Wednesday 4th November 2015
Week 5 Term 4

Dear Families,

Presentations for our winning photos will be made next Monday.

Our winners are:-

 Judges Overall Choice: Pelicans—Bella Jeffs-Taurarii
 Judges Individual Choices:  
  Mr Holland—Alone Flower—Jetson Buhlman
  Mrs Pritchard—Rippler—Rhys Cusack
  Mrs Wright—Canola Fields—Eric Serbin

Special Commendation: Oasis—Indiana Hodges
Community Choice: Kashyyak—Harrison Moss
Students Choice: Old Gulch—Lucas McGaw

Well done to all who entered.

Staffing news for 2016 includes the permanent appointment of 2 staff:-
Miss J Blanch has been appointed to our new Autism class and will join us in week 7 to work with Miss Duncan and the Frogs. We welcome her to our school.

Our 9th teacher position went to advertisement and Miss Cootes (currently teaching Pelicans) was successful in her application. Congratulations Elle on your appointment.

We will have 9 mainstream classes and 2 Autism classes for 2016.

This week will see our infants and primary teachers working together on consistent teacher judgement in readiness for end of year reports. These days are important in tracking your child’s progress and achievement of outcomes.

Our Communication Survey (on paper) will go home today. Please complete this anonymous survey and return to the office or via your child’s teacher. These surveys help inform us of our future directions.

In 2016 a new finance system will be rolled out to all schools in N.S.W. (LMBR)  
Mrs Bailey has been selected to support our area and will be deployed to work with a team that will go to all schools.

### DATES TO REMEMBER

**TERM 4**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Events/Activities</th>
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<tbody>
<tr>
<td>Weeks 3 &amp; 4 Kindy Play dates</td>
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<tr>
<td>Thursday 29th October</td>
<td>Kindy—Teddy Bears Picnic</td>
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<tr>
<td>Friday 6th November</td>
<td>Grandparents Day 10.00am—11.30am.</td>
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<td>Monday 16th November</td>
<td>P &amp; C Night Meeting 6pm</td>
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<td>Friday 20th November</td>
<td>2016 Leadership Nominations Due</td>
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<td>Wednesday 2nd December</td>
<td>Year 6 Orientation Day</td>
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<tr>
<td>Friday 4th December</td>
<td>P &amp; C Christmas Disco</td>
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<td>Tuesday 8th December</td>
<td>Cardiff High Music Night</td>
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<tr>
<td>Thursday 10th December</td>
<td>Presentation Day</td>
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<tr>
<td>Monday 14th December</td>
<td>Year 6 Farewell</td>
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<tr>
<td>Wednesday 16th December</td>
<td>Last Day Out of Uniform</td>
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This is a great honour for Mrs Bailey and attests to her outstanding knowledge of our schools financial system. Hopefully she will return in Semester 2. As yet a final replacement has not been decided.

As a result of this new system our office staff will be in training every week and I will be in training every fortnight, in 2016.

Don’t forget Grandparents Day this Friday. Unfortunately I will be at another meeting and will miss this. Have a great morning!

Have a great week.

Jo Swadling

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**Binless Lunch Days Wednesday**

‘Binless lunches’ have become a weekly event since the start of Term 2. It has been wonderful to see many of our students bringing NO throwaway rubbish on these days. This makes our school playground a much cleaner environment.

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**MEDICAL ALERT REMINDER — CHICKEN POX**

Chicken Pox cases are still appearing at the school. Please follow Hunter Area Health’s advice for these cases.

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**Good for Kids good for life**

**Recipe: Vietnamese Rice Paper Rolls**

**INGREDIENTS**

<table>
<thead>
<tr>
<th>INGREDIENT</th>
<th>QUANTITY</th>
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<tbody>
<tr>
<td>22cm round rice paper</td>
<td>12</td>
</tr>
<tr>
<td>Lebanese cucumber</td>
<td>1</td>
</tr>
<tr>
<td>Red capsicum</td>
<td>1 small</td>
</tr>
<tr>
<td>Carrot</td>
<td>1 large</td>
</tr>
<tr>
<td>Avocado</td>
<td>1 small</td>
</tr>
<tr>
<td>Coriander leaves</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>Mint leaves</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>Unsalted peanuts (optional)</td>
<td>85g</td>
</tr>
<tr>
<td>Sweet Chili Sauce</td>
<td>3 Tbsp.</td>
</tr>
<tr>
<td>Soy Sauce</td>
<td>1 1/2 Tbsp.</td>
</tr>
<tr>
<td>Fresh lime juice</td>
<td>3 Tbsp.</td>
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**METHOD**

1. Cut the cucumber, capsicum, carrot and avocado into small strips and finely chop the peanuts.
2. Place a stall with the herbs ready to roll.
3. Combine the sweet chili sauce, soy sauce and lime and be very careful not to make it too runny.
4. Add the rice paper roll to a bowl of warm water until soft. Place strips of the vegetables on the wrapper, about 3cm from the base.
5. Fold up the bottom of the wrapper, fold in sides and roll up to enclose the filling. Place on a tray and cover with damp paper towels. Repeat with remaining rice paper and serve with the dipping sauce.

Tip: you can buy rice paper rolls from Coles. If your family would prefer meat in the rolls you can use strips of beef or BBQ chicken.

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**CANTEEN ROSTER**

**Thursday 5th November**

T. Clark / W. Ritchie

**Friday 6th November**

T. Clark / C. Rankin / N. Hodge / J. Morris

**Monday 9th November**

T. Clark / L. Bartley

**Tuesday 10th November**

K. Cavenett / K. Laybutt

Wednesday 11th November

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**Anaphylactic Message**

Please refrain from sending nuts and nut products to school as we have several highly allergic students.
Resiliency Robbers

All parents have the best of intentions when raising kids. Wanting what is best for kids can cause parents to make decisions that are not always in their (children’s) long-term best interests.

If you buy the line that the promotion of resilience is in the best interests of kids then check out the following common parenting mistakes that reduce children’s resilience.

Robber # 1:
Fight all their battles for them
Nothing wrong with going into bat when kids struggle or meet with difficulty inside or outside school but make sure this is the last resort, not the first option.

> Resilience notion # 1: Give kids the opportunity to develop their own resourcefulness.

Robber # 2:
Make their problem, your problem
Sometimes parents take too much responsibility for issues that are really up to children to work out or decide. Here’s a clue if you are wondering what I am talking about: a jumper is something a mother puts on her son when she is cold!

> Resilience notion # 2: Make their problem, their problem.

Robber # 3:
Give kids too much voice
In this era of giving children a voice it is easy to go overboard and allow them too much of a say in what happens to them. Kids often take the easy option to avoid hard or unpleasant situations.

> Resilience notion # 3: Make decisions for kids and expect them to adjust and cope.

Robber # 4:
Put unrealistic or relentless pressure on kids to perform
Expectations about success and achievement are important. Too low and kids will meet them. Too high and kids can give up. Too much and kids can experience anxiety.

> Resilience notion # 4: Keep expectations in line with children’s abilities and don’t put excessive pressure on them.

Robber # 5:
Let kids give in too easily
Resilient learners link success with effort. They don’t give up because they don’t like a teacher or when confronted with multi-step or more complex activities. Similarly they don’t bail out of a sporting team half way through the season because the team is not winning or they are not enjoying it.

> Resilience notion # 5: Encourage kids to complete what they have started even if the results aren’t perfect.

Robber # 6:
Neglect to develop independence
Don’t wait until they are teenagers to develop the skills of independent living. Start early and promote a broad skill set so that they can look after themselves if you are not around.

> Resilience notion # 6: Don’t routinely do for kids what they can do for themselves.

Robber # 7:
Rescue kids from challenging or stretch situations
There are many times kids are put in situations that are outside their comfort zones for a time. For instance, giving a talk, singing at the school concert or going on school camp may be challenges for some kids. They are all situations that kids usually cope with so show your confidence in them and skill them up rather than opt for avoidance.

> Resilience notion # 7: Overcoming challenges enables kids to grow and improve.

Sometimes the manageable hardships that children experience such as a friend moving away, not being invited to a party or completing a difficult school project are fabulous learning opportunities.

They help kids to stretch and grow. Dealing with them effectively also teaches kids that they are capable of coping when they meet some of life’s curve balls.

And that is a huge lesson to learn at any age.
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