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  Kaleb D  Miah I
HB2  Ryan S  Xandi W
HB3  Halena S  Jamaikah O'D
HB4  Cruz K  Esther B
HB6  Gus S  Bodan H
HB7  Jasmine W  Tayla-Mae L-S
HB8  Izzabella L  Jack V
HB9  Darcy S  Tia R
HB10  Samantha H  Tristan A
HB11  Nic H  Emily H
HB12  Joel B  Ruby W
Mrs Foulkes:  Olivia P, Paige S

Positive Behaviour for Learning (PBL)
Congratulations to the winners of the $5.00 vouchers for Dizzy Lizzy Country Store for Weeks 6 & 7: Savannah B and Ben P (pictured below).

Photo above: Yaaron and Serenity represented APS at North Coast Swimming trials

North Coast Swimming
Congratulations to Serenity C and Yaaron W who both competed at the NC Swimming Trials at Lismore on Wednesday 4th March. Both students did their best and swam very well on the day.
Community Partnerships - Parenting Ideas Tip

One of the keys to functioning socially and emotionally is the ability to deal with disappointment and rejection.

Most children experience some type of rejection from their peers throughout childhood. One study found that even popular children were rejected about one quarter of the time when they approached children in school.

Paradoxically, children’s experience of rejection and disappointment at school is good for them, as long as it’s balanced with successful experiences too. They learn that they can cope and solve problems in their own way and that bad experiences don’t last forever.

And they learn that sadness and disappointment can be managed too, which is an important lesson to learn to take into adolescence and beyond, when life is full of ups and downs.

To help children handle rejection and disappointment, try the following four strategies:

1. Model optimism. Watch how you present the world to children, as they will pick up your view.

2. Tell children how you handle disappointment and rejection. Not only is it reassuring for children to know that their parents understand how they feel but they can learn a great deal by how their parents handle situations.

3. Help children recognise times in the past when they bounced back from disappointment. Help them recognise those same strategies can be used again.

4. Laugh together. Humour is a great coping mechanism. It helps put disappointment in perspective. It helps them understand that things will get better. They always do.

The stronger the wind, the stronger the trees is the notion here. Supporting kids to handle life’s hurdles helps them to develop a lasting sense of resilience, which is essential for good mental and emotional health.

By Michael Grose

School Jargon Buster: (Taken from the School AtoZ website). 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.

KLAs – Key Learning Areas: In Primary school they are English, Mathematics, Science and Technology, Human Society and its Environment (HSIE), Personal Development, Health and Physical Education (PDHPE), and Creative Arts.

Mufti Day – Casual dress day. Schools sometimes allow students to wear something other than their uniform on a special day. It may be themed eg, Harmony Day.

NAPLAN – The National Assessment Program consists of national tests held in literacy and numeracy for all students in Australia at Years 3, 5, 7 and 9.

PSSA - Primary Schools Sports Association - a range of sporting competitions which are open to NSW public school students 8 years- 13 years of age. Participating schools usually allow students to try out for school representative teams which play locally and then may progress to regional or State finals.

Aldavilla App: Important Information: Occasionally we need to update or amend events on the app calendar. In order for you to receive these changes, the app needs to have been opened so it can sync to the calendar. If the app has not been opened you may receive out of date reminders. We are trying to resolve this glitch with the makers of the app, however in the mean time I will send a notification whenever changes are made to advise you that you need to open the app to allow the calendar to sync. Please contact me if you are experiencing difficulties with the app.

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

Photo above: Quiet reading in the library with recently purchased tub chairs and learning pods.

Years 5 & 5 Excursion to Canberra
Permission notes and info will be sent home soon. Seats will be limited due to the coach seating. When you receive the info please return the permission note and the $50 non-refundable deposit to the office.

Kempsey Eisteddfod 2015
Entries for the 2015 Kempsey Eisteddfod are now open for Dance, Vocal & Instrumental and Speech & Drama. To access a syllabus go to https://kempseyeisteddfod.wordpress.com/ To enter online go to www.stardom.com.au
Macleay League Trials
Best of luck to Bailey T, Liam T, Nic H and Tom D who will be attending the Macleay League Trials this Thursday 19th March at SWR. Have fun!

North Coast Cricket Trials
Unfortunately Harry A was unable to attend the North Coast cricket trials on 9th March, however, Nic H was a very capable replacement. Well done to Nic for competing at this level of competition.

School Photos – Friday, 27th March, 2015!
Photo envelopes have been issued - please return correct money and envelopes to the office by this Friday, 20th March. No payments accepted on photo day. You can also pay online: www.theschoolphotographer.com.au

Years 3 & 4 Excursion – Great Aussie Bush Camp
All places have been filled on the Years 3 & 4 Aussie Bush Excursion. We are compiling a waiting list - if you want your child to go on the waiting list, $50 cash deposit and permission note can still be paid to the school office.

Student Assistance
The Student Assistance Scheme (SAS) provides support for students attending NSW government schools. The Scheme enables financial assistance to be provided to eligible families for school related expenses such as uniforms or excursions. An Application form must be completed. All applications are confidential. All enquiries should be made to the Principal.

Macleay Soccer Trials
The following students were selected to represent our school at the Macleay boys and girls soccer trials on Wednesday 10 March 2015: Serenity C, Marhee T, Eve T, Emily H, Kirra H, Bohdi P, Nic H, Brett H and Jack H.

All students trialled exceptionally well on a very hot day and Serenity, Bohdi, Nic and Jack were successful in being selected to attend the Lower North Coast Trials on Friday 20 March 2015. The girls LNC trials will be held at Kemp Street, Kempsey from 9.30am to 11.30am and the boys LNC trials will be held at Wayne Richards Oval from 12.30pm to 2.30pm.

Wanted – clean plastic bags please!!

Close the Gap - School Based Dental Program
Durri ACMS Dental Team would like to provide a School Based Dental Program for Aboriginal Students. A Dental Team would come into our school and screen Aboriginal student’s teeth and provide them with a fluoride treatment on the day. Students who are found to be in need of any additional Dental treatments will be referred to Durri ACMS Dental for follow-up treatment. If you are interested in participating in this dental program, please complete the consent form which will be sent home with your child tomorrow and return it to the school office by 24th March.

Harmony Day - Friday, 20th MARCH 2015
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 today with a pantry or garden item 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.

P & C NEWS:
**P & C AGM**
The P & C AGM will be held on Tuesday, 28th April at 6pm in the school library. Pizza and soft drink will be provided and a movie playing to entertain the kids. Everyone is invited, even if you don’t want a position on the P & C, please feel welcome to attend!

**Easter Raffle**
The P & C are holding their annual Easter Raffle. There will be three major prizes and will be drawn at the conclusion of the Easter Hat Parade. Any donations will be gratefully appreciated and can be left at the school office.

Canteen Crazy Day – Thursday 2nd April
Pre-order forms will come home soon with students. Donations of cakes, cupcakes, slices etc are greatly appreciated.

All helpers welcomed with open arms as these are very busy days that run a lot smoother when there are more hands on deck.

Canteen Roster for Term 1

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thur</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 8 16/3-20/3</td>
<td>Natalie Lorraine</td>
<td>Natalie Adam</td>
<td>Meagan Help needed!</td>
<td>Meagan Keya</td>
</tr>
<tr>
<td>Week 9 23/3-27/3</td>
<td>Natalie Lorraine</td>
<td>Natalie Adam</td>
<td>Meagan Help needed!</td>
<td>Meagan Sarina</td>
</tr>
<tr>
<td>Week 10 30/3-2/4</td>
<td>Natalie Lorraine</td>
<td>Natalie Adam</td>
<td>Meagan Help needed!</td>
<td>Natalie Meagan</td>
</tr>
</tbody>
</table>

To celebrate SENIORS WEEK Curves Kempsey is offering NO JOINING FEE to anyone over the age of 55 who signs up by the end of March
Phone us for a FREE tour & fitness assessment Phone: 6562 2884
Kel Wright
B.Bus.CPA
Kel Wright & Co
Certified Practising Accountants
Shop 5, 44 Forth Street
(PO Box 223)
Kempsey NSW 2440
Telephone: 6562 8699
Fax: 6563 1200

Hermitage Dental
Dr. Bruce Coleman
Dr. Damian McIroy
Dr. Evan Brown
Dr. Lara Stutard
Suele Coy
Lindi Gill
10 Kemp Street
West Kempsey
65623252

Martin Uhrig Electrical
Domestic, Commercial & Industrial
Phone: 6567 1007
Mobile: 0432 071 093
Martin Uhrig – Electrical Contractor
Licence No. 180354C ABN 34749208670
We install & repair
Free to air Digital TV systems
Power points, Lights, Stoves & Hot Water
Telephone, Security Systems & Sensor Lights
Washing Machines & Dishwashers

Dens Home & Garden Care
Servicing the local area
Mowing, gardening and general handyman jobs
Obligation free quotes - Pensioner discounts
Prompt reliable service
Tel: 0407832192 / 0418977135

Shazzie’s Mobile Nail Care
Mob: 0431398023
Manicures & Pedicures
Acrylic & gel polish
Nail Technician
Sharon Balhoff
Shazzies NailTech@yahoo.com.au

River Street
Early Learning Centre
Education with Inspiration
Childcare for ages 0-5
269 River Street, Greenhill
0265 625772

Moore Affordable Dog Grooming
Rebecca Moore
Hydrobaths from $25.00
Foil grooms from $46.00
Pick up and drop off service
Ph: 0422 956 428

Yellow Brick Road
T 6562 6005 M 0428 929 773
75 Belgravia Street, Kempsey
YellowBrickRoadKempsey@iinet.net.au
Wealth Management Kempsey
Financial Planning, Investments, Superannuation, Retirement, Estate Planning, Share Market, Property
We are authorised representatives of Yellow Brick Road Financial Planning Pty Ltd ABN 95 006 207 278
Investments: Authorised Representatives of AXA Australia Wealth Management Pty Ltd AFSL 240 921
Superannuation: Authorised Representatives of AXA Australia Wealth Management (Australia) Pty Ltd AFSL 231 864
We are also registered under National Credit Code 2013

Week 8 Term 1 2015
17th March, 2015