

Principal's Message

The past week at school has felt a little bit like election week. Last Wednesday evening, the P&C held their annual general meeting. The following parents were elected to executive positions:

President – Stephen Nash

Vice Presidents – Alison Spamer & Sarah Jardine

Secretary – Lisa Robertson

Treasurer – Naomi Trute

Congratulations to those elected and thank you for your willingness to continue the great work that the P&C already do in our school. Although the role of P&C treasurer has been filled, the P&C would love if there was someone else out there that would be willing to act as an assistant treasurer. You don't need to be an accountant, but if you have even a basic understanding of book keeping and are willing to work with and support Naomi, the P&C would love to hear from you. You don't have to be a current P&C member to express your interest.

Also last week, our Year 5 students started the process of electing new school captains for 2017 by nominating their peers that they felt would be most suited to the job. The following students were nominated by their peers and after considering the demands of the role, were willing to accept the nomination and stand for election:

Ben Coombes, Jacob Oliver, Liam Nash, Ryan Power, Chloe Walandouw, Chloe Scanlon, Ella Daly, Emma Agland, Heidi Wellings, Jillarnie Ahoy and Olivia Chandler.

Congratulations to each of them. It is a wonderful feeling to be acknowledged by your peers. Each of these students will present a speech making the case for their election this Wednesday at 9:10am in the hall. Judging by the quality of the students nominated, the school community has a tough job ahead of them! It is an exciting time for Year 5, we wish each of the nominees all the very best.

Have a great week
David Holland
Principal

Congratulations Students of the Week!

Term 4 Week 6

Junior Student Award



Alira Tapaleao
K/1 Green

Senior Student Award



Jacob Prebendarcik
5/6 Jade

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
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 -9:10 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 Life Ed make-up lessons (K/1G, 3 P & 1A) Combined Scripture assembly	1.12 Book Club Due	2.12
Wk 9. 5.12	6.12	7.12 Presentation Day- 9.30am Reports to go home	8.12 Assembly 2pm- School Captains and Christmas raffle draw	9.12

Presentation Day 2016

Cardiff South Public School's annual Presentation Day assembly is planned to commence at 9:30am on **Wednesday 7th December**. It will be a great opportunity to celebrate many of our student's successes throughout the 2016 school year. Parents have always told us that it is extremely helpful if they are given advanced notice that their child is receiving an award during this special assembly. If your child will be receiving an award at the Presentation Day assembly, you will be notified via a letter in the mail later this week. We do this as a courtesy, so that you have time to make arrangements to attend if you are able, however, we do ask all families to show restraint and discretion by not informing your children or by discussing that your child is getting an award with other parents. Your cooperation is appreciated.

2017 School Captain Election

Just a reminder - that the nominees for our 2017 School Captains will deliver a speech to the whole school assembly tomorrow morning at 9:10am. The students from Years 1-6 and teachers will vote immediately afterwards. Family and friends are welcome to join us in the hall for the assembly.

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 **tonight 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 Update

Over the past few days students from preschool to Year 4 have participated in Life Education lessons. Unfortunately, due to unforeseen circumstances Friday's lessons for K/1 Green, 3 Purple and 1 Aqua needed to be rescheduled. These lessons will occur on Wednesday 30th November instead.

Library

This is the final week for borrowing books from the library. All books must be returned by the end of next week (Week 8). Your cooperation with this is very much appreciated.

 Happy Birthday			
5	Lucy Woodbridge	Kangas	23 rd November
11	Emalee Millington	5/6 Jade	24 th November
9	Sean Dalglish	3 Silver	26 th November
6	Milla Carmont	K/1 Green	29 th November
8	Maddison Kennett-Power	2 Orange	29 th November

Getting to know..... Ryan Power



Class: 5/6 Ruby

Favourite movie: Star Wars –The Force Awakens

Hobbies: Karate and soccer

Brothers and sisters: Maddison and Taj

Favourite food: Meatlovers pizza

Best CSPS memory: Canberra excursion

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.



Early Stage 1 and Stage 1 have been learning about celebrations during their library lessons this term. Last week we talked about a Japanese celebration known as the Schich-Go-San Festival. This celebration is for seven, five and three year old children. K/1 Green practised writing the numbers in Japanese.

Canteen Roster

Wednesday 23

Rachel Reeve
Kim Lambert

Friday 25

Janine Pilarski
Kerry Smith
Christy White
Lee Fletcher
Michelle Zarzycki

Monday 28

Maureen Lobley
Fran Story

Final Home Reading Totals for 2016

	40 NIGHTS	80 NIGHTS	120 NIGHTS	160 NIGHTS
K Gold		Charlie Ivey		
K Red		Max Pearson	Meekeah Bostelaar Patrick McLain Eli Selway	Benji Ruse Ethan Stenhouse
K/1 Green	Brodie Conrades	Nam Rouse	Izabella Gibson James Appleby	Milla Carmont Nate Geddes Mia Hanlon
1 Aqua			Alexander Butler Olivia King	Miranda Hole Kynan Jobson Issac Strutt-Stevens Alexander Weir
2 Orange		Madelyne Gearing	Byron Billingham Ebonie Humphries Aceline Thompson	Bo Gordon Maddison Kennett-Power Acelin Thompson
2 Blue		Mason Walmsley		Reef Lawler Lanna New Nate Walandouw
3 Silver			Jack Adamson	Isabella Rose Maddison Ridgeway Dekota Sinclair Mackenzie Weir
3 Purple			Bodhi White	Kirra Pilarski Ava Roberts
4/5 Maroon			Blake Mitchell	Harrison Bowdern Keanu Hall Brandon Cannon Chelsea Wright
5/6 Jade	Emma Agland			Hannah Brown
5/6 Ruby	Ella Daly	Cory Vizintin Maria Vo		Jesse Carroll Lily Griffiths Hannah Peade Ryan Power Michael Ridgeway

Congratulations to this week's award recipients, you have achieved an amazing result through your regular reading throughout the year. As a school we have a total of 23990 nights of reading. Next year we will aim even higher.

Well done everyone!



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



Parenting *ideas*

INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

Raising sensitive kids

Sensitive kids benefit from having an optimistic and resilient parent that supports them and can teach them how to recognise their own emotional state.

Do you have a sensitive child?

You know, a child who takes everything you or others say to heart; a child who has a thin skin and worries too much, particularly about things out of their control.

Sensitive kids worry about what others think of them. They often sense danger well before others and they see the consequences of behaviours well before their peers.

Is this sensitivity nature or nurture? I suspect the former is the culprit. It has been estimated that 15 per cent of children are born with a more sensitive temperament. That is, a temperament that makes them particularly aware of their surroundings and of any changes that may occur.

Sensitive kids are like mood detectives with their antennae up trying to detect subtle changes in the moods of those around them. In some ways this is healthy as emotionally intelligent people are tuned into the behaviours and feelings of others. Sensitive kids generally have high emotional intelligence quotients.

However, typically sensitive kids often read too much into what others say or do. Sometimes parents will say something without thinking or a friend will ignore them for a whole day for no other reason than they were self-centred. Sensitive kids take these matters to heart. They take the mistakes of others and turn them into something they are not. They see a simple blunder and see it as a personal

slight or something sinister. Sensitive kids can think too much and read too much into simple situations. That's why sensitive kids can become anxious, shy or both. They can be hard to live with.

If you have a sensitive child you need to see and appreciate both their sides. The side we most often see is the shy, inhibited, fearful worrier. The flipside is that sensitive kids generally have kind hearts; are empathetic, intuitive and usually possess a creative streak. These are wonderful attributes to have.

As the world kids inhabit at school is akin to a jungle, sensitive souls can leave themselves open to being hurt by their peers. Kids who wear their hearts on their sleeves can sometimes be given a harder time by unthinking peers just as those who look and act a little different than the norm are susceptible.

Recent research into the area of children's sensitivity revealed that around 40% of sensitive kids experience some form of real anxiety.

The secret to the 60% of kids who DON'T experience anxiety are certain 'protective' factors. The top of this list is parenting style. Sensitive kids benefit from having an optimistic, resilient parent who supports them but doesn't allow them to take themselves too seriously. It also helps if parents can encourage their child to take risks socially and applaud their social successes, no matter how

minor. Parents need to show their child how to recognise their own emotional state and in doing so better manage their emotions so they can live happy, more productive lives.

The double whammy for kids of sensitivity and negative or pessimistic parents is not ideal. Kids need a parent who gets across the message that there are some unpleasant events but they can cope with them. Parents need to recognise their own emotions and respond in order to help their child recognise and regulate their emotional state.

It is good if parents are supportive; even better if a parent is resilient so that the sensitive child sees how to cope with some of life's hurts, rejections and disappointments. In fact, sensitive kids are less likely to develop anxiety if at least one parent is of the 'thick-skinned', positive, even jovial type. This reinforces that the world really is a great place and not full of uncertainty and danger.

When sensitive kids are raised in a balanced way with proper understanding and encouragement, they are well-placed to grow up to be happy, healthy, unusually well-adjusted and creative adults.

Michael Grose



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