



Work Together For Good

TOCUMWAL PUBLIC SCHOOL NEWSLETTER

Matilda Hutchinson Year 3



Principal: Darren White

Wednesday 13th May, 2015

Term 2, Week 4.

Principal's Report

Girls Softball Team

The girls' softball team played against Lavington PS in their first round clash of the NSW PSSA Softball Knockout. The game was played in very good spirits from both sides. Unfortunately, Lavington PS proved too strong and was the eventual winners. Well done to all of the team members for their dedication to training and never quit attitude all the way to the end.

A big thank you to Mrs. Hatty for giving up her time once again and coaching the team and to our parents that assisted in transporting our students.



Well Done Angus and Harvey

On Friday, Angus Bouchier and Harvey White travelled to Cootamundra to compete in the Riverina PSSA Soccer trials. These trials bring together all of the zones across the Riverina for an intense day of games between all teams. Angus and Harvey played in the Finley Zone team for the day. They each played 3 games.

From here the selectors picked the best individuals from each team to play in the "Possibles and Probables" sides (only 22 players). Harvey was fortunate enough to be selected for this final game of the day. The game was played with high intensity. Despite having a great game, Harvey was unsuccessful in making the Riverina team this year.

Well done to both Angus and Harvey for their terrific efforts throughout the day. You both represented your schools and districts very well.



National Assessment Program – Literacy and Numeracy 2015

The National Assessment Program – Literacy and Numeracy (NAPLAN) for all students in Years 3 & 5 began yesterday with a Language Convention test (Spelling, Punctuation and Grammar) and a separate Writing test.

Today, students sat a Reading test. Tomorrow will be the Numeracy test (Number, Algebra, function and pattern; Chance and data; Measurement and space).

Many thanks to IGA, who provided fruit prior and during the tests to give the children some extra energy to focus on the tasks at hand.

Important Dates

12th, 13th & 14th May
NAPLAN

Wednesday 13th May
P&C Meeting 7.30pm

Wednesday 20th May
2016 Kinder Information Night
7.30pm

Wednesday 27th May
Simultaneous Story Time

Wednesday 27th May
Boys Softball
Sturt Public School

Wednesday 3rd June
UNSW Science

Friday 5th June
Tony Locket Shield

Monday 8th June
Queen's Birthday Holiday

Happy Birthday

Asha Campbell 12th
Alexandra Laker 12th
Kane Wardlaw 15th



Mathletes of the Week:

Infants:

Will O'Connell

Primary:

Samantha Anderson-
Catchpool

Email: tocumwal-p.school@det.nsw.edu.au or visit our website: www.tocumwal-p.school.nsw.edu.au

Phone: (03) 58 742 128

Fax: (03) 58 742 281

Kindergarten 2016 Information Session

Next Wednesday 20th May at 7:30pm we will be holding an information session for parents and guardians of all new and prospective children entering Kindergarten in 2016. The session will be in our Kindergarten room and it is expected to run for approximately 45mins-1hr. It would be appreciated if you could pass this information on to any families you believe may be interested in attending.

School Fees

Attached to the week 2 newsletter was the 2015 School Fee contribution form. This also takes into account the cost of the maths text book and consumables. It would be appreciated if you could return the form to the school office with your payment promptly. Thank you.

P&C Meeting

The next P&C meeting will be held on the 13th May at 7:30pm in the school library. We would love for you to join us.

Darren White

Year 1 Post Office Visit

Yesterday the Year 1 students took letters they had written to their families to the Tocumwal Post Office.

The children got to see their letters stamped, mailed and then watch Ian sort them into the Post Office Boxes.

Thank you to Ian and Liz for allowing the children to see what goes on behind the counter and also to the parent helpers Kylie Hicks and Margaret Hayes for their help.

Year 1 parents watch your mailboxes for the special letters arriving this week!



*Infants Student of the Week:
Hunter Groutsch*



*Primary Student of the Week
Lachlan Shepherd*



*Playground Award:
Mitchell Taylor*

Values Education:

Kinder:

Meeya Dunbar

Year 1:

Rayleisha Diwell

Year 2:

Jeremy Davis

Year 3:

Hallie Burke

Year 4/5:

Hannah Stewart

Year 5/6:

Chase Hardwidge

P&C News

P&C Meeting

P&C meeting will be held on the 13th May at 7:30pm in the school library.

Red Gillespie, P&C President, Ph: 0419 241 135

Friday 15th May Lunch Special

Chicken & Gravy Rolls
Small \$1.70 (mini hotdog roll)
Large \$3.40 (hotdog roll)

Canteen Roster Term 2

Fri 15th May

9am-11.30am Kelly Allston
11.30am-2pm Jax Wright

Fri 22nd May

9am-11.30am Emma Baron
11.30am-2pm Shallon Bedford

Fri 29th May

9am-11.30am Michelle Hack
11.30am-2pm Bec Ball



Thank you to everyone who assisted with the Mother's Day Stall. The P&C hopes everyone enjoyed the special gifts their children chose for them.



Parenting Program

The Parenting Program aims to support and strengthen families and contribute to the overall wellbeing of children and families.

The Parenting program is a **FREE** service and offers a range of parenting groups as well as one to one parenting assistance, either centre based or within the family home.

The Parenting program covers communities within the Deniliquin, Conargo, Murray, Berrigan, Jerilderie and Wakool Shires.

To speak to a Parenting Worker call 03 5890 5200



Year 6 Open Night at Finley High School

Date: Wednesday 3rd June 2015 at 5.30pm

Where: Finley High School Hall

The Open Night is a chance for Year 6 students and their parents to explore the different areas of the school and gain an insight into what subjects are offered



Berrigan Children's Centre are conducting a **'Bare Root' Tree Drive** to fundraise money for the Centre. All trees are being supplied by Fleming's Nurseries Pty Ltd.

To obtain an order form please contact the Berrigan Children's Centre by telephone on (03) 5885 2324, via email at bcca@bigpond.com or call in to the Centre at 17-19 Stewart Street, Berrigan to collect an order form and peruse the Fleming's Nurseries Top 10 Trees Guide.

Canteen Roster Term 2, 2015.

I am able to be placed on the Canteen Roster for Term 2, 2015.

Name: _____
Phone: _____

(Please tick)

I am willing to do: ☐ one ☐ two ☐ three days this term.

I am available: ☐ All Day 9am – 2pm
☐ Morning 9am-11.30am
☐ Afternoon 11.30am-2pm

I am able to assist on the following dates:

- ☐ Friday 5th June
- ☐ Friday 12th June
- ☐ Friday 19th June
- ☐ Friday 26th June

* Please return slip to the office as soon as possible

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Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

Helping kids deal with rejection

A bit of rejection and disappointment is good for kids, as long as they learn how to cope with it...

One of the keys to functioning socially and emotionally is the ability to deal with disappointment and rejection.

Most children experience some type of rejection from their peers throughout childhood. One study found that even popular children were rejected about one quarter of the time when they approached children in school.

Paradoxically, children's experience of rejection and disappointment at school is good for them, as long as it's balanced with successful experiences too. They learn that they can cope and solve problems in their own way and that bad experiences don't last forever.

And they learn that sadness and disappointment can be managed too, which is an important lesson to learn to take into adolescence and beyond, when life is full of ups and downs.

Helping them move on

Most children recover from such rejection. They move on and form constructive, worthwhile relationships but some children need help. They often take rejection personally, blaming themselves. As a parent it is useful to challenge children's unhelpful thinking and encourage them to look for new friendship opportunities. Parents can help children understand that rejection may

happen for any number of reasons that are unrelated to them.

In the course of a school day children will meet with a number of challenges and even setbacks. They may struggle with some schoolwork. They may not do well in a test and they may not be picked for a game that they wanted to play. Children grow stronger when they overcome their difficulties. The challenge for parents is to build and maintain children's confidence levels to help them get through the rough times.

One way to help children deal with rejection and disappointment is to talk through problems or difficulties, recognising and accepting their feelings. Talk about various scenarios, discussing possible outcomes. The age of your child will determine the amount of detail. Keep things simple and avoid burdening a younger child with concepts he or she doesn't understand.

Your attitude as a parent can make a huge difference to how a child reacts. If you see rejection or disappointments as problems then your child will be hamstrung by this view. See them as challenges then your child, in all likelihood, will pick up your upbeat view and deal with disappointments easily. After all, confidence is catching!

To help children handle rejection and disappointment try the following four strategies:

- 1 Model** optimism. Watch how you present the world to children, as they will pick up your view.
- 2 Tell** children how you handle disappointment and rejection. Not only is it reassuring for children to know that their parents understand how they feel but they can learn a great deal by how their parents handle situations.
- 3 Help** children recognise times in the past when they bounced back from disappointment. Help them recognise those same strategies can be used again.
- 4 Laugh** together. Humour is a great coping mechanism. It helps put disappointment in perspective. It helps them understand that things will get better. They always do.

The stronger the wind the stronger the trees is the notion here. Supporting kids to handle life's hurdles helps them to develop a lasting sense of resilience, which is essential for good mental and emotional health.

Michael Grose 



Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at parentingideasclub.com.au. You'll be so glad you did.



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