

Munro St, Quirindi NSW 2343 Ph: 6746 1565 Fax: 6746 2600 Email: [quirindi-p.school@det.nsw.edu.au](mailto:quirindi-p.school@det.nsw.edu.au)

## QUIRINDI PUBLIC SCHOOL NEWSLETTER

Term 2, Week 3

11 May 2017

### Principal's Report - Mr Kerry Kurtz

#### Cross Country

*Our Zone Cross Country is being held at Willow Tree tomorrow with 63 students from our school competing. Well done to everyone who made it to Zone and we all wish you well. Mrs McGuckin will be the supervising teacher for our school.*

#### Touch Trials

*The boys and girls Touch Football trials are also on tomorrow with Mrs McGuckin and Miss Smith supporting our students as they try out for the Regional team. We wish these students all the best also.*

#### Horse Sports

*Our major P&C fundraiser for the school this year is our Quirindi Public School Horse Sports day. This event is always a great day and attracts well over 100 riders from public and private, primary and high school students from quite a wide area. The P&C is always looking for helpers on the day so come along and lend your support so that your child/children and every student in the school can benefit from the funds raised. For more information ring the school or Shelley McInnes on 0428 462 720.*

#### Prac Student

*We have the pleasure of having Isabella Clift in 5/6W for three weeks. Isabella comes from University of Technology Sydney. We hope you have a lovely time with us at our school with it being such a busy time of year.*

#### NAPLAN

*We have successfully completed the NAPLAN tests for Years 3 and 5 this week. Results will come out later in the year and will be sent home to you when they arrive. All students in Australia in Years 3, 5, 7 and 9 sit these tests. They are not tests that give a pass or fail but are designed to demonstrate what each child is able to achieve in their year level in Language, Writing, Reading and Numeracy.*

#### Michael Grose (Parenting Expert)

*I have included an article from parenting expert, Michael Grose, entitled... Why Consistency Improves Kids Behaviour. I hope you find it helpful.*

### Upcoming events

**9-12 May**  
NAPLAN

**12 May**  
Zone Cross Country

**16 May**  
Multi-Cultural Public Speaking

**17 May**  
Years 5 & 6 Taster Day - QHS  
P&C Meeting – 7.00pm

**19 May**  
Yr 6 Cultural Day  
QPS Horse Sports

**23 May**  
ICAS Digital technologies

**24 May**  
School Council – 5.00pm

**25 May**  
Round 1 Premier's Challenge



## ***The Leader in Me***

**Habit 6 - Synergize** - *I value other people's strengths and learn from them. I get along well with others, even people who are different than me. I work well in groups. I seek out other people's ideas because I know that by teaming with others, we can create better solutions than what any one of us could alone. I look for third alternatives.*



*It was great to see lots of SYNERGISING happening during our Leader in Me lessons this week. I was showing two new students with their parents around the school and we saw Years 3 and 4 students synergising by solving a tricky problem together. Then our K-2's were having three legged races as another example of working together.*

## **Quirindi Public School Horse Sports, Friday 19 May 2017**

We hope you enjoyed a relaxing break over the holidays. Our major P&C fundraiser for 2017 is fast approaching! We would love to have some extra help on the day from our parents and carers.

All funds raised are used to help and support *your* children in 2017 and beyond. Last year a large series of books were purchased to help teach comprehension for K-6 and the library had a revamp, amongst other worthy projects. Please consider sparing an hour of your time to help out on the day!



### **How can I help?**

- We will need many volunteers to help run the canteen at the Quirindi Racecourse, from 7am - 3pm.
- We will need volunteers to help keep the horse events running smoothly.
- We will need lots of cakes, slices and biscuits to sell at the canteen.

A note has gone out requesting help, please contact Shelley McInnes, 0428 462 720. Thanks everyone, looking forward to a huge day!



### **New Students**

We would like to welcome Brianna and Brendan to Quirindi Public School. We hope you enjoy your time here at our school.

## **Stewart House Fund Raiser**

Friday 26 May 2017 is Stewart House Day and we as a school are supporting this great organisation. This is a charity that a number of our past and present students have benefited from. We have sent home with each family an envelope for the Stewart House 2017 Donation Drive. To be in the running to win the \$4000.00 holiday to a destination of your choice, you must return the envelope to school by next Monday 15 May 2017.





# At Quirindi Public School



## We Show CARES



### Achievement

At Quirindi Public School we do our best.

#### Merit Awards

KM	Luke Cowen
KT	Oscar Fogarty
K-1S	Oliver Pollard
1/2A	Harmony Tyler
2W	Millah Smith
2-6MW	Thomas Ward
3-4A	Lucia Thomson Raya
3-4D	Tyler Evans
3-4W	Ryder Milligan
5-6S	Lukas Sutton-Large



#### Student of the Week

KM	Summer Gourlay
KT	Zoe Wallis
K-1S	Nate Chappell
1/2A	Declan Trethewey
2W	Connor Williams
2-6MW	Jesse Gourlay
3-4A	Olivia Hill
3-4D	Samuel Payne
3-4W	Roy Peatling
5-6S	Lilly Ryan



#### *Permission notes and payment due -*

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

**Voluntary School Contributions**  
Payment is voluntary

#### Liverpool Plains AECG Meeting

**When:** Thursday 18 May 2017 at 4:15pm.  
**Where:** new Lands Council Building,  
143 Loder St, Quirindi.



## Principal Awards

**Sophie Boorer** - takes pride in all she does and works hard to do her best. Sophie follows the CARES values and is working on developing her leadership skills.

**Nikylah Cowen** - is a proactive leader who is a quiet achiever. Nikylah completes all tasks and responsibilities without fuss or fanfare. Nikylah is a kind and generous member of Quirindi Public School.

**Layla Gilchrist** - is a polite and conscientious student. Layla is always helpful and always tries her best to follow our CARES values.

**Jack Williams** - always wears his uniform with pride. He is a responsible learner. Jack takes on leadership roles in the playground and classroom. Jack is excited to improve his learning everyday.



## Blues Award

Well done to Alexandra Frith on receiving her Blues Award at last weeks Friday Assembly. This is a wonderful achievement.

## Banners

Congratulations to Brett Seymour, Thomas Ward, Isaac Uptin, Millah Smith, Archibald McKechnie and Alexandra Frith who received a Banner at last weeks Friday assembly. Well done to all of these students!





**advancedlife**  
school photography & print specialists



## QUIRINDI PUBLIC SCHOOL

School Photography Date:

**15/06/2017**

ONLINE ORDER CODE  
8NW 68E ECD

Dear Parents,

School photography day is coming up very soon. Group and portrait photographs can be purchased by following the link above or by using the envelope.

### Important Information:

- School photos purchased online DO NOT require envelopes returned to school\*
- Don't forget to order your sibling photos now
- **Late fees/additional charges will be applied for purchases after photo day**
- Photos will be returned to your school for distribution approximately six weeks after photos are taken
- Past years' photographs including sports, co-curricular and representative groups available at school's **advancedlife** & your **advancedyou** photo sites (follow the link above)

\*Sibling photographs must be ordered either online or by order envelope prior to the day of photography. A photograph will not be taken without an order. Sibling photographs only apply to children enrolled at the school.

**advancedlife** would like to express our appreciation to QUIRINDI PUBLIC SCHOOL for placing your trust in us. Please remember we offer a 100% money back guarantee on our products to ensure your peace of mind. We would also love to receive your feedback or resolve any issues you may experience as fast as possible, to ensure your satisfaction. If you have any questions, comments or feedback relating to your advancedlife experience please contact us at-

**enquiries@advancedlife.com.au**

### ***Quirindi Public School Bell Times***

<b>9.20am</b>	<b>School begins</b>
<b>11.20am - 12.00pm</b>	<b>Break 1</b>
<b>1.30pm - 2.05pm</b>	<b>Break 2</b>
<b>3.20pm</b>	<b>School concludes</b>

### **Notes home this week**

1. Stephanie Alexander – 5/6J and 3/4W
2. Years 5 & 6 Taster Day



## Garden News

It has been a very busy time in our garden with our sweet potato harvest as well as some very busy boys spreading mulch once again. It is great to see so many of our students working in our garden.



## School Banking CommBank Youth app

With Term 2 brings more exciting news. As part of their ongoing commitment to financial education, Commonwealth Bank are thrilled to introduce the CommBank Youth app, now available to download from the App Store.

With the CommBank Youth app, children can:

- Check their balances
- View their deposits
- Track their Dollarmite tokens
- Set up saving goals
- Create a list of chores to get pocket money.

For more information visit [commbank.com.au/schoolbanking](http://commbank.com.au/schoolbanking).



<b>Friday Fortnightly Assembly</b> <b>1.00pm</b>	<b>Week 4</b> <b>2017</b>	<b>Class</b> <b>Item</b> <b>2W</b>	<b>Performers</b> <b>Brianna Clark, Phoebe Hallman</b> <b>and Sophie Hallman</b>
<b>Friday Fortnightly Assembly</b> <b>1.00pm</b>	<b>Week 6</b> <b>2017</b>	<b>Class</b> <b>Item</b> <b>5/6J</b>	<b>Performers</b> <b>Penelope Hill, Olivia Hill and</b> <b>Morgan Green</b>

## Thumbs-Up Wheel Winners - Week 3

Yannie Wesse (1/2A) - Free Ice Block  
 Jessica Boorer (KT) - Free Ice Block  
 Destiny (KM) - Free Time  
 Connor Bridge (5/6) - 5 Friends at the park  
 Zaine McKay (2-6MW) - absent  
 Jessica Golland - TBC  
 Sophie Robinson - Work with Mr Kurtz



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



# INSIGHTS

by Michael Grose – No. 1 parenting educator

[parentingideas.com.au](http://parentingideas.com.au)

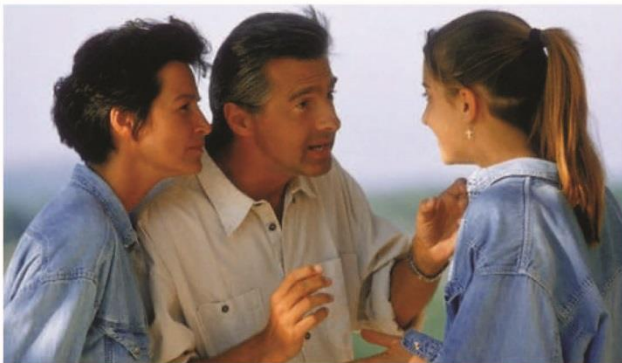
[parentingideas.co.uk](http://parentingideas.co.uk)

[parentingideas.co.nz](http://parentingideas.co.nz)



## Why consistency improves kids' behaviour

One of the simplest ways to improve a child's behaviour is to be more consistent.



Children love their parents to be consistent as they are able to predict how they will act. A consistent approach to discipline helps put kids in control of their behaviour.

Consistency means as parents we follow through and do as we say we will. It means resisting giving kids second and third chances when they break the rules or behave poorly around others. When we let kids get away with two or three infractions of the rules we often come down very hard eventually, which causes resentment. *Act early and prevent poor behaviour from escalating is the best approach.*

Consistency also means both parents in a dual parent family get their act together and respond in similar ways when children are less than perfect. Children learn from a young age to play one parent off against the other when their standards differ or communication is poor. Sole parents need to be consistent with how they react when children behave poorly.

A consistent approach is shown through a clear set of limits and boundaries that provide kids with structure and teaches them how to behave. Studies show that families with very few boundaries or rules are more likely to have children who behave poorly around others, or don't consider their own safety.

Children like limits and they also like to push against boundaries. One study has shown that kids will push parental boundaries about one third of the time. This is a normal, but irritating expression of a child's push for independence and autonomy. Some toddlers, teens and other tricky types will push twice that amount, which is very hard work indeed.

Consistency is often sacrificed by busy parents and put in the 'too-hard basket'. When parents are tired, stretched and overworked the last thing we want to do is engage in a battle with a strong-willed child over what are sometimes petty issues. Besides, consistency can make a well-meaning parent who values relationships feel downright awful.

But giving in rather than holding your ground is not a smart long-term strategy. If you give in occasionally kids will learn that if they push hard enough, or give that winning smile, you will eventually give in. Consistency is about being strong. It takes some backbone to be consistent.

Here are some ideas to help you be consistent with your kids:

- 1. Focus on priority behaviours.** It's difficult to be consistent with every single misbehaviour, but it's easy to focus on one or two. When you are consistent with one or two priority behaviours it has a positive impact on other behaviours.
- 2. Give yourself a tangible reminder** about the behaviour you want to follow up. Leave a note somewhere telling yourself that you need to *"Walk away when a child whines. Don't give in."* Or *"Catch your kids doing the right thing when they resolve a problem without arguing."*
- 3. Check your routines.** Make sure you have simple routines for troublesome times of the day such as bedtime or mealtimes.
- 4. Act** rather than overtalk or repeat yourself when kids misbehave. Sometimes it's really inconvenient to set a consequence, as you may have to battle a tantrum that follows. But the stand-firm approach pays off in the long-term as kids learn eventually that you mean what you say, and say what you mean. That's what firm, consistent discipline requires.
- 5. Agree to a joint position** with your partner about a range of parenting issues such as discipline methods, going out, the use of technology, alcohol, sexuality and other important areas.

*For more practical ideas to help you raise happy confident kids subscribe to Happy Kids, Michael's free email newsletter at [Parentingideas.com.au](http://Parentingideas.com.au). You'll get a free Chores & Responsibilities Guide when you do.*

Michael Grose Presentations  
PO Box 167 Balmarring Vic 3926  
p + 61 3 5983 1798  
f (03) 5983 1722  
e [office@parentingideas.com.au](mailto:office@parentingideas.com.au)

[parentingideas.com.au](http://parentingideas.com.au)  
 [parentingideas.co.uk](http://parentingideas.co.uk)  
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## TERM 2 CALENDAR

Month	Monday	Tuesday	Wednesday	Thursday	Friday	Sat / Sun
<b><u>May</u></b> 3	8	9 NAPLAN	10	11	12 Zone Cross Country (Willow Tree)	13/14
<b><u>May</u></b> 4	15	16 MC Public Speaking at QPS	17 Yr 5 & 6 Taster Day P&C meeting 7.00pm	18	19 QPS Horse Sport Yr 6 Culural Day	20/21
<b><u>May</u></b> 5	22	23 ICAS Digital Technologies	24 School Council + AGM 5.00pm	25	26	27/28
<b><u>May/Jun</u></b> 6	29	30 ICAS Science	31	1	2	3/4
<b><u>Jun</u></b> 7	5	6	7	8	9	10/11
<b><u>Jun</u></b> 8	12 Queens Birthday	13 ICAS Writing	14 ICAS Spelling	15 School photos	16 Regional Cross Country (Coolah)	17/18
<b><u>Jun</u></b> 9	19	20	21 P&C meeting 7.00pm	22	23 Athletics Carnival K-2 NECOM Visit	24/25
<b><u>Jun</u></b> 10	26	27	28 School Council 5.00pm	29	30 Athletics Carnival Back up	



# Community News

**BRAINS AND BRAWN.....**  
**DO YOU HAVE THE RIGHT MIX???**  
 Quirindi Football Club are hosting their annual

**Trivia Night**

When: Saturday 13<sup>th</sup> May  
 Where: Quirindi RSL  
 Time: 6.30 for a 7pm start  
 Cost: \$12 per person  
 Tables: 8 to 10 per table/team

Knowledge Theme for the night... Physical Challenge

**Brains V Brawn**

To book your table call Rach on 0448 180 220.

## Good for Kids good for life

### INCIDENTAL PHYSICAL ACTIVITY

It all adds up! Physical activity doesn't just mean team sports. There are simple and cheap ways to get your kids active.

Children should be getting at least 60 minutes of moderate to vigorous activity (that is activity that makes them "huff and puff") across the day. Whether it be walking, riding a scooter, cycling or even playing hide and seek! It all adds up.

Here are some ideas to keep your kids entertained during those cold winter months:

- Playing games like 'Simon Says', and 'Hide and Seek' in the backyard
- Walking or cycling to and from the local park, shops or school
- Taking the dog for a walk
- Playing games with siblings such as skipping, hopscotch or handball

These activities don't require any uniforms, expensive sporting equipment or registrations.

Check out this activity diary to keep track of how much physical activity your kids are getting. <https://www.healthkids.nsw.gov.au/kids-teens/kids-activities/activity-diary.aspx>



Phone 4924 6499

**SUPPORT for STEVE**  
 • Support Steve Barden's fight against stage IV brain cancer •

**TERMINUS HOTEL**  
 • George St, Quirindi •

**20 MAY**  
 4:00pm 'til late

**\$25 PRE SALE**  
 Pre-purchase tickets at the Terminus until Friday 19 May or until sold out.  
 To get your ticket, contact the Terminus on 02 6746 2011.  
 \$30 at the door.

**LIVE BANDS FROM 4PM + DJ FROM 10PM**

Lucky door prizes • Raffles • Major auction • Silent auction  
 Shave for Steve • Finger food provided

All proceeds from the event will go towards Steve and Larissa to help them financially through months of treatment.

**CURRABUBULA RED CROSS**

**54th** **exhibition**  
**AND SALES**  
**2017**

**A1**

the power of humanity

**18 - 21 May 2017**

**AUSTRALIAN RED CROSS**