Principals Message

I hope everyone enjoyed the extra day on the weekend due to the Queen’s Birthday holiday.

The end of term is fast approaching. Students reports will be sent home next week (week 8) with Parent Teacher Meetings to be held in Week 9 (last week of Term).

Please fill out the request form for Parent Teacher Meeting with 3 preferred time slots. Teachers will do their best to fit with nominated times and will send home a confirmation note with the allocated times.

Have a great week.

Regards,
Carmel Doyle

WESTERN REGION PSSA CROSS COUNTRY

Today, Lauren travelled to Wellington to participate in the Western PSSA Cross Country running event. We have no result at the time of printing.

NATIONAL BETTER BUDDIES DAY

This Friday, students will participate in activities to celebrate National Better Buddies Day, to continue to promote this wonderful program within our school.

TREE REMOVAL

Last Friday, students witnessed some trees being removed from our school yard after a hazard assessment was undertaken earlier in the year. It proved great entertainment for students who enjoyed watching the branches being cut down.

BANJO PERFORMANCE

Gooloogong Public School and St Josephs Eugowra joined with us last Thursday for a fun-filled performance by one man entertainer Mr Geoffrey Graham. Mr Graham aka ‘Banjo’ took the students back in time as he acted, performed and sang songs and poetry of Banjo Patterson. A couple of photos are included in the newsletter.

WINTER UNIFORM

Our school’s winter uniform is listed below. Please ensure students are wearing this uniform now that the colder months are upon us.

Girls School Uniform:
- Navy Skirt or Trousers
- White Shirt or Skivvy
- Red School Sloppy Joe
- School Jacket
- School Hat/Beanie
- White Socks and Black Shoes

Sport Uniform:
- Navy Blue Shorts
- Pale Blue Embroidered Polo Shirt
- Navy Blue School Sport Tracksuit
- School Hat
- White Socks and Joggers

Boys School Uniform:
- Grey Trousers
- Grey Shirt
- Red School Sloppy Joe
- School Jacket
- School Hat/Beanie
- Grey Socks and Black Shoes

Sport Uniform:
- Navy Blue Shorts
- Pale Blue Embroidered Polo Shirt
- Navy Blue School Sport Tracksuit
- School Hat
- Sport Socks and Joggers

Sport uniform is for Wednesday and Friday; School Uniform should be worn on Monday, Tuesday and Thursday.

UNIFORM ORDER

Order form for uniform is attached if you need to order additional uniform items. The next order will be the 1st September.

SCHOOL CHOIR - FORBES EISTEDDFOD

Next Wednesday 18th June the school choir will be performing at the Forbes Eisteddfod. Information and permission note will be sent home to participating students.
**Student of the Week**: Week 6 Term 2

**Year 3 - 6**: Amelia McMaugh

**K - 2**: Reece Matheson

**Miss Auld**: Nina Merchant

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**Assembly Awards**: 6 June 2014

- K - 2: Alyssa Gibson, Anastacia Mulligan
- 3 - 6: Grace Frazer, Tamara Greenhalgh

**Sportsperson**:
- Primary: Jake Greenhalgh
- Infants: Macey Greenhalgh

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**Weeks 7 & 8 - Term 2**

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- Reports home this week
What bullying isn’t, and what to do when it happens

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.

Bullying is a word that’s wrapped in emotion. For many people bullying is associated with bad childhood memories. It’s been estimated that around 40% of people have experienced some type of bullying in the past.

Bullying is an insidious behaviour that transgresses children’s natural right to feel safe and secure. It can adversely affect their learning, emotional well-being, further peer relations and their sense of self.

Bullying takes many forms and guises including, physical and emotional abuse, intimidation, harassment and exclusion.

It now has a well-publicised cyber-dimension which has moved the goalposts for many kids. In the past children could escape bullying behaviours they may have experienced by being at home. Cyberbullying now means that kids can’t escape the bully like they once could.

Bullying is not the domain of one gender. Girls bully just as much as boys but they do it in less physical ways. While boys use physical intimidation or verbal abuse to wield power, girls are more likely to use exclusion or verbal sarcasm to assert themselves.

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.

Bullying is about lack of power as one person is powerless to stop the teasing or physical abuse. Bullying is the selective, uninvited, repetitive oppression of one person by another person or group.

If you think your child is being bullied then handle with care as children often don’t want to admit that they are on the receiving end of bullying.

Some kids keep it close to their chests so it helps to be on the lookout for warning signs such as items being stolen, changing the route to school and withdrawal from usual activities.

If your child is being bullied:
1. Listen to their story: Children who are bullied need someone to believe their story. Take them seriously and avoid dismissing complaints as tell-tale. Use common sense to differentiate between bullying and more random, non-selective antisocial acts. Kids can be nasty to each other, yet this doesn’t constitute bullying.

2. Deal with their feelings: A child who is bullied probably feels scared, angry and sad. Boys are more likely to display anger and girls claim they feel sad. The degree of emotional intensity is an indicator of the amount of bullying. Recognise and validate their emotions. Let them talk about how they think (remember boys respond better to ‘think’ language) and feel. It’s normal to feel sad, scared or just plain confused.

3. Get the facts: Get a clear picture of what happens, including who is involved, the frequency and what happens prior to any bullying. Get your child to be as specific as possible by asking good questions. An accurate picture will help you determine your next course of action.

4. Give them coping skills: With a clear picture you can start giving your child some help about how he or she may deal with bullying including using avoidance strategies, being more assertive and changing poor body language.

5. Get the school involved: Bullying is best handled when parents and teachers are involved. Approach your school through the appropriate channels, make yourself aware of your schools’ anti-bullying procedures and programs, and be willing to work within these guidelines.

6. Help build your child’s support networks: Kids need a group of friends to support them when they experience bullying so look for practical ways to broaden friendship groups.

7. Build their self-confidence: Provide children with systematic encouragement. Let them know through your words and treatment of them that they will get through this period.

It’s worth remembering that children who experience some form of bullying often come out stronger and more resourceful because they have experienced difficulties and they know they can defeat them.
Jackeroo Ranch—Horse Riding Winter School Holiday Riding Camps Bingletree Station Upper Turon.

Sat 28th June—Sat 5th July Sat 5th July—Sun 13th July

Contact Mrs Pattie Hudson 6337 7173