Positive Awards System
Congratulations to the following students who have progressed through our positive awards system and have been recognised by their peers and teachers for a great effort.

Assembly Awards
HB1  Nevaeh B  Riley M
HB2  Charlie O  Bodhi C
HB3  Sophie D  Mia T
HB4  Mitchell H  Daniel B
HB6  Bayley O  Charlotte L
HB7  Ryan W  Terrence B
HB8  Beau S  Abby V
HB9  Darryl D  Phoebe S
HB10 Maya W  Bailey H
HB11 Shakira S  Freya W
HB12 Elijah K  Silas Q
Mrs Foulkes: Freya W, Marhee T

Positive Behaviour for Learning (PBL)
Thank you to Dizzy Lizzy Country Store for donating to our PBL rewards this Term. The first two lucky winners of a $5.00 voucher are Beau & Marhee (pictured below).

Boys Knock Out Cricket match
After postponing the Boys Knock Out Cricket match against Kempsey West PS due to weather, the game finally got underway last Friday. The boys showed remarkable team work and sportsmanship but went down to some top class cricket by Kempsey West. The score card read Kempsey West 6/111 defeating Aldavilla 4/80.

School Photos – 27th March, 2015!
Photo envelopes were sent home yesterday with your child. Please return money and envelopes to the office by 20th March.

APS Environment Team 2015
Back row L to R: Callum J, Ricky S, Bailey T, Joel B, Tom D, Abby V, Paige W-B
Front row L to R: Jasmine W, Cody P, Gregory K, Declan D, Savannah B, Georgie B. Absent: Riley S

LNC Cricket Trials
Congratulations to our APS representatives at the recent Lower North Coast Cricket trials. Harry A was selected to attend the North Coast trials on the 9th March. Well done Harry and Good luck!

Coming Events for Term 1 2015
04/03/15  North Coast Swimming
09/03/15  North Coast Cricket – boys
11/03/15  Macleay Soccer – boys and girls
13/03/15  HB10 Assembly 12.15pm
          LNC AFL
19/03/15  Close the Gap day
20/03/15  LNC Soccer
20/03/15  Harmony Day
23/03/15  P & C AGM
23/03/15  Macleay League
27/03/15  School Photos
31/03/15  LNC League
04/04/15  Easter Hat parade 10am
Community Partnerships
Michael Grose Parenting Ideas:

5 golden rules for parenting success in 2015
The requirements for effective parenting are changing rapidly, just as the profile of parents is changing. If you add to this mix that children are growing up at the speed of light, information technology can make parents seem redundant, and increasingly parents claim lack of time is their biggest impediment to effective parenting. So what is a parent to do?

Here are 5 golden rules to guide you along your parenting journey in 2015:
1. Build confidence
With so many parents reporting that they have a child experiencing anxiety it would seem that we are currently experiencing a crisis in children’s confidence. It would also seem that we have somehow forgotten how to absorb children’s fears, insecurities and anxieties, and instil a sense of confidence that these can be overcome. Using a mixture of coaxing, coaching and cajoling parents need to find a way to impart in children a sense of courage to put themselves in new or potentially awkward social situations; to have a go at activities where failure is a real option; and to contribute to the wellbeing of others, which reduces anxiousness and fear.

2. Build developmental knowledge
Many challenges parents experience with their children are due to a developmental mismatch. That is, parents raising their ten year old as if they are eight. The nuances of parenting are age-related, yet due to inexperience we so often don’t read the cues. Recently, I witnessed a mum and dad tearing their hair out trying to communicate with their nine-year-old son. For the first time he was saying no to them. They thought him stubborn and disobedient. I thought him normal, as nine can be a problematic age, where usually malleable children suddenly start changing. Puberty is stirring. When this couple’s second child turns nine she will experience the benefits of her elder brother paving the way and breaking her parents in for her.

3. Swim against the tide
Listen to talkback radio, read the headlines of a newspaper or watch a current affairs TV program and you’ll realise that, right now, we live in an incredibly judgemental society. Parents are harshly judged as well. You’ll realise that, right now, we live in an incredibly judgemental society. Parents are harshly judged as well. Drive your kids to school and you risk being judged as negligent. Drive your kids to school and you risk being judged as neglectful. Drive your kids to school and you risk being told that you are spoiling them and neglecting their physical wellbeing. It takes a strong parent to swim against the tide of popular opinion. It also takes a strong parent to deny her child say a mobile phone when every other child has one. It helps to say “This is the way we do it in our family.”

4. Be brave
Perhaps the biggest challenge facing parents, and their children, is the ability to let go of their parental reigns and give kids the freedom they need to develop autonomy. It’s relatively easy to develop children’s independence at home as the stakes aren’t as high. If they can’t cook a meal then you just have to do it for them. However, developing children’s independence outside the home is a different story. Granting kids freedom has an element of risk; that’s why parents need to be brave. Having the courage to let go is a basic requirement of parenting. It won’t stop you worrying, but that’s part of the game.

5. Add emotional intelligence to your parenting mix
With kids experiencing mental health challenges at a depressingly high rate it’s time to add some emotional intelligence to the parenting mix. While many schools are now introducing emotional and social programs on the curriculum, it’s important that parents develop a deep understanding of how emotions work: how emotions can be recognised; how they can work for us and against us; how we can regulate our emotions so they don’t overwhelm us; and how to recognise and respond to the emotions of others. These sound like life-changing skills that if learned, are capable of impacting significantly and positively on future generations.

School Jargon Buster:
Schools sometimes have their own language, so we’ve busted this list of common abbreviations or terms to make the world inside the school gates seem a little more familiar.

A comprehensive list can be found on the School AtoZ website.

CAPA – Creative and performing arts
COLA – Covered Outdoor Learning Area. Doubles as both a learning and play area.
IEP – Individual Education Plan
IWB – Interactive whiteboards, also referred to as electronic whiteboards, are technology tools for learning in the classroom.
Learning and support team or L&ST – School staff who meet regularly and work together to further support students with additional learning needs.
Literacy – The ability to read, write and use information appropriately. It includes speaking, listening and critical thinking.

Judy Wright, Community Partnership Officer
Judith.wright7@det.nsw.edu.au

Easter Hat Parade
Yes, it is that time again to start thinking about the Easter Hat parade! Hats will be made at home and then can be brought to school the morning of the parade: Thursday 2nd April 2015. Come and join us for this event from 10-11am.

Stage 2 Major Excursion
An Expression of Interest form has been sent out offering students in Years 3 and 4 the opportunity to participate in a 3 day/2 night excursion in Week 9 Term 2 to the Great Aussie Bush Camp. The cost of the excursion will be approximately $260. A $50 non-refundable deposit will be required to accompany the Expression of Interest forms which are due by 13th March, 2015.
Macleay/LNC Swimming Report
On Wednesday 18th February, 34 students from Aldavilla PS competed in the Macleay Swimming Carnival at the Kempsey Swimming Pool. Congratulations to Serenity C, Yaaron W, Jake W and Kiaran S who all qualified for the Lower North Coast Swimming Carnival which was held on Wednesday 25th February, again at the Kempsey Swimming Pool.

At the LNC carnival, Serenity C finished second in the Snr Girls 50m Butterfly while Yaaron W finished third in the 13 Years Boys Freestyle. Both students will now compete at the NC Swimming Carnival on Wednesday 4th March at Lismore. Well done Serenity and Yaaron and Good luck!

Harmony Day
“Celebrating 15 years of participation”
Friday, 20th MARCH 2015
Harmony Day is about community participation, inclusiveness and respect – celebrating the different cultures that make Australia a great place to live. Join in the fun and dress up in your most “Outrageous Original Orange Outfit”.

Prizes will be awarded for the best outfit for each stage. Every student will receive a wrist band with a pantry or garden item request (that will be handed out earlier in the week) to support the ongoing costs of the Kitchen Garden Program eg; packet of vegetable seeds or seedlings, pantry items, cleaning products, paper towel, tea towels, dried herbs, vegetable/herb plants or a gold coin donation.

Start collecting your wild and wacky orange outfits to be part of this fun day while supporting our wonderful SAKG Program. Thank you for your continued support.

The Tell Them From Me student feedback survey for Years 4, 5 and 6
This term, our school, will participate in a Department of Education and Communities initiative: the Tell Them From Me student feedback survey. The survey aims to help improve student learning outcomes and measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.


The survey is a great opportunity for our students to provide our school with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the Tell Them From Me survey to help improve how they do things at school.

This survey is confidential and school staff will not be able to identify individual students from their responses.

The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between 9 March and 2 April. Participating in the survey is entirely voluntary. A consent form has been sent home with students in Years 4, 5 and 6. If you do not want your child or children to participate, please return the form to school by Friday 6 March. If you have any enquiries, please contact Miss Giorgi.

No cooking this week 3rd to 6th March due to unforeseen circumstances.

Term 1 cooking lessons will be targeting knife rules/techniques with students working towards attaining their Knife Licence as well as learning how to prepare a healthy breakfast and a healthy lunchbox.

To support the smooth transition into our first weeks of cooking and gardening, teachers will also be revisiting the rules of the kitchen in the classroom with students.

Thank you to all our wonderful volunteers who have been coming to the train to assist with cooking classes and also helping out in the garden. Last Friday, 20th February, we held a Volunteer Induction Workshop which was a great success. Without volunteers it just won’t happen - Volunteers are Vital! So thank you again for your wonderful support and I look forward to seeing you all up in the train. Remember to bring 100 points of identification if you are a new volunteer to the school office before the day.

Gaye

Canteen Roster for Term 1

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