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  Hayden B  Shaylah T
HB2  Jeremy B  Britanie P
HB3  Lochlan J  Ari D-M
HB4  Brooklyn A  Kahlia B
HB6  Gus S  Tyler S
HB7  Ava J  Lylah W
HB8  Joshua P  Tarlia O
HB9  Gregory K  Teliyah K
HB10 Kiara S  Max W
HB11 Ashanti B  Olly U
HB12 Jonte C  Olivia P


Silver Awards: Nevaeh B, Isabelle B, Kiama E, Teliyah K, Annalise C, Josie S, Phoebe S,

K-2 Dance
All students had a fantastic time at the dance and big a thank you to all the parents for their support.

Cross Country
Well done to each student that represented our school and competed at the LNC Cross Country at Kempsey Racecourse on Friday 29/05/15. Three students placed in the top 10 runners for their event. Lily Q came 9th and Caleb R-M came 10th. Congratulations to Serenity C who came 1st and progressed to NC Cross Country at Kempsey Racecourse on Friday 05/06/15. Serenity C came 2nd in her race at the North Coast Cross Country Championships. She progresses to the State Carnival in Sydney next month. Well done Serenity. Also a big thank you to Gaye Dufty and all the parents and community members who assisted in the catering for the North Coast Cross Country Championships last Friday. Your help was much appreciated. Kind regards, Jane Mickle.

Lucas, Cruz and Jed
NC Soccer
Last week Serenity attended the NC soccer, she played seven games as part of the NC team. She gave it a red hot go and narrowly missed selection into the state side team, great job Serenity!

Positive Behaviour for Learning
Elizabeth from Dizzy Lizzy Country Store has once again generously donated vouchers for our Positive Behaviour for Learning (PBL) rewards for Term 2.

Congratulations to Bailey H from HB 10 and Terrence B from HB 7 (pictured below) for displaying positive behaviour and winning a $5.00 voucher from Dizzy Lizzy Country Store.

Community Partnerships
Parenting Ideas

10 researched-backed tips for raising happy kids

There are plenty of other evidence-based tips for parenting that I can share with you. Here are 10 research-backed tips for raising what most parents want: happy, successful kids.

1. Birth order matters
Birth order is something parents need to work with. If you disregard the birth order of your children you are overlooking a vital piece of your parenting puzzle. For instance, research has shown that eldest children tend to experience greater mental health problems, particularly anxiety, than children in any other birth position.

2. Positive peers matter
Recent research I was involved in demonstrated that the wellbeing of teenage girls is highly influenced by their peer groups. A positive peer group usually equated with high life satisfaction regardless of what other factors where at play.

3. Parent mental health matters
If you want happy kids then you need to get yourself happy. Parent anxiety and depression is linked to behavioural problems in kids; it also makes our parenting less effective.

4. Sibling relationships matter
Research shows that over the long haul healthy relationships makes kids happier. But how do you go about teaching kids to get on? Start by encouraging children to build small acts of kindness, which builds empathy.

5. Developmental matching matters
A number of studies have shown that much of what is considered ‘poor parenting’ has more to do with poor developmental matching. Put simply, parents who raise an eleven-year-old like they did their eight-year-old may find that conflict and resistance become their constant companions, and unhappiness accompanies their child.

6. Good parenting matters
Permissive, laissez faire, autocratic or authoritative parenting? The links between authoritative parenting (a mixture of firmness, warmth and family participation) and children’s happiness and wellbeing are well drawn.

7. Family dinners matter
Significant research links family strength and children's wellbeing with regular family mealtimes. Importantly, there is a high correlation between teenagers who eat with their family at least five times a week and good mental health.

8. Fun matters
Researchers believe that the dramatic drop in unstructured play time is in part responsible for slowing kids’ cognitive and emotional development. Unstructured play helps children learn how to work in groups, to share, negotiate, resolve conflicts, regulate their emotions and behaviour, and speak up for themselves.

9. Helping others matters
The Positive Psychology movement know what they are talking about when they put volunteering at the forefront of an individual’s wellbeing. Helping others makes you happy over the long term.

10. Emotional intelligence matters
Emotional intelligence is a skill, not an inborn trait. Kids learn best when they have concrete tools to assist their learning, whether learning to read (books come in handy), playing sport (a ball and some goalposts helps) or learning to dance (some suitable music helps).

By Michael Grose

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

Parent/Carer Survey:
To assist with planning, we are encouraging parents and carers to take part in a Satisfaction Survey in the coming weeks. The link to the Survey will be placed on the school website and app this week. Please take this opportunity to give us your valuable feedback.
**Environment Team**
Each Thursday afternoon members of the Environment Team have been working with Mrs Dufty to collect eggs, pick vegetables and herbs from the school gardens and pot plants to sell on their trading table at the front gate. All money raised over the year will go towards purchasing another pizza oven for the school. If you are picking up your children from the front gate please support our Environment Team and purchase from their trading table.

Photo - Abby, Georgie, Savannah, Paige and Jasmine manning the trading table.

**Debating News**
The debating team participated in a lively debate via video conference against Stuart’s Point on Wednesday 3rd June. The topic for debate was: The government should provide all children with bicycles. The debate was part of the Macleay Educational Community of Schools Debating Challenge. Points were so effectively argued and rebutted by both sides that it was decided to call the debate a draw. Well done team! The 1st speaker was Teesha S, 2nd speaker Eve T, 3rd speaker Olivia P and the team advisor was Olly U. Their next debates are scheduled for Friday 12th June. As part of the Premier’s Debating Challenge they will debate Norfolk Island Central School in the morning, followed by a debate with Toormina Public School in the afternoon.

Mrs Foulkes

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**Canteen Roster Term 2 2015**

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**Canteen News**
This fortnight’s special:
Yummy Pumpkin Soup made with home grown pumpkins served with a dollop of cream and a crusty roll - $4.

The P & C are operating a canteen at the Athletics Carnival to be held at APS on Wednesday, 10th June. We really need a hand so please come and see us in the canteen prior to the day so we can organise a roster.

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**Community News**

**Appability: iPads for Learning**
Free workshop offers an informative and practical presentation on the use of apps. Thursday 25th June at Macleay Coast Christian Outreach Centre, 443 Old Pacific Highway, Kempsey. 9am-2.30pm. RSVP to pamela.hill@northcott.com.au. Places are strictly limited.

**Sacrament of Confirmation**
Children who are in Year 2 or older and have been baptised are invited to begin the preparation to receive the Sacrament of Confirmation, prior to 30th July, 2015. Contact Nicola Moore 0491 113 767 or 6566 0611

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**HB12 Cooking**

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**K-2 Dance**

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Hermitage Dental
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Dr. Damien McNally
Dr. Euan Browne
Dr. Laura Stuttard
Seville Coy
Lindi Gill
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