunch Counter service only. If you are available on any of these days and wish to volunteer or if you are interested in doing the shopping and ordering of the goods, please leave your details at the office.
   All volunteers need to be financial members of the Charlestown Public School P & C Association. The membership fee is $2 per year. By being a member it ensures that you are covered under the ‘Personal Accident Insurance’ part of our policy and allows you to participate at P & C meetings. Please ensure that the next time you are on canteen you pay your $2 membership fee and include it in the daily takings and make a note on the daily sheet as we are required to account for this money separately.

5. **Mobile Phones**
   In partnership with Sony and CANTEEN (Kids Cancer Charity) we collect old mobile phones. Once we have collected 150 phones we are able to convert them into Sony products. In 2013 we received a Sony Camera. If you have any old mobile phones lying around, can you please place them in the box in the office foyer.

6. **Entertainment Books**
   We anticipate that the books will be available from late April. More information will be provided once they have arrived.

7. **Mothers’ Day Stall**
   A Mothers’ Day stall will be held on Friday 6th May 2016. Later in the term we will be requesting donations for the stall.

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**BUNNINGS BBQ BELMONT – SUNDAY 28th FEBRUARY**

Name: ______________________________ Contact Number: __________________

[ ] 8.30 – 11.00  [ ] 11 – 1.30  [ ] 1.30 – 4.00