Celebrating 150 years
ABERDEEN
PUBLIC SCHOOL
NEWSLETTER
11th November Week 6 Term 4 2014

PRINCIPAL’S MESSAGE
No school is perfect; when issues or concerns arise you need to talk to the school. Your child’s teacher or the school principal is the perfect place to start. At Aberdeen Public School we view education as a partnership between you, your child and the school. Our aim is to work with you to achieve the best possible outcome for our students.
If you have any concerns please make an appointment to see me, I am always willing to listen and work with you for the wellbeing of both you and your child.

Newcastle Permanent Primary Mathematics
Competition Results
Distinction - Congratulations Delta H, Dominic K, Nathan V and Logan M.S. for achieving a distinction in this competition.
This is a prestigious competition and these students should be proud of their results. Well done.
Certificates will be presented at this week’s assembly.

KidsMatter
This week’s KidsMatter topic is learning to value others. The article is attached to this week’s newsletter. This article can help parents and carers enable children to see another person’s point of view and learn skills for empathy.

Remembrance Day

Michelle Floyd – Principal

PRINCIPAL’S AWARDS
Week 4 Term 4
KK Kiara G. – fantastic improvement in her fluency when reading.
1/2B Hayden R. - excellent creative writing ideas and use of adjectives.
1WH Jacob B. - enthusiastic participation in all class discussions.
2L Faith R. – always using initiative and constantly improving her knowledge.
3R Molly J. - excellent effort in writing.
3/4J Danielle S. - excellent writing and editing.
4A Cailey G. - great achievements in her narrative writing assessment.
4/5M Rhys N. – outstanding contributions and research in Literature Circles.
6P Seth W. – showing empathy towards others and jumping in to lend a hand.
**PRINCIPAL'S AWARDS**

**Week 5 Term 4**

**KK**
Gabriella P. – outstanding effort in sounding out words in her writing and reading.

**1/2B**
Summer D. – excellent efforts in maths.

**1WH**
Ziggy T. - excellent ideas in for writing and developing punctuation skills.

**2L**
Noni D. – always helping others without being asked.

**3R**
Lila B. - excellent effort in all areas.

**3/4J**
Will H. - striving for excellence in writing.

**4A**
Meagan P. - outstanding improvements and achievements maths.

**4/5M**
Lawson E. - application and effort in maths.

**6P**
Bailey M.-F. – displaying responsibility and independence during all set tasks.

**Merit Awards**

**KK**
Nikau M., Alice D.

**1/2B**
Toby S., Madison G.

**1WH**
Harry D., Angus S.

**2L**
Tate S., Coby L.

**3R**
Abigail M., Mikayla C.

**3/4J**
Luke D., Liam J.

**4A**
Cody P., Shania G.

**4/5M**
Bailey G., Caitlin B-M.

**6P**
Jayden F., Darci D.

**Kids Matter Awards**

**KK**
Aaron F. Happiness
Emily McM. Honesty

**1/2B**
Melissa C. Success
Caitlyn T. Happiness

**1WH**
Sienna B. Persistence
Kristen S. Confidence

**2L**
Seth F. Success
Vanessa H. Happiness

**3R**
Ella C. Honesty
Tyler J. Respect

**3/4J**
Matt J. Persistence
Jacob D. Honesty

**4A**
Dylan C. Success
Kobii C. Resilience

**4/5M**
Takira W-G. Respect
Jye F. Success

**6P**
Nathan S. Responsibility
Emma P. Honesty

**Merit Badge**
Laura K., Hayley M.

---

**P & C NEWS**

President: Amanda Wilks
Vice President: Michelle Ison
Secretary: Toni Partridge
Treasurer: Colleen Compton
Fundraising Coordinator: Jodie Mayall
Canteen Manager: Kelly McMahon

---

**P AND C NEWS**

There is a common misconception that the school P and C committee is only here to raise funds for the school. False! There are two sides to our committee.

Our other main role is as a COMMUNITY FORUM TO DISCUSS THE EDUCATIONAL NEEDS OF OUR CHILDREN

**Do you see an area for change or improvement?**

The world is constantly changing and so is the education of our children. The best way to make a change on the issues you see is to speak up. You might not be the only one who has the same issues. Many voices add volume to the issue.

**Following is an excerpt from the latest P and C Federation Journal; P and C Associations in NSW Government Schools.**

**Does my school community need a P and C Association?**

Yes! Every school community should have a P and C Association.

**Why does a school community need a P and C Association?**

A P and C Association enables parents and citizens to meet to determine the needs and aspirations of the school community.

**What does a P and C Association do?**

The objective of a P and C Association are to: to promote the interests of the school by bringing parents, citizens, pupils and teaching staff into close co-operation; assist in providing equipment required by the school; report to the (Education) Minister the material requirements of the school; assist the teaching staff in establishment of school policy and management in all (areas) of school activity.

**What does this mean?**

It is the role of the committee and its members to bring for discussion issues that relate to all areas of education.

Communication between school and home – notices, teachers’ reports, parent involvement.

Behaviour within the school – rewards and discipline policy.

Activities and Programs offered for the students in and out of school – incursions, excursions, student support.

Student welfare – emotional and academic support for those along the whole spectrum from those who have challenges and those that need to be challenged.

And many more.

**Who can be a member?**

Membership is open to all members of the school community: parents, teachers and citizens.

Membership fees:

An annual fee is set out by the committee for membership. Where a person attends a meeting and does not pay the annual fee they are an observer and will not be able to participate in the procedures of the meeting.

Our P and C Committee is part of a larger organisation, the P and C Federation. And their “focus is the interests of students in public schools and their parents and carers.”

There have been many issues brought from smaller school committees to this larger body that have changed the way education is presented in public schools. – Healthier canteen guidelines, the
implementation of Ethics education in conjunction with religion education. These are all issues brought by parents for discussion and the discussion became loud enough that voices were heard at a national parliamentary level.

**Change starts here.**

**Better Communication**

As part of better communication from within the committee we will over the coming weeks be publishing information about the committee roles and their responsibilities.

If you have any questions regarding any P and C issue please speak to a committee member or attend a meeting.

**Our next meeting is Wednesday 19th Nov 2014.** We will be discussing the future of our committee, roles and responsibilities of executive members and Mrs Floyd will open a discussion on the next Three Year Plan for our school.

---

**CANTEEN NEWS**

Late Lunch orders

Late lunch orders are a consistent problem in the canteen. Late lunch orders make the tallying of items difficult to maintain correctly and adds stress for volunteers and students.

At the beginning of the year the committee made a decision regarding what to do if orders are late. Canteen volunteers have been lenient and tried to provide the appropriate items. This will no longer occur.

**ALL LUNCH ORDERS ARE TO BE AT THE CANTEEN NO LATER THAN 10.30AM. NO EXCEPTIONS.**

If your order is late you will be given a vegemite sandwich and a piece of fruit ONLY at a cost of $2.50.

Thank you for your cooperation in this matter.

---

**CANTEEN ROSTER**

Friday 14th November
Kate Ducker
Julie Waddell
Melissa Dixon

Monday 17th November
Colleen Compton
Melissa Roughan

---

**INTENSIVE SWIMMING**

Fee $63 and includes bus travel, pool entry and a swimming cap. **Final payment due 19th Nov. REMEMBER the 9 out of 10 pool drownings are preventable.**

---

**FORTHCOMING DATES**

**November**

Wednesday 19<sup>th</sup> Early Birds & Parent Session
P & C Meeting 6.30 Library

Thursday 20<sup>th</sup> P & C Disco

24<sup>th</sup> – 5<sup>th</sup> Dec K – 1 Safety Visit
Intensive Swimming

Tuesday 25<sup>th</sup> St Joseph’s Orientation

Friday 28<sup>th</sup> Scone High Orientation

**December**

Thursday 4<sup>th</sup> Mini Fete

Wednesday 10<sup>th</sup> Presentation Day

Thursday 14<sup>th</sup> Year 6 Farewell

Wednesday 17<sup>th</sup> Last day of school for students
ASTHMA FOUNDATION NSW NEWSLETTER
Do we really have asthma under control?
Although great progress has been made in the last 25 years in treating asthma, the recent findings from the NSW Child Death Review are a stark reminder that perhaps we aren’t as in control of asthma as we thought.

The 10-year review indicated the number of children dying from asthma attacks has risen over the past two years.

**Twenty children died of asthma over the past 10 years, however half of those deaths occurred in the last two years.**

What's further concerning is that the report stated, “In relation to the fatal asthma attacks, in six cases there were indicators that the child or the child’s family may not have recognised early signs that asthma symptoms were slowly worsening, or may not have fully appreciated the severity of the child’s condition.”

We conducted a survey earlier this year in July, of more than 600 people in NSW, which revealed one in three people who thought they had well or completely controlled asthma actually only had partial or poor control. One in three children also had poor control, and worryingly, most thought they (or their children) had asthma under control.

The majority of people simply shouldn’t have to put up with symptoms and allow their asthma to control their ability to work, learn and lead a full and active life.

There are a range of reasons contributing to people having poor asthma management and control, complacency being one of them.

Which is why we encourage people to have a written asthma action plan and reassess their asthma by completing the Asthma Control Test, a clinically validated assessment tool for patients to check their level of asthma control.

So far, over 5,000 people have completed the Asthma Control Test and this number continues to grow. It is a great result and we have also seen an influx in people contacting the Foundation for additional information to manage their asthma.

To complete the test visit [www.asthmaaustralia.org.au](http://www.asthmaaustralia.org.au) or for further information on asthma phone the Asthma InfoLine on 1800 ASTHMA (1800 278 462).

CLASS NEWS

**Class KK**
With the weather getting warmer please remember to send a water bottle to school with your children. I have told the class they are more than welcome to bring water only into the classroom. I hope everyone is having fun playing the ‘friends of 10’ game. This is an important skill for the students to learn and practice, so if you have any questions please don’t hesitate to contact me at school.

**Class 1/2B**
What’s On:
Week 6 already! Won’t be long until Christmas celebrations begin. 😊 As the weather begins to heat up remember to supply your child with cold water, which they are encouraged to bring into class to stay hydrated.

**A Call Out for Helpers!**
Anyone able to help cover books please let K - 2 teachers know as we have got lots of fabulous new readers and need them covered.

**Class 1WH**
What’s On:
Thanks for bringing in the plastic bottles. We have now been able to start our paper mache people.

Welcome to Mr Dawson who is a 3rd year prac student from the University of Newcastle. He will be teaching with Mrs Hill and Mrs Watson for the next 4 weeks.

**Class 2L**
What’s On:
This fortnight we have been working on building our reading stamina, most of us can read for more than 15 minutes independently. Wow, what an achievement!

In math we have been focusing on multiplication and quickly working out our answers using our knowledge. We are all the way up to our 12 times tables.
**Class 3/4J**

**What’s On:**
We are halfway through term 4 already! Only a few more weeks until Christmas! 3/4J are planning to make and decorate some Christmas cupcakes sometime in the next few weeks which will be fun. Beach to Bush safety with the Surf Life Savers was today. We have also swapped class jobs. Next week the P&C are putting on a disco on Thursday and the week after intensive swimming starts. I hear it is going to be hot, so a trip to the pool each morning will be very refreshing! If you haven’t already paid for intensive swimming, the money is due this Friday 19/11/14.

Reminder- Homework is due tomorrow (Wednesday). We are trying to get 100% returned on time to have a whole class reward! Will it be this week?

**Class 3R**

**What’s On:**
We are coming to the end of our work on the text Nanberry. It has been a great text to read in order to appreciate what life was like in Australia many years ago. This topic has generated wonderful discussions about many issues such as colonialism, Aboriginal culture and family, to name a few. There are several chapters left to read and there have been lots of predictions about how the story will end. It won’t be long until we find out!

Regards, Mr Ramage.

**Class 4A**

**What’s On:**
Can you believe it is week 6? We have a very busy few weeks ahead of us before the end of the school year. We have just had a prac teacher start with our class, Miss Paterson, who will be with us for 4 weeks. Next week, November 20th is our school disco. November 19th is the due date for intensive swimming money, please ensure this is in. It is an extremely valuable program and I encourage all students to participate. 4A have been very busy doing a lot of assessments and I am very proud of their results.

**Class 4/5M**

**What’s On:**
This term is going very quickly. We have been very busy working on assessment tasks and have been focusing on keeping ourselves safe in different situations. Last week, we held our Bike Skills Day and this week we are attending Beach to Bush to remind us about water safety. Please remember to bring your school hat! Whenever we are outside this term, for lessons, sports or breaks we must all wear our hats.

Our Year 5 students who are progressing onto our 2015 School Captain elections have taken a note home this week. They will be presenting their speech on Monday after recess. Good Luck!

**Class 6P**

**What’s On:**
We are busily organising the mini fete and are madly searching for any equipment that can be used to run our stalls. A message for parents – we are in need of your help on this afternoon (Thursday 4th December). If you are able to give your time from 4:30pm – 6:30pm, it would be greatly appreciated. Students will bring a note home next week asking for help on various stalls.

**ABERDEEN PUBLIC SCHOOL**

**BEHAVIOUR CODE**

- BE IN THE RIGHT PLACE AT THE RIGHT TIME DOING THE RIGHT THING
- BE HONEST
- ALWAYS BE POLITE AND USE GOOD MANNERS
- FOLLOW TEACHERS’ DIRECTIONS
- RESPECT THE RIGHTS OF OTHERS
- PLAY SAFELY, WORK SAFELY
- LEARN AS MUCH AS YOU CAN
- LET OTHERS LEARN AS MUCH AS THEY CAN

---

**The simplest way**

...to make a Christmas centerpiece.

Get creative this holidays with a fruit and veg inspired centerpiece for your Christmas feast!

The picture on the right uses layers of baby tomatoes, rosemary and cheese but you could use:
- Layers of thinly sliced green and red capsicum, with slices of carrots in between
- Baby tomatoes and basil
- Kiwi fruit, watermelon, rockmelon
- Use mixed berries: blueberries, strawberries, raspberries.

If you have fruit + veg on your table, you’ll be surprised how quickly it will be eaten.

For more inspiration – like us on Facebook – details below.

**Eat It To Beat It**

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

**Nutrition Snippet**

Eat It To Beat It

---

**Cancer Council**

---
P&C Disco
Thursday 20th November 2014

K-2 Disco
5.30pm-6.45pm

3-6 Disco
7.00pm-8.30pm

Lolly bags, chips, poppers and glow sticks are available for purchase on the night.

$5 entry includes sausage sandwich and popper.  $2 entry for those not requiring dinner.

Please return to the office by Tuesday 18th November.

My child ___________________________ in class ___________________________ will be attending the school disco on Thursday 20th November.

Enclosed is entry fee.

O $5 includes sausage sandwich and popper
O $2 just entry.
Learning to value others

Some girls in Grace's year four class were taking turns at skipping. Grace watched them closely and decided she would like to have a turn too. She asked to join in but Sally said, "It's too hard for you."

Grace had an intellectual disability. This meant she sometimes took longer to learn things. She was also not as well coordinated in sports as the other girls.

"Come on. Let me have a turn," said Grace. "Anyone can have a turn," said Deepa. "Have your turn after me."

So Grace tried to skip over the rope, but it got caught at her feet. "Try again," a few of the girls said. "You have to jump just as it hits the ground." Grace tried again. They gave her extra tries because she was learning. On the last try she managed two skips in a row. "You did it," said Deepa. Grace was really proud. "I did it!" she said. "And you helped me."

Learning to see another person's point of view

Learning to see another person's point of view is important for getting along with others and building positive friendships. Understanding others helps children know what to do in social situations and is the basis for developing caring and responsibility.

It's not always easy for children to see the point of view of someone who is different from them. Being different could mean having a disability, coming from a different country, being a different age or gender, or having different values and interests. Children who are seen as different may be left out of activities.

They may face discrimination because others think they are not as good, as talented, or as important as they are. Discrimination can have very negative effects on children's self-esteem and mental health and wellbeing.

Skills for empathy

Taking others' needs into account involves values of caring, compassion and acceptance of others. It also involves emotional skills for empathy. Learning to empathise with another person means learning to 'walk in their shoes.' It means being able to recognise and value their feelings and needs, even though they may be different from your own.

Skills for empathy develop over time and include:
- recognising your own feelings
- recognising others' feelings
- listening to others' opinions
- thinking what it would feel like if you saw the situation their way
- thinking how you can respond in a caring way
- doing something to help.

Some children find it easy to tune into feelings. Others need more guidance to learn empathic skills. Adults have an important role in supporting children to learn kindness and empathy.

A little kindness can sometimes go a long way. Learning to skip has made Grace's day. Watching and supporting her has helped everyone else feel good too.
How parents and carers can help

Research has found that the examples shown by caring adults have a big influence on children’s empathy. Parents and carers (as well as school staff) can also foster empathy by promoting values of caring and compassion and coaching children to be kind and thoughtful towards others.

- Model empathy by tuning into children’s feelings (eg “Ouch! That must have hurt,” or “You must be feeling disappointed that your friend can’t come over”).
- Help children think about how feelings affect other people (eg “How do you think your friend might be feeling?”).
- Help children develop skills for understanding other people’s points of view by discussing the effects of discrimination and the importance of respectful and caring attitudes towards everybody.
- Talk about situations that involve empathy (eg “What I liked about the story was how kind the hero was,” or “That was a mean thing to do. Don’t you think she should have helped her friend?”).
- Notice when children are kind and let them know you value their behaviour (eg “That was a very thoughtful thing to do. I really appreciate it!”).

How to support children to accept and include others

- Teach children that there is nothing wrong with being different and that each of us is different to somebody else.
- Teach children that everyone has a right to be respected.
- Help children develop skills for positive friendships and cooperative play.
- Parents and carers of children with special needs can talk to the staff at their children’s school about how to support their strengths and about encouraging other children to include them.

Valuing others means seeing difference as something positive. It means trying to understand how others think and feel, and knowing that this helps you as well as them.

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

Australian Government
Department of Health and Ageing

beyondblue

APS Australian Psychological Society

Principals Australia Institute

Copyright: © Commonwealth of Australia 2012-13. This work is copyright. You may use this work in accordance with the terms of licence available at www.kidsmatter.edu.au