FROM THE PRINCIPAL

Parent Information Evenings
It was great to see so many parents at our Parent Information evenings last week. I received some really positive feedback from both parents and teachers about the information sessions. I hope everyone enjoyed the experience and now know a little more about what's happening in their child's class this year.

Parent Morning Tea – Homework TOMORROW
Thank you to the parents who have sent an RSVP to attend our first 'Parent Morning Tea' for the year which is being held tomorrow, Wednesday 5th March from 9.15 – 10.45 in the school hall. I will be running the session on 'Homework' and during the workshop I will be:
- presenting the results of the parent survey in 2013
- looking at the research and the Department's policy guidelines
- presenting and discussing the use of ‘homework grids’ at our school in 2014
- discussing parent expectations for homework
I am looking forward to discussing these issues about homework with parents at the workshop tomorrow.

Parent/Teacher Interviews – Online Appointments
Parent/Teacher Interviews will be conducted in the week starting the 24th March. We believe that it is important for parents and teachers to meet early in the year to discuss each student's progress so far and raise any issues or concerns.

Parents can book an appointment with their child's teacher online. The booking site is live as of 8.00pm on Friday 7th March and will close at 8.00pm on Friday 21st March. A parent information sheet is accompanying this newsletter and explains the simple process for booking a parent/teacher interview. Also see page 3 for dates.

Anti-Bullying Program
In Term 1 each year, all classes are taught our school's anti-bullying program. Our aim is to implement a K-6 anti-bullying program with both a playground and classroom focus. It is also very important that parents have an understanding of this issue. More information can be found as follows:
- Our school pays for a subscription to ‘Parenting Ideas’ by Michael Grose and we regularly publish parenting articles in our newsletters. Today's article is published on page 4 and contains information and sound advice on ‘Bully-Proofing Kids’.
- Get the lowdown on bullying from School A to Z: the signs to look for, what to do if your child is being bullied and how you can help your child. There are expert articles to read and videos to watch. www.schoolatoz.nsw.edu.au/wellbeing/behaviour

Maxelle Matthews
FROM THE DEPUTY

Student Leadership Conference
Last Wednesday, our prefects and school captains travelled to Homebush Olympic Sports Centre to attend the annual Student Leadership Conference. They participated in numerous activities, met student leaders from other schools, learnt about the qualities of a good leader and most importantly brainstormed some project ideas that they will explore in 2014.

Our leadership team represented Winston Hills with pride and have returned to school excited and ready to practise their new skills.

Student Leader Induction Assembly - Thursday
To celebrate the induction of other members of the school’s Student Leadership Team, we will be holding the annual Induction Assembly on Thursday at 2:15.

The Technology Leaders, Sport Leaders, Student Representative Council members and Band captains will all receive their badges and take their pledge on this big day. Invitations have been sent home and we are looking forward to sharing this special moment with the families of our new leaders.

Other leadership positions such as Green Team members, Library Monitors and class captains have accepted roles which have the shorter duration of one term and will receive their badges informally in the next week.

Clean Up Australia
It has become a bit of a Winston Hills tradition that if Mr Short organises the Clean Up Australia Day, it will guarantee a rainy day. This year that tradition continued with once again the event being postponed. Please keep your kids’ gloves in their bags as we will endeavour to find a time in between swimming school and class programs to finalise this important project.

Parent Morning Tea
Acceptances for this terms Parent morning tea are flowing in, in readiness for Wednesday’s function. This term Ms Matthews will run a session on homework, which will be followed by a relaxing opportunity to mingle with other parents. All welcome!

Ian Short

LIBRARY NEWS

Borrowing
We have had a wonderful start to library for the year, with a lot of students already borrowing. Students are able to borrow weekly if they have brought a library bag to school (no plastic bags please) and have returned any previous books borrowed. There are always new books being added to the collection for students to borrow.

Premier’s Reading Challenge
Premier’s Reading Challenge has begun for 2014. Students in K-2 will complete the challenge through books experienced in the library during the year.

Years 3-6 students need to read 20 books to complete the challenge and then log the books online, which will be done in library time throughout the year.

Welcome back to 2014 and remember to keep on reading!

Bronwyn Grant
Teacher Librarian

PSSA SPORT

<table>
<thead>
<tr>
<th>Round 1</th>
<th>Friday, 21st Feb</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cricket</strong></td>
<td></td>
</tr>
<tr>
<td>Jnr’s Vs North Rocks PS lost 1/31 – 1/56</td>
<td></td>
</tr>
<tr>
<td>Snr’s Vs North Rocks PS won 64 – 31</td>
<td></td>
</tr>
<tr>
<td><strong>Softball</strong></td>
<td></td>
</tr>
<tr>
<td>Snr Boys Vs Winston Heights PS lost 0 - 7</td>
<td></td>
</tr>
<tr>
<td>Snr Girls Vs Winston Heights PS draw 7 - 7</td>
<td></td>
</tr>
<tr>
<td><strong>T-Ball</strong></td>
<td></td>
</tr>
<tr>
<td>Jnr Boys Vs Winston Heights PS lost 3- 26</td>
<td></td>
</tr>
<tr>
<td>Jnr Girls Vs Winston Heights PS won 19 - 16</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Round 2</th>
<th>CANCELLED</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Touch Football</strong></td>
<td></td>
</tr>
<tr>
<td>Jnr Boys Vs Jasper Rd PS lost 0-5</td>
<td></td>
</tr>
<tr>
<td>Jnr Girls Vs Jasper Rd PS won 8-0</td>
<td></td>
</tr>
<tr>
<td>Snr Boys Vs Jasper Rd PS lost 2-4</td>
<td></td>
</tr>
<tr>
<td>Snr Girls Vs Jasper Rd PS lost 2-4</td>
<td></td>
</tr>
</tbody>
</table>

Training
Girls Touch Football – Thursday 8.15
T-ball – Thursday lunch time
Boys Touch Football, Softball and Cricket – Friday mornings at 8.15am

Draws & Tables
Can be located on Castle Hill PSSA website
http://www.chpssa.com/

PSSA CONGRATULATIONS

Congratulations, Liam Connelly 5/6R.
Liam has been selected to represent CHPSSA at the Sydney West Regional AFL Trials. This will be held on Tuesday 25th March at wrights Reserve, Quakers Hill.

Melissa Johnston
P & C NEWS

Next Meeting - Tuesday 18th March at 7:30pm
- AGM & Regular Meeting

Thanks for a great attendance at our first P&C Meeting of the year. Our next meeting on Tuesday 18th March at 7:30pm will include our AGM. Everyone is welcome.

At the AGM, all P&C positions will be declared vacant. If you have not done so, please bring 50c to the meeting for your Association membership.

If you have anything you would like to discuss at P&C, please email me on vincentlisa@optusnet.com.au or phone me on 0403556654 by the Friday before the meeting.

Vincent Riordan
President

UNIFORM SHOP

Opening Hours
Open during School term every Thursday morning’s 8.40-9.30am. 1st Thursday night of each month 6.00-7.00pm

New Uniforms
- Raincoats $17. Scarfs $10

Rosters
- 6th March: Libby Davis, Karen Carpenter & Lucy Chin.
- Evening: Jackie Mardling
- 13th March: Julia Maguire, Melissa Thomas & Kate Salmon

Alterations
For all alterations to school uniforms, please drop your clothes off at the Uniform Shop on Thursdays. Finished alterations will be available for pick up the following Thursday. Thanks to Bernice Harker for this service who is also donating 10% of sales back to the school.

Uniform Shop Contact Details
Please email Kellie Bramble at kellie_irish@live.com to place an order or for any enquiries. Email orders can be delivered to your child’s class on Thursdays only.

BOOK CLUB NEWS

Issue 2

We had a fantastic response to our first issue of Book Club for the year with the school receiving over $700 in rewards to use to purchase valuable resources.

You will soon be receiving book club brochures for Issue 2 with orders being taken on Friday 21 March from 8.40-9.15am in the old hall. Payment can be by cash, cheque (made payable to Winston Hills Public School) or by credit card. Credit card payments will need to be done online or by phone prior to Friday 21 March.

Sarah Johnstone
Book Club Coordinator

BAND NEWS

Thanks goes to Brendan from ‘Reeds and More’ (www.reedsandmore.com.au) who attended a band session last week to discuss the importance of cleaning and maintaining your musical instrument.

Reminders
- Fees for Term 1 are now overdue. Please ensure that all payments are made asap.
- Notes including travel home from school and band camp are now also overdue, please return all notes asap.

Dates for Your Diary
- Monday 10th March 9am-10.30am
Professional workshop for all Performance Band students.
There will be NO performance band rehearsal at 8am.
- Monday 10th March 3-4pm
Training Band rehearsals commence for 2014. Please meet in the hall at 3pm.
- Monday 17th March 6pm
Bands meet and greet followed by AGM. Please refer to orange note that will be issued this week.

SAVE THE DATE!
- Sunday 3rd August 2014 - all three bands will be competing at the NSW UNI Band Festival. Further details will be issued closer to the date.

Sue Bryant and Band Committee

PARENT TEACHER INTERVIEWS

- Monday 24th March - Early Stage One (Kinder)
- Tuesday 25th March - Stage 2 (Years 3 & 4)
- Wednesday 26th March - Stage 1 (Years 1 & 2)
- Thursday 27th March - Stage 3 (Years 5 & 6)
- Friday 28th March - Support Unit Classes

- Please see accompanying information sheet on how to make on-line bookings.
- Please see your child’s teacher if you do not have internet access and the teacher will do it for you.
Bully-proofing kids

Bullying is an issue to be discussed around the meal table, in the context of keeping kids safe. Talk to kids about their right to feel safe; how to recognise if they feel unsafe and what to do if they experience or witness bullying.

Despite the fact schools are very pro-active when it comes to making them safe places for kids, bullying unfortunately, is something that’s still with us. According to the 2009 Australian Covert Bullying Prevalence Study one in four kids from Years 4 to 9 experiences some type of bullying at school.

Frequent bullying is highest in Year 5 (32 per cent experiencing some bullying) and Year 6 (29 per cent) so it is something that parents and teachers need to understand.

Bullying is an insidious behaviour that transgresses a child’s right to feel safe and secure. It can adversely affect children’s learning, further peer relations and their emotional well-being.

Often children will tease, argue and sometimes fight, which shouldn’t be confused with bullying.

Bullying is selective and intentional. It’s also repetitious rather than a one-off or occasional event. It can be physical, verbal or social exclusion. It also now happens online, which means some kids no longer feel safe at home. Kids generally feel powerless when they experience bullying.

Bullying is an issue to be discussed around the meal table, in the context of keeping kids safe. Talk to kids about their right to feel safe; how to know when they feel unsafe and what to do if they experience or witness bullying.

Knowing when kids are being bullied?

Some research suggests that around 20 per cent of bullying goes unreported so it can be difficult spotting children who experience bullying. However, kids will usually show signs in three ways:

1. Acting out: outward signs such as displays of unusual aggression at home, talking about hating school and getting into trouble more often.
2. Acting in: subtle behaviour changes such as sullenness, withdrawing from usual activities, being uncommunicative, feigned illness, bed-wetting and altered sleep patterns.
3. Telltale signs: more obvious physical signs such as torn clothes, items missing, altered school routines and physical injuries.

Children who are bullied usually display a combination of signs. Children often find it hard to communicate that they are being bullied. Some don’t have the language required. Many kids feel ashamed, or even believe what bullies tell them. Sometimes kids are also reluctant to tell adults about bullying, as they fear that they will take the matter out of their hands, so your approach needs to be gentle and non-judgmental.

Here are six things to do if you suspect your child is being bullied:

1. Listen to their story: It really is important to stay calm and get the real story. Kids need to be believed when they are bullied, so make sure they get the chance to talk.
2. Get the facts: Bullying behaviour usually follows patterns. An accurate picture will help you determine your next course of action, for example, whether you need to give your child some avoidance or coping strategies or gain assistance from your child’s school.
3. Recognise & validate their feelings (anger, fear & sadness are common): Bullying always elicits strong feelings so make sure kids can share their thoughts and feelings with you.
4. Give them some common coping skills & defense mechanisms: Look for some simple ways to help them handle the bullying such as making sure they stay in pairs, practising a comeback line or even walking and talking confidently.
5. Get the school involved: If your child continues to struggle with bullying contact your child’s school. Resist the temptation to confront suspected bullies, or their families. Teachers generally have very practical, tried and true ways to tackle bullying.
6. Help build your child’s support networks & their self-confidence: Positive peer groups are great protective factors for kids when they are bullied so do all you can to encourage and build their friendship groups inside and outside school.

Learn more about managing bullying.
I’ve set up a bullying section on the Parentingideas website with more information to help you prevent bullying, and manage it if it happens.

Share your ideas and experience with other parents about managing bullying on my Facebook page. Visit Facebook.com/michaelgroseparenting and go to the Discussion page and look for the section on Managing Bullying.

Michael Grose Presentations
PO Box 167 Ballarat VIC 3350
p: +61 3 5933 1761
f: 0500 159881
info@parentingideas.com.au

© 2011 Michael Grose Published by Michael Grose Presentations. All rights reserved. For more ideas, support and advice for all your parenting challenges please visit our website.

Living and learning together

Page 4