

Principal's Message

Welcome to Week 6! Over the past 3 weeks, our students have had the opportunity to participate in several rugby league skill development sessions. The program is called 'Backyard League' and has focussed on passing, kicking, catching and dodging and the students have learnt a little more about touch football. It has been offered in schools for free by the NRL and we have been fortunate to have some dedicated and enthusiastic teachers deliver the program to our classes. As part of the program, the students will receive a free football each. Thanks to the NRL for allowing Cardiff South to be a part of the program.

Tomorrow evening starting at 7pm, the school will host the P&C's annual general meeting. You may or may not know this, but according to our school's P&C by-laws a person who is elected to an executive role, may only serve in the role for 3 consecutive years. This means that for our wonderful P&C president Cassandra Vizintin, her time as president has come to an end. For Cassandra the end of the 2016 school year also coincides with her youngest son Cory heading off to high school in 2017.

I'd like to use this opportunity prior to the AGM to publicly thank Cassandra for the wonderful work she has done in leading our school P&C over the past 3 years. To measure the full impact of her contribution at Cardiff South would be near impossible because even I don't see all of the little things she does for our school. But she has served on the P&C since her eldest son Reece was in Kindergarten in 2007 and has not only led as president for the past 3 years, but also held the fundraising role for 6 years and been a part of our Christmas Carols committee for 2 years. There has not been a single P&C event or fundraiser that I can remember at Cardiff South at which Cassandra hasn't been present to help. Throughout the course of Cassandra's leadership, the P&C has contributed a range of electronic devices and the installation of an excellent Wi-Fi network to support them; they purchased new silver seats throughout the playground so that ALL students K-6 can be seated off the ground for breaks; they made a substantial contribution to the purchase of new student reading resources, and several donations to our preschool for the purchase of much needed play resources. In addition to this and supported by other P&C members, she improved the P&C's financial procedures, especially in regards to the canteen and updated P&C procedures so that for all future P&Cs, it is clearer than it has ever been in regards to what our P&C does and how it does it. While Cassandra would not enjoy me putting her in the spotlight, especially because she has always enjoyed the 'team' mindset that exists at P&C, I hope that parents reading this and the other dedicated P&C members would agree with me, that it is appropriate to take a moment to take stock and acknowledge that Cassandra's contribution has been 'above and beyond' what could ever be reasonably expected of someone in her role. We thank her sincerely for leaving a strong legacy at our school – All of our students, past and present are ultimately the ones who have benefited from her dedication.

Have a great week
David Holland, Principal

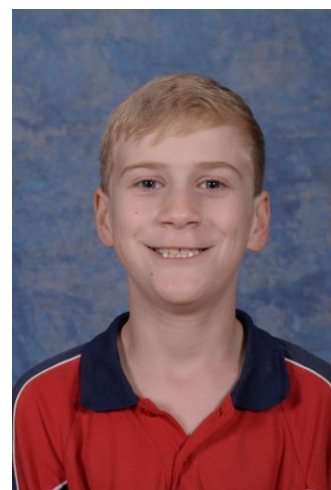
Congratulations Students of the Week!

Term 4 Week 5 Junior Student Award



Benji Ruse
K Red

Senior Student Award



James Treharne
5/6 Jade

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Wk 6. 14.11 \$Payment due – Life Ed	15.11 Final Book Club catalogue out today	16.11 P&C Meeting & AGM – 7pm	17.11 Life Ed visit	18.11 Life Ed visit
Wk 7. 21.11 Life Ed visit	22.11 Life Ed visit Kinder Orientation – Parent Info Night. 7pm library	23.11 School Captain candidate speeches -9:15 Kumaridha AECG- 5pm CHS	24.11 Kinder Orientation #3 Assembly 2pm – 4/5 Maroon Aboriginal Families BBQ and Plan afternoon. 5pm	25.11
Wk 8. 28.11	29.11	30.11 Combined Scripture assembly	1.12 Book Club Due	2.12

★ ★ ★ Southy Stars ★ ★ ★

Dylan George- K Gold, Cooper Ridgeway- K Gold, Max Pearson- K Red

Missing

Mr Jardine is doing an annual stocktake of our representative sport uniforms and has discovered that one of the rep singlets is missing! If you attended the zone athletics, cross country or swimming and still have a size 8 singlet with the number 3 on the back of the tag at home could you please return to school ASAP!

Kindergarten 2017 – Parent Info Night

Just a reminder that the Parent Information Night for families with students coming in to Kindergarten next year is on next Tuesday 22nd November at 7pm in the library. This is a great opportunity to hear a bit more about our school, the curriculum, our procedures and what to do if a concern arises. We look forward to seeing some of our new families then.

Life Education Van

This Thursday, the Life Education Van will roll up to Cardiff South for a four day visit. The students from preschool to Year 4 who returned payment and permission by the deadline yesterday will each attend a session aimed at empowering them to make safer and healthier choices. Lesson material can include: food choices, health issues, friendships, resilience and coping strategies. Parents will have received a separate letter from the Life Education people last week about the chance for students to purchase Healthy Harold merchandise. The sale of all merchandise goes directly towards supporting the Life Education programs. Please be advised that all sales of merchandise will be managed completely by the Life Education educators. Please do not send money to the school office.

P&C AGM

Parents are advised that the P&C Annual General Meeting is scheduled for Wednesday 16th November at 7pm in the library. At this meeting all officer and other positions become vacant and will be filled by nomination and, where necessary, by a ballot of members. To be eligible to nominate and vote for positions, you must be a current financial member of the Cardiff South P&C. The positions declared vacant include: President, 2 Vice-presidents, Secretary and Treasurer. Any members who are unable to attend the AGM but who wish to be considered for a specific role should send an apology to the Secretary (prior to the meeting) and detail their willingness to stand. We are particularly looking for a new treasurer for 2017, if you would like more information on the role of the treasurer; please speak with Mrs Cassandra Vizintin or Mr Holland. The P&C would welcome any new families interested in joining the P&C, but please be advised that new members are not eligible to stand for positions or vote in the AGM, but why not come along and find out more about what P&C do. It is a great way to meet other parents and build connections with the wider school community. We hope that you can join us.

Home Reading Journals - Final Tallies

As we move closer to finalising our award recipients for Presentation Day, we would like all students to please present their reading journals to their class teacher this week for final tallies. Students should continue to strive towards their next milestone, however the cut off for 160 nights is **this week**.

 Happy Birthday			
12	Tyson Reeve	5/6 Ruby	16 th November
11	Aston Monier	4/5 Maroon	17 th November
6	Abdullah Kashif	K Gold	18 th November
8	Jack Wallace	2 Blue	19 th November
6	Benji Ruse	K Red	19 th November
12	Talan White	5/6 Jade	21 st November
10	Summah McPherson	4 White	22 nd November

Kumaridha AECG

The next Kumaridha AECG meeting is scheduled for Wednesday 30th November at Cardiff High School starting at 5:00pm. Light refreshments will be provided and parents and community members are invited to attend.

Staff Carpark (Fourth Street)

Just a reminder to families, please do not drive into the staff carpark (off Fourth Street) to drop off or pick up students before and after school. Because this gate is used both in the mornings and afternoons as a pedestrian access, it is not safe for cars to be driving in and out at this time. Your cooperation is appreciated.

Aboriginal Education Plan & afternoon BBQ

Parents, carers and families of CSPS Aboriginal students are invited to come together as a community on Thursday afternoon, 24th November, at 5pm to share a meal and have a yarn about the wonderful achievements the children have made this year.

We do want to get in early and plan for an even bigger and more culturally enriched 2017.

Your presence and feedback is very important to us.

Let's talk about:

*Junior AECG Committee
Teacher cultural training
Engaging NAIDOC Week activities
Successful Aboriginal dance performances; and
Aboriginal Language workshops.*

*A BBQ dinner will be provided.
We look forward to seeing you there.*

Invites to follow shortly.



Backyard League



Getting to know..... Zali Jardine



<i>Class:</i>	K/1 Green
<i>Favourite movie:</i>	Barbie & the Secret Door
<i>What do you love about school?</i>	Maths
<i>Pets?</i>	2 dogs, Archie and Jed
<i>When I grow up...</i>	I want to be a nurse
<i>Favourite food?</i>	Pizza
<i>What makes you laugh</i>	When my mum tickles me

Canteen Roster

Wednesday 16

Chris Scanlon
Megan Noble
Madelyn Thompson

Friday 18

Janette Cataloski
Emma Daly
Cindy Redpath
Fran Story

Monday 21

Denise Reilly
Tara Ritchie
Tracey Davis



MERRY CHRISTMAS



As we approach Christmas it's time for our annual Christmas Raffle!! We're seeking your donations of items such as party food, bon bons, Christmas food, small Christmas gifts, Christmas food containers like nibble bowls and platters - in fact any items you think would be great to receive at Christmas time!



Each classroom will have a laundry basket for the donations to be placed in
There will be 14 prizes on offer!



Each child will receive a sheet of raffle tickets to sell.



There are 4x \$25 Smiggle vouchers available for the students who sell the most tickets in their stage - i.e. one voucher each for - Preschool & Early Stage 1, Stage 1, Stage 2 and Stage 3

We will conduct the raffle and hand out the prizes at the school assembly on

Thursday 8th December



Thank you and Merry Christmas from your P&C Committee



Stage 1 Excursion – Tocal Homestead

9th November, 2016

On Wednesday all of Year 1 and 2 went on two buses to Tocal Homestead. At Tocal Homestead I was with my Mum and my friends in a group. We went there to learn about the olden days.

First we went to get dressed up in olden day clothes and we took a picture of us. Then we went to the horse stable because the big bell rang. The big bell was our sign to move activities.

Next I played with the olden day toys. We had a skipping rope, hula hoops and hop scotch.

After that I went to the Blacksmith and he showed us how to make a horse shoe. The best part of the day was going into the old house.

By Olivia King

Have you ever been to Tocal? Well I have! It's an old farm built 150 years ago. Four people died there: one dog, two sisters and one old man. There used to be a lot of animals but the bushrangers came and stole a racehorse. A bushranger named 'Fred' changed his name and called himself 'Thunderbolt'. He stole the racehorses.

We played olden day games, such as, quots, marbles, knuckles, tug of war, hula hoops and skipping.

We went to the Blacksmith and it was very interesting finding out about how they changed metal. We went into the kitchen to see what they used in the olden days. We also had a tour of Tocal. We saw the old bull barns and the lady wouldn't let us out unless we made bull sounds...funny!

The last activity we did was go into the homestead. There was a table and 6 people tried to make the table set out correctly. There were 2 people on each team. The last team won! We went upstairs and had a look at the sister's bedroom. That's the story of Tocal!

By Alex Weir

On Wednesday, 9th November 2016, Stage 1 went to Tocal Homestead. We went by bus and it was an hour long drive. We were excited to see how people lived in the olden days.

When we got there, we ate our food. We got into our groups. I was in Ebonie's group with Maddison, Dakota, Madelyne and Bailey. First, my group went into the old house. It was a huge building. It was two floors tall! Next, we did the walk and talk. It was a long walk. We saw the stables and it was dark. After that, we visited the kitchen. The lady showed us how to cook in the olden days. The kitchen was outside the house.

Also, we did some washing. The pegs were named Dolly Pegs. The washing was hard work because there was no electricity and we had to scrub the clothes with our hands. After the washing, my group carried the water buckets. We had rope and hooked buckets on it and carried the water around our necks. It was also hard work.

Then we dressed up. We dressed up as kids 150 years ago. I wore a long dress with long sleeves. It was hot but fun. Next we went to the Blacksmiths. The nice man made real fire! He let us touch the horse shoes. Last of all we played fun games. We played games such as knuckles, horse shoes, tug-of-war and hula-hoops.

Then we went home. My day at Tocal Homestead was amazing because there were lots of things to do. I had a really great time.

Jazzlin, 2 Orange

More About Tocal Homestead

Last Wednesday Stage 1 went on an excursion to Tocal homestead. There was a house that is 176 years old. At Tocal there is olden day stuff and we learnt how life was back in the 1800s. Back in the 1800s there was no electricity. Tocal was a place where prisoners from England had to come when they came to Australia because there was no room for the prisoners back in England.

A man named Mr Reynolds lived there once and he had race horses and one of them won the Melbourne Cup. He kept them in big stables because of the bushranger. The bushranger (his real name was Frederick Ward) was only 15 years old when he started working for Mr Reynolds. Then one day the bushranger thought Mr Reynolds is getting all the money for all my work. So he stole one of Mr Reynolds horses. He thought my name is boring for a bushranger so he changed it to Captain Thunderbolt.

There were also two sisters, Myrtle and Margareta Curtis who loved each other so much and one day the older sister, who was 97 years old died. The other sister who was 95 years old was so sad that 5 days later she died as well. Tocal's house had so many people live there that there are so many stories about them. That's why Tocal is the best place ever.

Before Tocal farm was there Aboriginal people lived there. Their country is Wonnarua. A company sold the whole land to a blacksmith because they didn't care about them one bit. They call it Tocal because it is an Aboriginal word that means plenty. The company who sold the land to the blacksmith had taken the Aboriginal land away from them. The Aboriginal people lived on the land because they knew where to hunt for their food and water.

The children who lived at Tocal played games with old ropes from the farm and played a game with dead sheep's knuckles. We now know that game as Jacks.

Back in the 1800s they didn't call the lounge room the lounge room they called it the games room or book room and even a music room. Only the rich kids could go to school and the poor kids had to stay home on the farm and do chores. The girls helped their mum cook and the boys had to work on the farm with their dad or get wood for the fire for their mum.

The blacksmith was the place you got metal for farmers to make tools. The kitchen was not actually in the house because back in the olden day's kitchens always caught on fire.

At Tocal on the farm there were no shops close by. They would have to go to Newcastle on a horse and it would take you 4 hours to get there or you could get a boat to go down the creek but it would take you 12 hours.

At Tocal we also got to dress up in the clothes that people would have worn. Living in the 1800s would have been awesome! But also lots of hard work on the farm if you were poor.

The pigs at Tocal are special because when a ship was wrecked the pigs would have been on an island with the sailors who would eat them.

When we went in the house it was scary, it felt like the spirits of Mr Reynolds, the 2 sisters, Captain Thunderbolt and other people who lived there, were there. So that's why I think Tocal is awesome and a little bit scary!

Yaegan Faulkner, 2 Blue





Building parent-school partnerships

WORDS Michael Grose

How to encourage kids to be problem-solvers

When parents solve all children's problems we not only increase their dependency on adults but we teach kids to be afraid of making mistakes and to blame themselves for not being good enough. That's fertile ground for anxiety and depressive illness.

So, how can we raise kids to be courageous problem-solvers rather than self-critical scaredy cats?

Here are six practical ideas to get you started.

1 Turn requests into problems for kids to solve

Kids get used to bringing their problems to parents to solve. If you keep solving them, they'll keep bringing them. 'Mum, my sister is annoying me!' 'Dad, can you ask my teacher to pick me for the team?' 'Hey, I can't find my socks!' It's tempting if you are in a time-poor family to simply jump in and help kids out. Alternatively, you can take a problem-solving approach, cuing them to resolve their own problems and take responsibility for their concerns. 'What can you do to make her stop annoying you?' 'What's the best approach to take with your teacher?' 'Socks, smocks! Where might they be?'

2 Ask good questions to prompt problem-solving

A problem-solving approach relies on asking good questions, which can be challenging if you are used to solving your child's problems. The first question when a child brings you a problem should be: 'Can you handle this on your own?' Next should be, 'What do you want me to do to help you solve the problem?' These questions are not meant to deter children from coming to you; rather, to encourage and teach them to start working through their own concerns themselves.

3 Coach them through problems and concerns

So, your child feels she was unfairly left out of a school sports team by a teacher and asks you get involved. The easiest solution may be to meet with the teacher and find out what's going on. You may or not resolve the problem but in doing so you are teaching a child to become dependent on you. Alternatively, you could coach your child to speak to the teacher herself and find out why she was left out. Obviously, there are times when children need their

parents to be advocates for them such as when they are being bullied, but we need to make the most of the opportunities for children to speak for themselves. Better to help your child find the right words to use and discuss the best way to approach another person when they have problems. These are great skills to take into adulthood.

4 Prepare kids for problems and contingencies

You may coach your child to be independent – walk to school, spend some time alone at home (when old enough), catch a train with friends – but does he know what to do in an emergency? What happens if he comes home after school and the house is locked? Who should he go to? Discuss different scenarios with children whenever they enter new or potentially risky situations so that they won't fall apart when things don't go their way. Remember the Boy Scouts motto – be prepared!

more on page 2 >>



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... How to encourage kids to be problem-solvers ...

5 Show a little faith

Sometimes you've got to show faith in children. We can easily trip them up with our negative expectations, such as by saying 'Don't spill it!' to a child who is carrying a glass filled with water. Of course, your child doesn't want to spill it but you've just conveyed your expectations with that statement. We need to be careful that we don't sabotage children's efforts to be independent problem-solvers with comments such as, 'Now don't stuff it up!' 'You'll be okay... won't you?' 'You're not very good at looking after yourself!'

6 Applaud mistakes and stuff-ups

Would a child who accidentally breaks a plate in your family while emptying the dishwasher be met with a 'That's really annoying, you can be clumsy sometimes' response or an 'It doesn't matter, thanks for your help' type of response? Hopefully it won't be the first response, because nothing shuts a child's natural tendencies to extend themselves down quicker than an adult who can't abide mistakes. If you have a low-risk-taking, perfectionist, consider throwing a little party rather than making a fuss when they make errors so they can learn that mistakes don't reflect on them personally, and that the sun will still shine even if they break a plate, tell a joke that falls flat or don't get a perfect examination score.

Michael Grose



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.

