Thursday 21st March

A parent and community guide for seeking information and expressing concerns.

From time to time parents or other members of the school community may need to approach the school in order to:
- Discuss the progress or welfare of own child
- Express concern about actions of other students
- Enquire about school policy or practice
- Express concern about actions of staff

It is therefore necessary to have procedures that will help solve problems as soon as possible so that a safe and harmonious school environment is maintained. The best results usually flow from working together.

These guidelines aim to:
- provide a guide in order that concerns are dealt with in an open and fair manner.
- ensure that the rights of students, teachers and parents are respected and upheld.
- support sensitivity and confidentiality.
- help reach an agreed solution

On occasion, concerns may cause frustration and anxiety. At such times it is always important to organise a time to talk with school staff in an unhurried and confidential atmosphere.

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**CONCERN**  |  **APPROPRIATE ACTION**
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The academic progress of own child | Directly contact the child's teacher either by note, by phone or in person to arrange a suitable time to discuss any issues.
The welfare of own child | For minor issues, directly contact your child's teacher to clarify information.
| For more serious concerns, contact the office, state the nature of concern and arrange a suitable time to talk with class teacher or appropriate executive staff member.
| To convey information about change of address, telephone number, emergency contact, custody details, health issues etc. please contact the office.
Actions of other students | Contact the class teacher for a classroom problem.
| Contact the class teacher or Assistant Principal for playground problems.
Actions of a staff member | Contact the office and state concerns to the Deputy Principal or Principal.
| Arrange to meet directly with the Deputy Principal or Principal.

In very rare cases, where people wishing to express concerns, do so in an aggressive, threatening or violent manner, the Principal (or nominee) has the legal authority under the 'Inclosed Lands Act' to:
- direct the person to immediately leave the grounds.
- call the police to remove the person should he/she refuse.
- withdraw future permission (by letter) for the person to enter the grounds without permission of the Principal.
- Seek further legal avenues.

Teachers, parents and community need to work together for successful schooling.
YCDI Week 8
The Foundation of Resilience is a different type of social-emotional capability than the capabilities of Confidence, Persistence, Organisation and Getting Along. The main difference is that Emotional Resilience deals with children’s ability to manage and control their negative emotional-behavioural tendencies. On the other hand, Confidence, Persistence, Organisation and Getting Along are positive emotional-behavioural tendencies that we wish to accelerate. Emotional Resilience means knowing how to stay calm and being able to stop yourself from getting extremely angry, down, or worried when something “bad” happens. It means being able to calm down and feel better when you get very upset. It also means being able to control your behaviour when you are very upset so that you bounce back from difficulty and return to work and play.
Some young children have difficulties being aware of and expressing their emotions and, at times, are overwhelmed with highly intensive, negative emotions. Children with delays in emotional resilience skills need tools for managing their emotions when facing challenges such as hard work, not knowing what to do, someone not being nice, someone not wanting to play with them, and having to go on an excursion away from school.

Examples of Emotional Resilience are:
- when someone treats you unfairly, inconsiderately, or disrespectfully, you can stop yourself from getting too angry and lashing out.
- when you make mistakes, do not understand something, get a bad school report, or are teased or ignored, you can stop yourself from getting very down and withdrawing.
- when you have an important test or activity to perform, you can stop yourself from getting extremely worried.
- when you want to meet someone new, you can stop yourself from getting worried.
- when someone is putting pressure on you to do the wrong thing you can stop yourself from getting extremely worried about what the person will think of you, stand up and say “No”.

It is important that children do not think that having emotions like being angry, worried or sad is bad or that when they get upset, there is something wrong with them. These negative emotions are normal and young children generally learn from them. However, extremely strong degrees of negative emotions can be overwhelming and effect children’s engagement, learning and relationship with peers.
In order for young people to develop the capacity to regulate and manage their emotions they need to possess some of the basic emotional knowledge and competencies. These competencies include developing coping strategies and skills such as:
- awareness that all people experience different emotions at different times.
- emotional vocabulary to describe different emotions (e.g. angry, worried, sad)
- awareness that when you feel upset, there are things you can do to feel better
- being able to move away from situations that arouse negative feelings and seeking out more positive situations
- being able to think “calming thoughts” and physically relaxing by taking three big breaths
- being able to find someone to talk to when you get extremely upset.

Book Club

This months Issue is due Monday 25th March

Happy Reading!
**Cross Country Reminder**

Blue Haven Public School's annual Cross country will be held **TUESDAY 26th MARCH, 2013.**

**ALL** children are expected to participate by either walking or running.

If your child is **NOT** able to participate, a note must be sent to school on Tuesday.

Please ensure that your child has the following equipment on the day:
- hat
- drink bottle
- suitable running shoes
- own sunscreen

**TIMES ARE APPROXIMATE times only.**

<table>
<thead>
<tr>
<th>Time</th>
<th>Age Group</th>
<th>Laps</th>
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<tbody>
<tr>
<td>8.50 – 9.10</td>
<td>All 12/13 year olds (3 laps)</td>
<td></td>
</tr>
<tr>
<td>9.10 – 9.30</td>
<td>All 11 year olds (3 laps)</td>
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<tr>
<td>9.30 – 9.50</td>
<td>All 10 year olds (2 laps)</td>
<td></td>
</tr>
<tr>
<td>9.50 – 10.10</td>
<td>All 9 Year olds (2 laps)</td>
<td></td>
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<tr>
<td><strong>TIMED</strong> 10.10 – 10.30</td>
<td>All 8 year olds (2 laps)</td>
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<tr>
<td><strong>TIMED</strong> 10.30 – 11.00</td>
<td>Recess</td>
<td></td>
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<tr>
<td>11.10 – 11.30</td>
<td>Year 2 (7 year olds only) (2 laps)</td>
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</tr>
<tr>
<td>11.30 – 11.50</td>
<td>Year 1 (1 lap)</td>
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<tr>
<td>11.50 – 12.10</td>
<td>Kindergarten (1 lap)</td>
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* If your child is asthmatic, please make sure that they have their own asthma puffer with them.

**PLEASE NOTE:** the **first six 8 and 9 year old** place getters will be timed as both age groups run together at zone level. **Times will be used to select** students to compete at the Zone Cross Country.

Parents are welcome to come and watch.

The safest and best viewing area for spectators is standing/sitting on the netball court and not in other areas of the school.

Classes will run as normal when children are not running.

Mrs Harris and Mrs McLaren

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**Central Coast Community Women’s Health Centre and Central Coast Local Health District**

Invites

Mums, Dads and Carers of children to this free workshop

**Understanding my child’s behaviour**

2-5 yrs

Limited child care is available. Bookings are essential

Delivered by Wyong Family Care Cottage, this workshop aims to

- Examine reasons for children’s behaviour
- Introduce parents to positive parenting concepts
- Provide practical parenting information
- Provide information about useful resources and groups for parents

<table>
<thead>
<tr>
<th>Date:</th>
<th>Tuesday 30th April</th>
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<tbody>
<tr>
<td>Time:</td>
<td>10am-12pm</td>
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<tr>
<td>Location:</td>
<td>Northlakes Schools as Community Centre</td>
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<tr>
<td></td>
<td>Located in the grounds of Northlakes Public School, Goorana Avenue San Remo 2262</td>
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</tbody>
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**Bookings:** Ph: 4383 0083 (Mon, Tues & Thurs)
e-mail sally.jope@cccwhc.com.au

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The Communities for Children Initiative is funded by the Department of Families, Housing, Community Services and Indigenous Affairs
Facts about fractions
If you’ve forgotten 3/5 of primary school maths and 7/8 of high school maths, what’s left? Ah ha! Kids need help learning how to add fractions too. The only thing left is to print these fact sheets.
Find our more:

Amazing art
Autumn’s the perfect season to take a trip to a gallery. The popular ArtExpress exhibition connects us to the inner lives and self-expression of high school students. Amazing works are on show throughout NSW. Check out the calendar.
Find out more:

Sounding out aloud
Making phonics fun. Help your child learn to read by sounding out their words. Here are some tips to help your child gain confidence reading.
Find out more:

What are phonics and phonemic awareness?
Phonics is about making the connections between printed letters (and combinations of letters) and speech sounds. For example, kids show their phonics knowledge when they are asked to point to the letter ‘m’ and make the sound.
Help your child learn letter names and say the sounds they make.
Phonemic awareness is the ability to hear and say the sounds in words. For example, kids show their phonemic awareness when they listen for and say the three sounds they hear when the teacher says "mat".
Phonics and phonemic awareness connect when kids read and spell. Phonemic awareness helps kids to understand and use the alphabet to read and spell.

Phonics is only part of the picture
At school, learning about phonics is never the whole reading program. Good early literacy programs at your child’s school use:
phonics
phonemic awareness
vocabulary knowledge
comprehension
writing
speaking
concepts about print, and fluent reading.
Kids need frequent opportunities to practise and apply their developing phonics knowledge and skills.
This can include: moving their bodies to make letter shapes tracing words and letters with fingers in the air or with sticks in sand tapping out phonemes (the smallest unit of sounds) using an interactive whiteboard at school to manipulate words and letters.

Helping your child to have fun with letters and sounds
1. Read with your child every day – read to them, read with them and let them read to you.
2. Help your child learn letter names and say the sounds they make, eg play letter/sound games, say rhymes, use alphabet cards and charts.
3. Help your child identify letters and words in signs, posters, etc, and talk about the sounds that different letters make.
4. Encourage your child to hear and say the sounds in words. Help them to listen for the individual sounds in words, pull them apart and put them together.
5. Ask your child to find letters that they can name, eg in their own name and in the names of family members and friends, or while shopping at the supermarket.
6. Play word games such as Junior Scrabble or Boggle or give them a baking tray with some magnetic letters.
7. Try writing cards to family and friends and lists of different events (birthdays) or items (shopping) together.
The next meeting will be Wednesday 15th May 2013 at 6pm.

P & C email is bhpspandc@hotmail.com if you need to contact us in regards to P & C matters, uniform or to offer your help in any of our events.

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**CANTEEN NEWS**

If you can volunteer your time in the canteen and see the smiling face of your child - even just for recess or lunch please let us know. We'd love to meet you!

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**FLEXISCHOOLS**

It’s great to see so many parent ordering recess and lunch through flexi schools.
When you order through Flexi schools you will receive a 5% discount !

www.flexischools.com.au

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**Uniform Shop NEWS**

Order at FLEXISCHOOLS.COM.AU

**Easter Raffle**

WOW!! Check out all the Easter Hampers to be won in the Easter Raffle.

They are on a table in a corner of the office. Tickets have already gone home for our raffle. If you are able to sell more tickets please see the Office or Canteen.

REMEMBER: for every Easter egg you donate you will receive a bluey

**A HUGE THANK YOU TO ALL WHO HAVE DONATED EGGS:**

The Kids of Blue Haven Public School
Coles San Remo
Woolworths Lake Haven
Kelly’s Grooming Garage
(treats for kids and their dog!!)

Remember-
YOU HAVE TO BE IN IT TO WIN IT!

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Wyong Shire Council Kid’s Club provides fun, exciting, adventurous and action packed days.

Contact Wyong Shire Council - Ph: 4390 5181
Hours of Operation - 8.00am - 4.00pm
Daily during school holidays
Cost Per Day: $5.00 per child per day (Eftpos only, CCB available), $6.00 per child per day if booked at the centre. This fee includes a $10.00 admin fee which is not subject to CCB.

Children Need to Bring
Morning tea, lunch, afternoon tea, drinking water (please label container), jumpsuit, outdoor wear and closed toe shoes. Children are encouraged to leave personal belongings at home. Please note out centres are not free environments.

Pre Bookings:
(3 weeks prior)
In person at Council Chambers Monday to Friday 8:30am - 3:30pm only.
By fax with credit card payment, once Council has received your enrolment form a staff member will call for your credit card payment.

To receive CCB parents must register with the Family Assistance Office on 136 150.
A current assessment notice must be produced to Council at the time of booking.

15 April 2013 to 26 April 2013

SPEECH & LANGUAGE THERAPY
4390 4748 0404 383 712
Shop 8, 215 Pacific Hwy Charmhaven
Clear Speech Understanding & Listening
Reading & Spelling Autism Spectrum Disorders

CHARMHAVEN PHYSIOTHERAPY
4393 0520 0417 231 066
Shop 5, 215 Pacific Hwy Charmhaven
Spinal & Rehabilitation Centre
Massage Working Injuries
Joint & Muscle Pain Sports Injuries

FoHCSIA & Better Start Provider
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ALL AREAS SPEECH PATHOLOGY * SCHOOL VISITS * ALL AGES
ALL HOURS PHYSIOTHERAPY * PHONE ANYTIME 7 DAYS * HOME VISITS

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sales@austnews.com.au

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Birthday Parties & More

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www.coastanimalhealth.com.au
EMERGENCY PHONE 02 4392 8822

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New Patients Welcome
Phone now on 4356 2500 for an appointment
Also available Chemistcare, Physiofix, Douglass Hanley Moir Pathology
3 Mary Mackillop Drive (opposite Mackillop Catholic College) just off Sparks Rd.

NORTHLAKES Swim Centre
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• Squads • Private Lessons
• Aqua Aerobics • Indoor Heated Pool
Ph: (02) 4390 7627
14 Ocean St Budgewoi NSW 2262

Dinky Di Children’s Learning Centre
Dinky Di Children’s Learning Centre offers premium quality Child Care at an affordable price, ensuring your child’s educational future!
• Care from 6 weeks to 6 years
• Trained and Dedicated Early Childhood Educators
• Safe Play and Learning in a state-of-the-art Purpose built Environment
Phone: (02) 4392 8855
Web: www.dinkydikids.com
50 Gorokan Drive, Lake Haven, NSW 2263
Hours: Monday to Friday 7.00am - 6.00pm

Call 4390 0622 for more info or visit www.doyo.com.au
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4pm – 8pm unwind at the end of the weekend with a free kids club for children aged 3 – 12

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