



Newsletter

CALENDAR DATES

WEEK 1 TERM 4

13 OCTOBER 2016

17 OCTOBER

Life Education Van visit

18 OCTOBER

P & C Meeting

20 -21 OCTOBER

Excursion 4-6

The Gorge

2 NOVEMBER

Grandparents Day

Morning Tea.

3 NOVEMBER

Jacaranda Thursday

Half day Public Holiday

School closes at 12 noon.

15 NOVEMBER

Excursion K-1

25 NOVEMBER

2017 Captains speeches

1 DECEMBER

End of Year Presentation Night

16 DECEMBER

Last day of Term 4

FIRST WEEK OF TERM 4

We would like to welcome everyone back for the last term of the year. We hope everyone had a relaxing break as Term 4 is shaping up to be very busy.

SCHOOL PHONE

The school phone line is still not working. It is scheduled to be investigated next Monday. If you need to ring the school please use 66497805. Hopefully it will be back up Monday. Sorry for any inconvenience that this has caused.

LIFE EDUCATION VAN VISIT NEXT WEEK

The Life Education van will visit our school on Monday 17 October 2016. Life Education New South Wales is a community-based, independent organisation at the front line of positive and preventative drug and health education. In NSW over 300,000 students in over 1400 schools take part in the preschool, primary and secondary programs each year. Helping young people make informed decisions about drugs and their health is at the heart of the program, which is driven by the popular Life Education mascot Harold the giraffe.

Specialist educators utilising their experience and training work with schools to develop programs to support the provision of best-practice drug education. Sessions are age specific and sequential with written and electronic resources provided to support both students and teachers in the delivery of ongoing drug education in their classroom. A visit to the mobile Life Education van facilitates the development of students' knowledge and skills to identify risks and make informed decisions.

P & C NEWS

There will be a P & C meeting on Tuesday 18 October at 3:15pm at the school. All are welcome to attend.

KINDERGARTEN ORIENTATION

Kinder Orientation days will continue next Wednesday 19 October from 9am till 3pm. They will continue through to 7 December being the last orientation day. If you require further information, please contact the school by phone or e-mail.



CLASS NEWS

4/5/6 News

Welcome back to a very productive and busy term 4.

Students will be engaging in explicit lessons in spelling, reading and writing informative texts.

The Gorge

I'm so excited to be going to The Gorge for our class excursion next week. Jamie will be coming along also and I am very happy that everyone from my class will be attending.

ThinkUKnow

Each year when I have Year 6 entering into High School I always try to upskill students about the positives and negatives of the digital world. We have been talking about each student leaving positive digital footprints while they are online.

With this in mind, I will be hosting a **PARENTS ONLY ThinkUKnow** video conference in my classroom on Tuesday 25th October at 3.15pm for anyone concerned about how to keep your child safe online. This is a very informative hour that will leave you better informed as a parent in the digital world. All conversations and questions are confidential. **No children to attend this session please 18+ only. This will run for a little over one hour.**

What is the video conference about?

ThinkUKnow is a free, evidence-based cyber safety program that provides accessible cyber safety education to parents, carers and teachers.

ThinkUKnow Australia is a partnership between the Australian Federal Police, Microsoft Australia, Datacom and the Commonwealth Bank, delivered in conjunction with State and Territory Police.

The sessions are delivered by knowledgeable volunteers and designed for adults to equip them with the skills and resources needed to ensure the internet remains a safe place for their children and students. **ThinkUKnow** aims to address any concerns associated with their child's online safety and provide information and suggestions on how to support your children/students to make well informed decisions while online.

This is a free video conference and will begin at **3.30pm-4.45pm.** Everyone invited. There will be time for questions at the end of the conference.

For more information about ThinkUKnow : www.thinkuknow.org.au

Hope to see you here! All parents at our school are invited.

Mrs Hummelstad

FRIDAY LUNCHES

We are hoping to start up Friday lunches again from 21/10/16. If you are able to help out, please complete the note on Page 4 and return as soon as possible so a roster can be drawn up.

Tantrum Toolbox

Wednesday 26th October
9.30am – 12:30pm
CRANES' Pullen Centre
3-7 Prince St, Grafton
Thursday 1st December
9.30am – 12:30pm
CRANES' Pullen Centre
3-7 Prince St, Grafton
(childcare available)

Parents are provided information about the causes of tantrums as well as tips and strategies on how to manage them. Suitable for parents with children aged 2 to 5 years.

Calmer Kids

Tuesday 13th and
Wednesday 14th December
9.30am–12.30pm
CRANES' Pullen Centre
3-7 Prince St, Grafton
(childcare available)

Learn strategies for calming the anxious child, reducing melt-downs and teaching your child to self-soothe. Suitable for parents with children aged 5–15yrs.

Bringing Up Great Kids

6 Consecutive weeks
Wednesdays 2nd, 9th, 16th,
23rd, 30th November
and 7th December
9.30am – 12.30pm
CRANES' Pullen Centre
3-7 Prince St, Grafton
(childcare available)

A comprehensive program for parents covering, age development, communication, understanding behaviours, stress, rules and consequences and more. More details visit <http://www.childhood.org.au>

Who's in Charge?

4 Consecutive weeks
Tuesdays 25th October, 1st,
8th & 15th November
9.30am–12.30pm
CRANES' Pullen Centre
Prince St, Grafton
(childcare available)

For parents of teens or pre-teens who have behaviour that is aggressive and out of control.

Strong Arms Soft Hands A Fatherhood Workshop

6 Consecutive weeks

Fridays 28th October & 4th, 11th,
18th & 25th November
& 2nd December
9.30am–12:30pm
CRANES' Pullen Centre

This six week workshop will cover a wide range of topics designed to strengthen family relationships, build on your parenting skills and increase your understanding of your child.

The Teenage Brainstorm

Friday 18th November
9.30am–12.30pm
Hickory House
50 Hickory St, Dorrig
(childcare available)
Friday 9th December
9.30am–12.30pm
CRANES' Pullen Centre
3-7 Prince St, Grafton
(childcare available)

This 1 day workshop focuses on the changing adolescent brain and how it affects behaviour

'Yes, I Can Say No' Assertiveness workshop

2 Consecutive weeks
Tuesdays 22nd, 29th November
9.30am – 12.30pm
CRANES' Pullen Centre
3-7 Prince St, Grafton

This workshop helps parents to understand and develop assertiveness. Learn techniques to assist in positive and assertive communication and discover the benefits of establishing effective boundaries.

Keep Calm and Communicate

Friday 11th November
9.30am–2:30pm
Hickory House
50 Hickory St, Dorrig
(childcare available)

This 2 day workshop helps parents with strategies for de-stressing and keeping cool under pressure. Learn techniques for communicating effectively with a child in the different ages of development

The Family Relationship Skills Program (FRSP) is funded by the Federal Government and aims to reduce the levels of stress experienced within families.

At No Cost to You!

Our courses are available free of charge to families in the Clarence, Bellingen, and Nambucca Valleys and Coffs Harbour area with no referral necessary.

Free childcare available for most courses (bookings essential)

Contact FRSP at CRANES: 6642 7257

Bookings are essential

Let us help you be the parent YOU want to be!

CRANES Community Support Programs

3-7 Prince St, Grafton

phone: 02 6642 7257
website: www.cranes.org.au
email: admin@cranes.org.au
mailing address: PO Box 889, Grafton 2460



Industry &
Investment



Kids' fishing workshop



Kids 8–14 years old are invited to come and learn to fish safely and responsibly. Instructors are experienced volunteers and staff from Industry & Investment NSW.

The day runs from 10 am–2 pm and involves fishing techniques, bag & size limits, fish handling for catch & release.

COST: \$40 PER CHILD, and includes rod & reel combination, shirt, hat, tackle box and show bag — all to take home!



BOOKINGS ARE ESSENTIAL. Maximum 25 participants.

NSW DPI 07701

LOCATION: Dutton Trout Hatchery, Point Lookout Rd, Ebor.

DATE: 5th of November 2016

BOOKING CLOSE: 26th of October 2016

CONTACT: Milan Duwenhogger-Lange
0458 274 876 (please leave a detailed message)
milan.duwenhogger@dpi.nsw.gov.au

FRIDAY LUNCHES TERM 4 2016

Friday Canteen Roster

I _____ can work in the canteen. My preferred days are:

(Please Circle)

I will make _____.

21 Oct, 28 Oct, 4 Nov, 11 Nov, 18 Nov, 25 Nov, 2 Dec, 9 Dec