



Iluka Public School Newsletter 5

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Principal's Message

Dear Parents / Carers

Managing Bullying

Iluka Public School takes bullying seriously. This week I have again included our school behaviour code and our Student Welfare Policy. As outlined in our Student Welfare policy, one-off incidents of inappropriate behaviour are dealt with by the class or playground teachers as they arise. If the inappropriate behaviours are repeated, whether they are verbal, physical social or psychological, then other strategies come into action.

At the outset of the school year, all students are consistently reminded that they have the right to come to school and feel happy and confident in their learning and play, free from bullying and harassment.

No-one has the right to make another person feel worried or uncomfortable. If someone is making a student feel like this, then they must tell someone about it.

Bullying only flourishes in a culture of silence or not telling. Telling someone about bullying behaviour is not “dobbing” it is merely asserting their right to feel safe and happy while at school and while coming and going to school.

Please see the class teacher or myself should you believe there is a problem.

Allergy and Anaphylaxis Management at Iluka Public School

To clear up any misunderstanding arising from Newsletter Number 3, Iluka Public School is not placing a “blanket ban” on peanuts, tree nuts and nut products.

Children may still bring nuts to school as part of their own lunch /recess. However, schools will not be using peanuts, tree nuts or any nut products in the curriculum or extra-curricular activities or be using them as a treat or reward.

Head lice

There has been an outbreak of head lice in our school. The head lice can be extremely contagious and we are asking all parents to inspect their child's hair and treat if necessary. It is also a good idea to check all family members. Clothing, bed linen, towels, combs and brushes should be washed with detergent in very hot water. Items that cannot be washed, such as hats, stuffed toys and bicycle helmets, can be placed in a sealed plastic bag for 8 to 10 days as lice cannot survive without a host. The following signs could indicate the presence of head lice:

- The child scratching his/her head excessively
- Fine black powder or pale coloured material on pillows
- Signs of nits (eggs) close to the hair roots
- Lice: small white or greyish parasites the approximate size of a pinhead.

Head lice are a common problem in all schools and with vigilance from all families it can be kept under control. Thank you for your co-operation.

Tuesday 24 February

Year 4/5 class meeting @ 4pm

Wednesday 25 February

10 week Flex and Point Dance Program begins

Thursday 26 February

NRPSSA Zone Swimming Carnival @ Lismore

Friday 27 February

Clean Up Australia Day—note attached to newsletter

Tuesday 3 March

Year 1/2 class meeting @ 4pm

Wednesday 4 March

NC PSSA Swimming @ Lismore

Wednesday 11 March

Year 6 MHS Transition Day

Thursday 12 March

P & C Meeting @ 7 pm

Friday March 20

Harmony Day



P & C Annual General Meeting

Last Thursday evening, our P & C held their AGM. Thank you to the parents who attended and congratulations to the executive who were elected for this year.

President – Trent Lobb

Vice President – David Richards,
Claire Wesener

Secretary – Danielle Bryant

Treasurer – Aleisha McEwen

Canteen Co-Ordinator – Samantha
Carlton

Our P & C is a very important part of our school community. We highly value the input from our parents and the amazing work our P & C does to support our school. All of our P & C contributions have made a very positive difference to our students and our capacity to engage all students across our school.

General News

Over the last couple of weeks, Miss Essery has been encouraging and assisting students to design posters for the “Say No to Bullying” competition. Entries have now closed with some thoughtful, creative and effective posters created. We wish our students well in the competition and commend them for raising this important issue.

Good luck to our Swimming Squad who represent us at NR Zone Carnival at Lismore on Thursday.

Over the next week we will conclude our parent teacher meetings. Our thanks to those parents who were able to attend these meetings. We hope you found it beneficial meeting with your child’s teacher and learning about the wonderful things happening in the classrooms and school.

A reminder that our Facebook page is being well received by our community, with a large number of people accessing it. On our Facebook page we are able to publish activities as they occur, such as the recent inclement weather and parents can also access our newsletter by website.

Maths Quiz

There are 200 boys and 180 girls in a

club. If each boy paid an annual membership fee of \$19 and each girl paid \$8, what was the total amount collected from the members in a year?

**** Think you know the answer? Please provide the answer on a piece of paper with you name and class details to go into a draw. **All answers need to be given to Mr Bradmore by Thursday afternoon** and the winning entry will win a prize at Friday’s Whole School Assembly.**

Phil Bradmore

Kinder Class News

Merit Certificates

At our Friday whole school assemblies, students receive merit certificates for displaying the following qualities throughout the week - improved learning, neat presentation of work, sound work habits, great effort, as well as good manners and behaviour. It is important to note that when a student receives five merit certificates, a special certificate is awarded by the Principal. In order to receive the special certificate, Mr Bradmore will need to sight the five merit certificates before a special certificate can be awarded.

Dancing-

This Wednesday we commence our first dancing lesson with Mandy. The students will have dancing lessons every Wednesday, for the remainder of this term. This year the Kindergarten students will be performing a dance item at the Grafton Eisteddfod.

Home Reading Target-

Students should have read a **minimum of 13 nights** by now, if they are to reach the school target of **50 nights** by the end of this term. Keep up the great work!

Lynne

1/2 Class News

Hello everyone,
Thank you to Mrs Haupt and Miss Anderson who both took the class last week in my absences. They both thoroughly enjoyed their time in the class which is a credit to the lovely students in Year 1/2 and how quickly they have settled into routines. My class meeting will be held next Tuesday afternoon, 3rd March at 4pm. I realise this time will not suit all parents. I will prepare an information sheet outlining the

points discussed and send home with students. If you have any questions, I am happy to meet at a time convenient to you. Mandy will be working with our class for a dance lesson every Wednesday for the next 10 weeks. The program will be finalised with a performance at the Grafton Eisteddfod. It is great to see so many students on track with their home reading. While students are required to read every day, they don’t have to change their reader daily. Students are also welcome to read books from home. I do ask that students return their journal every Friday so I can monitor their progress. See Sharp was a fantastic and inspirational performance yesterday. Thank you for supporting visiting performances. Remember our library day is Thursday and Year 2 students need to return their homework to Mr Bradmore on Fridays. Have a wonderful week.
Kristy

2/3 Class News

Hello Everyone

Welcome to Week 5. It is hard to believe that we are already half way through Term 1. The students have been working hard in all areas. I am very happy with their progress and their focus towards their work.

Last week I sent out a note requesting a baby photo and some information relating to the students; births. Could you please send these to school as soon as possible. We need them for our Science unit of work titled “Watch it Grow”.

Thank you to those parents who have been sending in absence notes for their child. Please remember to do so. Home reader journals and homework is due on Friday.

Have a great week, Stacey

4/5 Class News

Hi all,

It was a pleasure to accompany the cricket team for their game against Woodburn last week. The display of sportsmanship and skill was a credit to them, their families and the

school.

The class meeting is on this afternoon at 4.00pm. If you are unable to come, please see me for a copy of the main points to be discussed. Continue to encourage the completion of home readers and times tables and please send notes to school if your child is away for whatever reason. I look forward to meeting some parents this afternoon.

Regards John

5/6 Class News

Well, we have certainly had an eventful week of weather. Great rain for the vegie gardens.

Thank You- so much to all the parents that made it to our class meeting last Wednesday evening. A very beneficial get together.

Thank you for the input.

Reading- we have commenced reading groups and are onto our second class novel. The children enjoy the bookweb program and did some very good work with their last text.

Writing- we discussed the format of persuasive texts and made a plan to argue about something we would change in our school.

Maths- we looked at strategies to help us add and subtract mentally, formula for area, attributes of 2D shapes and did some short division.

HSIE- the next couple of weeks will involve the impact of gold being discovered on our shores.

Speaking- the children will deliver their first speaking task this week.

CAPA- we will be working on Wakakirri (telling a story through dance) with Mandy this week as well as creating a collage in art.

Performance- was enjoyed yesterday.

Class Garden -is looking very good. The climbing beans are loving this weather.

Cheers from the 5/6 room! Di

Library/

Technology News

It is great to see that many students are consistently borrowing books week after week now and they are also returning their borrowed books on time, which is fantastic; fingers crossed it lasts all year.

On technology side of things, this week students from years 1 to 6 will begin their projects that will be created over the remaining 5-6 weeks of term. I am hoping for all students to create engaging, imaginative and creative projects that deliver their in class learning in a unique and exciting way through the use of video and a variety of apps. Additionally, many students have written some very insightful blogs over the last few weeks and I would like to commend them on their efforts. Their blogs are allowing them to share their opinions, knowledge, viewpoints and learning. Blogging provides them with the opportunity to reflect on their learning in and out of school and express their own views.

Visiting Performance - See Sharp

Yesterday Lorin Nicholson presented a moving and inspirational performance. Lorin, who is legally blind and only has 6% vision, demonstrated his talent as a guitarist and shared many stories from both his childhood and adult life. Some of the powerful messages Lorin conveyed to students inclusion, kindness and to never give up. Thank you to students, parents and carers who attended the show.

K-6 Literacy Workshop

Thank you to all the parents and carers who have shown interest in attending the literacy workshop for parents. A reminder that the parent workshop will be held tomorrow **Wednesday 25th February** in the **school library**, commencing at **5:00pm**. Lynne

Pen Pal in Uganda

As I am working as a volunteer in a primary school in Uganda (3-20 March), I can deliver a letter to students there who speak, read and write in English. It would be lovely to establish some pen pal relationships between our students

and those in Uganda. Due to privacy concerns, children are not to include their personal address details, however please indicate on the back of the envelope the gender and age of desired pen pal. I am able to use a private address for the ongoing return mail and can then distribute letters to the students. Thank you for your support

Jo Haupt

Canteen Roster

Helpers for **Monday 2 March** are:

Danielle Bryant, Lorraine Threlfall and Sam Carlon.

Year 3/4 to donate homemade goodies.

Helpers for **Monday 9 March** are:

Sam Carlon, Gladys Hunt, Jamie Peglar

Helpers for **Monday 16 March** are:

Sam Carlon, Gladys Hunt

Helpers for **Monday 23 March** are:

Danielle Bryant, Bec Dunn, Lorraine Threlfall

Helpers for **Monday 30 March** are:

Kylie Kerr, Dom Horne, Kelly Clarke

School Banking

Well done to all students that remembered banking last week in the bad weather, a total of 29 bankers, a big welcome to the 9 new bankers that have started their school banking journey.

Student Banker of the Week – Congratulations Shayla Thwaites

In the library there is the school banking chart, this chart shows you how many deposits you have made throughout the year and I have written the number of tokens each banker has next to the sticker on their name.

Remember banking is on FRIDAYS

Jess Edie

66457573

Iluka Boardriders

Iluka Boardriders invites ALL to join us on Sunday 8 March for our first Beach Day and Sign On. Check our Facebook page "Iluka Boardriders" closer to the date for beach location.

We have exciting things happening in 2015 including a whole new committee and an ongoing monthly development coaching course for your children with a professional surfer and coach. Coaching sessions are strictly limited numbers and only available to Iluka Boardriders Members.

Our club contest will be held on the 2nd Sunday of every month. There is a division for everyone – even Mums and Dads.

We are looking for the Club's soft boards that may have been borrowed to be returned. Also, if you have a soft board-soft top click bottom board that is in good condition for sale, please let us know.

Volunteers will be needed at each club contest to help out with various tasks and also to cook our monthly Beach Brekkie BBQ with a free sausage for participating kids. Register at Siberia, Iluka Bait and Tackle or on the day, Sunday 8 March 2015. The future is bright. Please see membership application attached to this newsletter.

Junior Golf Clinics

Golf Lessons on Monday afternoons at the Iluka Golf Club, cost is \$5.

4-7 years: 3.30pm, 8-12 years: 4.30pm. Please bring hat and shoes. Afternoon tea, water and equipment supplied. For further information please call Mark on 0429 199 849.

Iluka Football Club Registration Days:

Saturday 28 February and Saturday 7 March—11am—1pm @ Iluka Soccer Shed.

For further information please contact Secretary Ken on 0416553125

Iluka Netball Club

We are still currently seeking 3 or 4 players from years 5 or 6 to help make up our teams. If anyone is still interested in joining up, please contact us as soon as possible, and no later than Thursday night, to organize registration or for further information. The Netters team has now been filled and will have their first training session next Tuesday March 3 at 3.30pm. Please contact your coach Erin Leeson for more information on 0422036877 or manager Kylie Kerr on 0429466151. Older teams will be notified of their training day and further information, once teams have been finalised at the end of this week.

There is still a coaching position needed for 1 of our teams if there are any interested/experienced persons available. Please contact Danielle Bryant on 66466282 or Nicola Donsworth on 0412106045 for further information.

Tonight will be our first club meeting for the year, and all parents/carers are welcome to come along and contribute ideas or bring any queries they may have. It will be held at the Iluka Bowling Club at 7pm.

Many Thanks



Understanding Your Child's Brain

Wednesday 4th & 11th March 9.30am-12.30 pm

Community Centre Treelands Drive, Yamba

Thursday 19th & 26th March 9.30am -12.30pm

Maclean TAFE, Room A1.10 Woombah St, Maclean

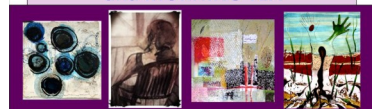
Understand why children choose tantrums, talking back and disobeying rules as part of their behaviour.

Learn ways of communicating and connecting with your child that use the whole brain to help build self-esteem and resilience.

Contact FRSP 66 427257. Bookings are essential



INTERNATIONAL WOMENS DAY ART OPENING, ARTISTS TALKS and MORNING TEA



11am, 8th March, 2015

Iluka Emporium 61 Charles St, Iluka

Enjoy morning tea and Art Opening
followed by Artist talks
Featuring art by Indigenous and Non- Indigenous
Clarence Valley women artists

FREE event supported by CVWI and CVC
for information phone

Sue 0419960370 or Kerrie 0438934304



clarence valley women's inc.

Parenting *ideas* **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 8 (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:

Acting out: outward signs such as displays of unusual aggression at home, talking about hating school and getting into trouble more often.

Acting in: subtle behaviour changes such as sullenness, withdrawing from usual activities, being uncommunicative, feigned illness, bed-wetting and altered sleep patterns.

Telltale signs: more obvious physical signs such as torn clothes, items missing, altered school routes 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:

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.

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.

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.

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.

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.

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.



Changes to the NSW Department of Education and Communities Attendance Policy

Friday February 20th 2015

Dear Parents,

This year there have been some changes made to the Attendance Policy which applies to all NSW government schools. It is important that parents are aware of these changes and how they will be affected.

First of all, school is compulsory – it is not an option that kids or parents can choose not to participate in. Children who have a significant number of school absences tend to end up with significant gaps in their learning. This has been shown to lead to significant disadvantage in later life.

Sometimes children will need to miss school due to illness or other acceptable reasons. When this happens the school needs to be contacted as soon as possible, with a note to the child's teacher, explaining the nature of the absence.

Please take note of the points below which outline Attendance Policy procedures for schools and families to follow:

4.1.2

Parents are required to explain the absences of their children from school promptly and within seven school days to the school. An explanation for absence must be provided to the school within 7 days from the first day of any period of absence

4.2.2

Principals will ensure the school has effective measures in place to monitor and follow up student absences

4.2.3

Principals or their delegate will undertake all reasonable measures to contact parents promptly and within two school days of an absence being unexplained, if contact has not already been made. An absence is unexplained if parents have failed to provide an explanation to the school within 7 days.

4.2.5

Principals, must ensure that for students with attendance problems, the learning and support needs of those students are addressed in consultation with parents

4.2.6

Principals are responsible for ensuring that when frequent absences are explained as being due to illness that:

- consultation occurs with parents regarding the health care needs of the student
- medical certificates are sought for the absences
- consultation occurs with medical professionals regarding the student's health care needs and strategies are devel-

oped to address the student's learning and support needs to ensure their attendance at school.

4.2.8

Principals, must ensure that any matter relating to school attendance where safety, welfare or wellbeing concerns for the student arise:

- consideration is given to the requirements of the Protecting and Supporting Children and Young People Policy
- all required reports are made to the Community Services Child Protection Helpline or the Child Wellbeing Unit (as required by the Mandatory Reporter Guide).

Bottom line:

A note must be sent in to your child's teacher explaining their absence from school.

If a note isn't received after 7 days, schools are required to send a note home requesting an explanation.

If a child's absences are frequent and explained as illness, schools may need to consult with parents and doctors over the health care needs of the child and a medical certificate may be requested.

Frequent unexplained or unjustified absences, particularly where there are safety, wellbeing or welfare concerns, may lead to reports being made to the Community Services Child Protection Helpline or the Child Wellbeing Unit (as required by the Mandatory Reporter Guide).

These measures will be taken in the interests of our children. Please don't be offended when a note is sent home requesting an explanation of absences – it is what we must do. If there are issues relating to student absences, these need to be discussed with the school as early as possible in order to find a suitable solution.



ILUKA PUBLIC SCHOOL

STUDENT WELFARE POLICY

Anti Bullying Plan

Bullying behaviour is not tolerated in NSW Government Schools.

[Anti-Bullying Plan for Schools, Department of Education and Training, Memorandum DN/05/0027, Robyn McKerihan, General Manager Access and Equity, 25 January, 2005]

This is certainly the case at Iluka Public School.

From research and staff discussions, our definition of bullying behaviour which is used at school with students, staff and parents is:

Bullying is repeated, unwanted behaviour which hurts or upsets somebody else.

Bullying behaviour can be:

Verbal - name calling, teasing, abuse, putdowns, sarcasm, insults, threats

Physical - hitting, punching, kicking, scratching, tripping, spitting

Social - ignoring, excluding, ostracising, alienating making inappropriate gestures

Psychological - spreading rumours, dirty looks hiding or damaging possession, malicious SMS and email messages, inappropriate use of camera phones. *[Anti-Bullying Plan for School, Department of Education and Training, PD/2004/0050/V001, 28/01/05]*

All people at Iluka Public School, that is the staff, students, parents and caregivers have a shared responsibility in making sure that bullying behaviours are dealt with quickly and effectively whenever they occur. We realise that bullies are everywhere in our society, not just in our schools. We also realise that even though we may do everything in our power to prevent bullying, there will still be bullies. Therefore we have strategies to deal with both the people being bullied and those doing the bullying.

