The Weeks Ahead

Week 5
- Monday – PSSA Girls Soccer Knockout
- Tuesday – Vocal Ensemble visit from Hunter School of Performing Arts
- Wednesday – School Disco
- Thursday – HCC Principal Conference
- Friday – Concert Band, HCC Principal Conference

Week 6
- Monday – PSSA Boys Soccer Knockout
- Tuesday – Combined WCoS Staff Meeting
- Wednesday – Star Struck Dance Rehearsal
- Thursday – Athletics Carnival
- Friday – Concert Band

Playground To Become Complete
As most of our CSPS community would be aware by now, our P&C was successful in securing a Community Partnership Grant for $39,600. We will add hard earned P&C funds of $7000 to this grant which will see our concrete area under our COLA covered in a colourful hot pour rubberised surface. We will imprint upon the surface some colourful circles, numbers, letters and handball courts. Local business Complete Playgrounds will work with our P&C elected committee of Katrina Rich, Harriet Dunn, Jill Hodson and myself in the design and final layout. The works are projected to be undertaken in the September school holidays.

We’re Going All The Way To The Bank
Whilst on the subject of grants, CSPS dad Craig Barnes put together a submission on behalf of our P&C for a school ‘after the storm’ grant from the National Australia Bank. NAB’s current slogan and catch cry reads ‘Give More, Take Less’. Well, it’s true! On Friday we heard the application had been successful and $3000 is coming our way to address some of the storm damage that the DEC and insurances haven’t covered, such as our garden shed and a number of still sodden classroom resources. A big tick to the NAB and a big thank you to Craig Barnes for taking the time to apply on our behalf.

A Hair Raising Event
Our Crazy Hair Day last Friday saw some ‘dos’ worthy of some 1970 far-out Sci Fi flicks! All colours and styles were on display and a very tidy $249 was raised, that will go to help in the relief of natural disasters given the hair raising events of the last weeks. This was a nice way to end a week of NAPLAN testing.
Kinder Gym Junkies!

Our Kinders have increased their gym craziness in the last few weeks with Mrs Lewis and Mrs Hodson keeping them daily active as they jump, skip, rock and roll. Although it is obvious and needs no back up, research not only backs up but pleads with teachers and parents to keep our kids moving as it impacts hugely on brain development. Fact - an active ‘outdoorsy’ playing child’s brain develops better than a passive screen staring child. Go figure!

Fruit Frenzy

I have noticed over the recent few weeks a very slight drop off in our fresh fruit intake and at the same time a tiny increase in our plastic packaged processed products. I know as a dad of 5 that lunchboxes are easier to fill this way and most kids will opt for the ‘plastic’ if asked. However, please stick to ‘your guns’ mums and dads and keep the fresh fruit flowing! After all, research shows the eating habits created in the first 10 years of life tend to set the trend for a lifetime of eating.

Netballers Reach Their Goal

Our girls Netball team reached their lofty goal last Friday winning their first round fixture 17 to 5 against Wiripaang PS. The wind played havoc with goal shooting as the target seemed more like a tea cup than a hoop in the blustery and trying conditions. Winning Coach Mrs Sutton was highly impressed with the teams’ defensive combinations, crisp passing raids down the court and fine sportsmanship. Our second round fixture will see our 9 netballing naturals line up against giants Caves Beach who were last year’s regional champions. But .... we do love a challenge at CSPS!

A Week of Soccer Awaits!

Our Girls and Boys PSSA Soccer Teams both take to the pitch over the next week in the NSW State Knockout Competitions. Today our girls head to the newly constructed Northern NSW Football Speers Point Complex to play on the state of the art all weather surfaces, taking on 7 other local schools. Our girls have trained hard and I’ve never seen a group of 13 girls have so much fun in preparing for the event. Our boys team head to the same venue next Monday to take on the boys from the same 7 schools in a bid to progress through to Round 4 of the State Knockout Competition. Good luck to our fabulous footy fanatics!

House Colours For Carnival

Please note the colours for our Sports Houses as we request the students (if possible) wear a T shirt matching their Sports House on Thursday 28 May, the Athletics Carnival. If you are in Lawson, things are easy as they are BLUE and our sports uniform is blue! Wentworth House is RED and Blaxland House is GREEN. If unable to acquire the correct house colour, students simply come in their usual blue sports uniform. We recommend the usual blue school sports shorts for all students as well as joggers suitable for the events outlined overleaf. For ‘serious’ competitors, spikes may be worn for the 100m, 200m and Long Jump. Soft spikes may be used for all other events.
Athletics Carnival Overview - Thursday 28 May

The carnival will be held at Neegalbah Park Little Athletics Oval at the end of Lawson Rd, Macquarie Hills, and is aimed at maximising participation and active involvement of all children K-6. There are 14 groups of children according to ages, who will rotate through a series of 7 events that have been organised in ‘tabloid’ format. Half an hour has been allocated for each event. A siren will sound to signal when rotations will take place. At the completion of each event, ribbons will be handed out to the first 3 placegetters. The announcement of age champions and Carnival House Winner will be made at our Friday Assembly. We do not have a 5/6 year old champion as their events are not always ‘accurately measurable’!

Please feel free to ‘follow’ your children to each of their events or set yourself up and enjoy the day from a vantage point on the hill. The children will be continually involved in an event so please do not take them away from that area to sit with you as they may at any time be required to participate. At the designated recess and lunch breaks the children will then be allowed to sit in their house areas or with their parents.

Please be extremely careful during events to not allow preschool age children to wander into competition areas or onto the running track.

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Mr J’s Free Parenting Tip

As parents it’s only natural to compare our kids and be bamboozled by how different they all can be from their siblings, given the same genes, same environment, same opportunities and same boundaries! If you have only one child, then you probably compare them to someone else’s kids. Comparing is OK and quite natural as parents behind closed doors and out of earshot, but it can be a huge trap to fall into if that comparative conversation happens often in the hearing, or even directed at a particular child. The good old “why isn’t she more like her sister?” or “why can’t you be good like your brother?” or “Kevin was such a clever boy at school but Trevor, well he just seems to …!” type comments can do damage to young self-confidence and self-image. In fact, a young mind that isn’t yet cognitively or emotionally fully developed enough can see this as meaning my parents don’t love me as much as my sister or brother. It can also be misconstrued into the notion that I’m a failure or disappointment. As a long term consequence children may grow up never experiencing unconditional love. Abridged version – if I’m good they’ll love me, if I’m bad they won’t. Many counsellors and psychologists who deal with troubled youth and emotional instability, will often cite instances of the above mentioned as major causes of feelings of inadequacy among children. Conversely, the children that exhibit healthy self-images and like themselves as they are, have been the recipients of love, affection and positive life building comments from mum and dad that aren’t based on what they do or what they achieve in comparison to Mary-Lou and Billy-Jo. This week’s homework suggestion is to let your kids know (every one of them if you have more than one) how you love how special and unique they are and that there is no-one else like them on the planet and that’s how you like it!

Reminder

Orders for the Athletics Carnival Sausage Sizzle are due by 9.00am Monday 25 May. Drop yours in at the office today so you don’t miss out!

Principal’s Award

Term 2 Week 3

Imogen Dunn 5/6W

Term 2 Week 4

Cooper Watson 4/5K
**Diary Dates**

**May**
- **Tue 19th** Pick a Peck of Pickled Poems Performance
- **Wed 20th** Disco - Sports theme
- **Thurs 28th** Sports Carnival at Neegulbah Field

**June**
- **Mon 8th** Queen’s Birthday Holiday
- **June Long weekend**

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**Canteen Roster**

- **Thu 21 May**
  - Kylie Thomas, Kirsten Bridge
- **Fri 22 May**
  - Kelly Burton, Kim Moore, Michelle Barnes
- **Thu 28 May**
  - CLOSED DUE TO ATHLETICS CARNIVAL
- **Fri 29 May**
  - Kim Moore, Nicole Phillips

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**Parents of Year 6 Leaders and Band Members**
Don’t forget you can order copies of the school leader and band photos that were taken in February. Order online at www.newcastleschoolportraits.com
And use the special code 57461AH when asked for a password.

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**Girls Winter Tights**
Girls Winter Tights are now available at the office. Keep those legs and toes toasty warm this winter!
Sizes 4 to 10 are $7.50 pair,
Sizes 10 to 12 are $9.50 pair.

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**Walk Safely to School Day**
This year Walk Safely to School Day is on this Friday 22 May

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**Tea Towel Orders**
Orders have been extended until Friday 29 May

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**Entertainment Books**
Entertainment books are available now!
$60 each at the school office - don’t miss out!
NEWS FROM THE ADMIN OFFICE

From 22 June 2015 you will have the option to pay for all school expenses using the “Parent On Line Payment” option on our school website. Payments can be made with either a credit card or debit card. Parent instruction booklets are available at the office for all interested parents.

Using this function is easy—You will click on the tab “Make a Payment” on the home page of our website and complete the necessary fields. You will be issued a receipt number, that you should record. All permission notes will have an option to advise that you have made an on line payment & to record your receipt number.

I look forward to this new innovation and hope that it will make your life & mine a little easier when it comes to paying for all school expenses that crop up all year.

Kellie Pascoe
School Administration Manager

Crazy Hair Day
Want to get fit? Try Michelle B PT

Michelle Barnes specialises in Outdoor Group Fitness, Personal Training and Running Coaching.
Local, friendly, motivating and encouraging!
Call today on 0414099109.
E: michelle@michellebpt.com.au
www.michellebpt.com.au

Charlestown Parents!
Come and check out our life-changing kids karate classes.

**Limited Time Offer:** 5 Classes and a **FREE** karate uniform (uniform valued at $65) for just $29.99!

Register Online Now! www.kangakarate.com

DISCO THIS
WEDNESDAY NIGHT
INFANTS 5.30 – 7PM
PRIMARY 7.15 – 8.45PM

Begin Bright
School Readiness
Primary Tutoring &
Holiday Workshops
Newcastle
www.beginbright.com.au
Ph: 1300 234 462
Helping to create happy, smart and confident children.
STUDENT ASSISTANCE SCHEME

The school has received a sum of money from the NSW Government to disperse to parents in need of financial assistance. In genuine cases of hardship the school may assist parents with items such as excursion expenses, books, uniforms, stationery, etc. The aim is to avoid education deprivation or embarrassment to students due to family financial circumstances.

Application forms for Student Assistance are available from the School Office and may be collected or sent home with your child. Return the completed forms to the office as soon as possible. Families who received assistance last year are eligible to reapply if they still have the need.

In most cases, the request is partially funded by the school, with the parents paying the remainder.

The application form and all dealings in relation to it will remain confidential.