WELCOME to Week 6 Term 3, 2015

ASSEMBLY AWARDS
HB1  Ben R  Nyah R
HB2  Havana C  Kurt B & Celleste B
HB3  Hayden O  Briama R
HB4  Alice F  Ewan S & Korbin M
HB7  Amelia L  Tristen S
HB8  Blake G  Cody P
HB9  Jacob A  Scelai T
HB10  Madison D  Joel C
HB11  Chloe R  Emily M
HB12  Ricky S  Emma P-S

SILVER AWARDS

BRONZE AWARDS
Celleste B, Marney D, Cooper H, Toby R, Genevieve D

Positive Behaviour for Learning:
Congratulations to Shaylah T from HB1 and Samantha H from HB10 for displaying positive behaviour and winning a $5.00 voucher from Dizzy Lizzy Country Store.

Photo above:  Shaylah and Samantha

COMING EVENTS TERM 3

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<td>21/8/15</td>
<td>HB3 Assembly</td>
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| 24/8/15 | Book Week  
*Books Light up our World* |
| 25/8/15 | P & C meeting 6pm |
| 26/8/15 | Book Week Parade 10am |
| 27/8/15 | Yr 6 Kempsey High Transition Visit  @KHS |
| 28/8/15 | MECS Debate Final  
North Coast Athletics Carnival |
| 04/9/15 | Assembly HB4  
Blokes Brekky |
| 08/9/15 | Premiers Spelling Bee |
| 09/9/15 | Aldavilla All Stars Concert |

BOOK WEEK PARADE IS COMING …..

Just a reminder to everyone that our Book Week, Book Parade is on again.

Wednesday 26th August under the COLA AT 10am

Students need to be dressed as a book character, not TV or Movie character and they must carry the book with them.

The theme for Book Week this year is  
*Books light up our world*

We are looking forward to seeing lots of parents and visitors at our annual Book Parade.

Kaethe Baird, Librarian

ALL STARS CONCERT
The school All Stars Concert will be held at Kempsey High School on the evening of Wednesday, 9th September, 2015. Early Bird Pre-paid tickets are available at the school office for $6 each. Tickets may be available on the night (subject to availability) at a cost of $10 each.
Community Partnerships
Parenting Ideas by Michael Grose

Resilience is a 21st Century parenting concept that every parent needs to understand.

Some kids are resilient by nature – their temperament helps them to be mentally and psychologically tough. You know those kids. They get straight back up after a setback or disappointment. Rejection in the playground doesn’t faze them. Unfortunately, not every child has such natural resilience.

The good news is that most of the research shows that resilience can be nurtured and developed, particularly when parents themselves are resilient and they actively foster it in their kids.

Resilient kids share four basic skill sets- independence, problem-solving, optimism and social connection.

Building Resilience:
From resilience perspective parents need to coach kids through some of their more challenging moments and reviewing what they may have learned for next time. Avoid solving all their problems for them.

You can promote a lasting sense of resilience in your kids by:
Having a positive attitude yourself. Your attitude as a parent impacts on their ability to bounce back from some of the difficulties they face. Make sure you model a ‘you can do it’ attitude for your child when he meets some of life’s curve balls.

Look for teachable moments. Many kids’ learning opportunities are disguised as problems. Make the most of these opportunities so that kids can grow and learn from some of the challenges they face.

Make kids active participants in the family. Active participation in a family develops the self-help, problem-solving and independence skills of kids that are necessary for resilience.

Build kids coping skills. There are plenty of strategies you can pass on to kids to help them cope when life doesn’t go their way, including acceptance, getting away for a while, and normalisation.

Promoting resilience in kids is a not a single event but a continuous process that requires adults to be supportive and empathetic when things don’t go their way. It also requires you as a parent to have an understanding of resilience, so you have faith in yourself, and your child’s ability to cope.

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

Student Behaviour on Buses

Unfortunately there have been some recent incidents on school buses involving Aldavilla students. If a student misbehaves on a bus, the bus operator has the right to suspend that student from travelling on a bus for a period of time. A pamphlet detailing the Student Code of Conduct has been sent home with this newsletter and is also available at www.transport.nsw.gov.au

Please read this with your child and remind them of their responsibilities when travelling to and from school.

Frugal Forest Project

On Wednesday, 5th August students in HB7 participated in the Frugal Forest Project and welcomed Bryony, Chay and Kelly to our school with their wonderful hospitality skills. The students provided our visitors with a beautiful homemade morning tea and lunch to incorporate their cooking lesson as well. The homemade food consisted of Banana, Honey & Cinnamon Muffins and Anzac Biscuits for morning tea and Spinach Quiche, Sourdough Bread and a fresh Garden Salad for lunch.

Our guests were impressed and commented on the wonderful activities that are part of our school curriculum and how lucky our students are to be able to have these fantastic opportunities in their primary years.

The Frugal Forest Project aims to create an intricately detailed forest installation entirely from stuff that was headed for the dump. Why? Because nothing is wasted in the forest, and we could really learn from that. The Frugal Forest is a 3-year project spanning the Mid-North Coast involving artists, scientists, musicians, schools, and community in the making of an intricately detailed forest completely from salvaged materials.

The Forest is a 48 square metre art installation designed for gallery touring. This is an opportunity for students to gain a deeper understanding of the Frugal Forest, either before or after visiting the exhibition. By doing the craft activities, which included making puppets (they were all made totally from recycled materials) such as frogs, snakes, birds, trees, fungi, etc,
HB7 students contributed their work to the Frugal Forest Show in the form of a short puppeteer mini movie with the help of our wonderful parents and grandparent volunteers. A big thank you must go to Sue Myers for your help with the cooking as well as Annalisa Field and Nat Weismantel for your puppeteering skills.

In January 2016, The Glasshouse at Port Macquarie will host the premiere before the Frugal Forest Show hits the road on a growing regional tour.

Macleay and LNC Athletics Report
48 students qualified for the Macleay Athletics Carnival which was held at Services Park, Kempsey on Friday 24th July. Huge congratulations to Serenity C who was the Senior Girls Champion on the day and to Tristan A who took home the Junior Boys Champion award.

22 students qualified for the LNC Athletics Carnival in Wauchope on Wednesday 5th August. Notable finishes on the day went to:
- Satrey C- 2nd 100m, Serenity C- 1st 800m, 2nd 200m, 2nd long jump, Tanisha R- 3rd long jump, Eve T- 3rd shot put, Julian A- 3rd 100m, Darcy S- 1st 100m, Tristan A- 3rd 100m, 3rd 200m, 3rd 800m, Zac M- 2nd 100m, 3rd 200m, Sam G- 2nd 100m, Jason C- 3rd 100m, Matthew P- 3rd shot put and Jayden K- 4th 100m.

Well done to all students who competed!

The NC Athletics Carnival will take place on Friday 28th August in Lismore.

Canberra Pacer
Students from Years 5 and 6 recently undertook an educational tour of the national capital. Students were given the opportunity to participate in a variety of educational programs with a focus on Australia’s history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist in meeting the cost of the excursion, the Australian Government is contributing funding under the Parliament and Civics Education Rebate program. The rebate is paid directly to the school upon the completion of the excursion.

Community News
Kempsey Little Athletics
Registration Fridays 28th August and 4th September, 4-6pm Little Athletics Field, Services Park. Early Bird rates: $63, 7-12yrs $68, 13yrs+ $73. Proof of date of birth required for new registrations. Any queries contact Tracey Munday 0427 686 598.

Rovers Cricket Club
Caters for all ages with an emphasis on participation and sportsmanship. Muster Day 5th September 12-2pm at West Kempsey Hotel Beer garden or register online www.rcc.nsw.cricket.com.au. Further info contact Danny Powick 0427 257 733 or Andrew Bennett 0429 329 097.

Australian Poetry Slam
Kempsey Library, Elbow Street, West Kempsey on Friday 18th September. Anyone can participate! Sign on for performers is at 4.30pm, performances begin at 5pm. For rules, terms & conditions visit www.australianpoetryslam.com or email Kempsey.library@kempsey.nsw.gov.au or 6566 3210.
Week 6 Term 3 2015

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Telephone: 6562 8699
Fax: 6563 1200