PRINCIPAL’S MESSAGE

Bicycle Skills Day
Yesterday APS hosted the Bicycle Skills Day organised by the Upper Hunter Council’s Sport participation Officer. Those students who brought along their bike and helmet thoroughly enjoyed a day of activities and all students gained valuable knowledge of bike maintenance, rules and safety. Rider safety has been an issue raised by several members of the community and it is expected that students who ride to school will put what they have learnt into practice. Please help us to keep our students safe, report any concerns or incidents to the school office as soon as possible.

Beach to Bush Program
Next week our students have the opportunity to participate in the Beach to Bush Program. This is a free program presented by Surf Life Saving Australia. It is specifically designed to educate students who live in rural locations about beach and surf safety, but also touches on safety around home swimming pools, dams and inland waterways. Please look out for the Beach to Bush information note that was sent home today.

Bullying
Unfortunately bullying is rife at the moment, particularly among our Stage 2 and 3 students. Acts of bullying include: spreading rumours, deliberately excluding children and saying mean things with the intent to hurt people’s feelings. As you know, we have a No Bullying Policy at APS and consequences will be imposed for all future acts of bullying. We are encouraging children to ‘Bully Busters’ and not bystanders. Children can do this by telling the bully that their behaviour is ‘not on’ or by notifying a teacher immediately.

Instructional Leaders Network Meeting
Mrs Kerrigan attended an Instructional Leaders Network meeting in Bingara on Monday to discuss the Early Action for Success (EA4S) initiative. The group collaboratively examined K-2 writing samples from across the EA4S schools to identify markers of student achievement. This process will continue at school to further develop understanding and knowledge of the writing process in the early years. Writing will also be the focus of professional learning planned for the end of this term with all teachers participating in the Writing for Success Workshop on the 19th December.

P & C Meeting
I would like to extend an invitation to all parents to attend our next P&C meeting on 19th November at 6.30pm in the library. At this meeting I will be asking parents for their input into our school plan for 2015-2017. This is your opportunity to voice your opinion and have a say about what you would like for your child’s education at APS. Please RSVP to this event by completing the slip at the back of this newsletter.

Chicken Pox Alert
Please be aware that we have been notified of several cases of chicken pox. Symptoms are a slight fever, runny nose, and a rash that begins as raised pink spots that blister and scab. Children should be kept at home for 5 days from the onset of the rash and the blisters have dried.

KidsMatter
Please take the time to read the KidsMatter article on Sorting out Conflict attached to this newsletter. Please see our school website for previous KidsMatter articles on Anger. Our KidsMatter team will attend a training day on 19th November at Scone PS. This is the final component of KidsMatter training for staff.

Michelle Floyd – Principal

P & C SCHOOL DISCO
A school disco will be held on Thursday 20th November. $5 entry which includes a popper and sausage sandwich.
CANTEEN NEWS

ROSTER VACANCIES

The following dates have vacancies that need to be filled. If you can fill any of the shifts below leave your name at the office or canteen, or alternately contact the Roster coordinator Colleen Compton 0400 275580. Thank you.

Friday 21st November 2 x shifts vacant
Friday 5th December

CANTEEN ROSTER

Friday 7th November
Kelly McMahon
Fiona Walton-Gilbert
Catherine Henry
Tanya Hines

Monday 10th November
Toni Partridge
Kate Surawski

SCONE FILMS

Scone Films will screen The Lunchbox, PG, on Friday 7th November, at 7.30pm at the Senior Citizen's Centre, Oxford Road, Scone. This delicious celebration of food and romance has charmed audiences around the world. In Mumbai, millions of lunchboxes are sent to offices everyday. Just one in a million is ever delivered to the wrong address. This is the story of that one lunchbox and how a little of pinch of happiness can change your life. 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

A once in a lifetime opportunity to be at Gallipoli next Anzac Day

You can win a trip to Istanbul and Gallipoli in April 2015 by visiting the Australia in the Great War Facebook and just clicking to enter. Competition closes 11 November 2014 so hurry to enter.

Anzac day 2015 will be a special time as we commemorate 100 years since the Gallipoli landing and being there will be an amazing experience.

www.facebook.com/AustraliaGreatWar

Competition Closes 11 November 2014

SHORT CIRCUIT CANCER

On Sunday 24th November, James Estate Wines is hosting Short Circuit Cancer – a six hour mountain bike relay to raise funds for the local charity Canteen, who work to support young people whose lives have been turned upside down by cancer.

At the event there will be sports activities, including a kids riding skills clinic and guided kids rides. To enter a team or find out more information, go to www.shortcircuitcancer.org.au

FORTHCOMING DATES

November

Wednesday 19th
Early Birds & Parent Session
P & C Meeting 6.30 Library
Thursday 20th
P & C Disco
K – 1 Safety Visit
24th – 5th Dec
Intensive Swimming
Tuesday 25th
St Joseph's Orientation
Friday 28th
Scone High Orientation

December

Thursday 4th
Mini Fete
Wednesday 10th
Presentation Day
Thursday 14th
Year 6 Farewell
Wednesday 17th
Last day of school for students

Have you downloaded our latest communication tools?

Install the Aberdeen Public School App for FREE in the App Store and Play Store.

Like our Facebook page and keep up to date with what’s happening at A.P.S.
Sorting out conflict together

Van’s friend Eli had come over to play. They played outside for a while and then decided to play a new game on the computer. From the other room Van’s father could hear the sounds of the computer and the boys. They were obviously enjoying the game.


It was getting serious, and Van’s father decided it was time to help them sort it out. “What’s going on, boys?” he asked them. “Nothing,” said Van. “Van won’t let me have a turn,” said Eli. “I’m sure if we talk about this we can work it out,” said Van’s father.

Whether they get into an argument over a game, what to watch on TV, or whose turn it is to clean up, conflicts are common in children of primary school age. Conflict is a normal part of human relationships. Sometimes conflicts blow over, but sometimes they don’t.

Adults may believe it’s best to let children sort things out by themselves. The problem with this is that often children get into conflict because they don’t have the skills to solve it themselves. If left alone the conflict gets bigger. Usually then the person who is louder, stronger or more aggressive wins.

Children do need adult help to solve conflicts. The best way to help them is not to simply tell them what they should do. It works better to act as a ‘coach’ and help children find a solution that suits everybody. When children work out solutions this way, they learn valuable skills that can help them resolve conflicts more effectively. With good coaching they can learn to use the skills of conflict resolution even when you’re not around.

[The things that children get into conflict over may seem minor to adults but they are real issues for children.]
Skills for conflict resolution

The skills needed for effective conflict resolution include:
- skills for managing emotions, as well as thinking skills for problem-solving and communicating with others.

The key conflict resolution skills are:
- being able to control angry or anxious feelings
- learning to listen even when you disagree
- understanding the other person’s opinions and feelings
- being able to think of different solutions
- exchanging ideas with the other person
- finding ‘win-win’ solutions.

Unresolved conflicts can spoil friendships and affect children’s confidence. When conflicts are left simmering they can negatively affect children’s mental health and wellbeing.

Coaching children to resolve conflict

Step 1
Help children see conflict as a problem they can sort out fairly, with help, for example: “It looks like there’s a problem here. I’m sure if we talk about it we can sort it out.”

Step 2
Get each child to explain how they see the conflict. Get them to focus on what they want or need, and what their concerns or worries are, rather than blaming the other person.

Step 3
It is often helpful for the coach to then re-state the concerns of both parties, for instance: “So, Eli, you’re worried that you won’t get a turn; and Van, you’re trying to make it to the next level of the game and you’re worried that if you stop now you won’t get to it.”

Step 4
Get children to suggest at least three different solutions, such as: “What are some ways to solve this so you can all feel okay about it?” If they can’t think of any, offer some ideas for them to think about.

Step 5
Help children agree on a solution that will work and put it into action.

Step 6
Praise them for sorting it out.

How parents and carers can help

Using the steps of conflict resolution to coach children to come to their own solutions helps them learn the skills they need. Learning to resolve conflict successfully takes good coaching and lots of practice.