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**

<table>
<thead>
<tr>
<th>HB1</th>
<th>Jack R</th>
<th>Loella S</th>
</tr>
</thead>
<tbody>
<tr>
<td>HB2</td>
<td>Alice F</td>
<td>Amelia A</td>
</tr>
<tr>
<td>HB3</td>
<td>Tyrell H</td>
<td>Shayla D</td>
</tr>
<tr>
<td>HB4</td>
<td>Ava Mc</td>
<td>Samson R</td>
</tr>
<tr>
<td>HB5</td>
<td>Gus S</td>
<td>Britanie P</td>
</tr>
<tr>
<td>HB6</td>
<td>Tyler A,</td>
<td>Brooklyn A</td>
</tr>
<tr>
<td>HB7</td>
<td>Jasmine Y</td>
<td>Shaylah T</td>
</tr>
<tr>
<td>HB8</td>
<td>Jasmine W</td>
<td>Charlie T</td>
</tr>
<tr>
<td>HB9</td>
<td>Tayla-Mae L-S,</td>
<td>Kiara E</td>
</tr>
<tr>
<td>HB10</td>
<td>Tarlia O/C</td>
<td>Samuel F</td>
</tr>
<tr>
<td>HB11</td>
<td>Bryce T</td>
<td>Paige S</td>
</tr>
<tr>
<td>HB12</td>
<td>Madi H</td>
<td>Marhee T</td>
</tr>
<tr>
<td><strong>Mrs Foulkes:</strong></td>
<td>Paige S, Loella S</td>
<td></td>
</tr>
</tbody>
</table>

Positive Behaviour for Learning

Congratulations to Katy S from HB12 (pictured below) for displaying Positive Behaviour and winning a $5.00 voucher from Dizzy Lizzy Country Store.

Macleay and LNC Swimming Report

On Wednesday 17th February, 22 students from Aldavilla PS competed at the Macleay Swimming Carnival at the Kempsey Pool. It was a fantastic day and the attitude and effort from our swimmers was also fantastic. It was particularly impressive to see the way they supported each other when competing in their various events. The Aldavilla students who represented on the day were: Jake W, Matt P, Tom P, Julian A, Josh P, Kye A, Bailey M, Logan W, Dylan S, Darcy S, Josh F, Ellie B, Satery C, Shaylah T, Lylah W, Tia R, Lily Q, Felina L, Ella O, Kiara S (sick), Scelai T, Madison D and Samantha H.

Of these competitors, Ellie B (4th breaststroke), Tom P (4th 50m free), Matt P (3rd backstroke), Darcy S (4th 50m backstroke) and Jake W (4th 50m butterfly and 4th 50m breaststroke) qualified for the LNC Swimming Carnival on Wednesday 24th February. These five competitors competed very well at the LNC carnival and should be congratulated on their efforts. Well done!

Road Safety

It has been noted that some parents are allowing their children to walk across the road to school unaccompanied when being dropped off and picked up from school. Please take the time to escort your children across the road to and from the school gate. Please see our school website for more information.
Community Partnerships
Michael Grose Parenting Ideas: Building Resilience
From a resilience perspective parents need to coach kids through some of their more challenging moments and review 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:

1. 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.

2. 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.

3. 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.

4. Build 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.

School Banking
We are off to a great start this year with a lot of new accounts being opened. Thanks again to our wonderful volunteer banking co-ordinator, Jess.

For every deposit made at school, no matter how big or small, students will receive a silver Dollarmites token. Once students have individually collected 10 tokens they can redeem them for exclusive School Banking reward items in recognition of their regular savings habits. There are two new items released each term so be sure to keep an eye out for them!

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

Wildlife Writer Set
Sounds Baroque
On Tuesday 16th February, HB7 and HB8 students were excited to experience a live musical performance in their classroom. Jenny Eriksson from Musica Viva, performed ‘Sounds Baroque’, introducing children to a range of Baroque instruments and sounds. It was a wonderful opportunity that the children greatly enjoyed. Aldavilla school appreciated Jenny’s generous offer to freely share her passion for music and knowledge with the children.

Debating Workshop
On Friday 26th February, seven students travelled to Port Macquarie for a debating workshop. The students learnt about ‘Method, Matter and Manner’, key debating and public speaking skills. They greatly enjoyed the day, particularly the rebuttal games and the concluding mini debates with students from different schools. Congratulations to Teesha S, Maya W, Marhee T, Paige S, Samantha H, Naomi Y and Paige M on a job well done.

Photo above: Marhee, Teesha and Naomi

Kitchen Garden Program 2016
This week completes our Healthy Breakfasts cooking program. The students have made Muesli, Pumpkin Hotcakes, Scrambled Eggs, Wholemeal Banana Pancakes, All Year Round Fruit Salad and Fruit Smoothies. Next week we will begin our Healthy Lunch Box cooking program with lots more yummy and nutritious recipes to get through over coming weeks.

Thank you to all our wonderful volunteers who have been helping in both the kitchen and the garden. We still need some more helpers in the garden if you can possibly spare some time.
Harmony Day “Our diversity is our strength”
Friday, 18th March 2016
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 has been handed out earlier in that week) to support the ongoing costs of the Kitchen Garden Program eg; packet of vegetable seeds or seedlings, pantry items (your choice or as indicated on wristband), 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 Kitchen Garden Program. Thank you for your continued support.

Parent Online Payments
We now have a new online payment portal linked to our school’s website to make it easier for parents/carers to pay for school related payments. The online payment portal is a secure payment page hosted by Westpac.

School related expenses such as school contributions, Book fees, excursions, Year 6 shirts and sport costs can be paid via the secure online portal.

Click on “Make a Payment” and follow the prompts to make a payment via Visa or Mastercard.

Environment Team News
Aldavilla’s Environment Team for 2016 is Savannah B, Kaitlan-Rose S, Mikaela G, Kirra H, Tania R, Annalise C, Beau S, Emily H, Bridie S, Maddison D, Josie S, Jack V, Terrence B, Connor B, Matthew C and Satrey C. The team have been busy on a number of projects including keeping our new playground recycling system running smoothly.

We are also collecting aluminium cans and would be happy to take any donations of cans from parents and carers. These can be left at the office in plastic bags, and the Environment Team would be happy to crush them.

It is hoped that everyone received a copy of the new Menu; copies are available at the Office. The Pizzas are freshly made to order and start from $3.00 for 2 toppings (eg: ham & cheese). Additional toppings are 50cents and may include beef, bacon, pineapple, onion, mushroom, and capsicum.

The Burritos (Mexican beef with lettuce, tomato, cheese and sour cream on a large tortilla) have proven so popular that they will now be available daily for $3.50.

Morning Recess is a very busy time with lots of students hungry for a variety of freshly made items. To be able to provide this, lots of preparation is required daily and VOLUNTEERS ARE NEEDED URGENTLY.

Please come in and see Madonna, telephone the school on 6563 1141 or email madonnastokes@yahoo.com.au. Your help will be greatly appreciated and your children just love to see a familiar face.

COMMUNITY NEWS
Kempsey Junior Rugby Union Rego
4.00pm, Tuesday 22 & 29 March at the field behind Kempsey Toyota
U8s to U10s – $55.00 U12s to U14s – $70.00
If your child wishes to order gear, the prices are t-shirt $15, shorts $20 & socks $8. Kempsey Juniors U8 to U12 will play in the Port Macquarie Friday night competition, with several home games at Crescent Head on Sunday morning. Training commences 4pm Tues 22nd March.
Yowie News – Muster days for juniors and seniors
Wed 2nd March 4.30-6pm Juniors and 6-7.30pm Seniors. Supervision at the Oval from 3 pm onwards, balls and a net will be available for the kids to play with. Hotdogs and snacks provided. Mixed teams, so come along and try it out girls welcome – kids must turn 5 during 2016. Enquiries: Deb Kibble: 65 671172, 0434111362.

Hornets the club for your Family!
Kempsey Hornets football (soccer) club sign on (registration) days. When: Saturdays: 20 & 27 February, 9.30am - 1pm
Where: Kemp Street fields, Ages: 2 years to 103 years
Both male and female, More Information phone 0408 656 267

Macleay Valley Rangers
ALL PLAYERS WELCOME, No matter your skill level
Register on-line www.myfootballclub.com.au
Contact Larisa 0407-597-375
E: info@macleayvalleyrangers.com.au

River Street
Early Learning centre

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

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

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Kempsey

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Dr. Damian McDay
Dr. Euan Brown
Dr. Lara Stuttard
Suellen Coy
Lindil Gill

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