Monday 18th August

Dear Parents/Caregivers,
Congratulations to the 100’s of students who make Blue Haven PS the great place it is. Reports from teachers who attended the senior camp last week were positive and encouraging. The weeks leading into this camp placed an extra burden on our students and teachers because of the illegal break-in. It is rewarding to witness the resilience of the students and to see how they coped well with another learning setting. Great work everyone and a special appreciation to the staff who gave up their personal family time to be on call 24/7. This is an extra for teachers and reflects the quality and dedication of the staff here. You brought credit to Blue Haven PS. Thank you!

As the term quickly moves on our attention has moved to the staging of the school musical. Many of you have already sourced costumes and have responded with generous support. Thank you for making our school a stronger community school.

Gary Crowther (Principal)

Deputy Principal’s Report

Great Work
Last week I had the opportunity to witness the great work of students and teachers at Blue Haven Public School. I visited some of our Stage 1 classrooms during the week and listened to many fantastic readers and also saw the great work that they were doing in writing. I also saw some amazing sock puppets that two students in Stage 2 were making. They had taken a great deal of care planning their design and then sewing of their puppets. On Thursday afternoon I had the chance to visit our Stage 3 students at the Aussie Bush Camp. It was wonderful to hear about all of the amazing activities they had been doing but I was particularly proud to hear about how impressive their behaviour had been during their stay.

National Literacy and Numeracy Week
We are currently organising the parent workshops for National Literacy and Numeracy Week which is from 25th to 31st August. These workshops will cover Literacy and Numeracy and will give ideas about how parents can support learning at home. More information about these workshops will be sent out on the school app and also through the school website later this week.

Hope you have a good week,
Ruth Goodwin (Deputy Principal)
Congratulations Teah!
Teah Faimanu has been selected to compete in the NSW PSSA Netball team at nationals. This is an extraordinary achievement. The competition will be held on the Gold Coast. We wish Teah much personal success. Outstanding!

Monthly meeting
When: Wed 20th Aug
Time: 6:30pm
Where: Staffroom

All welcome to attend.

Parenting ideas Blog — Becoming better parents
Helping your anxious child unwind -more essential parenting ideas

Modern kids are busy kids. Regardless of age, their days are filled with activities. Under fives do a range of adult-initiated learning activities designed to give them the best start to their learning lives. School-aged kids have a huge range of leisure and after-school activities to choose from. It’s not uncommon for kids to have four and five extra-curricular activities a week. Nothing wrong with kids being busy as long as they have plenty of chances to relax and unwind. Otherwise kids become overwhelmed and they begin to experience childhood anxiety. Relaxation is a key to good mental health and well-being. It is an important life skill for kids to learn. It’s a great way to reduce anxiety in children. There is a temptation to fill kids’ days with activities so that no time is wasted. “I’m bored!” is the last thing most parents want to hear their kids say. Many parents feel compelled to do something to alleviate a child’s boredom. There is nothing wrong with a little boredom now and then. Boredom can be good for kids’ mental health and wellbeing, giving them the chance to muck around and take it easy for a time.

Here are five ways to help your kids unwind:

1. Let your kids regularly stare into the ‘fire’: Ever sat around a camp-fire and stared at the flames? If so, you will know how calming it is. No exertion! No need to think! No need to talk to anyone! Just a chance to chill-out and relax. Television and other communication technologies are the modern versions of the camp-fire. Just don’t let them stare at them for too long.

2. Let kids exercise without rules: Kids are the kings and queens of play. They always have been until lately when their lives have become highly organised and scheduled. Free, child-initiated play is the ultimate in relaxation. Fun games, games with few rules and games that kids control help them to unwind.

3. Let kids experience flow: ‘Flow’ is a state we get into when we are so engrossed in an activity that time disappears. It is the ultimate unwind. We get flow when we pursue our passions so encourage teens to find activities that they truly love and get lost in. Free play generally takes young children to ‘flow’ very quickly so opportunities for unstructured play are essential.

4. Help kids calm down around bedtime: Have a bedtime routine that calms kids down rather than winds them up. You can become part of this routine by reading books, telling nursery rhymes, providing soothing back rubs and other ways.

5. Unwind with your kids: When I was young the best times I had with my dad were spent in the backyard playing cricket. Sounds like a cliché I know. It was fun because it was never a chore for him. He loved it as it was a chance for him to unwind after work. Find ways you can unwind and rejuvenate with your kids. We want our kids to be busy and be involved rather inactive and apathetic. However activity needs to be balanced with unscheduled time so that perspective as well as everyone’s sanity is maintained.

By Michael Grose (“Thriving”) Parenting ideas
Kindergarten Excursion Reminder

We would like to remind you that the Kindergarten excursion to the Hunter Valley Gardens is planned for:

**Term 4 - Friday 21st November, 2014.**
The cost will be $30 and includes a non refundable deposit of $20.
A Medical Information Form is a requirement for the children to be able to participate in the excursion.

Balance to be paid by Friday 9th October, 2014.

Mrs Andersen (For the Kindergarten Teachers)

School Concert

Blue Haven Public School concert is coming very soon!
The tickets will be available online from:

**1st September**

**Cost: $7.00 each**
(Two tickets available per booking.)

Booking site is: http://www.trybooking.com/83022

Blue Haven Public School presents a night at the **OSCARS**

Senior Concert 11th September 5.30pm & 12th September 11.15am
Junior Concert 15th September 5.30pm & 16th September 11.15am