NEWSLETTER 2014 Term 2 Week 9

TERM 2 IMPORTANT DATES

24\textsuperscript{th}, 25\textsuperscript{th} & 26\textsuperscript{th} June  
3/6B & 3/6D camp
Thursday 26\textsuperscript{th} June  
Assembly
Friday 27\textsuperscript{th} June  
Last day of Term 2
Tuesday 15\textsuperscript{th} July  
First day of Term 3
27\textsuperscript{th} October – 31\textsuperscript{st} October  
Stage 3 to Wyee Outdoor Education

Parents, Carers and Community members,

PARENT/TEACHER INTERVIEWS

This afternoon until 6pm, all teachers (except Mrs Wheeler) will be conducting parent/teacher meetings in the school hall. If you have not made an appointment, there is still plenty of time between 4 and 6pm. If you have not made an appointment, there is still plenty of time to come up for an interview.

Good Neighbour Awards

On Friday, our school will receive a “Good Neighbour Award” from Shellharbour City Council, for our collaborative work with stakeholders from the Barrack Heights Round Table. This is a wonderful achievement! We were nominated for our work on community murals, which will be hung on public fences by the council in the near future.

Thank you

I would like to publically thank all of our hardworking teachers, office administration and support staff who have worked really hard this Term and are looking forward to a well-deserved holiday! I would also like to take this opportunity to thank all of our parent and community volunteers who come and work within our school each week. You are all legends!

Camp

During the next three days, I will be joining students from classes 3/6B and 3/6D at Camp Wombaroo in the Southern Highlands. We hope the weather will be kind to us all, and we have packed our winter woolies! I would like to acknowledge the camp organisers, who have given our school a discount to attend! I will see you all (back at school) on Friday!

School Holidays

Please take care these holidays, be mindful of the roads and look after each other. School resumes for teachers on Monday 14\textsuperscript{th} July, and for all students on Tuesday 15\textsuperscript{th} July. If you notice anything unusual in or around the school grounds, please call school security on 1800 880 021.

NAIDOC Week

During Week 1 next Term, the school will be holding a variety of events to celebrate National Aborigines and Islanders Day Observance Committee (NAIDOC) Week. NAIDOC is a celebration of Aboriginal and Torres Strait Islander cultures and an opportunity to recognise the contributions of Indigenous Australians in various fields. I look forward to a great week of learning, especially our rotating activities.

Photos on Facebook

Parents and carers often like to publish photos of their children taken at school events on Facebook so that they can share and celebrate these achievements with friends and family. However, due to security and family reasons a number of children in our school community do not have permission to have their photos published. It is important therefore that if the photos contain other children, then the permission of the parents/carers of those children should be sought before publication.
**Parenting Ideas**
This week look for the article “Making the most of these holidays” attached to this newsletter. All articles are also published on our school website with the school newsletters.

Sarah Rudling
Principal

**School Holiday Tennis Camp**
Warilla Bowls & Rec Club, Jason Ave, Warilla.
Tuesday 1st, Wednesday 2\textsuperscript{nd} and Thursday 3\textsuperscript{rd} July 2014, 9.00am – 12 noon. All students welcome.
- Games & prizes
- Ball machine
- Special family rates apply
All bookings/enquiries: Brett & Michelle Edwards 4256 5166 or 0403 289 974

**Adult Outreach Courses**
The Outreach Unit at TAFE NSW Wollongong Campus will be conducting courses for people who want to develop skills for further employment or for further study.
Courses include those specifically for women and cover vocational skills in:
1. Certificate II Skills for Work and Training (Introduction to Retail)
These courses are exempt from the TAFE Administration Fee.
Please ring Jennie Vulatha on 4229 0149 for further information.

**Wollongong Botanic Gardens**
The upcoming school holiday activities, “Tree Amigos” includes a treasure hunt, hands-on craft activities and a garden theatre show for children aged 3 to 12 years to enjoy daily from June 30\textsuperscript{th} to July 4\textsuperscript{th}, 10-1pm daily. Cost is $10 per child or $20 per family (2 children or more), at Wollongong Botanic Garden Discovery Centre, Madoline Street, Keiraville or visit [www.wollongong.nsw.gov.au/botanicgarden](http://www.wollongong.nsw.gov.au/botanicgarden) for more information.
You don’t need an instruction manual to make the most of the school holidays. After all, holidays are about kicking your feet up, relaxing and getting away from the usual routines. Right?

But the festive season can be stressful for many. For parents the prospect of keeping children occupied for up to six weeks can be daunting.

Christmas can also be a difficult and lonely time for some. Sole parents and step-parents usually experience particular challenges at this time of the year as family catch-ups cause conflict, and disputes can arise over who children spend their time with.

Often family differences are contained during the year but spill over when normal routines cease over the holiday period.

Here are some ways to help reduce tension over the festive season and make the holiday season enjoyable and fruitful for all:

1. **Be creative with how festivities are organised.**
   
   If you are flexible with your arrangements as well as your thinking then the potentially tricky times will flow more easily. For instance, two or more Christmas dinners may be needed so everyone is included.

2. **Mix up the routines.**
   
   The best part about holidays is the change from the routines of school-life. Some kids feel comfortable with the routines of school-life and can feel a little lost until the new holiday routine kicks in. Be patient with these routine-junkies! Also make sure you begin adjusting the routine as returning to school comes closer so kids are prepared for going to bed and getting up at earlier times.

3. **Mix ‘me’ time with ‘them’ time.**
   
   Plan a mixture of outdoor activities or trips with quiet at-home activities where you can relax and recharge your own batteries. The holidays give you a chance to spend time as a family but you also need to take some time for yourself each day. It helps to let your kids know that you are having some timeout too.

4. **Resist being your child’s home entertainment machine.**
   
   Give children opportunities to keep themselves occupied or think of inexpensive, fun ways to keep themselves amused. “I’m bored” is an invitation for kids to keep themselves occupied rather than for you to keep them amused.

5. **Team up with other families.**
   
   Whether it is sharing celebrations with other families or just holidaying with friends, holidays offer the chance to broaden your child’s social circle.

Make sure you provide the three types of activities that children want with their parents – i.e. **rituals and celebrations**, including family mealtimes; **one-on-one activities** where you spend some time alone with each child; and **unstructured, impromptu activities** such as playing simple games, storytelling and walks around the neighbourhood. These are important relationship-building activities that bind families together and enable you to build up emotional collateral with kids as they move into adolescence.