

NARRANDERA PUBLIC SCHOOL INFORMER

EXCELLENCE, OPPORTUNITY, SUCCESS

PRINCIPAL: Ms SUSAN RUFFLES

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Term 4, Week 11

Tuesday, December 18, 2012.

From the Principal's desk

2012 has been a school year filled with many personal and whole school successes. Throughout the year staff members have seen children grow and change. We have witnessed times when children have smiled, given that little head nod or jumped for joy when they know that they have 'got it' or made that little step forward in their learning. I have seen the same from your teachers and support staff when these special moments happen in front of their eyes.

Staff and families at NPS have shared the joy of children's success; have faced and overcome challenges along the way; and have always put children's learning and well-being at the centre of all we do for every child placed in our professional care. A sincere thank you is extended to families and friends who have stood beside us during the year. Our combined efforts and open and honest conversations truly do make a positive difference to what we hope to achieve for the children.

Our school is well-placed to begin the 2013 school year with some innovative strategies being implemented across the school. In 2013 NPS students will be supported in class learning support teams. Each class will be supported by a key group of teachers and support staff who will focus on cooperative planning and delivery of the curriculum. Staff will become increasingly knowledgeable about new NSW Syllabus (a focus on English in 2013 for implementation in 2014) incorporating the Australian Curriculum and will explore research and practices around the concept of inclusive curriculum. Parents and community member input and support will be sought as a key to our successes for children next year. We look forward to working alongside you all.

NPS bids a fond farewell to a number of our families who are leaving our school as children move onto high school or, families are moving from town. We wish the children and all their family members all the very best for whatever lies ahead and we look forward to hearing about all the great things the children will achieve in their lives.

Sadly it is also a time to farewell a number of staff members who have all made huge contributions to the children and our school in many ways.

Andy McCabe will return to his teaching position at Narrandera HS. Hayley Curry will enjoy a year's maternity leave and will return to NPS in 2014. Luke Walsh will be working in Wagga. Kerrie Davis will be enjoying a much deserved retirement (but we know she will visit us at NPS throughout next year). Alana Quirk will be supporting her family in Canberra.

Thank you Andy, Hayley, Luke, Kerrie and Alana on behalf of the children, staff and community here at NPS. Your dedication and time for our children has been (and

is) very much appreciated and we wish you well in 2013 and beyond.

Due to these staff changes we will welcome new teachers to our school next year. As at the time of writing this note for this newsletter (knowing that people's life and work circumstances can change between now and the start of next year) this is what is planned for 2013:- Kindergarten classes: Joanne Stamos and Paul Lucas supported by Jean Galluzzo, Billie-Jo Hickson and Julie Neville.

Year 1: Kara Kroek and Debbie Carroll supported by Billie-Jo Hickson and Julie Neville.

Year 2: Maree Bonham and Tammi Ryan.

Year 3: David Tallon and Kira Hoogers supported by Simone Ingram.

Year 4: Charmaine Heather and Adam Barclay supported by Lyn Seymour.

Year 4/5: Nat Davis and AP (AP to be confirmed at the time of this newsletter note) supported by Cindy Christian.

Year 5: Bianca Dunn and Kerryn Cassidy supported by Richard Gilbert.

Year 6: Janet Hugo and Toni Kerr supported by Jayd Williams.

Before we can enjoy working in our 2013 class learning support teams, we have a wonderful holiday to look forward to. May the holidays be happy, safe and full of laughter for you and all your family and friends.

Merry Christmas and wishing you the happiest new year (P.S. Don't forget to watch the whole of the NSW public school's 2012 'SCHOOL SPECTACULAR' being shown on the ABC on New Year's Eve. NPS dancers were spectacular!!!!).

ENJOY and thanks everyone for being part of our great school!

Susan Ruffles.



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Calendar of Events

Date	Event/s
December 19	Noah's Ark Visit School Ends for 2012 for Students
December 21	School Ends for 2012 for Staff

2013

January 29	School resumes for Staff
January 30	School resumes for Students Years 1-6
January 31	KINDERGARTEN students commence

3C News

Wow! What a great day at the pool yesterday for our pool party. Thank you to all of the children for their great behaviour and wonderful manners. It was a very enjoyable day for both staff and students. As this is the last week of the year, I would like to wish the families from 3C and all of Narrandera Public School a Merry Christmas. Have a happy and safe holidays and I look forward to catching up with everyone next year.

Thank you.

Kerryn Cassidy.

Year 3 Teacher.

Swim School

Congratulations to all the students who participated in our **Intensive Swim School Program** during the past two weeks. There have been numerous achievements made by everyone. It is a very rewarding experience being a part of so many triumphs.

Thankyou to all the swim instructors. We had a lot of school staff volunteer to brave the water as well as community members that worked with the students. Because of the amount of instructors available to our students, most group sizes were below the departments' recommendation. I look forward to running this program again next year. I encourage you to take your kids to Lake Talbot these holidays and see what they can do in the water. We are very lucky to have such a great facility in our town.

Stay Safe around Water over the holidays, NEVER SWIM ALONE.

Merry Christmas!

Toni Kerr



4L News

Well it's that time of year again! I would like to wish everyone a Merry Christmas and a safe and happy New Year. Congratulations to all of the award winners from 4L at our recent Presentation Day and good luck for next year in Year 5 to all students. All of those who attended the recent Year 4 Camp had a fantastic time, as did Mrs Cassidy, Simone and I. Thanks to Mr Davis who took my place on the Thursday and to all of the other staff who came down and helped at various stages. Please read through some of the comments that the students have written regarding the camp – you will see that they thoroughly enjoyed the experience.

I look forward to catching up with everyone early in the New Year.

Stay safe,

Paul Lucas – 4L Class Teacher.

Year 4 Camp

I thought the Year 4 Camp was fun because there were lots of sporty things to do like lawn bowls, cricket and croquet. It was fun at the pool too.

By Jayedon

I thought Year 4 Camp was really fun because there were games to play on the lawn. It was fun doing free time in the pool.

By Audrey

I thought Year 4 Camp was awesome. It was fun bushwalking and going to the pool.

By Katey L

I loved the Year 4 Camp. It was the best. I wish we didn't leave. My favourite thing was bingo and free play at the pool.

By Samuel

On the Year 4 Camp we went to the pool and had free time. We found a scary note.

By Ned

On the Year 4 Camp we went to the pool for some free time. My favourite parts were playing chasies in the pool and going for a bushwalk.

By Jack

On the Year 4 Camp we went bushwalking. After swim school we had lunch and went back down to the pool for a free swim. It was fun.

By Katie J

On the Year 4 Camp we found a scary note and we went to the pool.

By Colby

On the Year 4 Camp we went to swimming lessons. Later we went to have free time at the pool. We had so much fun.

By Jarna

On the Year 4 Camp we would have tent inspections and every night we would play bingo. On the second night I won at bingo. I won a Marvellous Creations chocolate bar. I wish I could go again.

By Janaya

We went to swim school every day at Year 4 Camp. Then we would go back to the caravan park and have lunch then go back to the pool for free time. When we got back from swim school we had about 10 minutes to tidy our tents so we could get a tent inspection. The first day our tent got 9 out of 10.

By Jade

We went to swim school. We had to walk to the pool and we got free time too. I was in Katie's tent.

By Layla

Narrandera CRC presents Children's Christmas Movie

"The Crippled Lamb"

Thursday December 20 at CRC.
Showing at 6.30, 7.30 & 8.30pm.

FREE for children and their parents!

Cafe will be operating, sausage sizzle available! – proceeds to missions.

Can Assist presents

The Mozart of all Picnics

A summer's twilight concert of Mozart, Joplin, Jazz and jigs, played by Narrandera's classical string ensemble

Highly Strung

Friday 21st December, 2012

**7pm in the gardens of Old Edgerton,
48 Victoria Avenue, Narrandera.**

Entry: \$10 per person. Children under 15 FREE

50% of profits going to Can Assist in Narrandera. Enquiries: Fiona 69594979.

School Assembly Award Recipients



Bronze Star Recipients



3C Performing!



Gold Certificate Winners



Book Recipients – Books kindly donated by CanAssist



Premier's Reading Challenge Participants



Middle-sized Merit Winners



Silver Star Winner – Audrey Simpson



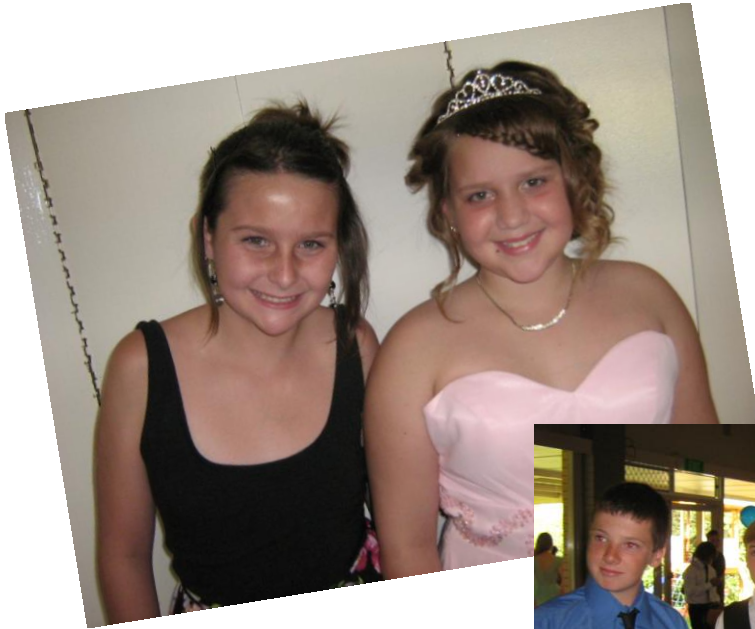
Gold Certificate Winners

This newsletter is produced with the support of the following local businesses:



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Year 6 Farewell







'Tis the Season of Meltdowns

As the end of the school year rapidly approaches, calendars and to-do lists get jam-packed and tempers can be frayed. Sometimes at this time of year we see our children behaving in ways that aren't usual for them such as being teary and emotional to being defiant and angry. Sometimes when things become too hard for children to handle they might have a 'meltdown'. A meltdown is an intense and often frightening response to over-stimulation of the nervous system involving activation of the child's 'fight or flight' response. This often means that the experiences the child is having are too much for them to handle at the time. Tiredness, lack of routines, stress in the family (rushing around with too many things on the to-do list) and other changes can create a "perfect storm" for the child. Afterwards, the child may experience intense feelings of shame, humiliation, remorse and fear that relationships have been harmed beyond repair.

The notion of prevention being better than the cure is primary when dealing with meltdowns. So how, as a parent, can you prevent meltdowns?

Tune in to early warning signs in your children. What do these signs look like?

- Resistance to, or disengaging from, an activity or routine
- Verbal or non-verbal expressions of distress or frustration e.g. tears, whining, swearing, difficulty answering questions, pacing, stuttering, grimacing etc.

By tuning in early, you may be able to prevent a meltdown or minimise its impact. Expressing empathy, helping a child to verbalise their frustration and providing them with options can have a positive impact. An example of this could be "I can see that you are getting mad about not getting a turn on the flying fox. Would you like me to help you ask for your turn?"

It may also be helpful to manage your child's environment to minimise the likelihood of a meltdown occurring. For example, try to maintain normal household routines, spend quality time together as a family and factor in some quiet time for your children to unwind after a bust day.

If prevention fails, there are ways to manage a meltdown to minimise its impact:-

- Once your child is having a meltdown, the time for reasoning has passed. He or she is overwhelmed emotionally and will not be able to think rationally.
- It is imperative that you, as the parent, stay calm. If you feel you are losing control, enlist another adult to help you or take time out yourself if you are at home.
- Ensure your child is safe whilst having a meltdown. Move a young child away from roads, sharp objects etc.
- If you are out and about and the meltdown doesn't subside quickly, it's often better to go straight home.
- Don't interfere with your child's meltdown in terms of making suggestions or ordering your child to stop. Wait until the storm begins to subside before offering comfort.
- Once your child is calmer, offer simple suggestions such as a cuddle, a quiet story together or a DVD.
- Only engage in problem solving the issues that led to the meltdown once your child is completely calm. It may even be the next day before you can help your child find a solution to their angst.

Parent Line NSW is a State Government funded free professional telephone counselling service that is available 24 hours a day 7 days a week. Call our Parenting Counsellors to talk through any issue related to raising your child 1300 1300 52.



Wishing Everyone
A Very Merry Christmas
&
A Safe and Happy New Year

