Celebrating 150 years
ABERDEEN
PUBLIC SCHOOL
NEWSLETTER
13th May Week 3 Term 2 2014

SCHOOL MISSION: “Quality Education Preparing Students for Life”

PRINCIPAL’S MESSAGE

SCONE HORSE FESTIVAL PARADE: WINNERS!
A huge thank you to Chelle Smith for creating the prize winning float at the Scone Horse Week Parade. Well done Chelle. Thank you to the children who participated in the parade and to Mrs Kerrigan and Miss Birch for their support. Our participation would not have been possible without Mick Day and the semi-trailer provided by Allday Concrete. Thank you!

Expression of Interest Peel Schools’ Rugby League Football Carnival

Dear Parents,

We have the opportunity to enter teams in the Peel Schools’ Rugby League Carnival, which will be held in Tamworth on Saturday 14th June. We can enter teams in the following age groups:

Open Primary (Team numbers 13+4) Mod Rules,
11 Years (Team numbers 11+4) Mod Rules,
10 Years (Team numbers 11+4) Mod Rules,
9 Year (Team numbers 11+4) Mod Rules,
8 Years (Team numbers 8+4) Mini Rules,
7 Years (Team numbers 8+4) Mini Rules.

If you would like your child to participate in this carnival please complete the following expression of interest form. Teams will be entered if we have the numbers to form a team in that age group, at least 1 reserve is needed in each age group. Students are only allowed to nominate to play in one team for their school in any age division.

Please return the slip below to school by Monday 19th May, if you wish to participate.

Thank you,
Michelle Floyd

I would like my child ____________________________ ,
to participate in the Peel Schools’ Rugby League Carnival. He /she will turn ______ years of age this year.
Signed ____________________________

I am able/ unable to coach - manage a team. Circle the option that applies.
Signed: ____________________________
NAPLAN
State wide NAPLAN assessments commenced today. These assessments are undertaken by all students in Year 3 and Year 5 and focus on assessing student skills in language conventions, writing, reading and numeracy.

Clothing Donations
As the cold weather approaches warmer clothing is required. If you find your child has grown out of last years clothing the school would be grateful for any donations for our clothing pool.

Label Clothing
As children are taking their jumpers off during the day as they warm up it is timely to remind you to please label your child’s clothing clearly so that lost items can be returned. We have many items in our lost property area at the moment – please come and check.

Michelle Floyd – Principal

DURI HORSE SPORTS
Millie and Mikayla had a great day at Duri Horse Sports on Friday. They both came home with lots of ribbons and smiles all around. We are looking forward to travelling to Cessnock next month.

FOOD ALLERGY WEEK 2014: BE AWARE. SHOW YOU CARE.
Monday 12th – Sunday 18th May, 2014
Australia has one of the highest reported incidences of food allergies in the world,¹ and the numbers are growing at an alarming rate. In fact, one in 10 babies born in Australia today will develop a food allergy.² Food Allergy Week (FAW) 2014 runs from Monday 12th to Sunday 18th of May aiming to raise awareness about the prevalence of food allergy and help keep those with food allergies safe.
President of Allergy & Anaphylaxis Australia Maria Said says that being allergy aware is the responsibility of the whole community.
“The incidence of food allergy has spiked dramatically in the past 10 – 15 years. It is up to all of us to minimise the risk of allergic reactions occurring but also to know what to do should an allergic reaction happen.
“An allergic reaction can very quickly become life-threatening and while the risk cannot be removed, it can be managed,” added Said.
There are several ways that you can Show You Care during Food Allergy Week 2014. Visit www.foodallergyaware.com.au or join us on Facebook/AnaphylaxisAustralia to see how you can help us spread awareness and raise funds for vital education and support programs.•

FORTHCOMING DATES

**May**
Tuesday 13th – 15th NAPLAN
Monday 19th Zone Touch Trials
Wednesday 21st P & C Meeting
Friday 23rd PSSA Netball in Singleton
Tuesday 27th U. H. Technology Night
Thursday 29th Sesquicentenary Meeting
School Disco

**June**
Monday 2nd K – 2 Eisteddfod
Tuesday 3rd Fruit & Vege Month begins
See Sharp 11.30am
Friday 20th Cessnock Horse Sports
Monday 23rd Science Show

PETER DAY
ALLDAY CONCRETE
0428 681 235
Volunteers needed
Only 2 hours a week

As a Family InSight volunteer you can make a real difference to the lives of families with young children.

We need volunteers in the Singleton, Muswellbrook and Upper Hunter areas urgently.
Course starts 21st May 2014.

Contact Family InSight on
4961 0700
www.familyinsight.org.au
RING NOW

Healthy Dads Healthy Kids

A PROGRAM FOR MEN AND THEIR PRIMARY SCHOOL AGED CHILDREN

Coming to Scone 17th July, 2014

How will you and your children benefit?

- Spend quality time in fun physical activities with your kids that lead to optimal physical, mental, and socio-emotional health
- Shed kids without giving up the things they love
- Learn how to transform the dinner table from warzone to peace train
- Get active, fitter and healthier with your kids
- Receive the latest information on physical activity and nutrition

More information:
www.healthydadhealthykids.com.au
lee.scone@pacific.net.au
0418 360 252

Upper Hunter Families Week

Picnic in the Park

Pack a picnic lunch and blanket

21 May between 10.30am - 2.00pm at Simpson Park, Muswellbrook

Local schools and children entertain. Free activities, Peppa Pig, Market stalls and coffee

Partners

UHCS, Compass, Ability Links, Benevolent Society, Joblink Plus, Early Links

Upper Hunter Community Services Inc.
Upper Hunter Technology Nights
The Upper Hunter Youth Council is planning a technology night. We are looking to hold this at venues in Murrurundi, Scone and Merriwa. Some details below so you can save the date. Invitations out soon.
Date: Tuesday 27 May
Time: 5:30pm until 7:00pm
Where: Scone Library, Merriwa CTC and Murrurundi CTC
Invitations: Out soon. RSVPs will be essential. mspora@upperhunter.nsw.gov.au
Who: Students from years 3 to 6

SEE SHARP
Presented by Lorin Nicholson at Aberdeen P.S on Tuesday 3rd June 2014 at 11.30am.
The permission note will be sent home next week. Muswellbrook RSL Club is sponsoring part of the cost for this visit. Parents & grandparents are welcome to attend free of charge.

For the past decade this accomplished guitarist and public speaker has presented his inspiring and motivational message at seminars, conferences, workshops and concerts in Australia, New Zealand and the USA.

Born with Retinitis pigmentosa, Lorin was declared legally blind at the age of four. Yet he was determined not to let his disability exclude him from leading a full and meaningful life. He successfully completed high school and went on to receive a college Diploma with high distinctions. During this time he was also an accomplished cyclist, swimmer and springboard diver. Today, Lorin and wife Lisa live in Brisbane, Australia where they are happily married with four children.

His thousands of appearances over the years in Australia and abroad are distinguished by his engaging mix of music and talk. Lorin shares simple life stories and inspiring ideas, bridges his chats with virtuoso guitar playing. Wherever he goes he adapts to the crowd, from classrooms to corporate seminars.

Away from the talk circuit, Lorin’s achievements have been equally inspiring.

His four albums of instrumental guitar music have made him one of Australia’s highest-selling independent artists and in 2005 he was named one of Australia’s finest musicians at the Country Music Awards alongside legendary guitarist Tommy Emmanuel. He has also made many radio, press and TV appearances including 60 minutes and Vision Australia’s annual Carols By Candlelight.

In 2009 Lorin was honoured as an Australian of the Year nominee. In 2010 Lorin and his younger brother Dean created Australian history, as they became the first blind persons to ride over 4000 kilometres across Australia from Perth to Sydney.

It’s often said that life is not a dress rehearsal.

Whether you need help with management leadership and team building or just general motivation for your business or group, Lorin Nicholson inspires and motivates people to use the gifts they’ve been given. Including gifts they didn’t even know they had.
Everyone needs a friend

“Those girls at school are mean. I told them about this great game but they wouldn’t play it. They said I couldn’t play with them.”

Rebecca, who is seven, plays happily at home with her four-year-old sister Samantha. Samantha adores her big sister and will do anything she says. But with school friends it’s not so easy.

Rebecca’s mother wonders whether the other children really are mean or whether Rebecca may be too pushy.

When children come over to visit it seems to go well as long as they are doing what Rebecca wants. But if the other child wants to do something different, Rebecca often sulks or goes off in a huff.

Children’s friendships often have their ups and downs. When friendships are going well they support children’s emotional wellbeing and confidence, as well as providing someone to play with.

Positive friendships help children have fun, and also help them cope during periods of stress and change. This is why having friends at school is so important for children.

Helping children with the ups and downs of friendships

It is not always easy for children to know how to manage friendships. Problems with friends can affect how children feel about themselves and their enthusiasm for activities that involve others. Parents and carers can help children learn the kinds of friendship skills they will need as they grow and develop.

Learning how to make and keep friends involves a number of skills. Children learn more and more complex social skills from those around them as they develop.

Home life has an effect on the development of social skills. A child who has an adoring little sister is likely to have more leadership skills. A child who is the little sister may be more used to fitting in with what others want to do. These children are likely to react differently when they go to school and meet other children with different life experiences and social skills.

Core friendship skills for children

Cooperation
- How to share, how to take turns, how to work together towards a common goal.

Communication
- Using words to explain what you want and listening to others respectfully.
- Paying attention to body language (e.g. making eye contact, smiling, being able to read others’ nonverbal reactions).

Understanding and managing feelings
- Being able to express feelings in ways that help others understand you.
- Recognising and responding to others’ feelings.

Accepting and including others
- Recognising others’ needs for respect and friendship.
Solving friendship problems

Children develop friendship skills through playing with other children. Because they are learning, they are sure to have times when things do not go as they would like. Sometimes they blame themselves for what has happened.

They may say, "Nobody likes me 'cos I can't run as fast as they can." Sometimes they blame everyone else for the problem and, like Rebecca, say, "The girls are all mean to me." Even though they blame the other children they may still think of it as a problem they cannot change.

How parents and carers can help

First and foremost you can help children by listening to them talk about the everyday joys and troubles that arise out of their friendships. Asking what might have led to others' reactions can help the child, with your assistance, to think of possible solutions.

Try a problem-solving approach

When problems arise in friendships it is important not to blame children but to show them how to find a solution. A problem-solving approach is often helpful.

1. Encourage the child to describe what has happened.
2. Ask about how they felt.
3. Ask them how they think the other person might see it and how they might be feeling.
4. Get them to think of ways they could do things differently next time.
5. Encourage them to try the new approach – get them to practise with you so they feel more confident.
6. Check back with your child to see how things turned out.

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