Talking To Fathers and Their Sons

Dads don’t have to be experts to be good dads. However, they do need to know that **their actions speak louder** than any of their words. Fathers just need to show up and be there to have an influence. Sons learn more about how to treat women, drinking, attitudes to violence and life in general from **watching their fathers**. Rather than having ‘the talk’ with their son – because that’s too easy to keep putting that off – Dads are encouraged to **just do**! We know blokes aren’t too keen to talk about their feelings but they are great storytellers. When dads share their experiences they invite their son into the conversation. This is a far more meaningful way to have a positive influence when compared to giving “a lecture”.

Dads could consider these points when with a son:

- Tell them you’re proud of them.
- They don’t need to earn your love and respect.
- Don’t be afraid to pull them up when they need it. They’ll respect you for that, (boundaries are important).

Just when you think you should probably speak… **listen some more**!

These ideas can work both ways in the father/son relationship. This old poem captures the father/son relationship nicely….happy fathering. Remember it is the most important role any father has to play.

*When I was 4… My daddy could do anything.*

*When I was 5… My daddy knows a whole lot.*

*When I was 6… My dad is smarter than your dad.*

*When I was 8… My dad doesn’t know exactly everything.*

*When I was 10… In the olden days, when my dad grew up, things were sure different.*

*When I was 12… Oh, well, naturally, Dad doesn’t know anything about that. He is too old to remember his childhood.*

*When I was 14… Don’t pay any attention to my dad. He is so old-fashioned.*

*When I was 21… Him? My goodness, he’s hopelessly out of date.*

*When I was 25… Dad knows about it, but then he should, because he has been around so long.*

*When I was 30… Maybe we should ask Dad what he thinks. After all, he’s had a lot of experience.*

*When I was 35… I’m not doing a single thing until I talk to Dad.*

*When I was 40… I wonder how Dad would have handled it. He was so wise.*

*When I was 50… I’d give anything if Dad were here now so I could talk this over with him.*

Too bad I didn’t appreciate how smart he was. I could have learned a lot from him.

Author: Dan Haesler is a teacher, consultant and speaker at the Mental Health & Wellbeing of Young People seminars. His website is: [http://danhaesler.com/](http://danhaesler.com/) and he tweets at @danhaesler.
Deputy Principal's Report

Being on time
Each morning the school office is full of students who are arriving to school late. Being on time is important and a great opportunity for students to apply the YCDI foundation of organisation by organising themselves to arrive at school on time. The first part of the day is an important part of the classroom routine and students who regularly arrive late miss out on this learning. Please support and encourage your child to arrive at school on time. Thank you to all of the children who do arrive at school on time each day, keep up the great work!

Dogs on School Grounds
Over the last couple of weeks there have been a number of dogs in and around the school grounds at the beginning and end of the day. Bringing dogs onto school premises could pose a health and safety risk to our children and could be unsettling for many children as they arrive and leave school. Under the NSW Companion Animals Act 1998 No 87 owners of dogs must:
• Be 18 years of age or over
• Leash their dog when in a public place
• Ensure their dog wears a collar and identification tag when in a public place
• Ensure their dog does not enter a food consumption area or wild life protection area
• Ensure their dog does not enter a school or child care playground and any other place declared prohibited to dogs by Council

Your support in this matter is greatly appreciated.

Mental maths strategies
We teach children a range of different strategies to add and subtract numbers. By showing them several methods for solving maths questions, we're helping them to look for patterns. All this builds a good sense of “number” which means they understand the relationships between different numbers and why different ways to add and subtract work well.

The goal is that your child will understand many ways to approach a maths problem and will be able to choose a way that makes the most sense to them. School A to Z has a lot of resources, including help sheets on mental maths strategies, here :www.bit.ly/JkiUsY

Have a great week,
Ruth Goodwin
Deputy Principal

Netball
The school netball team participated in the PSSA Netball Gala Day last Thursday at Baker Park, Wyong. The team competed extremely well. They won the first 3 rounds, getting themselves into the 4th round, which only four of the schools made it to. Unfortunately they lost the 4th round to Kanwal Public school. All girls played exceptionally well and showed a high level of sportsmanship. Well done Blue Haven!
Sports Report
On Friday the 30th May, 40 students from Blue Haven Public School attended Wyong Race Course to compete in the Zone Cross Country carnival. All students should be congratulated on their outstanding behaviour and sportsmanship on the day. There were approximately 85+ students from across the Central Coast schools in each race. Every competitor from Blue Haven Public School gave it their best efforts and we had some very pleasing results. I would like to make a special mention to the following students who placed in the top 6 of their age group and will now go on to represent the Wallarah Zone at the Sydney North Carnival.

Congratulations:
Lockie Ritchie – 12/13 Years – 6th Place
Carly Pringle – 8/9 Years – 5th Place
Grant Quinn – 8/9 Years – 5th Place

Sydney North Teams
I would also like to say congratulations to Lockie Ritchie and Teah Faimanu for their success in being selected in Sydney North teams. We are very proud of you both and wish you all the best!

Lockie for Rugby
League

Teah for Netball

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Nutrition Snippet

The simplest way

...to add fruit at breakfast time

This easy + delicious recipe will give your kids’ a great start to their day!

Ingredients
2 eggs
1 tbsp honey
2 1/2 cups low-fat milk
3 ripe bananas, sliced
2 cups self-raising flour
2 tbsp sugar
2 tsp margarine, melted
3 medium apples, peeled, cored and grated

Method
In a large bowl beat eggs, margarine and milk. In a separate bowl mix flour and sugar, then stir into wet mixture until smooth. Heat oil in a pan over medium heat. Add 2-3 tablespoons of mixture, flip when bubbles appear and cook until golden. Serve with banana and drizzled honey. Makes 10.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

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Single with Children
ARE YOU A SINGLE PARENT?

Every week Single with Children provides fun and exciting activities especially for single parents and their children (many activities are subsidised or even free).

It’s a great way to meet and get to know people in your area.

To find out more and get a FREE copy of our social calendar, contact us today.

Call 1300 300 496
Or visit our website:
www.singlewithchildren.com.au
Getting Along

Getting Along is a fundamental skill that enables students to engage in and create positive relationships with others. The table below shows examples and non-examples of Getting Along in the classroom. Take the time to have a look at the two different aspects of Getting Along behaviours. Think about your child and ask yourself, how well does my child get along?

<table>
<thead>
<tr>
<th>Examples of Working/Playing Nicely</th>
<th>Non-examples of Working/Playing Nicely</th>
</tr>
</thead>
<tbody>
<tr>
<td>passing out materials</td>
<td>taking materials just for yourself</td>
</tr>
<tr>
<td>working nicely when the teacher is working with others</td>
<td>“goofing around” when teacher is working with others</td>
</tr>
<tr>
<td>taking turns when playing</td>
<td>always having to go first</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Examples of Behaving Responsibly Towards Others</th>
<th>Non-Examples of behaving Responsibly Towards Others</th>
</tr>
</thead>
<tbody>
<tr>
<td>telling the truth</td>
<td>lying</td>
</tr>
<tr>
<td>not saying mean things to someone else</td>
<td>saying mean things about someone to someone else</td>
</tr>
<tr>
<td>being nice to someone who has hurt feelings</td>
<td>not doing anything nice to someone who has hurt feelings</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Examples of Solving Disagreements without Fighting</th>
<th>Non-Examples of solving disagreements without Fighting</th>
</tr>
</thead>
<tbody>
<tr>
<td>when you want something someone else wants, saying “Can I Go Next?”</td>
<td>when you want something someone else wants, not sharing and always wanting to be first</td>
</tr>
<tr>
<td>When you want something someone else has, saying “Can I play too?”</td>
<td>when you want something someone else has, grabbing it away</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Examples of Following the Rules of the classroom</th>
<th>Non-Examples of Following the Rules of the Classroom</th>
</tr>
</thead>
<tbody>
<tr>
<td>lining up nicely before class</td>
<td>pushing and touching others as you line up to go into class</td>
</tr>
<tr>
<td>doing what the teacher asks you to do</td>
<td>not doing what your teacher asks you to do</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Examples of Doing Things to Make Your Classroom Cleaner</th>
<th>Non-Examples of doing Things to Make Your Classroom Cleaner and Safer</th>
</tr>
</thead>
<tbody>
<tr>
<td>helping clean up</td>
<td>not cleaning up</td>
</tr>
<tr>
<td>picking up things other people drop</td>
<td>not picking up things other people drop</td>
</tr>
</tbody>
</table>
PARENTS & CITIZENS NEWS

AFTER SCHOOL DISCO!!!
Save the DATE

Thursday 19th June
FURTHER DETAILS COMING SOON

PHOTO FUNDRAISER

SUNDAY 22ND JUNE
Envelopes have been handed out, if you have family members or friends that wish to take this offer please email us at bhpspandc@hotmail.com
$25 Money and Envelope to drop off to Canteen or Class
Any questions please email: bhpspandc@hotmail.com

Raine & Horne Charmhaven
$500 Donation to Blue Haven Public School from every Sale when you present this advertisement. *

201C Pacific Highway, Charmhaven Ph: 4393 1990 - Open 7 Days
*Commission will be paid from Sales Commission and will be paid upon settlement of the property.

CANTEEN
Pizza Meal Deal
Wednesday 4th June
NO OTHER LUNCH ORDERS ON THIS DAY

ORDER ONLINE
Recess cut off: 9.15am
Lunch cut off: 10am
5% discount for ordering online

UNIFORM SHOP
Order via flexischools
Shop open for cash only
Monday’s from 2pm to 2.30pm

Blue Haven Public School Photography Fundraiser - ONLY $25
NAME __________________________ PREFERRED PHOTO TIME __________________________
EMAIL ADDRESS ______________________ MOBILE NUMBER ______________________

Date: Sunday 22nd June 2014
Time: 9am - 4pm (sessions are 15 mins in duration)
*A variety of prints/canvas/maps/photoshoots/canvases etc will be available - cost is $50
*A proof sheet of all images will be emailed to you after you photo shoot for your approval
PAYMENT CASH ONLY (your fuel non-refundable if money needs to be changed into the Office prior to your paid photo time)

Book your photo time slot and pay online via Events on flexischools!
BLUE HAVEN PUBLIC SCHOOL P&C

PLAYGROUND FUNDRAISER

$25 includes a 15 minute sitting fee ($25 donated to school)

Proof sheet of all images will be emailed to you

You have the choice to choose to purchase ALL prints on a CD for $50 and/or a variety of prints/canvas/mugs/keyrings etc from Carley’s Photography.

Blue Haven Public School Photography Fundraiser - ONLY $25

NAME_________________________________ PREFERRED PHOTO TIME____________________

EMAIL ADDRESS_________________________ MOBILE NUMBER__________________________

Date: Sunday 22nd June 2014
Time: 9am - 4pm (sessions are 15 mins in duration)

* A variety of prints/canvas/mugs/keyring/phone covers/jigsaw puzzles etc will be available - cd cost is $50
* A proof sheet of all images will be emailed to you after you photo shoot for your reorders

PAYMENT CASH ONLY

YOUR FULL NON-REFUNDABLE PAYMENT NEEDS TO BE HANDED INTO THE OFFICE ASAP
TO SECURE YOUR PREFERRED PHOTO TIME

All money raised goes towards the new playground structure