Principal’s Report – Mr Kerry Kurtz

P&C

Our first P&C meeting of the year is on tonight at 7:00pm. Everyone is most welcome to attend. It is a great opportunity to get to know more about what happens at school and we always welcome parental opinions and ideas.

Our P&C meetings are friendly and productive. You certainly won’t be given a job unless you want one. We particularly welcome new parents to our school. The P&C is passionate about supporting the school and our children. I hope to see you there.

School attendance

Did you know that if your child misses as few as eight days in a school term, by the end of primary school they will have missed a whole year of education?

By law, you are required to send your child to school every day. If your child has to be away from school for any reason, please either phone the school or send a signed note explaining the reason for the absence, as soon as possible. If your child arrives at school late, or needs to leave early, you will need to go to the office to sign your child in or out.

If you’re having problems getting your child to attend school regularly and on time, please talk to your child’s teacher or myself.

For your obligations under the school attendance guidelines, please go to: www.det.nsw.edu.au/policies/student_admin/attendance/sch_polproc/PD20050259.shtml

Michael Grose

Michael Grose is considered to be Australia’s most popular and highly regarded parenting expert. He presents seminars Australia wide and in other countries around the globe. He writes many articles on a wide range of “parenting” topics that we have access to as a school.

I try to put interesting articles in the newsletter every fortnight or so. If there are topics on parenting that you would like information on, please contact me and I will try to find a suitable article.

This week, Michael is offering 10 tips to help us as parents in 2015. I hope you find them useful.
Student of the Week

KS    Jet Owen
K/1T  Sophie Donoghue
1M    Finn Moore
1/2S  Alexandra Frith
3D    Holly Tickle
3M    Phoebe Hallman
4/5A  Ryan Palmer
4/5C  Olivia Clift
4/5W  Paige Sevil
6D    Rubee Moore
6R    Caitlyn Etheridge
K-6S  Logan Boswell

Merit Awards

KS    Jacob Parker
K/1T  James Porter
1M    Lachlan Quigley
1/2S  Zach Cork
3D    Lukas Sutton-Large
3M    Lucas Walkley
4/5A  Emma Golland
4/5C  Kahlan Walkley
4/5W  Sophie Hill
6D    William Scanlon
6R    Kane Thompson
SWIMMING CARNIVAL SAUSAGE SIZZLE - STOP PRESS!!!!
This year the P&C will be holding a fundraiser BBQ at the Swimming Carnival!
Steak sandwiches, sausage sandwiches and poppers will be on offer to fill hungry stomachs. The pool canteen will also be operating as normal. See you on the pool deck!

then ….

General P&C update
A big welcome back to all staff, students, parents and carers - and especially our new families.

Our first P&C meeting for the year is being held this evening - Thursday 5 February at 7.00pm in the school office building. This is very short notice for any new parents or carers to the school but we warmly welcome any new faces as well as our regular supporters.

The P&C is a great way to become part of the school community and learn more about what is going on around the school, as well as to play a role in helping make the educational experience as rewarding as possible for our children.

The P&C is responsible for running our canteen and uniform pool as well as contributing financially to projects which help make our school a better place - including the current project to provide additional shade around the school grounds. While we welcome support and volunteers, attendance at P&C meetings does not mean you will be required to donate any additional time.

Our P&C AGM will be held soon and further details will be provided via the school newsletter as soon as possible.

If you have any questions, or are interested in learning more about the P&C you can contact P&C President Tammy McGuckin via the school office, or Kate Hallman, Secretary, on 0413 946 704 or katehallman@me.com

New Student
We would like to welcome Kobi to our school. We hope you enjoy your time here with us at Quirindi Public School.

Exemptions from School
Previously if a family had approval for an exemption for a holiday this was not counted in their total absences. From the beginning of 2015 the department has advised that families are to apply for leave for holidays and they will be counted in the total absences for the student.

Should you have any questions please feel free to contact the school.

Notes home this week
1. K-2 Introduction and Information Note
2. Canteen Roster
3. PSSA Zone Trials
4. 2015 Authority to Publish (pink)
5. Term 1 Calendar
6. Horse Sports

BOOK CLUB IS DUE BACK BY Friday 13 February 2015
Swimming Carnival for 8 years and over
Tomorrow is our annual swimming carnival for students who turn 8 years or older this year. Students are to be at the pool by 8.30am for the long distance and medley events and at 9.00am for all other students for roll call.

Pool entry is $3.00 (season tickets DO cover entry) and is to be paid on entry to the pool on the carnival day.

Transport - If your child is competing in the medley and 100m open events you will need to have them at the pool for marshalling by 8.30am.

If your child catches a bus they will be dropped off and picked up at the pool by the bus.

If you drive your child or they walk to school, you will need to arrange their transport to and from the pool.

This is a normal school day. Students who do not attend will be marked absent and are required to provide a note explaining their absence. There will be no supervision for students that are eligible to attend the carnival at school.

Support from parents and friends would be greatly appreciated for the smooth running of our Swimming Carnival. We need assistance setting up shades before the carnival, time keeping and judging.

Players, Teachers, Coaches and Spectators Code. Young people involved in sport have a right to participate in a safe and supportive environment.
1. The goals of the game are to have fun and improve skills.
2. Be modest in success and generous in defeat.
3. Play for the fun of it.
4. Play by the rules and always respect the decisions of officials.
5. Make no criticism either by word or gesture. Deliberately distracting or provoking an opponent or player is not acceptable or permitted in any sport.
6. Be a good sport. Applaud good performance and efforts from all individuals and teams. Congratulate all participants on their performance regardless of the game's outcome.
7. Condemn unsporting behaviour and promote respect for opponents.
8. Condemn the use of violence in any form.
9. Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
10. Place the safety and welfare of the participants above all else.
11. All school sport events are alcohol and smoke free zones

Quirindi Zone PSSA Announcement
Due to an increase cost of fees incurred by our association such as casual costs, hiring fees of venues, ribbons, and trophies as well as maintenance of equipment along with administration fees, Quirindi PSSA Zone can no longer afford to run at a loss.

Therefore it is necessary for us to charge your child $5 to compete in each of the Zone Carnivals such as swimming, cross country and athletics if they qualify.

Authority to Publish
This week we have sent home a pink note to all of our families (except Kindergarten) for our Authority to Publish. These need to be returned to the school as soon as possible otherwise your child will not be able to have their photos or names in our newsletters, website, local newspapers etc. If you have any questions with regards to this please feel free to contact the school office.
Welcome
Kindergarten
Stephanie Alexander Kitchen & Garden
This week we commenced our first term of the Stephanie Alexander Kitchen for 2015. What a great start to the year with Year 4. 4/5W will be working in our garden and kitchen throughout term 1. The other year 4 classes will get an opportunity later on in the year. Each week a student will write about their experiences for our newsletter.

First we went to the garden to pick some fresh vegies and fruit. It was fun because we got to pick the food ourselves. Then we went to the kitchen to cook and eat. First we split into groups and did all different things eg. made roti bread, hash browns, stir fry, steamed vegetables, washing and cutting the fruit and vegies, peeling and grating.

It tasted like something that you cannot explain.
Cassie Philp 4/5W
**Sensory Garden**

The K-2 playground is looking fantastic. This is due to the hard work put in by Sonja Taylor and some of our school’s volunteers Narelle Caterer, Margaret Taylor, Tammy Douglas (as well as Tammy’s daughters Taylah and Bridie).

The ‘Mosh Pit’ has been a huge success with lots of students playing there each first and second break. The sensory garden allows students to hop, skip and jump their way through one of our beautiful gardens while using their senses to notice what is around them.

Thank you for all the work that you have put into making our playground a better place for students to enjoy.

**Mosh pit**

*We got to play in our new mosh pit on the first day of school. It has hammers, tunnels, dinosaurs and trees. The mosh pit also has sticks in it. We can play with our cars in it too.*

*Miss Taylor and Mrs Taylor built it in the holidays.*

*There is a fence around it made from old pallets that Mr Wearne got for us and Pursehouse Rural donated the star posts. Mr Taylor put up the fence.*

*Braydon Nean*

**Library garden**

*In the library garden we have two new stepping stone paths. One path has numbers from 1 to 10 and the other path has the alphabet on it.*

*Both paths weave through the garden. This is the first part of our sensory garden and it is amazing!*

*Evie Gimbert*
## 2015 Term 1 Calendar

<table>
<thead>
<tr>
<th>Month</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<td>P&amp;C Meeting 7.00pm</td>
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<td>8 Years and over swimming carnival</td>
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<td>Parent Information Night – 6.30pm School Council Meeting – 5.00pm</td>
<td>P&amp;C AGM – 7.00pm</td>
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<td>Feb/Mar</td>
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<td>PBL Rewards Day</td>
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<td>K-2 Swimming Fun Day</td>
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<td>Regional Swimming Carnival</td>
<td>The Zookeeper performance</td>
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<td>Kinder Parent Interviews</td>
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<td>School Council Meeting 5.00pm</td>
<td>Science &amp; Engineering Challenge Disco P&amp;C Meeting – 7.00pm</td>
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<td>Harmony Day Willow Tree Horse Sport</td>
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<td>Young Leaders Day - Sydney Parent/Teacher Interviews</td>
<td>State Swimming Carnival</td>
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<td>PBL Rewards Day Yr 6 Taster Day at QHS</td>
<td>K-2 Easter Hat Parade</td>
<td>Good Friday</td>
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Michael Grose's 10 Golden rules for parenting success in 2015

Submitted by: Michael Grose 12 January

The start of the year is a great time for reflection, and setting new directions and goals. We do so at work and in our personal lives, so why not set some goals to become a better parent in 2015.

I’ve listed 10 very different ideas below to guide and inspire you to reinvigorate your parenting this year. Read on and choose one or two ideas to focus on in the coming months.

1. Build redundancy into your parenting
   You don’t want your kids living with you when they’re forty so you had better start making yourself redundant right now. Expect kids to help at home without being paid and develop their self-help skills from the earliest possible age. If your kids are dependent on you then start small and work from there.

2. Build self-belief in kids
   It is self-belief rather than ability that holds many kids back from really achieving their best. Parents mirror back to their children how they see themselves. If you are naturally negative start by focusing on children’s strengths, let them know how they can improve and give them real responsibilities so they learn that their parents have faith in them.

3. Talk less when kids misbehave
   Do you repeat yourself when your kids don’t do as you ask? Perhaps you raise your voice to be heard. Don’t. It leads to parent-deafness. Act rather than repeat yourself or shout. Put the meal on the table rather than remind them to come to dinner. Turn the TV off if they are fighting rather shout for some peace and quiet. This year talk less when kids are less than perfect.

4. Choose your battles wisely
   If you always seem to be fighting with one or two of your kids sit back and assess what’s important and what’s not, and then only fight over major stuff. Fighting over minor issues burns up parent energy and damages relationships. Make a list of minor and major issues as a reminder.

5. Help kids appreciate what they have
   Some children have a default mechanism that is both negative and self-centred. They are never happy and they always want more. You can change their way of thinking with effort. Start by encouraging him or her to look on the bright side and be thankful for what they have.

6. Encourage kids to be self-occupiers
   Parents underestimate the importance of kids being able to keep themselves busy. Spending time on their own encourages self-initiated play, is good for their mental health and is a pre-requisite for success at school. If you are your child’s home entertainment machine then you can change. First, avoid rushing in when children seem bored. Then suggest ideas rather than provide entertainment when they’re bored.

7. Don’t fight your children’s battles
   Leave some battles for your kids. Well-meaning parents can sometimes fight too many of their children’s battles, robbing them of opportunities to solve their own problems. If this is you, next time your child experiences some frustration or difficulty at school or at home stand back, offer support and suggestions but don’t solve the problem for him.

8. Have at least five family mealtimes a week
   If you want to influence your kids’ thinking then you need to talk with them. Mealtimes provide these opportunities as long as the TV is turned off and you avoid getting into fights about how much they eat. Set a goal of five shared mealtimes as a minimum.

9. Encourage a sense of generosity
   Moving kids from thinking 'me' to thinking 'we' takes work these days as families are small and parenting tends to be child, rather than family-focused. Develop a sense of altruism by encouraging your kids to volunteer, giving some pocket money to
charity, and giving away old or unused toys.

10. Fast track your own development

Being a modern parent means you always have to update your parenting skills and knowledge. After 30 years as a parenting educator I know that the most effective parents are those who have a rich repertoire of skills and knowledge at their disposal, which is constantly being updated. So take a course; go deep into an area such as emotional intelligence; confidence-building or resilience development; or develop a relationship with a respected professional who can guide your development.

Community News

**QUIRINDI & DISTRICT SOCCER ASSOCIATION INC**
(Quirindi Junior Soccer 0-18yrs)
Annual General Meeting

7.00pm Thursday 15 February 2015

Tony Caine Function Room, Quirindi RSL Club

All interested helpers are invited to attend.

For further information contact:
Michelle Gallagher (Secretary) - 67463505

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**TAMBRA SPRINGS PROGRESS ASSOCIATION**

**THE GREAT TAMBAR TUG-OFF**

Saturday, 21st March 2015
Tambar Springs Showground
(Black Stump Way)

GRAND PRIZE: Half the pot & bragging rights
(The more teams entered, the bigger the prize-money)

Starts 12 noon
$20 per head / per team
(6 in team, mixed team, minimum of 2 females)

Canteen & BBQ running from 12pm

General enquiries & entry forms contact Bec Baxister, mob.0410302732.

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**TAMBRA SPRINGS PROGRESS ASSOCIATION**

**OLD-TIME BUSH DANCE**

Saturday, 21st March 2015
Tambar Springs Showground
(Black Stump Way)

6.30pm for 7pm dinner
Band starts 8pm

Tickets $35/adult; $15/child (under 15 y.o)

Kick up your heels & do-ei-doh the night away with the Nodding Thistles!
Bookings & general enquiries to Sec Baxister mob.0410302732, or Kylie Short ph.02 67442406.
Quirindi Junior Rugby League

Come & Try Days

February 13th, 20th & 27th
No 1. Oval – Quirindi
4 – 5 pm

Bring your joggers and come and have some fun! Kick & catch some balls, meet our trainers and see if Junior Rugby League is for you.

***Boys & Girls welcome***

No obligation whatsoever - come for one afternoon or come for all three! This is great opportunity to have a trial before registering your child – existing registered children are also most welcome to attend.

Registration days will be held in early March - $60 per child, includes shorts, socks, ground fees, insurance and a special ‘new release’ grasshopper hoodie!

Phone: Belinda Perkins - 0428 899 365 with any queries or check out our Facebook page

EVENTS IN THE LIVERPOOL PLAINS

January - March 2015

For more information check www.visitquirindi.com.au

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
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<tbody>
<tr>
<td>1</td>
<td>Royal Theatre Movie Weekend</td>
<td>1.30pm: Penguins of Madagascar (PG) 4.00pm: The Hobbit 3</td>
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<tr>
<td>6</td>
<td>Royal Theatre Gala Screening</td>
<td>UNBROKEN</td>
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<td>Red Carpet Event</td>
<td>7.00pm for 7.30pm. Tickets $20 - including drink on arrival and canapes ph: 6747 1226</td>
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<td>7</td>
<td>Royal Theatre Movie Special</td>
<td>1.30pm and 4.00pm: UNBROKEN</td>
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<tr>
<td>7</td>
<td>Werris Creek Swimming Club hosts</td>
<td>2015 Long Course Area Championships and Speedo Sprints</td>
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<td>Werris Creek Memorial Pool. Contact: Tammie 0428 474 602</td>
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<tr>
<td>8</td>
<td>Royal Theatre Movie Special</td>
<td>1.30pm and 4.00pm: UNBROKEN</td>
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<td>14</td>
<td>QUOTA Markets</td>
<td>Fresh produce, arts and crafts at Rose Lee Park, Loder Street, Quirindi</td>
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<td>Contact: Jan 6747 1490</td>
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<tr>
<td>14 &amp; 15</td>
<td>Royal Theatre Movie Weekend</td>
<td>Find out what’s on by visiting the website <a href="http://www.quirindroyaltheatre.com">www.quirindroyaltheatre.com</a></td>
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<tr>
<td>20</td>
<td>Quirindi Akubra Cup Race Day</td>
<td>Throw on your race outfit and bet up high at the Quirindi Cup! Fashion</td>
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<td>on the Fields and fast racing action! Quirindi Race Course gates open</td>
<td>at 11.00am. Contact: ph: 6746 2476</td>
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<tr>
<td>22</td>
<td>Quirindi Village Miniature Railway</td>
<td>Scenic rides for young and old from 10.00am to 3pm. Other days and</td>
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<td>birthday party bookings by arrangement with Roger on 6747 1264</td>
</tr>
<tr>
<td>28 &amp; 1 March</td>
<td>Royal Theatre Movie Weekend</td>
<td>Find out what’s on by visiting the website <a href="http://www.quirindroyaltheatre.com">www.quirindroyaltheatre.com</a></td>
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