



NEWSLETTER

The first P&C meeting for 2019 was held last Tuesday with much discussion around two major events in 2019; the Variety Bash visit on Monday 20 May and the School Musical on 4-6 September. There is also a state election fund-raiser on Saturday 23 March. Our President Jess Dwyer will be briefly introducing herself and seeking parent help with the above events (and more) at the Parent / Teacher afternoon tomorrow in classes K-3. Please consider if you can to support your school and help with these events and let Jess or the front office know.

Well done to our **district swimming team** for the great effort and behaviour at the carnival. One of our wonderful community members commented on how hard the students tried and how well they supported each other! A special thank you to the parent helpers and staff. Well done to Georgia, Tamika, Meagan, Abbee and Axel on achieving selection to the district team to compete at the area carnival on 13 March.

Thank you to Mr Taylor and the Fife & Drum band for performing at a citizenship ceremony at the ESC last Friday. Our school and community appreciate your support. See over for photos.

Scripture, Non-Scripture & Ethics Class

The classes started well last week thanks to our volunteer Ethics and Scripture teachers and the good cooperation of our students.

All new Parents have been asked to choose from the three options but all existing students will remain in their choice unless a note is received by the class teacher from the parent. New students will be placed on the Ethics waiting list and offered a place when it becomes available.

KG Working Bee this Thursday 28 February 3.30pm

Please come along to the family working bee in the Kitchen Garden at 3.30pm and share in some afternoon tea!

Parent/Teacher Afternoon – Tomorrow from 3pm

3pm - Kinders - in the kinder rooms
3.35pm - yrs 1-Mrs Mercer's room & yr 2-Mrs Newman
4.05pm - yrs 3 & 4 –in their own class rooms
4.35pm - yrs 5 & 6 –in the Library

Clean-Up Australia School's Day; this Friday 1 March



The annual school clean-up day is on this Friday 1 March. Years 3-6 will do their usual town clean-up whilst K-2 do the immediate school boundary.

Don't forget to bring a pair of gloves!

Student Welfare – Bullying & Anti-Racism

This week, I want to add some detail about Bullying and Anti-Racism practices. The attached brochure includes the school's practice.

All complaints of racism are investigated by trained staff.

All claims of discrimination and racism will be treated confidentially, documented, and promptly and constructively addressed.

Unresolved school-level issues may be referred by the principal, or either party involved, to the appropriate authorities. (This has not been necessary to date) The rights and sensitivities of all individuals will be protected.

The staff models appropriate behaviour and strategies of resolving teasing, conflict and complaints about other students' behaviours. They really care about student concerns.

The trained Anti-Racism is Mrs Newman.

Building the Best Learning Environment

The school has been implementing two programs that aimed at making a positive school environment and community for our students. The first is the "Kid's Matter" program that develops student "belonging" to their school and positive mental health is key to all learning. I have attached an information sheet with more detail in the newsletter for parent advice.

Last year, the school staff was trained in the Positive Partnerships program which focuses on student learning needs and how to analyse and make adjustments for students to learn best. If parents are interested to know more, please talk to your teacher or myself.

Aboriginal Education Committee –Thursday 7 March

Please come to the meeting at 3:15pm in the Staff Room. Special guest from Moruya High is attending, the new principal Mr Richard Schell. There is room to bring the kids.

Have a great week, Peter Johnson - PRINCIPAL

WEEK 5	25 February	26 February Parent/teacher afternoon	27 February	28 February KG working bee 3.30pm	1 March Clean up Australia Day for schools
WEEK 6	4 March	5 March	6 March	7 March AEC meeting	8 March

School/Class Helpers or Volunteers

Parents and community members are invited to be involved in the school within the classrooms as well as in the Canteen, Breakfast Club, Parent Group and many other areas. Class teachers usually invite parents/carers to assist in the classroom and at next week's Parent/Teacher afternoon meeting there may be an opportunity for you to do so. One of the other areas help is needed includes the "Up & Running" reading program. This is where adults read one to one with students on a structured oral reading program. If you are interested, please contact Ms Herring or Mrs Coppin.

THANK YOU
Volunteers!
We couldn't do it without you

STUDENT OF THE WEEK....

Stuart B

For his interest in Learning.



District Swimming Carnival 2019

Congratulations to our swimmers who represented us so well at the District Carnival last Tuesday. We had many great swims from our group and we know every competitor was trying their best! Thanks to the parents who were able to come and cheer and also to those who were able to assist with transport- again a great team effort.

Three individuals have qualified for the South Coast Championship on Wednesday 13 March in Dapto- well done Georgia, Tamika and Axel. All will swim in their age 50m freestyle. Meagan and Abbee will join Georgia and Tamika in the Junior Girls Relay. Good luck to you all.



WHAT'S BEEN HAPPENING IN THE CLASSROOMS...

PENGUINS

Our class has been learning about penguins. Here are some facts we have written:

Emperor penguins are large flightless birds that live on the Antarctic ice. By Charlotte

The father emperor penguins huddle together to stay warm while they incubate the egg.
By James

The mother lays the egg and the father looks after the egg until the mother comes back after 65 days. The chicks walk off after they are 1 month old. Emperor penguins are the largest penguin and they can get to 114cm high. By Carlton

We have also created a mural to accompany the narrative text we are reading about a penguin called, "Gwendolyn".



P&C news....

Kitchen Garden Working Bee - this Thursday

Please join us on Thursday, 28th February at 3.30pm until 5.30pm for an end of summer working bee. Afternoon tea will be provided.

PLEASE NOTE: Children are welcome but they need to be accompanied by an adult.

Please RSVP by Wednesday, 27th February to the office on 4474 2362 so we can cater for everyone.

We look forward to seeing you there.

Thank you, Kitchen Garden Committee.



Did you know that the P&C has a Facebook page?
Keep up with all the latest events by liking our page.
<https://www.facebook.com/moruyapspc/>

Up and coming P&C events

- State Election day cake stall and democracy sausage (sausage sizzle) -Saturday March 23rd
- General P&C meeting-Tuesday 19th March
- Disco-Thursday March 28th
- Variety Club Bash visit - Monday 20th May
- Mothers Day Stall

The P&C is seeking prizes for our election day raffle. If you are able to donate goods or services, please contact Linda lindab74@hotmail.com or see the front office.

WHAT WILL THE SCHOOL DO IF BULLYING IS REPORTED?

- Assure your child that the problem can be solved and then provide ongoing support
- Investigate the problems raised
- Treat everyone involved fairly
- Take action that is appropriate to the particular circumstances – this may be:
 - Mediation
 - Disciplinary action
 - Warnings
 - Social skills program
 - Counselling
 - Parental involvement
 - Referral to other agencies and support staff

At Moruya Public School our goal is to ensure that bullying does not occur. Staff are trained to access the appropriate action for each situation.

Generally, the practice includes:

1. Detention (if not violent/aggressive) - notify parents (victim's and bully's). Warning next will result in suspension.
2. Support service - school counsellor if desirable.
3. Second offence - suspension.

BULLYING PREVENTION PROGRAM

- 'Real Stories' Talks K-6



CONTACTS:

<https://www.det.nsw.edu.au/antibullying>

<http://www.bullyingnoway.com.au/>

<http://www.eduweb.vic.gov.au/bullying/index.htm>

<http://www.cyh.com/SubDefault.aspx?p=255>

<http://www.healthinsite.gov.au/topics/Bullying>

<http://www.kidshelp.com.au/template/standard.aspx?s=167>

<http://www.stopcyberbullying.org/>

http://www.netalert.gov.au/advice/risks/cyberbullying/What_is_cyber_bullying.html

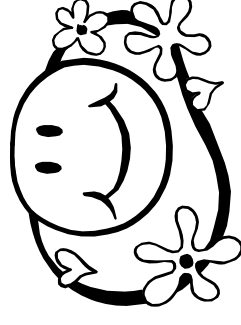
<http://www.bullyingnoway.com.au/talkout/spotlight/cyberbullyingmain.shtml>

Moruya
Public School

Bullying A Parent's Guide



Building a strong partnership
between our school and parents
to improve learning outcomes for
all our students



WHAT IS BULLYING?

Bullying occurs when someone repeatedly acts aggressively towards your child in order to gain power over him or her.

Bullying is a deliberate attempt to make your child feel uncomfortable or unhappy.

To help your school be a safe and happy place for your child, it is important that you work with the school to solve any bullying problem.

Bullies can be anywhere...at school, at work, even neighbours. It is important that your child learns to deal with bullies.

Moruya Public School has zero tolerance for bullying.

But remember, if we don't know about it, we can't solve it.

BULLYING CAN BE...

- Giving nasty looks
- Making rude gestures
- Calling names
- Being rude and impolite
- Spreading stories and rumours
- Constant Teasing
- Keeping someone out of a group or game
- Acting in an unpleasant way near someone
- Hurting someone physically
- 'Mucking about' that goes too far
- Harassment
- Cyber: use of internet/SMS
- Any form of discrimination based on disability, gender, race or religion

YOUR CHILD MAY BE BEING BULLIED IF HE/SHE...

- Suddenly does not want to go to school
- Has bruises but won't talk about them
- Suddenly unable to sleep
- Becomes moody
- Frequently feels sick with vague symptoms

WHAT YOU CAN DO TO HELP

Assure your child that the problem can be solved.

Let the school know that your child is being bullied by contacting your child's teacher, an Assistant Principal or the Principal.

Communicate and co-operate with the school until the problem is solved.

Explain to your child that bullies are usually people with a problem themselves and use bullying others as a way to make themselves feel good.

Explain that bullies are often victims themselves.

Explain that bullies often have not learnt the social skills that allow them to behave towards others in a positive way.

Explain that bullies know that what they are doing is wrong and the reason that they pressure their victims not to "dob" is because they are afraid.

Develop your child's sense of humour and tolerance of others.

Positively reinforce your child's self esteem and sense of self worth.

Develop your child's social skills by teaching him or her to share and to co-operate with others in group Situations.

Explain that bullies often mimic behaviour of adults, TV characters or movie stars.



NO ONE HAS THE RIGHT TO BULLY ANYONE ELSE

Children who are bullied feel frightened and powerless. They sometimes blame themselves. Being bullied can seriously harm self-esteem and prevent successful learning.

It is important that the victim take the appropriate action to stop the bullying.

Ignoring the bullying behaviour is only a short-term strategy. If the bullying continues more than a few days some other action needs to be taken.

Avoiding the situation by going to another school may not solve the problem as there are bullies everywhere.

Responding to bullying by retaliation or with violence rarely solves the problem and often gets the victim in more trouble with other students and with the school discipline code. Our school will not tolerate violence no matter what the reason—immediate suspension.

The most appropriate action is to tell someone at the school and work with the school staff to solve the problem.

IF YOUR CHILD IS BEING BULLIED...

Tell your child that:

- It is not his or her fault
- He or she has the right to feel safe and happy
- He or she has the right not to be bullied
- It is all right to walk away
- It can be stopped
- It is all right to tell the school staff
- By acting on the bullying you are also protecting other students from the bully.

Everyone needs a friend

"Those girls at school are mean. I told them about this great game but they wouldn't play it. They said I couldn't play with them."

Rebecca, who is seven, plays happily at home with her four year-old sister Samantha. Samantha adores her big sister and will do anything she says. But with school friends it's not so easy.

Rebecca's mother wonders whether the other children really are mean or whether Rebecca may be too pushy.

When children come over to visit it seems to go well as long as they are doing what Rebecca wants. But if the other child wants to do something different, Rebecca often sulks or goes off in a huff.

Children's friendships often have their ups and downs. When friendships are going well they support children's emotional wellbeing and confidence, as well as providing someone to play with.

Positive friendships help children have fun, and also help them cope during periods of stress and change. This is why having friends at school is so important for children.

Helping children with the ups and downs of friendships

It is not always easy for children to know how to manage friendships. Problems with friends can affect how children feel about themselves and their enthusiasm for activities that involve others. Parents and carers can help children learn the kinds of friendship skills they will need as they grow and develop.

Learning how to make and keep friends involves a number of skills. Children learn more and more complex social skills from those around them as they develop.

Home life has an effect on the development of social skills. A child who has an adoring little sister is likely to have more leadership skills. A child who is the little sister may be more used to fitting in with what others want to do. These children are likely to react differently when they go to school and meet other children with different life experiences and social skills.

Core friendship skills for children

Cooperation

- How to share, how to take turns, how to work together towards a common goal.

Communication

- Using words to explain what you want and listening to others respectfully.
- Paying attention to body language (eg making eye contact, smiling, being able to read others' nonverbal reactions).

Understanding and managing feelings

- Being able to express feelings in ways that help others understand you.
- Recognising and responding to others' feelings.

Accepting and including others

- Recognising others' needs for respect and friendship.

Solving friendship problems

Children develop friendship skills through playing with other children. Because they are learning, they are sure to have times when things do not go as they would like. Sometimes they blame themselves for what has happened.

They may say, "Nobody likes me 'coz I can't run as fast as they can." Sometimes they blame everyone else for the problem and, like Rebecca, say, "The girls are all mean to me." Even though they blame the other children they may still think of it as a problem they cannot change.

How parents and carers can help

First and foremost you can help children by listening to them talk about the everyday joys and troubles that arise out of their friendships. Asking what might have led to others' reactions can help the child, with your assistance, to think of possible solutions.

Try a problem-solving approach

When problems arise in friendships it is important not to blame children but to show them how to find a solution. A problem-solving approach is often helpful.

- 1 Encourage the child to describe what has happened.
- 2 Ask about how they felt.
- 3 Ask them how they think the other person might see it and how they might be feeling.
- 4 Get them to think of ways they could do things differently next time.
- 5 Encourage them to try the new approach – get them to practise with you so they feel more confident.
- 6 Check back with your child to see how things turned out.

This resource is part of a range of KidsMatter Primary information sheets for families and school staff. View them all online at www.kidsmatter.edu.au



Australian Government
Department of Health and Ageing





Chicken pox is on the march

The school has been advised that there has been another case of chicken pox confirmed with one of our students.

Parents please note if your child does get the chicken pox virus they are unable to attend school until all the scabs have dried up—it is the fluid in the blisters that makes it contagious.



Fun & Games



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went to mow meadow . . ."



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Spaces available for advertising

\$5 per week = \$200 for the year.

Please contact the Front Office ASAP if you would like to secure a place.

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HOSTING AT A GLANCE:

- Hosting is voluntary
- You choose your student
- Students attend high school full time
- 24/7 support provided
- Host families come from all over the state
- Students come from all over the world and stay for a short term (8-10 weeks), a semester or a year.

HEAR FROM A HOST MUM

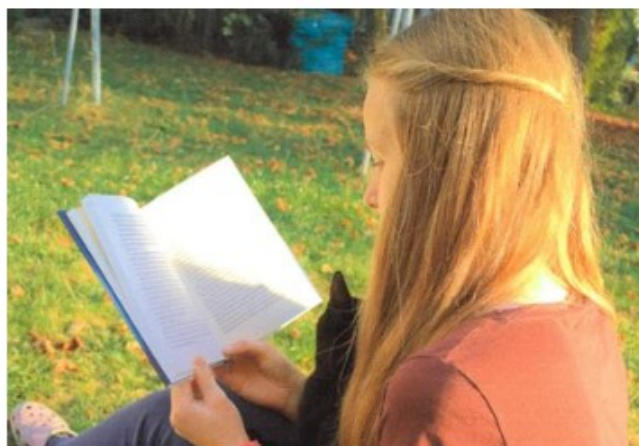
"Hosting has been one of the most rewarding and exciting experiences for our family. Romane, our student, was definitely one of the most kind and pleasant people we have met and right from the start was a perfect fit for our family. Being able to share this experience has had a positive effect on all of my young children."

Host mum, Candice.

CAMILLA (16) ITALY

Ciao!

The list of activities I like to do in my free time is long, so I am never bored! Singing is my biggest passion and I hope to become a singer one day. I love reading. I also really enjoy photography. When it comes to sport, swimming and basketball are on top of my list! Thank you if you are going to choose me, I promise I'll be a perfect "daughter"!



MORE PROFILES: WEP.ORG.AU/HOST

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