### PRINCIPAL’S MESSAGE

**Congratulations to Mrs Watson and our Junior Dance Group.** They did an amazing job performing at the Hunter Dance Festival last night. They performed in front of a 900 plus audience and no one had stage fright.

**Clubs**

We have a number of clubs running at lunch time this term.

- Gardening Club with Mrs Hill – Tuesday and Thursday
- K-2 Drama Club with Mrs Christie - Wednesday
- Choir with Mrs Keating – Thursday
- Media Club with Mrs Watson – Thursday

Mr Ayre will also be running some set activities during lunch time. This week his focus is touch football. He will be reinforcing fair teams, consistently following rules and sportsmanship.

**Drama Club**

Mrs Christie is looking for up to 20 students in Kinder – Year 2 to join her Drama Club. If your child would like to join please return the slip in this newsletter. The first 20 students to register will have the opportunity to join.

**Resilience**

We will be maintaining our focus on resilience this week.

---

### PRINCIPAL’S AWARDS

**Week 2 Term 3**

- **K Yellow**: Natasha B. - great improvement in her independent writing.
- **K Lime**: Georgia N. – for her huge efforts in reading.
- **1 Blue**: Ethan W. - an improved attitude towards all learning areas.
- **2 Purple**: Samson E. – being a positive and encouraging role model within the classroom.
- **2/3 Red**: Jae D. - terrific effort in writing.
- **3/4 Magenta**: Brodie H. - striving for excellence in writing.
- **4/5 Green**: Will H. - demonstrating cooperation, consideration & conscientiousness.
- **5 Orange**: Ben J. – always being a positive role model to his peers.
- **5/6 Black**: Tommy D. – focussed attempts during writing activities.

---

### Trivia Night

Don’t forget the trivia night this Saturday. Please get some friends together and make a table of 8. Tickets are $8 each and are available at the front office.

### SMART Science Show

We are fortunate enough to have the University of Newcastle coming on Tuesday 28th July to present their SMART Science Show to all our students. This will provide students with an interactive in-school show that linked to the curriculum and tailored to each stage. Coal and Allied have sponsored the visiting performance so there will be no cost for students to attend.

Michelle Floyd - Principal
Merit Awards

K Yellow Mia K.  
K Lime John D.  
1 Blue Shania T.  
2 Purple Austin McG.  
2/3 Red Shane L.  
3/4 Magenta Brooklyn M.  
4/5 Green Lillian D.  
5 Orange Jacob D.  
5/6 Black Connor P. 

Kids Matter Awards

K Yellow Amiee R. Happiness 
K Lime Emily C. Success 
1 Blue Bryhe Dever Resilience 
2 Purple Annabelle M. Persistence 
2/3 Red Charlotte W. Happiness 
3/4 Magenta Brayden G. Success 
4/5 Green Toby B. Success 
5 Orange Maxyne E. Resilience 
5/6 Black Kasey-Leigh P. Confidence 

P & C NEWS

Mad Food Science Program - is on THIS Thursday. All classes will be attending throughout the day. A reminder that the $4 payment is due to the office. The parent info session is on that evening 6-7pm and free of charge.

Trivia Night - is on THIS Saturday. Tables of 8, Tickets are $10 each. The RSL will be running the courtesy bus at no extra charge. Please phone the RSL club to book. All profits from this night will go to purchasing new football jerseys for the school.

Walkathon - is fast approaching. Friday 7th August. Meal Deal notes will go home later this week. All profit from the walkathon goes to the carpark upgrade.

CANTEEN NEWS:

We are still after a some toys for the kiddies room. Please drop to the office or to the canteen Monday or Friday.

Wednesday 22nd July 
Jaclyn Geerin  
Jodie Mayall

Friday 24th July 
Toni Partridge  
Kate Surawski

Monday 27th July 
Amanda Wilks  
Susan Rivers

BORROWED CLOTHING

During the wet weather we had a number of students fall in mud and require clean clothing. We only have a limited selection of items and sizes. Could you please wash and return these items as soon as possible so that we are able to provide clothing to other students as required.

LOST PROPERTY

Lost property can be found in the foyer and clinic. We try to return clothing and items with name labels to their owners. We encourage parents to label all their clothing and items.

BAND NOTICE

The band is off to Singleton tomorrow for a Primary Band Workshop. Please wear full school uniform, bring recess and lunch (if you are not purchasing a BBQ lunch) and remember your music and instrument. Small concert held at Singleton Public school is being held 2:00 till 2:30.

SRC HOT CHOCOLATES

Hot chocolates will be for sale on Thursday mornings at the canteen for 50c each. Proceeds to the SRC.

Early Birds Kinder 2016 Orientation Program

Our Kindergarten Early Birds Orientation Program to assist children with a smooth transition to big school starts on Wednesday 9th September from 12pm – 3pm and the Parent Information Session is from 2pm – 3pm. The Program will run over nine weeks from 12.00 noon – 3.00 pm as follows:

- Wednesday 9th September
- Wednesday 16th September
- Wednesday 7th October
- Wednesday 14th October
- Wednesday 21st October
- Wednesday 28th October
- Wednesday 4th November
- Wednesday 11th November
- Wednesday 18th November

An enrolment pack and information will be sent out to parents who have registered their intent to enrol this week.

If you wish to enrol your child in Kindergarten for 2016 please contact the school on 6543 7271 or complete and return the slip below.

2016 KINDERGARTEN ENROLMENTS

Kindergarten enrolments are now being taken by Aberdeen Public School for 2016. If your child will be five by 31 July 2016 and you wish to enrol at Aberdeen Public School, please return slip below or contact the office on 6543 7271.

Kindergarten Enrolment 2016:

| Child’s Name: | ______________________________ |
| Date of Birth: | ______________________________ |
| Parents Names: | ______________________________ |
| Address: | ______________________________ |
| Phone No: | ______________________________ |
SCONE GYMNASTIC PROGRAM
The Scone Gymnastics program, which runs at the Scone Squash and Fitness Centre (Scott Street) is open for term three having resumed overnight. Booking details available here: http://www.dsr.nsw.gov.au/active/whatson.asp?reg=region=hunter

ATHLETICS CARNIVAL

Class News
K Yellow
Welcome back to term 3. Students have settled in well to the start of term. It sounds like they enjoyed their holidays. Home reading will start up again this week along with weekly homework. Homework books were sent home yesterday, inside is a note explaining what is expected. Books will be sent home each Monday and are to be returned to school each Friday. If you have any questions about this please see me at school.

Some information for this term: Library will remain on a Thursday. We will not have Gross Motor as K-2 will participate in the Sports Fun program with St Joey’s, this will be on a Thursday after lunch. The Zumba program also begins this week and will be on a Friday. This is a great program and is a lot of fun for all involved.

Lastly, a note went home yesterday as a reminder about speeches. Students will be expected to present these in class this week and next week. Please send your child in with their speech as soon as possible. Thank you, I look forward to another wonderful term.

K Lime
Homework went home for the first time yesterday. The students were very excited!
We have started presenting our speeches which are due this week. It will take us this week and next to get through delivering them so if you need some more time that’s ok. If you need a new note, please ask.
This term we are very lucky to have St Joseph’s High School running a sports fun program for all students K-2. This will be taking place on Thursday afternoons and will take the place of gross motor. Thanks again to the parents who have helped out with gross motor.

1 Blue
Welcome back to another fun filled term. This week in English we are learning our ‘st’ and ‘sp’ blends and concentrating on reading our writing out loud to make sure it makes sense. In Maths we are learning to share equal groups as we divide them into quarters.
Speeches start this week! Each student will be presenting a speech this week and next week in the lead up to the public speaking finals in week 4.
There are a few changes to our timetable this term; Library is on Tuesday, Sports Fun is on Thursday afternoon and Zumba on Friday.
1 Blue is very excited to announce that we will be performing an item this Friday at the assembly. Please come along and share in the students’ wonderful performance.

2 Purple
2 Purple have had a wonderful start to the term. We were quickly out of holiday mode and back into hard work.
The sports carnival highlighted team spirit and commitment to push through the freezing cold and wet weather.
Our next big performance will be the upcoming Public Speaking competition that will see the first round being held this Friday during class time.

DRAMA CLUB
My child who is in a class from K – 2 would like to join the Drama Club with Mrs Christie.

Student Name: __________________ Class:____
Please return this slip to the office ASAP as there are only 20 places.

COMMUNICATION BY EMAIL
If you would like your newsletter and other important information emailed to you please supply your email address to the school.
Name: ____________________________
Student Name: __________________ Class:____
Email address: ____________________________
I am thoroughly looking forward to working with 2 Purple this term and am looking forward to meeting all their families and friends. Please drop by the room and introduce yourself, the classroom door is always open.

Miss Hunt

2/3 Red

Yesterday was a very exciting day for students in 2/3 Red as we were finally able to move in to our new classroom. It is a great learning space, which includes four walls and even carpet! We had lots of teachers visiting to have a sticky beak and I think they were very impressed. If you would like to come and have a look you are more than welcome. Students will be required to begin presenting their speeches this Wednesday so please ensure you are ready to go.

There have been plenty of notes and reminders going out so please check you have them all. The excursion is now only five weeks away and everyone must be paid up before they leave so please check where you are up to. Thank you to all those people who have already organised payment.

3/4 Magenta

Well done to everyone who participated in the athletics carnival so enthusiastically and with such great sportsmanship. It was a wonderful day despite the rain.

Congratulations to the Stage 2 dance group for what I hear was a beautiful performance. You all worked really hard and I cannot wait to see you perform it at school in full costume.

There is a lot to be excited about at the moment: This term we are looking at Connected Communities, Properties of Materials and starting our drama workshops with Mrs Christie for our big performance. The Great Aussie Bush Camp is in 4 WEEKS! Please get your payments in. A note went home last week outlining amounts outstanding, including the payment due this Friday 24th and the last one on the 7th August. Please call if you have any queries or concerns.

Reminder: Our public speaking speeches are due on Friday 24th and we will start presenting them that day. There is a checklist of the marking criteria in the homework sheet. Practise, practise, practise! Everyone has been working very hard on them both at school and at home and I am really looking forward to hearing them.

4/5 Green

Welcome back everyone. I hope you all had a great break and I know that we are prepared for a fantastic term.

What’s new?

This term we will be developing our drama skills with Mrs Christie on Wednesday mornings. We will be joined by Riley during middle sessions this term. He will be giving us some support during maths as well as helping us to develop our resilience during PDHPE.

Mrs Hill will be teaching in our class on Thursday afternoons this term.

We are trying out some new and exciting thinking and learning strategies as we work through our HSIE unit based on our community and the township of Aberdeen.

And a few reminders!

Public Speaking – all students have been given a day to present during Week 2 or Week 3. Please check with your child when they will be presenting (its noted on their homework this week).

The Great Aussie Bush Camp – Week 6, keep those payments coming in, not long now and it will be excursion time. Keep your eye out for upcoming notes regarding medical and dietary needs as well as what to pack.

The Mad Food Science Show is on this Thursday, if you haven’t returned your $4 to the office, get it in first thing tomorrow or you will miss out!

It is vitally important that students arrive at school ready to learn all the equipment needed for the day. I have asked students to take some time this week to go through there pencil cases and make sure they have those essentials like pens and lead pencils as we seem to run short of these on a regular basis.

5 Orange

Welcome back to a fantastic term. We are currently having our public speaking speeches during class time and so far they are of a high standard.

We are starting “Bring your own device” to school. The policy will be sent home today. Once we have notes in students will be able to bring their devices daily to aid research tasks, publish work and problem solve. If your child does not have a device or you do not wish for your child to bring in a device the class has 5 android tablets to share. Do not feel that you need to buy a new device for this purpose.

5/6 Black

Thank you to all students who have begun to complete their homework using Microsoft OneNote. What a fabulous resource we have been given access to. It is definitely going to enhance our learning at school!

We will be performing “Dancing on the Ceiling” at the week 3 assembly. Students are organising their costumes this week.

Don’t forget the Mad Food Science program coming up. Notes and $4 should go to the office ASAP.

<table>
<thead>
<tr>
<th>FORTHCOMING DATES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>THURSDAY</strong></td>
</tr>
<tr>
<td>23rd</td>
</tr>
<tr>
<td>24th</td>
</tr>
<tr>
<td><strong>TUESDAY</strong></td>
</tr>
<tr>
<td>28th</td>
</tr>
<tr>
<td>30th</td>
</tr>
<tr>
<td>31st</td>
</tr>
<tr>
<td><strong>FRIDAY</strong></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>4th</td>
</tr>
<tr>
<td>6th</td>
</tr>
<tr>
<td>7th</td>
</tr>
<tr>
<td>19th</td>
</tr>
</tbody>
</table>
About anger

What causes anger?

Everyone experiences anger. It is a normal reaction to frustration, stress or disappointment. It can occur in children as young as three or four months old. Anger can be quite noticeable in toddlers who often express it through tantrums and other aggressive actions. However, as they grow and develop, most children learn how to deal with some of the frustrations of everyday life. They also learn how to express their anger in acceptable ways.

Some anger can be helpful. For example, when expressed effectively, anger can help tell someone else, “Stop. I don’t like that.” Anger can also motivate us to overcome problems and achieve goals. Whether children’s anger is positive or negative depends on how effectively it is managed and whether it can be directed towards positive goals.

When children lack skills for managing anger it can lead to aggressive behaviour. Usually, it is the aggressive action that follows anger that most concerns parents, carers and school staff. Learning to manage anger involves developing social and emotional skills for calming down and having ways to express angry feelings assertively. This means learning to use words rather than aggressive actions to communicate feelings. Parents, carers and school staff have an important role in helping children learn to manage anger effectively.
The experience of anger

Feeling angry involves changes within the body and also in thinking. Muscles tense and there is a burst of energy as the heart speeds up, blood pressure rises and breathing becomes faster. These changes can lead to having a flushed or red face and to feeling hot. Symptoms of anger like these are part of the ‘fight or flight response’ that helps to prepare the body for danger.

Thoughts also play a big part in anger. Angry thinking can trigger angry feelings and make them last longer, so learning to understand and change thinking patterns is very important for managing anger. With help from adults children can develop skills for recognising and changing angry thinking.

What do children get angry about?

Angry feelings are usually the result of being frustrated while trying to reach a goal. Researchers have found that children feel angry (rather than sad) when they believe that the negative situation they are concerned about can or should be changed.

Different kinds of situations can lead to angry feelings in children. Some of the most common situations are listed in the table below.

<table>
<thead>
<tr>
<th>Kind of situation</th>
<th>What leads to anger</th>
</tr>
</thead>
<tbody>
<tr>
<td>Possessions</td>
<td>- Not being allowed/able to have something they want</td>
</tr>
<tr>
<td>Physical aggression</td>
<td>- Having someone take their things</td>
</tr>
<tr>
<td>Verbal aggression</td>
<td>- Being hit, kicked, punched, etc</td>
</tr>
<tr>
<td>Control</td>
<td>- Having others (children or adults) speak to them aggressively</td>
</tr>
<tr>
<td>Rejection</td>
<td>- Being required or forced to do something they don’t want to</td>
</tr>
<tr>
<td>Unmet emotional needs</td>
<td>- Being excluded from social games</td>
</tr>
<tr>
<td></td>
<td>- Being rejected by other children</td>
</tr>
<tr>
<td></td>
<td>- Feeling unsafe</td>
</tr>
<tr>
<td></td>
<td>- Feeling uncared for</td>
</tr>
</tbody>
</table>
Differences in children’s use of anger

Before they start school, most young children have learned that getting aggressive when angry is not considered appropriate behaviour. They may have also learned some strategies for managing anger, for example, counting to 10, explaining what they are annoyed about, or asking an adult for help to resolve a problem. These are positive coping strategies that help children manage their angry feelings and build skills for effective relationships.

Some children try to manage angry feelings by avoiding the situation or person that has led them to be angry, which can cause them problems in later years.

Some other children seem to have few strategies for managing anger and so may continue to act aggressively and impulsively. Children with anger problems are often rejected by other children because of their difficult behaviour. Feeling rejected, they may think others are being mean to them and become more angry. This may start a pattern of thinking that leads them to respond with aggressive behaviour even where no intention to hurt is present. For example, they may get angry when somebody bumps into them and react aggressively without stopping to think that it may have been an accident.

The different ways that children manage anger are influenced by a combination of personal characteristics, how much stress the child and family are under, and opportunities available at home and school for learning how to cope with feelings.

From early childhood, some children seem to react more to frustration and take longer to return to a calm state. These children may need extra assistance to learn skills for controlling anger. Some children don’t learn how to manage anger because being angry is not okay in their families. They don’t get the chance to practise positive ways of managing anger or telling others when they are angry. Children can also learn aggression through the examples of others. When the adults responsible for children’s care get angry quickly and often, or when they use reactive, harsh and inconsistent discipline, children are more likely to behave aggressively themselves.

Research indicates that physical aggression in children is most common at the age of two. As skills for language and thinking develop, aggressive behaviour is reduced. However, for some primary school children aggression remains at a high level. These children may benefit from professional help to learn to control aggression and stop behaviour problems becoming worse. For more, see the KidsMatter Primary information sheets on serious behaviour difficulties.

Skills for coping with anger

Usually feelings of anger are directed towards someone or something that the child would like to change. Even though there may sometimes be good reasons for wanting to change things, it is often not helpful to act in anger. Intense angry feelings very often cloud judgment and lead to impulsive or aggressive behaviour rather than thoughtful actions. For children to be able to manage anger effectively they need to learn to recognise when they are angry, have strategies to manage angry feelings, and work out effective ways to solve the problem that has caused their anger.

Recognise anger signals

Learning to recognise when they are getting angry helps children understand how angry feelings work. This is the first step to managing them. Children can be taught to be aware of what triggers their anger. Then they can learn strategies to help them cool down and stay calm instead of getting carried away by angry feelings. Young children need assistance with learning, remembering and using the steps. The following table shows common body, thought and action signals for anger.

<table>
<thead>
<tr>
<th>Body signals</th>
<th>Thought signals</th>
<th>Action signals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fast breathing</td>
<td>I hate her.</td>
<td>Threaten</td>
</tr>
<tr>
<td>Heart rate increased</td>
<td>It's not fair!</td>
<td>Run away</td>
</tr>
<tr>
<td>Sweating increased</td>
<td>You IDIOT!</td>
<td>Swear</td>
</tr>
<tr>
<td>Flushed, hot face</td>
<td>I want to hit him.</td>
<td>Punch or hit</td>
</tr>
<tr>
<td>Body feels hot</td>
<td>I WON'T do it.</td>
<td>Fidget</td>
</tr>
<tr>
<td>Tense muscles</td>
<td>You think I never do anything right!</td>
<td>Yell</td>
</tr>
</tbody>
</table>

Parents, carers and school staff can help children to recognise the signs of anger when it is beginning. Adults can tell when children are getting angry by the way they look, the way they speak, or the tension in their bodies. Saying, “You look upset. Are you angry about …?” helps to build awareness of feelings and also invites children to talk about the problem situation.
Manage angry feelings

Children need skills to help them cool down their anger. Simple relaxation techniques involving deep breathing, calming strategies (e.g., counting to 10) and coping self-talk are very useful for helping children ‘lower the temperature’ of their anger. For some children, it may be especially beneficial to have a special place for ‘quiet time’ where they can get away from anger triggers while they cool down. It is important to note that the physical symptoms of anger can take a long time to return to normal. Having a cool down strategy helps children learn the steps to manage their angry feelings.

Solve problems

Once they have calmed down, thinking through the situation that made them angry can help children to come up with other ways of approaching it. Parents, carers, and school staff can support children’s skills for solving problems by asking questions that help children think things through. Questions to ask include:

- What happened?
- How did you feel and react?
- How did the other person feel and react?
- What happened then?
- What could you have done differently?
- What could you do differently next time?

Adults may need to help children work through the steps by giving examples and suggestions for them to think through. For more, see the KidsMatter Primary information sheets on decision-making.

Key points for helping children learn to manage anger

For children to learn to manage anger effectively they need adult support and guidance.

They need to know that anger is a normal human emotion and that there are acceptable and safe ways of expressing it. They need to feel understood and supported rather than judged or blamed for feeling angry.

Be a model for children

Children learn effective ways of managing anger from seeing adults manage their anger effectively. Show them how you use appropriate ways to tell others you are angry and sort out problems.

Discuss feelings

Using words to discuss anger, frustration, annoyance, irritation, etc., helps children learn that having angry feelings is normal and is something that can be talked about. This helps children understand feelings and feel understood. It also makes it easier for them to recognize that some ways of reacting to anger are okay and others are not.

Anticipate and prepare

Parents, carers, and school staff can help children manage their anger by identifying situations that often trigger angry responses and being prepared to offer support as early as possible. This may include getting children engaged in activities that will take them away from a situation they find stressful. It may involve planning with an individual child in advance how he or she can handle a challenging situation.

Use positive discipline

Providing specific praise when children manage their anger well supports their learning. Setting clear rules and predictable consequences for children’s behaviour helps them know what you expect. When limits are made clear and praise is provided for appropriate behaviour, children find it easier to develop the self-discipline they need to manage anger effectively. For more, see the KidsMatter Primary information sheets on effective discipline.