A few weeks ago I included an article from raisingchildren.net.au on Bullying in the newsletter. What is bullying, how to spot signs of bullying, things to look out for and how to talk to your child about bullying were some of the topics covered. This week I have again included some information that you may find useful if you feel your child is being a bully.

What to do if your child is showing signs of bullying others
When it comes to bullying behaviour, your child might be the one affected. Or – shocking as this might be – your child might be the one doing the bullying. Stepping in early is the key to helping your child learn how to get along with others.

If your child’s behaviour includes pushing other children who can’t defend themselves, saying nasty things about them, or generally making them feel bad, it might be time to talk to him about bullying.

Bullying: the basics
Bullying can involve physical violence or it can be psychological. It might involve teasing somebody, or leaving that person out of a group or activity. It can be face-to-face, or might happen by SMS or instant messaging via computer.

Both boys and girls use name-calling when bullying. This is common because it’s harder for other people to notice than physical aggression.

Boys are more likely to take part in bullying behaviour. Boys are also more likely to be bullied. Some children might not begin a bullying episode, but might join in later or encourage the bullying. This is also bullying.

Signs that a child is bullying
If your child is bullying, someone will probably tell you – a teacher, another child’s parents, or one of your child’s siblings.

If you suspect your child is bullying, you could look out for the following signs:

- your child talks about the other kids at school in an aggressive or negative way
- your child has money, toys or other things that don’t belong to her.

Neither of these signs means your child is definitely bullying, but you might want to talk to your child’s teacher to find out if there have been any problems at school.

What to do about your child bullying
It’s important to tell your child you think their behaviour is unacceptable and that you want it to end.

Explain to your child what bullying is. Try to be calm about it. Talk with your child about what they are doing and why they might be doing it.

Monitor your child’s use of the internet and mobile phones
Talk to the school (or organisation where the bullying is happening) about its approach to bullying. Ask what you can do from home to support the approach. Call back regularly to check how your child is behaving.

Some children bully because they themselves have been bullied. Listen to your child for clues that she might be a victim of bullying.

Sometimes children join in a group that uses bullying behaviour to avoid being bullied themselves. If your child is bullying so he can fit in, talk to the school or organisation about strategies he can learn to resist joining in.
It’s best to do something about bullying sooner rather than later. You can have the most influence on your child’s bullying behaviour while they are still young – the younger they are, the more likely they are to change the way they act. You might be tempted to congratulate your child on ‘standing up for himself’, but making positive comments about bullying will encourage them to keep doing it.

What to do if your child continues to bully?
If it’s not the first time your child has bullied, and you’ve already tried the suggestions above, you might need to take further steps. If the bullying is happening at school or a sports club, working with the organisation will give you the best chance of changing your child’s behaviour. The school or club will probably have a policy on bullying, and they’ll use that to decide the consequences for your child. The most effective thing you can do is support the organisation’s decision. You can also set up a ‘behaviour contract’ for your child. The contract is made with you, the school and your child, so they know you’re all working together. The contract can include things like what will happen if they bully and what will happen if they stop bullying. You could also include things they could do instead of bullying. Talk to the school about whether your child needs counselling to help him stop bullying, and whether the school can either offer it or refer you to someone else. Counselling is particularly useful if your child is having trouble with self-esteem, dealing with anger or controlling his impulses.

How to stop bullying
Preventing bullying is about teaching children how to get on well with others, helping them learn empathy, respect and how to support their friends. With these skills, children are much less likely to bully. Our article on connecting with your school-age child has tips for helping your child develop social skills. Building your child’s self-esteem can help. You could let her try lots of different activities, and encourage and support her in anything she likes. It might be sports, art, music, drama or something entirely different. Research has found that children whose parents give them positive attention are less likely to bully. Children who feel unloved or who experience violence in their family are more likely to bully others. Using authoritative discipline can help too – this means setting limits and using non-physical discipline if your child doesn’t stick to them. If you want your child to learn how to resolve conflicts without bullying, it’s important you also learn to manage your own conflicts constructively.

Why children bully: the research
Most children tease others at some stage. As they get older, children learn how their behaviour affects other people’s feelings, so the behaviour tends to stop. Children who haven’t developed empathy might continue the behaviour and become bullies. Some children have a temperament that makes them more likely to bully, while others come from families where violence and ‘put-downs’ are common.

raisingchildren.net.au

Writing
This term one of our major focus areas across the school has been writing. Our teachers have been deepening their knowledge of the writing aspect of the new NSW English Syllabus for the Australian Curriculum and our students are producing some excellent work. Below are two examples of persuasive writing.

GREAT WORK!
I’m stuck!
Dear neighbour,
I am writing to inform you of the extreme pain and misery that I experience every day. I am Jason. This may seem incredibly peculiar, but I live in the snow globe that you constantly shake all day. I am sick of being shaken, sick of it snowing and I want to explore the rest of the world. I also love writing poems and want a job as a poet! Did you know that I get giant headaches from being tossed around when you shake me?? The worst thing is that there is no chemist here to supply me with tablets to ease my constant headaches! The other day, you shook me so hard that I think I got brain damage! Not to mention the state of the interior of my house! My house may look fine from the outside, but it is the complete opposite on the inside! I also hate the weather here! It is always snowing. Can’t I see the bright sun and go to the beach for once in my life?? Last year I got trapped inside my house because the snow was blocking the doorway! I would be unbelievably adventurous if I could get out of this circular prison cell! I would explore the world! I can’t even explore past my garden! I could even discover new continents! Although my isolation has caused me to become a very talented poet, I cannot extend my dream career if there is no one to supply me with a job! Would you despise, loving talented poet, I cannot extend my dream career if there is no one to supply me with a job! Would you despise, loving something and not being able to do it? If we were to swap bodies for just a day, you would realise how miserable and livid I am.
From Jason
(Narrative by Delta in 5/6 Black)

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From Jason
(Narrative by Delta in 5/6 Black)
My solutions are that there should be more town bins in the streets, more Clean Up Australia Days and more shifts for cleaning out the bin bags.

Thank you for taking the time to read my letter. Could you please reply to me about this issue.

From
Madison R. 2/3 Red

Congratulations School Band
Congratulations to our school band who achieved first place with a score of 90/100 at the Eisteddfod last week. Well done this is a great achievement for such a young band.

Representing our School
We have been receiving a lot of compliments for the manners and behaviour of our students who have been representing the school in the wider community. This makes our staff feel very proud. Well done girls and boys.

Michelle Floyd - Principal

PRINCIPAL’S AWARDS

Week 7 Term 2
K Yellow  Sienna H. – fantastic work in mathematics.
K Lime   Braydon C. - for being a responsible class member.
1 Blue   Connor L. – always setting a great example for others.
2 Purple Candy B. – striving for excellence.
2/3 Red  Faith R. - demonstrating excellent listening skills.
3/4 Magenta Lucy McC. being a polite and eager student and for helping the teacher when needed.
4/5 Green Aiden N. – working independently in maths lessons.
5 Orange Hayley M. being an excellent role model for her peers and producing a high standard of work.
5/6 Black Lawson E. – improvement in class and independent work.

Merit Awards
K Yellow    Charly S.
K Lime     Tyreece C.
1 Blue     Cydi W.
2 Purple    Ethan G.
2/3 Red    Brae M-F.
3/4 Magenta Noni D.
4/5 Green  Lila B.
5 Orange    Lizzie D.
5/6 Black  Matt J.

Kids Matter Awards
K Yellow Jack D.    Honesty
K Lime    Adeline H.    Honesty
1 Blue    Reilyn G.    Confidence
2 Purple Steven W.    Honesty
2/3 Red   Toby S.    Responsibility
3/4 Magenta Vanessa H.    Confidence
4/5Green  Hollie D.    Honesty
5 Orange    Kynan B.    Resilience
5/6 Black  Cody B.    Responsibility

2 for Tuesday Meal Deal: We will be holding a meal deal with pizza and a popper on Tuesday 23rd June. Notes will go out next week. All profit made from this day will go towards helping to purchase new sports uniforms for the school.

Mini Trivia Night: Aberdeen Lions Club is holding a mini trivia night in honour of the P&C on Saturday 24th July. Tickets are $10 each and tables of 8. So why not grab a few friends together and come along for a great night out. More details to follow.

Canteen News
Painters Needed: We are still after some parents to help out with painting the inside of the canteen during the first week of the school holidays. Many hands make light work.

Canteen Helpers: We are still looking for helpers for the Term 3 roster, please return your note or phone the office and leave your details with what shift you can help out on. Even just once a term, will help keep our doors open.

Toy donations: Thank you to those who have donated some items, we are still after more. We need some boys items and after a chalk board if anyone has one they are wanting to get rid of.

Canteen Roster:
Wednesday 3rd June
Jaclyn Geerin
Jodie Mayall

Friday 5th June
Kelly McMahon
Trish Johnson
SOCCER REPORT
Last Wednesday our boys and girls soccer teams travelled to Scone to participate in the first rounds of the PSSA soccer knock out competition. The boys won their first game comfortably against Scone with some fantastic goals scored. In the second game the boys were narrowly defeated by Muswellbrook Public. Our girls lost their first game against Scone and drew 3-3 in their second match against Muswellbrook Public. Our students behaviour and sportsmanship was excellent and they should be very proud of their efforts. Many thanks to parents who assisted with transport on the day and a special mention to Rhian Harris for assisting with coaching for the day.

EISTEDDFOD NEWS
Yesterday K Lime, K Yellow, 1 Blue and 2 Purple travelled to St James Catholic School in Muswellbrook to perform in the Speech and Drama section of the Upper Hunter Eisteddfod. I am happy to announce that our students were once again successful with a win, two seconds and a third. Congratulations to the students and the teachers for all of their hard work!
I would also like to congratulate the children on their excellent behaviour, it was a very long wait and they handled it beautifully! Thank you to the families who were able to come along and be an audience for us, we really appreciated your support.
2/3 Red are performing today and we wish them every success!

FORTHCOMING DATES

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<tr>
<th>June</th>
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<tr>
<td>Wednesday 3rd</td>
<td>Scone HS Orientation Year 7</td>
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<td>Thursday 4th</td>
<td>Under 10s Knights Knockout</td>
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<td>Monday 8th</td>
<td>Long Weekend – no school.</td>
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<td>Monday 15th</td>
<td>Debating Gala at Singleton</td>
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<td>Wednesday 17th</td>
<td>The Great Jungle Adventure</td>
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<td>Thursday 18th</td>
<td>– Infants Performance</td>
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<td>Friday 19th</td>
<td>School Athletics Carnival</td>
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<td>Tuesday 23rd</td>
<td>Science Day</td>
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<td>Wednesday 24th</td>
<td>P &amp; C Pizza &amp; Popper Deal</td>
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<tr>
<td>Friday 26th</td>
<td>Stage 3 Science Fair</td>
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<td></td>
<td>Infants Athletics Carnival</td>
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ATTENTION PARENTS & CAREGIVERS
When your child arrives at school late, they need to be signed in at the office by an adult or, a note must be written explaining their lateness and given to the office on their arrival.

Dear parents & carers,
Does your child feel anxious, reluctant to go to school or lacking self-esteem? These could be signs they need a personal tutor. Private tutoring has proven to increase motivation, improve grades & self-confidence. As a special offer we are giving your child an extra 15 minutes on their first session. Our tutors are screened, interviewed & achieve scores above 95% from the ANU. All sessions are held online in a secure environment for your convenience. Enrichment Tutoring is helping your child prepare & succeed for the modern world.
Call us now on 0412 396 016 or visit EnrichmentTutoring.com to book online. Est. 2009.
Friendship skills: Suggestions for families

Parents and carers are children’s first and most important teachers when it comes to relationships

The ways you relate to your children and the guidance you provide helps develop children’s social skills. You can help children develop and maintain friendships by modelling effective social skills, providing opportunities for children to practise interacting with others, and offering support when they go through difficulties. Taking the role of a coach helps children learn the skills they need for themselves.
Children who have a wide range of interests are more likely to have something in common with others and so find it easier to make friends and get along.

The following suggestions may be helpful

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<tr>
<th>Make time to play too</th>
<th>Talk with children about what is happening for them with their friends</th>
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<td>Parents and carers can improve their children’s social skills by playing with them regularly. Letting children choose and lead the play allows you to be playful with them and encourages them to practise skills for cooperation and negotiation. Making time for play helps strengthen your relationship with them as well as their skills. Avoid criticising and make it fun!</td>
<td>Find a relaxed time, like the drive home from school or after dinner, to talk about what is happening in your children’s friendship group. By doing this, you let them know that you are interested in their wellbeing, and this can also be an opportunity to share some of your experiences and to help them solve any problems they might have.</td>
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<th>Allow your child to try all sorts of different activities</th>
<th>Encourage positive, relevant strategies</th>
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<td>Children who have a wide range of interests are more likely to have something in common with others and so find it easier to make friends and get along.</td>
<td>Parents and carers can talk about, and encourage, friendly and cooperative strategies that can help their child to develop friendships. For example, encouraging children to negotiate or compromise when trying to solve conflicts with peers is a strategy that is more positively received than aggression or verbal threats.</td>
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<th>Invite children for play dates</th>
<th>Take a problem-solving approach</th>
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<td>Having friends over to visit helps children to establish friendships and practise their social skills. It also provides an opportunity for you to provide on-the-spot coaching for children as they develop their friendship skills. Providing positive guidance and helping to structure activities (without taking over!) can be very important when establishing new friendships.</td>
<td>Parents and carers don’t need to have the answers to all of their children’s problems. You can support your children to think through a problem for themselves by talking with them and asking some useful questions. For example:</td>
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<th>Child says…</th>
<th>Parent/carer asks…</th>
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<tr>
<td><em>There’s this girl in my class who is really mean to everyone in class, and so we are all mean right back to her.</em></td>
<td><em>Why do you think she is being so mean?</em></td>
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<td><em>Maybe she thinks we don’t like her, and so she’s being mean to us?</em></td>
<td><em>That could be one reason. Do you like her?</em></td>
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<td><em>Well, I like her when she’s not being mean.</em></td>
<td><em>So how could you show her that you do like her, and that there’s no need for her to be mean?</em></td>
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<td><em>Maybe I could invite her over to play after school?</em></td>
<td><strong>Affirms:</strong> “That sounds like a great idea to me.”</td>
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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

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