Celebrating 150 years
ABERDEEN
PUBLIC SCHOOL
NEWSLETTER
7th October Week 1 Term 4 2014

PRINCIPAL’S MESSAGE

Apology
Rebecca Adams name was accidently left off the list of hard working Fete Committee members. Sorry Rebecca your support was much valued and appreciated.

Hat Day
This Friday we will be holding HAT Day in support of the Rotary Club of Scone Mental Health Awareness initiative. All students and staff are invited to wear a hat of any description and donate a gold coin. All funds will go towards research into Mental Health.

Over the coming months we will be running a series of articles to support student mental health and well-being. The first of these “Everyone gets mad,” is included in this newsletter.

Michelle Floyd – Principal

P & C NEWS

The next P & C Meeting is on Wednesday 15th October at 6.30pm in the library. A vote will be taken on the motion to postpone the AGM til 2015.

Congratulations to all our raffle winners:
1st Doug Avard
2nd Ruby Finn
3rd Teahn Crump
4th Sean Saunders
5th Sue Goodhew
6th Peter Day
7th Jodi Harper
8th Michelle Floyd
9th Cody Parkinson
10th Maureen O’Keefe
11th Steph Day

Thank you to everyone that purchased tickets. $1366 was made off the raffle which was a joint raffle between our horse sports committee and fete committee.

SCHOOL PHOTOS

School photos will be taken on Wednesday 22nd October. Individual student envelopes that are pre-named and barcoded for each student have been handed out today. Please check your child’s details and make any changes in red pen. Students must return their envelope to their teacher on or before photo day even if you are not purchasing photos.

Please read the information for ordering and purchasing photos on your child’s envelope carefully. You may order online with your credit or debit card or put the correct cash in the envelope. The school is not involved in processing the money so you must put the correct money in the envelope as no change will be given.

If you want a family photo please collect a special envelope from the school office.

Thank you to Woolworths for providing fresh fruit for our students each week in Term 3.
MUSWELLBROOK AMATEUR ATHLETIC CLUB
Muswellbrook Amateur Athletic Club is calling for registrations for their upcoming 2014/2015 athletic season. The season is run every Friday during the school term commencing at 6pm. This is a family fun club and welcomes all ages up to and including grandparents.
A come and try night will be held on Friday 10th October at 6pm. A discount will be offered if paid on this night. For more information ring Ian on 6547 9200.

SCONE FILMS
Scone Films will screen *Jersey Boys*, M, will be screening on Friday 10th October, at 7.30pm at the Senior Citizen's Centre, Oxford Road, Scone. The film tells the story of four young men from the wrong side of the tracks in New Jersey, who came together to form the iconic 1960s pop group Frankie Valli and The Four Seasons. The story of their trials and triumphs are accompanied by the songs that influenced a generation, including *Sherry*, *Big Girls Don't Cry*, *Walk Like a Man*, *Rag Doll*, *Bye Bye Baby*, *Who Loves You*, *Can't Take My Eyes Off You*, and many more. Tickets are $10 at the door, or in advance from Serendipity, Scone. Doors open 7.15pm. Everyone is welcome, but for insurance under 18s must be accompanied by an adult. Refreshments available. Details are on the website www.sconefilms.org.au

Aberdeen Junior Cricket Club kicks off the season this Saturday 11th October. We are still looking for players in the U10’s and U12’s - training will be at the cricket nets on Wednesday 8th Oct 4pm-5.30pm - all interested are welcome to attend.
More info contact Garry on 0438201207

Under 14 Cricket Training
Cricket training for the under 14’s is on today from 4 – 5pm. Registered players or anyone who may be interested in registering.

FORTHCOMING DATES

**October**
- Wednesday 8th: Early Birds Kinder Orientation
- Friday 10th: Mental Health Hat Day – Gold Coin Donation
- Wednesday 15th: P & C Meeting 6.30pm
- Wednesday 22nd: School Photos
- Friday 24th: Stage 3 Walkabout Excursion

**December**
- Wednesday 10th: Presentation Day
- Thursday 11th: Year 6 Farewell
- Wednesday 17th: Last day of school for students

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How parents and carers can help

Be aware of feelings
Children need to learn that having angry feelings is normal and okay, but that reacting aggressively towards others when they’re angry is not. Adults can help children become aware of feeling annoyed, frustrated, angry or furious by naming feelings. Learning to say, “I’m feeling angry,” or “I’m really frustrated,” gives children a way to separate feeling angry from how they react.

Time to talk
Talking to Dylan about what has put him in an angry mood will help him see that feelings have causes and that solutions can be found. Once you find out what he was angry about you can help him think up better ways to handle the problem.

This kind of conversation doesn’t work while he is really angry. Sometimes it must wait until later. Children often find it easier to talk in informal situations where they feel less pressure. Find a relaxed time to talk to children about feelings. Asking, “What makes you angry?” can be a good way of starting a conversation about anger.

Find alternatives
Getting children to think through a difficult situation helps them develop problem-solving skills. Asking, “Is that what you wanted to happen?” or “What else could you have tried?” encourages children’s helpful thinking. Thinking of alternative solutions helps children plan different ways of reacting next time. Be sure to praise their efforts.

Have ways to calm down
When emotions are strong, it is easy to act without thinking. Encourage your child to take control and allow time for the emotions to subside. Walking away, using a quiet spot to think, or doing something else like riding a bike or listening to music are all activities that can assist in reducing strong emotions.

‘Cool-down’ steps to teach children
1. Recognise that you are angry
   - Notice the body signals that mean you’re angry (e.g., getting hot, racing heart, tense muscles)
   - Give a number from one to 10 to show how angry you are

2. Cool down your body
   - Breathe slowly
   - Take time-out in a quiet place
   - Go for a walk, do something physical
   - Draw how you feel

3. Use coping self-talk
   - “It’s okay, I can handle this.”

4. Try to solve the problem
   - Talk to someone who is a good listener
   - Plan what to do next time

This resource is part of a range of KidsMatter Primary information sheets for families and school staff. View them all online at www.kidsmatter.edu.au

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