Principal’s Report - Mr Kerry Kurtz

Welcome back
A warm welcome back to everyone (Maybe not such a warm welcome -I think winter is heading our way!!)

Cross Country
All the best this Friday to our Cross Country runners competing at school. We have a pretty diverse track here at the school with hills, rocks and mounds of dirt to negotiate. Our children have been training on the track for a number of weeks and some students even elect to run the course in their break times. Everyone is welcome to attend.

Michael Gross article
Who likes the idea of doing less, NOT more, for their children? The article from Michael Gross this week is certainly worth reading and thinking about. It is called “Do less NOT more for your kids”. Let me know what you think.

Stephanie Alexander Kitchen Program
You are probably aware that we are implementing the Stephanie Alexander Kitchen Program here at Quirindi Public School. We have students who are learning gardening and growing skills (at the vegie patch) and then using the produce they collect from the garden to whip up delicious, healthy and nutritious meals (with the help of Miss Taylor, Mrs Bingham and our volunteers).

This term the year 4 students in 4/5C will have a fabulous time cooking up a treat every Tuesday morning from 9:30 - 11:30.

We are looking for volunteers who are able to spare a little bit of time to support the project in our school. It could be before, during or after school or even on the weekends. It may include watering in the vegetable patch, doing some planting, weeding or whatever is needed.

If you are able to help at all, whenever you have some time, please call us at school. Sonja has been doing a marvellous job in developing the vegetable garden and would love some assistance. Even if you could assist every now and then it would be a great help and it directly benefits our kids.

We are also in the process of extending the kitchen area so we can accommodate more students each week. Any help would be greatly appreciated!!!
ANZAC Day
This Saturday, 25 April, 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 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.

Stewart House Fund Raiser
Friday 8 May 2015 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 2015 Donation Drive.

We ask that envelopes be returned to the office no later than Friday 8 May 2015 with your name clearly written on the back to be eligible to be entered into the draw to win a family holiday. Please note that all donations are gratefully accepted but only donations of $2.00 and above can be entered into the draw.

Voluntary School Contributions
Congratulations to the O’Brien family for winning the $100.00 gift card for Carlos SUPA IGA Quirindi in the second draw for those who have paid their voluntary school contribution fees. Don’t forget that all families paying their voluntary contribution prior to 31 October 2015 will be given a free copy of the 2015 School Magazine at the end of this year.

Book Club
Book Club is due back on Friday 1 May 2015. There is the option now of ordering and paying online as well - more information will follow in next week’s issue.
Cross Country
Don’t forget our school Cross Country will be held tomorrow on our oval for all students.

The cross country will commence at approximately 9.30am starting with students who turn 11, 12 & 13 years old this year, followed by students who turn 8, 9 & 10 and concluding with students who turn 5, 6 & 7.

Once students have completed their run they will return to their classroom for the remainder of the day.

Students, including those in Kindergarten to Year 2, will need to wear their sports uniform (a shirt in house colours is acceptable) including sensible running shoes and bring a drink bottle.

Parents and carers are welcome to come to school and cheer on the students.

Australian Speech Communication Association in conjunction with Quirindi Public School;

promotes competence, rewards effort and encourages excellence in all aspects of communication.

It is time to pull out the poetry books, think about your personal project and find your favourite book!

ASCA examinations will take place in Week 4 Term 3.

The Australian Speech Communication Association Inc. is an organisation which promotes and helps the development of oral communication and listening skills in educational, professional and social spheres.

Each examination highlights an oral presentation of a subject in which the candidate has a special interest; readings and/or memorisations from relevant prose, poetry and/or drama; impromptu speeches and exchange of ideas with audience, and much more.

ASCA examinations are flexible and can be modified to meet the needs of students with learning and/or physical difficulties.

Participation in the program incurs a cost to students that the school cannot cover however, ASCA inc, is a non-profit organisation that strives to keep costs and charges to a minimum.

Participating in ASCA is a great way to develop communication skills and confidence.

Participation and grade information is available from class teachers. An information afternoon for parents/carers is planned for Week 5 this term.

Quirindi Public School Bell Times

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<th>Time</th>
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<tr>
<td>9.20am</td>
<td>School begins</td>
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<td>11.20am – 12.00pm</td>
<td>Break 1</td>
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<td>1.30pm – 2.05pm</td>
<td>Break 2</td>
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<td>3.20pm</td>
<td>School concludes</td>
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Notes home this week
1. Stephanie Alexander Kitchen Program Year 4 in 4/5C
2. Year 5 The Great Aussie Bush Camp excursion reminder
3. Year 5 Grip Leadership Conference

School Office Hours
Office hours are 8.30am to 3.30pm.
1-2S Learning about fractions

1-2S have been learning about fractions. Miss Taylor helped us make our own pizza that we cut up into quarters. We had lots of fun in the kitchen.
Stephanie Alexander Kitchen & Garden
With the start of Term 2 the Stephanie Alexander Kitchen Garden program welcomes the year 4 students from 4/5C.

Due to the much welcomed rain we were unable to go out into the garden today, but we spent the time getting acquainted with the tools and rules of the kitchen.

The second part of our morning we used the fresh eggs from our chickens to make ‘French Toast’. The children all enjoyed the cracking of eggs, the sizzling of cooking and the joy of eating their creations. There is much more in store for the new group of children over the next ten weeks.
Do less, not more, for your kids

With school-aged children we can find ourselves making lunches, getting kids out of bed and cleaning out schoolbags rather than giving these basic tasks of living over to them.

The basic task of parenting, whether you have a two-year-old or a twenty-two-year-old, is to work yourself out of a job at the first possible chance.

REDUNDANCY should be the aim of the game! We never become redundant in a relationship sense – the emotional connection between our children and us is never severed.

In a practical, physical way we need to make children less, rather than more, reliant on us.

Developing independence is really about stepping back to allow children in. Doing less rather than more.

We develop greater independence in our kids one job at a time. Recently I gave my 22-year-old son a job that I had been doing for a while. He lives in North America and I had taken on the job of being the connector between him and one of his sisters, who lives in the UK. It had been my job to pass messages on between the two via telephone and emails. I would update each of them about how the other sibling was going.

Frustrated being the go-between, I made sure he had contact details and let him know that it was his job, not my job, to connect with his sister.

WE EASILY TAKE ON CHILDREN’S RESPONSIBILITIES

It is easy as parents to take on the jobs and responsibilities that really should belong to our children. With toddlers it is so easy to dress, feed and clean up after them rather than give these jobs over to them.

Developing independence is really about stepping back to allow children in. With school-aged children we can find ourselves making lunches, getting kids out of bed and cleaning out schoolbags rather than giving these basic tasks of living over to them. And as I discovered, it is easy to still do the basics of life for a school-aged child.

TIP NO. 1 for developing independence

Like children, every teacher is different with their own specific expectations, goals and interests. Get to know your child’s teacher and gain an understanding of their approach and aspirations for your child’s class.

TIP NO. 2 for developing independence

Never be more worried about a child’s job than they are, otherwise it becomes your job, not theirs.

This mum remained very clear that it was her job to wash the clothes but not to place them in the washing basket. She would remind kids about washing night wear and never nag them to put clothes in the basket. She knew that as soon as she was keeping reminding them, it becomes her job rather than her children’s job to put the washing in the clothes basket.

The school holidays provides a good opportunity to reflect on the whole notion of job-sharing. It’s also a good time for kids to increase their job load when they are not burdened with schoolwork and extracurricular activities.

Here’s my challenge for you: Think of a job that you regularly do for your child that he or she can do for him or herself. Then step back and enable your child to do that for themselves on a full-time basis. Do less not more for your kids.

If you do that, then you can congratulate yourself as you have moved one step more toward REDUNDANCY.
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<td>20: SDD</td>
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<td>21: Students return</td>
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<td>22: Cross Country</td>
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<td>Apr/May 2</td>
<td>27: Aussie Bush Lake Keepit School Council 5.00pm AGM</td>
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<td>28: Camp Camp</td>
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<td>May 3</td>
<td>4: Grip Leadership Tamworth – Year 5</td>
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<td>5: Zone X Country Willow Tree</td>
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<td>6: P &amp; C Working Bee Sat 9-11am</td>
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Camp
Camp

5/00pm AGM