Wednesday 7th March, 2012
Week 7 - Term 1

Dear Parents and Caregivers,

Again our Cross Country has been postponed due to rain and poor ground conditions. It has been rescheduled for next Monday 12th March. Fingers crossed.

On Friday our ASR (Annual School Report) was finished with its final touches and editing completed by the school P&C executive and the school executive team. It has also been approved by our Education Director. You can find the Annual School Report for 2011 on our school web page at www.gardensub-p.schools.nsw.edu.au under Our School the Annual School Report. Please take time to read what great things we have achieved.

I have also added dates to this years calendar on the website. I will endeavour to keep this as up-to-date as I can. Teachers will add notes and information when required.

Don’t forget our BINLESS Lunch Day this Thursday. Our leaders have been measuring our lunch waste this week to see if we can reduce it. There are lots of websites to help parents. Perhaps a family “GOOGLE” session might show more options. Mrs Gardiner has been showing students the "Green Lunch Box" kit to support this initiative.

This year we are continuing to evaluate our PE/H/PD programs. As a result of the on line survey we would like to keep parents informed about what we do in this Key Learning Area.

This term these classes are learning about:

- **ECHIDNAS**
  - Values, Being Australian
  - Getting Along and Child Protection

- **BILBIES**
  - Organisation

- **PENGUINS**
  - Drug Education
  - Organisation

- **WOMBATS**
  - Getting Along
  - Organisation

- **KOALAS/POSSUMS**
  - Me & My Friends
  - An Introduction to You Can Do It

- **WALLABIES/KOOKABURRAS**
  - Active Lifestyles
  - Organisation
  - Persistence
  - Drug Education

All classes participate in Friday Sport as part of the physical component. Classes are starting with fundamental movement skills for P.E. & cross country training.

Jo Swadling
Principal
DATES TO REMEMBER — (Please note the newsletter is on our website each week.)
- dates are added to our calender

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>8th March</td>
<td>Binless lunch day</td>
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<td>9th March</td>
<td>Sports Leadership Day at Cardiff High</td>
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<td>Winter PSSA trials</td>
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<td>12th March</td>
<td><strong>Cross Country—try 2</strong></td>
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<td>P&amp;C Meeting—AGM 6.30pm - 7.00pm</td>
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<td>7.00pm — 8.30pm normal meeting</td>
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<td>Please let the office know if you would like to nominate for a position</td>
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<td>21st March</td>
<td>Zone Cross Country</td>
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<td>23rd March</td>
<td>Infants Wetlands Excursion—to be advised</td>
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<td>26th March</td>
<td>Young Leaders Day</td>
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<td>27th -29th March</td>
<td>Stage 3 excursion to Dubbo</td>
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<td>3rd April</td>
<td>Leaders Anzac Service</td>
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<td>5th April</td>
<td>Easter Fun Day</td>
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**Canteen Roster**

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<tr>
<th>Date</th>
<th>Name 1</th>
<th>Name 2</th>
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<tbody>
<tr>
<td>8/3</td>
<td>T. Clark</td>
<td>T. Lenton</td>
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<tr>
<td>9/3</td>
<td>T. Clark</td>
<td>M. Lowe</td>
</tr>
<tr>
<td>12/3</td>
<td>M. Jones</td>
<td>J. Kollen</td>
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<tr>
<td>13/3</td>
<td>C. Rankin</td>
<td>F. Gray</td>
</tr>
<tr>
<td>14/3</td>
<td>T. Clark</td>
<td>L. Johnson</td>
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The canteen will be closed on 28th March if we cannot find volunteers to help. We have filled the other days only looking for one now.

**ENTERTAINMENT BOOKS**

Entertainment Books will be available through our school again this year. The price will remain the same at $60 per book with $12 of this going towards school fundraising. Cash, credit card and cheque payments will be accepted. Books will be available in early April. Bonus Offers on pre-ordered books are available now for books paid in full. Any enquiries please contact Donna 0421 286429

P&C would welcome **donations of Easter Eggs & Mothers Day** gifts for our fundraising. These can be handed in at the office. Raffle tickets will go home next week. Thankyou for your support.

Our cricket team enjoyed a great game yesterday against BelAir. Even though we lost our boys gave 100% and showed great sportsmanship.
Children who won’t take no for an answer

Ever had a child who keeps asking for a favour or a treat until they get the response they want? These kids generally use one of two strategies. They may either nag or hound you until they get an affirmative or they will seek out an adult who will give them the answer they want.

The first method, which is based on persistence, is generally very effective to use with tired parents and sole parents who are more susceptible to this type of behaviour.

“All right, have the treat. Anything for some peace and quiet” is a response that most people who have spent time around children are familiar with.

The second method is a little more devious but very effective and usually occurs in dual parent families. You know the situation. A child’s request for a treat, favour or outing is turned down for good reason “No Jessica you can’t have an ice cream now. Wait until after dinner” but the child goes to the other parent who may well give them the affirmative they are seeking.

Minor happening but very irritating. These situations are indicative of two people who are operating on different parenting plans. If it happens every now and again then it is no big deal. However, if one parent is always granting a child his or her wishes without consultation or thought of how the other parent thinks then it is probably time to step back and reflect on how you can both work together. If it happens frequently your children will learn how to play one parent off against the other or manipulate situations until they get what they want.

It sounds sinister but it is not. It is just how we human beings tend to think and behave. This type of parental manipulation can occur for many reasons. Either it is due to different standards of behaviour or thoughts about bringing up children or a lack of understanding about what has happened in a child’s day.

Regardless of the reason it means that parents need to communicate and also get the message across to children that it is taboo to keep seeking out a parent until they get the response they want.

Parents should be firm with a child who goes to another parent in search of a yes after they have received a knock back from another.

The other technique that you can use is to defer to the other parent whenever children catch you unaware with a request.

“Okay, I’ll just check with dad and I’ll get back to you.” is the type of response parents may need to use.

This strategy can be a little wearing and even artificial but it demonstrates that you are a double act.

Most dual parents play good cop/bad cop where one is more the disciplinarian or hard-line manager and the other is the play director. That tends to be the way of families. It helps if you can swap roles occasionally (or even backbones) and give the other parent a break.

Vitamins for parents

Don’t tell them more than once;
Sometimes we ask children to help or give them advice but we get little response. The natural reaction is to repeat ourselves as if saying it one more time reinforces our message.
If you repeat yourself just to underline your message there is a good chance that parent deafness will become permanent or they will do the opposite of what you want, just to annoy you.
Rather than repeating yourself get into the habit of acting. For example, rather than remind children a number of times to come to the dinner table just serve the meal after informing them the meal is on the table.

Bright idea

Cooperation is invited not bought.
A child’s cooperation is a tedious and precious thing. Some children give it willingly. They will cooperate with their mother and father because they enjoy their approval or it is just part of their nature to want to please. Other child are tough nuts to crack to gain cooperation.

It helps with tough nuts to invite some cooperation rather than demand it. For instance, when a relative comes for a visit ask children what they may do to make their visit pleasant rather than tell them what to do. These tough nuts will generally respond positively to an invitation rather than a demand.

Quick Parenting Quiz

1. How much television each week does the average Australian child currently watch:
   a) 10-15 hours?
   b) 16-20 hours?
   c) 21-25 hours?

2. How many children aged 0-6 have a television in their bedroom?
   a) 0-20 per cent
   b) 21-40 per cent
   c) 41-60 per cent
   d) 60+ per cent

Answers:
1) b) The average Australian child watches 19 hours
2) b) Over 30 per cent of children have a television in their bedrooms

Wise & Witty Words

“If you judge people you have no time to love them.”
Mother Teresa

“People who say they sleep like a baby usually don’t have one.”
Leo J. Burke
Anyone who buys shoes from the “Athlete Foot” and mention Garden Suburb P.S. Will earn the school $$$$$, which will be collected at the end of the year. Please let friends and relatives know.