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QUIRINDI PUBLIC SCHOOL NEWSLETTER

Term 1, Week 11

6 April 2017

Principal's Report - Mr Kerry Kurtz

Anti-Bullying Plan

As part of our school's ongoing plan to reduce the amount of bullying and/or bullying behaviour, I have been visiting classrooms to discuss what bullying is (and isn't) in its different forms, and how we can go about reducing this at our school.

The focus has been to discuss what we can do if we are being bullied and what we can do if we witness bullying. Lots of students are hesitant to report bullying behaviour at times because they are fearful of the consequences or feel that they are dobbing.



We are emphasising that this type of behaviour can be reduced if it is reported. We can and will implement our school discipline code and our PBL consequences when we verify that bullying behaviour is occurring. This happens currently when this type of behaviour is witnessed or reported.

Please discuss these things with your children.

School Development Day - Term 2 Week 1

*The first day of Term 2 is a School Development Day for teachers (Monday 24 April). Students **DO NOT** attend school on this day.*

The teaching staff, as well as some teachers from other schools, are learning writing techniques that can be then taught to the children. We have recognised that there is a need to improve our writing across the school so we are being instructed in the 7 Steps to Writing Success.

The next day (April 25) is the Anzac Day holiday. We are encouraging all of our students to take part in the Anzac Day march and/or Dawn Service. Our four school captains are representing our school at the Dawn Service, however any other students are also welcome to attend and represent our school. We always have a wonderful turn up of Quirindi Public School students at the 11:00am march and are anticipating the same this year.

See more details in the newsletter. We are wearing our winter uniform for the march.



Michael Grose

*This week I have included an article from our parenting expert, Michael Grose entitled, **What bullying isn't and what to do when it happens**. This fits in with what I have been talking to classes about this week and will continue into next term.*

Upcoming events

7 April

Last Day Term 1

24 April

Staff Development Day

25 April

Anzac Day

26 April

Students return to school

28 April

School Cross Country

2 May

Grip Leadership

3-5 May

Year 5 Great Aussie Bush Camp



Farewell to the Hearne family

It is with sadness that we say farewell to Geoff (scripture teacher) and Catherine (teacher) Hearne as they relocate from Quirindi to Armidale. Geoff has been appointed as Assistant to the Bishop of Armidale.

Geoff and Catherine have been in Quirindi for the past 17 years and have contributed greatly to the town and our school over that time. The Hearne's four children all came to Quirindi Public School.

We wish them all the best as they move up to Armidale.

I trust that everyone has an enjoyable and relaxing Easter break.



Year 6 Easter Raffle

Don't forget tomorrow morning will be the last time you can purchase raffle tickets for our Year 6 Easter Raffle.

Tickets are 50 cents each.

*There will be many prizes to be won!
The raffle will be drawn at the K-2 Easter Hat Parade*

The Leader in Me

How good a listener are you? Do you listen to other people only to tell them your story as soon as you get a chance? Are you often distracted when you listen to another person talking to you? Do you find it difficult to look at the person who is talking to you? What is genuine listening?

Genuine Listening

- There are three parts to genuine listening.
- Listen with your eyes, heart and ears!
- Listening with your ears **only** isn't good because only 7% of people communicate by words alone. 40 % of people communicate with feelings so you need to listen also with your heart and also use your eyes because 53% of people communicate by body language.

*Our 5th Habit - **Seek First to Understand then be Understood** is all about having good listening skills. I know I need to practise my good listening skills.*

What about you?



Thumbs-Up Wheel Winners - Week 11

Rayna Turner	1/2A	Free ice block
Kirra Harradine	1/2A	Absent
Tylah Robinson	1/2A	Free ice block
Luke Quigley	5/6W	Hall games with five friends
Jessica Golland	5/6W	Canteen voucher
Holly Williams	5/6W	Lucky dip



Principal Awards

Sieun Kim - for consistently being an engaged thoughtful learner as well as always wearing her uniform with pride, demonstrating the CARES values and being resilient and thoughtful.

Kayley Milligan - is a caring and friendly girl who demonstrates leadership in the class every day. Kayley gives 100% to class activities and to the children who she works with. Kayley is a delight to have in the class.

Bailey Mumberson - is kind, caring and helpful. He has lovely manners. Bailey works very hard in class, he puts 100% effort into his learning. We are very proud of him!



Banners

Congratulations to Lily Stewart, Paige Sevil, Jack Williams, Luke Sevil, Benji Slater and Sophie Hallman who received a Banner at last weeks Friday assembly.

Well done to all of these students!



Captains Award Recipients

Congratulations to Billy Nixon, Hope Sevil, Charli Hoswell and Oliver Frith for receiving a Captains Award.

Well done!

Friday Fortnightly Assembly 1.00pm	Week 2 2017	Class Item 3/4A
Friday Fortnightly Assembly 1.00pm	Week 4 2017	Class Item 2W
Friday Fortnightly Assembly 1.00pm	Week 6 2017	Class Item 5/6J
Friday Fortnightly Assembly 1.00pm	Week 8 2017	Class Item KT
Friday Fortnightly Assembly 1.00pm	Week 10 2017	Leader in Me

Permission notes and payment due -

Year 5 Grip Leadership Conference
Payment due ASAP

Year 6 Excursion to Canberra
Fundraising finalised 9 June 2017
Final payment due 15 September 2017

Voluntary School Contributions
Payment is voluntary

Anzac Day March

On Tuesday 25 April 2017, our students will have the opportunity to represent our school in the Anzac march in Quirindi.

The students will meet in the vicinity of the post office at 10:40am ready to march to the town memorial clock. The march will begin at 11:00am.

Students are to wear their full winter school uniform including hats and ties for the march. Our captains will be attending the dawn service but all students are welcome to attend. It begins at 5.30am at the memorial clock.

*Mrs Tully has made this wonderful Anzac display in the Library.
You should pop in to have a look!*



Uniform Shop

The Uniform Shop is open every Monday, Wednesday and Friday mornings between 8.30am and 9.30am.

It will also be open next Term on Monday 24 April 2017 from 9.00am to 12.00pm.

The Uniform Shop has a full supply of winter uniforms for both boys and girls.

Notes home this week

1. **NAPLAN National Assessment Program – Literacy and Numeracy For Years 3 and 5**

SCHOOL OFFICE CLOSED

Please note that all SASS staff will be attending the SASS Conference in Tamworth on Monday 24 April 2017 - Staff Development Day of Term 2. The school office will be closed on this day. The office will be open on Wednesday 26 April 2017 which is the first day back for all students.

Thank you for your understanding.

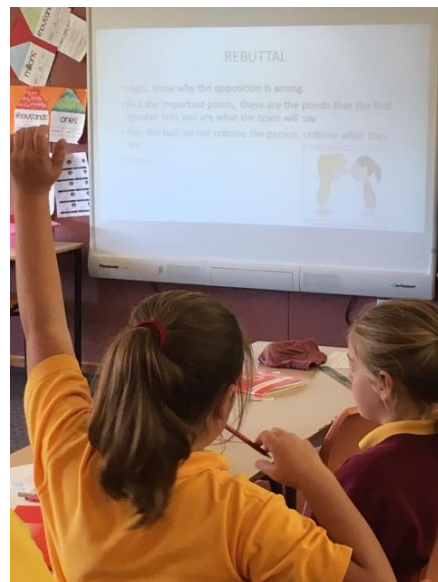
Debating

Last Friday the school held a debating workshop for Year 5 students that were interested in debating. The children who did the workshop all thought it was great.

Mr Lewis taught us a lot of interesting skills for debating that we noted very well for the debate at the end of the day. The workshop included great skills, fun games and a fantastic debate in the last session.

Mr Lewis was very fun and cracked a lot of jokes about the debating. The workshop was fantastic and we think it should be held again.

Penny Hill and Phoebe Hallman



At Quirindi Public School



We Show CARES



Cooperation

At Quirindi Public School we learn and play together.

Merit Awards

KM	Charlee Leonard
KT	Harry McKenzie
K-1S	Toby Tarrant
1/2A	Guillermo Thomson Raya
2W	Charlie Maybury
2-6MW	Quincey Scanlon
3-4A	Lachlan O'Brien
3-4D	Luke Sevil
3-4W	Jamie Grant
5-6J	Robert Brookes
5-6S	Ashton Richardson
K-6S	Alexxander Southwell

Student of the Week

KM	Tiarnah Nean-Garvey
KT	Zoe Wallis
K-1S	Emma Donoghue
1/2A	Tayla Richardson
2W	Marilyn Bowley
2-6MW	Jhiyla Nean
3-4A	Miley Clark
3-4D	Emily Sweetman
3-4W	Jada Johnson
5-6J	Jemima Thibault
5-6S	Kiara Tolhurst
5-6W	Ellie Greenland



CAPERS

*As per the results of our survey, we **will** be going ahead with participating in CAPERS this year.*

Opportunities to participate in extra- curricula activities continue at Quirindi Public School



Upcoming events:

The Australian Speech and Communication Awards day in Sydney is being held on **Saturday 29 April 2017**. Congratulations to Keenan Davis, Charlotte Roseby, Roy Peating, Bella Pollard and Ella Hobson who will receive these most prestigious awards. Good luck to Bella and Ella who have both been chosen to perform at the ceremony. It is a great achievement to have two students from the same school perform at the award ceremony and is a reflection of the extremely high standards our students set for themselves.

The Multicultural Perspectives Public Speaking school final for students in Years 3/4 and 5/6 is on **Tuesday 16 May** at 2.00pm. Topics for this year's prepared speech are:

Years 3 and 4: 3 minute speech	Years 5 and 6: 4 minute speech
<ul style="list-style-type: none"> • The same but different • Every family has a story • Kids can make a difference • "Boo" to racism in sport • Refugees • Racism - it stops with me • The Australian Flag • Multiculturalism in the media • What makes a community? • Harmony Day 	<ul style="list-style-type: none"> • Sport and multiculturalism • One Nation? • Advance Australia Fair • What's in a name? • Racism online • Welcome to Australia • When does a migrant become an Australian? • Breaking down barriers? • Words can hurt • Multiculturalism at school

The NSW Premier's Challenge Debates begin in **Term 2** with both of our Year 6 teams competing against schools from around the region. Our keen Year 5 debaters will also have opportunities to participate in debates during Term 2.

The Sydney Academy of Chess, One Day Chess Tournament will be held in Tamworth on **16 June** for all our interested Year 3- 6 students.

ASCA exams have been set for **Week 5, Term 3** at Quirindi High School.

Wow!! Great times ahead! Jenny Lewis

Holidays

Have a safe and happy holiday break with your family. Students return to school on Wednesday 26 April 2017.



Good for Kids good for life

START THE DAY RIGHT WITH BREAKFAST

We've all heard that breakfast is the most important meal of the day and it's true! Research has shown that children who eat breakfast before school have higher levels of concentration and are less likely to feel lethargic.

Below are some ideas for a nutritious breakfast:

- Wholegrain cereals such as Weetbix, Cheerios and Sultana Bran
- Untoasted muesli topped with low fat yoghurt
- Wholegrain toast topped with avocado, tomato or low fat cheese
- Raisin toast
- Fruit & vegetable smoothies



If you're short on time, some quick ideas to send to school with your child includes: a tub of low fat yoghurt, cereal to munch such as fruity bites, breakfast drinks such as Up & Go or some fruit.

3/4D Get Creative With Marbles!

In 3/4D this week, they have been making amazing marble runs. The children have all enjoyed the challenge and working in groups together. Check them out!

"On Tuesday the people in 3/4D made marble runs. We made a marble run that had a ramp and had two holes at the bottom of the ramp. It needed a couple of alterations. Everyone had lots of fun and a great experience."

Tyler, Cody and Lachlan

"What we did was made a marble run. We had to make it out of cardboard and other things. It started from the top to the bottom. We all worked very well and we had the best time together." *Janahri, Sophie, Isla and Sophie*

"We had fun making this marble run." *Jet and Callum*

"I really had fun and liked the experience. I loved it. It was challenging." *Hayley*

"We joined our own marbles together and made one big run together." *Ayvah and Hannah*

"It was fun and educational. We worked together very well." *Roman and Matthew*

"My marble run was excellent. I liked it very much". *Jack*

"I think the marble run was fun because you could build with great ideas. We used cardboard and it worked really well." *Billy, Caelan and Jacob*

"The marble run we did was so fun. It went well. We had some problems at times but we fixed them." *Ruby and Emily*

"It was fun to build our first marble run ever. We worked very hard trying to build it. Everyone liked our marble run so it was a great success." *Jayden and Sam*

"We stuck cardboard together with masking tape and ended up with our fantastic marble run. It was fun and interesting. We loved having fun together and seeing other people happy." *Ruby, Bea and Beatrix*



Stephanie Alexander Kitchen Program

In the kitchen this week we made pumpkin soup, damper and damper with garden herbs. We also harvested some green beans that we ate raw and we tasted eggplant that had been coated in a light batter and fried in olive oil. We collected basil, cherry tomatoes, chives, oregano and parsley and made a wonderful herb damper to go with our pumpkin soup and everything was delicious.



Quirindi Public School Bell Times

9.20am	School begins
11.20am - 12.00pm	Break 1
1.30pm - 2.05pm	Break 2
3.20pm	School concludes

School Office Hours
Office hours are
8.30am to 3.30pm.

K-2 Easter hat making



Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

What bullying isn't, and what to do when it happens

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.

Bullying is a word that's wrapped in emotion. For many people bullying is associated with bad childhood memories. It's been estimated that around 40% of people have experienced some type of bullying in the past.

Bullying is an insidious behaviour that transgresses children's natural right to feel safe and secure. It can adversely affect their learning, emotional well-being, further peer relations and their sense of self.

Bullying takes many forms and guises including, physical and emotional abuse, intimidation, harassment and exclusion.

It now has a well-publicised cyber-dimension which has moved the goalposts for many kids. In the past children could escape bullying behaviours they may have experienced by being at home. Cyberbullying now means that kids can't escape the bully like they once could.

Bullying is not the domain of one gender. Girls bully just as much as boys but they do it in less physical ways. While boys use physical intimidation or verbal abuse to wield power, girls are more likely to use exclusion or verbal sarcasm to assert themselves.

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.

Bullying is about lack of power as one person is powerless to stop the teasing or physical abuse. Bullying is the selective, uninvited, repetitive oppression of one person by another person or group.

If you think your child is being bullied then handle with care as children often don't want to admit that they are on the receiving end of bullying. Some kids keep it close to their chests so it helps to be on the lookout for warning signs such as: items being stolen, changing the route to school and withdrawal from usual activities.

If your child is being bullied:

1 Listen to their story

Children who are bullied need someone to believe their story. Take them seriously and avoid dismissing complaints as tell-tale. Use common sense to differentiate between bullying and more random, non-selective antisocial acts. Kids can be nasty to each other, yet this doesn't constitute bullying.

2 Deal with their feelings

A child who is bullied probably feels scared, angry and sad. Boys are more likely to display anger and girls claim they feel sad. The degree of emotional intensity is an indicator of the amount of bullying. Recognise and validate their emotions. Let them talk about how they think (remember boys respond better to 'think' language) and feel. It's normal to feel sad, scared or just plain confused.

3 Get the facts

Get a clear picture of what happens, including who is involved, the frequency and what happens prior to any bullying. Get your child to be as specific as possible by asking good questions. An accurate picture will help you determine your next course of action.

4 Give them coping skills

With a clear picture you can start giving your child some help about how he or she may deal with bullying including using avoidance strategies, being more assertive and changing poor body language.

5 Get the school involved

Bullying is best handled when parents and teachers are involved. Approach your school through the appropriate channels, make yourself aware of your schools' anti-bullying procedures and programs, and be willing to work within these guidelines.

6 Help build your child's support networks

Kids need a group of friends to support them when they experience bullying so look for practical ways to broaden friendship groups.

7 Build their self-confidence

Provide children with systematic encouragement. Let them know through your words and treatment of them that they will get through this period.

It's worth remembering that children who experience some form of bullying often come out stronger and more resourceful because they have experienced difficulties and they know they can defeat them.



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



parentingideas.com.au

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TERM 1 CALENDAR

Month	Monday	Tuesday	Wednesday	Thursday	Friday	Sat / Sun
<u>Apr</u> <u>11</u>	3	4	5 State Swimming Sydney	6 State Swimming Sydney QHS World of Maths Stage 3	7 State Swimming Sydney QHS World of Maths Stage 3 K-2 Easter Hat Parade	8/9

TERM 2 CALENDAR

Month	Monday	Tuesday	Wednesday	Thursday	Friday	Sat / Sun
<u>Apr</u> <u>1</u>	24 SDD	25 Anzac Day	26	27	28 Cross Country	29/30
<u>May</u> <u>2</u>	1	2 Grip Leadership	3 Great Aussie	4 Bush Camp	5	6/7
<u>May</u> <u>3</u>	8	9 NAPLAN	10	11	12 Zone Cross Country (Willow Tree) Zone Touch Football	13/14
<u>May</u> <u>4</u>	15	16	17 MC Public Speaking at QPS P&C meeting 7.00pm	18	19 QPS Horse Sport Year 6 Cultural Day	20/21
<u>May</u> <u>5</u>	22	23	24 School Council + AGM 5.00pm	25	26	27/28
<u>May/Jun</u> <u>6</u>	29	30	31	1	2	3/4
<u>Jun</u> <u>7</u>	5	6	7	8	9	10/11
<u>Jun</u> <u>8</u>	12 Queens Birthday	13	14	15 School photos	16 Regional Cross Country (Coolah)	17/18
<u>Jun</u> <u>9</u>	19	20	21 P&C meeting 7.00pm	22	23 Athletics Carnival K-2 NECOM Visit	24/25
<u>Jun</u> <u>10</u>	26	27	28 School Council 5.00pm	29	30 Athletics Carnival Back up	

Community News



2017 13yrs & Under Saturday Netball Registration Day

Saturday Junior Netball will be held indoor at the
Quirindi Recreation Centre
NO WASH OUTS!!!!

Come and see what this great game is all about.

When: Saturday 1st April & Saturday 8th April 2017

Time: 10am - 12noon

Where: Quirindi Recreation Centre

Registration Cost
Net-Set-Go 5-10yrs \$70.00
Juniors 11-13yrs \$70.00

Any questions please call Kim on
0425 350 457

www.facebook.com/quirindinetball



Term 1 2017

Friday February 10th

Friday February 24th

Friday March 10th

Friday March 24th

Friday April 7th

5:00 - 6:30 pm
Quirindi Anglican Church Hall

reachkidsclub@gmail.com

Thursday 13th April Quirindi RSL Easter Eggstravaganza

Many activities for the kids

5.30pm - Craft Time

(Tony Caine Room)

6:00pm - Easter egg hunt

6:30pm - Special visit from the
Easter bunny

7:15pm - Short Easter film

Family buffet Night - 6pm to 8:30pm

Tickets on sale NOW

Raffles begin 7:30pm - 60 x Easter egg prizes, 40 x Seafood trays up for grabs



Quota International of Quirindi and

Quirindi Hospital Auxiliary

present the

Stalls and Small Pet Show

on Saturday 8th April at Rose Lee Park

There will be lots of stalls

.....

Enter our Small Pet Show

Gold coin entry fee for each event

*Pet with the most appealing eyes

*Owner most like their pet

*Most Unusual Pet

*Pet with the biggest ears

*Pet with the shaggiest coat

*Pet with the waggiest tail

*Pet with the best vocal performance

*Pet with the most interesting spots

*40m Doggy Dash a) height 45cm and under

b) height 45cm and over

Conditions of entry * All pet owners MUST provide their own cage, pen or lead.

*All pets are to remain on a lead or in pet carriers whilst at the pet show unless they're participating in an event.

* Pet owners are responsible for their animals at all times.

* Pets that misbehave will be disqualified and may be asked to leave the park.

* All pet owners are required to clean up after their pets.

* All pets should be six (6) weeks and over.

* All pets vaccinations should be up to date at least 14 days prior to the event.

* Judges decision is final.

These regulations are for the safety and comfort of pets, their owners and the general public.

Event of the day *Pet fashion on the field: theme AFTER 5pm (clothes available)

KIDS FIT

**ALL AGES
EVENT**

PRICE

WHAT

*Range of games and activities for kids of all ages.
*Healthy morning tea provided.

WHY

WHEN

April - Thursday 13th & 20th
10:30am-12pm

WHERE

Quirindi Recreation Centre
62 Station Street

MORE INFORMATION

Call the Rec Centre on 6746 3122

GET FIT WITH BECK

COMBO class has just started at the Quirindi Public School on Tuesday nights at 6pm (excluding holidays). We work with the music and use light weights to tone our arms and shoulders. We work on our core, booty and legs with dance, air kickboxing and bodyweight exercises. This class is great fun and a huge calorie burner! Class prices are \$15. If you would like to attend please contact Beck Holland on 0411536210.

COME TRY RUGBY JOIN IN THE FUN AND BE A **JUNIOR LION**



Come and enjoy an afternoon in the sun, running around and learning new skills with The Grass Roots Rugby Academy

Friday, 21st April 2017 @ Quirindi Rugby Club
Boys and Girls Welcome

Sausage Sizzle
Team Uniforms available for purchase

Online Registration on the day

For more information email quirindijnrrugby@outlook.com

GREATER RUGBY COMMUNITIES PROGRAM

Proudly supported by

GreaterBank

PARTICIPATION PACK

Each child will receive food and drink after each session, as well as a certificate and participation pack including:

- Greater Shoe String Kit Bag
- Greater Squeeze Rugby Ball
- Greater Water Bottle
- Greater Sunscreen
- Greater \$5 Life Saver Account
- GRRAB & Rhino T-Shirt



PROGRAM DETAILS

Professionally run introduction into Sport & Rugby for boys and girls aged 3 to 8.

Children will develop:

- Gross Motor Sports Skills
- Movement Skills for Rugby and Sports
- Modified Game Skills

LOCATION

Quirindi Rugby Club
Werris Creek Rd,
Quirindi
NSW 2343

DATES

4-Week Program
THURSDAYS
5.00pm-6.00pm
• 27th April
• 4th May
• 11th May
• 18th May



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