PRINCIPAL’S MESSAGE
Our focus value for the next fortnight is confidence.

Confidence
Believing in yourself, having a positive self image and sense of self-worth along with a willingness to take risks.

Education Week Award Ceremony
Students and parents are invited to attend the Education Week Assembly to be held at Scone High School on Thursday 30th at 5pm. Award recipients have been notified and this is an opportunity to celebrate their achievements. The Aberdeen Public School dance group will also be performing.

Shortly there will be an opportunity to apply for funding for a before and after school care service here at school. If you think this may be beneficial to our community and you are interested in accessing before or after school care in Aberdeen please fill in the form in this newsletter and return it to school or email the school. I need to determine the level of interest and gain an idea of the number of children that may use this service before I can proceed with an application.

INTEREST IN BEFORE & AFTER SCHOOL CARE
Name: ________________________________

Yes I would be interested in a before and after school childcare service at Aberdeen Public School.

I have ____ children who may use this service. (return this slip to the front office)

Variation to School Development Day
Our teaching staff has the opportunity to attend a fantastic 2 day professional learning workshop on Friday 6th and Saturday 7th of November. As you would appreciate the school cannot afford the cost of employing casual teachers for the Friday and not enough casual teachers are available anyway. To enable all staff to attend I would like to change the professional development day (pupil free day) that is scheduled for Thursday 17th December to Friday 6th November so that all staff can attend this amazing learning opportunity. If you have any objections to this or would like more information about the workshop please contact me.

Michelle Floyd - Principal

PRINCIPAL’S AWARDS

Week 3 Term 3
K Yellow Hunter H. – producing fantastic ideas for his independent writing.
K Lime Cameron D. – fantastic reading.
1 Blue Bronx G. - always being a kind and positive role model to his peers.
2 Purple Jacob B. - being a helpful and encouraging student within the classroom.
2/3 Red Camden O. – brilliant effort in maths.
3/4 Magenta Noni D. - excellent exploration and reasoning in science.
4/5 Green Cailey G. – being a respectful student who always encourages her peers.
5 Orange Elizabeth D. – excellent topic and presentation for public speaking.
5/6 Black Kasey-Leigh P. - commitment to learning.
Merit Awards
K Yellow       Charly S.
K Lime        Adeline H.
1 Blue        Taj B.
2 Purple      Lexie W.
2/3 Red       Linden T.
3/4 Magenta   Seth F.
4/5 Green     Ella C.
5 Orange      Callum D.
5/6 Black     Mally M.

Kids Matter Awards
K Yellow      Noah L.  Success
K Lime        Ethan N.  Success
1 Blue        Kelsea R.  Responsibility
2 Purple      Liam D.  Persistence
2/3 Red       Mason B.  Confidence
3/4 Magenta   Amelia W.  Honesty
4/5 Green     Liam J.   Honest
5 Orange      Shania G.  Confidence
5/6 Black     Breanna C. Responsibility

P & C NEWS
Thank You
A huge thank you to our sponsors of the Mad Food Science Program - Aberdeen Treasures, Aberdeen Lions Club, Scone Inspire Health and Vanessa Wheadon. All students were able to attend the program and we hope they gained some great information from it.

Trivia Night
A big shout out to Judy Lanyon and Aberdeen Lion's Club for holding a trivia night for us on Saturday night. We had over 75 adults and students attend and raised over $1250; with the proceeds from the night going towards purchasing the school football jerseys. A special thanks to the following businesses who helped out by donating prizes for the night; Marjo Candles, Mystical Nail & Beauty, Segenhoe Stud, Allday Concrete and Woolworths Scone.

Walkathon Meal Deal forms are due in by 9am Wednesday morning. No late orders will be accepted as we need to order stock. The meal deal order bags went home last week. $5 per child - sausage sandwich, popper and zombie chips.

Walkathon is on next Friday 7th August. We will be organising prizes this week, so please continue obtaining sponsorship for it.

Canteen News:
Roster:
Wednesday 29th July
Rebecca Adams
Nicole Brown

Friday 31st July
Kelly McMahon
Mel Jordan

Monday 3rd August
Carly Baker
Lauren Irving

POWER FM BREAKFAST
Power FM are bringing breakfast to our School! Nix and Sebba from the Power FM Brekky Show will broadcast live from our school on Thursday the 6th August(NEXT WEEK) thanks to the Power FM Schools Brekky! Breakfast is provided by The Power FM crew and is available from 7am-8.30am. Come along for a ton of laughter and fun! Café Mobilita will also be there on the morning selling coffees for the mums and dads who are encouraged to come along.
We are looking for volunteers to help serve Breakfast on the day!

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 and check regularly that names have not worn off.

PUBLIC SPEAKING FINALS
Public speaking finals are on Tuesday 4th August at 9.15am, starting with kinder in the hall.

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

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 turn 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: ______________________________
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: ____________________________

FORTHCOMING DATES

JULY
Thursday 30th   Education Week
Friday 31st   Zumba
Zone Athletics Carnival
5 Orange performance.
(Please note class change. 5/6 Black will perform in Week 5 due to students attending Zone Athletics)

AUGUST
Tuesday 4th   Public Speaking Finals
Thursday 6th   Power FM Breakfast
Friday 7th   P & C Walkathon
Wednesday 19th   Great Aussie Bush Camp

RDA Raffle
Handmade wooden saddle stand
Handmade horsey patchwork quilt
Dolls house handmade
Tour of Darley Stud

Good for Kids good for life
5 TIPS FOR SCREEN TIME AT HOME
Are you having trouble getting your child off technology or watching television?
Try some of these ideas to reduce the amount of screen time your child has each day:
- Go screen free for weekdays
- Try technology free Tuesdays
- Try imagination Wednesdays
- Restrict times when your child has access such as “no screen time before dinner”
- Provide seven ½ hour vouchers on a Friday afternoon to last for the week. When your child watches the television or has other screen time e.g., computer, video games etc., they hand a voucher back. This limits the child to 3.5 hours of screen time during the week.

RDA Raffle
Handmade wooden saddle stand
Handmade horsey patchwork quilt
Dolls house handmade
Tour of Darley Stud

2 x Shopping Vouchers valued at $100 each
Choice of prizes $2 per ticket or 3 for $5

Mental Health Carers ARAFMI Hunter Inc.
Mental Health Carers ARAFMI Hunter recognizes the need for carers and family of the mentally ill to be able to reach out to someone for support, information or just an understanding voice.

If you’re a carer of someone with a mental illness and feel you could benefit from a counselling support call from one of our trained volunteers simply call: 02 661 677

To keep your costs down we can return the call.
Or register to book a call between 9.30am - 4.30pm Monday – Friday

RDA Raffle
Handmade wooden saddle stand
Handmade horsey patchwork quilt
Dolls house handmade
Tour of Darley Stud

2 x Shopping Vouchers valued at $100 each
Choice of prizes $2 per ticket or 3 for $5
Helping children cool down and stay calm

The following examples are for families to use at home. The methods described can also be adapted by school staff to help children manage anger at school.

When children get caught up with angry feelings it can be quite difficult for them to calm down. This is because the body gets ready to fight when we are angry and can take some time to return to normal. Teaching children steps to cool down their anger can help.

Rate your anger

Using a rating scale to notice how angry they are helps children become more aware of their angry feelings so that they know when to use calming strategies.

Draw a thermometer to show the scale points of between zero and 10. Add some words that describe low levels (eg 0 = calm; 2 = a bit irritated), medium levels (eg 5 = quite cross), and high levels (eg 9 = extremely angry, ‘losing it’). Talk about the body signals that accompany each level.

Ask children to rate their anger and watch it to see if it changes. This encourages them to look for the signs of angry feelings and to see if they can lower their anger levels. It is much harder to change anger when it is high, so when the rating goes above 6 it is usually best to teach children to move away from the situation. They can move to a special quiet space or ask an adult for help.

Relax

There are lots of ways to relax. Some useful ways to teach children to use relaxation strategies to calm their angry feelings are:

Deep breathing

Slow deep breathing has a very helpful calming effect. Getting children to practise breathing in deeply and breathing out very slowly, can help to calm down angry feelings.

Visualisation

Have children visualise a very relaxing scene in their minds. For example, they might imagine themselves floating on an air bed in a swimming pool. You can combine deep breathing with visualisation. For example, ask children to imagine a candle in front of them. As they exhale, ask them to imagine making the candle flicker but not go out.

Robot/rag doll technique

This robot/rag doll technique is useful for helping young children release muscle tension. Ask children to tense up all muscles in the body and visualise themselves as robots. Have them hold this tense state for approximately 15 seconds. Then ask them to release all the tension and visualise themselves as rag dolls, with all muscles very loose, and stay relaxed like this for 15 seconds.

Use coping self-talk

Using coping self-talk involves saying things to yourself to calm down. Children can be encouraged to say things to themselves like:

Take it easy.
Take some deep breaths.
Stay cool.
It’s okay if I’m not good at this.
Chill out.
Don’t let him bug me.
Time to relax!
Try not to give up.

To teach children to use coping self-talk, it is helpful to model it yourself. For example, you could make a point of saying out loud, “I need to relax,” “I’m going to cool down,” or “I won’t let this get to me.” You can also use coping statements to coach children through stressful moments. Asking older children what they could say to themselves when they need to cool down their anger helps them learn to use coping self-talk for themselves. This is best practised before children get angry.

Slow deep breathing has a very helpful calming effect. Getting children to practise breathing in deeply and breathing out very slowly, can help to calm down angry feelings.