Term 4, Week 7
19 November, 2013

Coming Events

**Term 4, Week 7**

- **Monday, 18/11**
  - Ryde School Spectacular – Opera House – 7 – 10.30pm

- **Tuesday, 19/11**
  - Crazy Sock Day and Fun Afternoon

- **Wednesday, 20/11**
  - School Banking
  - Sports Gala Day – Marsden HS – Yr 5 & 6

- **Thursday, 21/11**
  - 2014 Kinder Transition 3 – Join us for Assembly – 2.00pm – KE to host

- **Friday, 22/11**
  - Sausage Sizzle – 4/5 parents to assist
  - PSSA – Semi finals

**Term 4, Week 8**

- **Monday, 25/11**
  - K-2 – Field of Mars – Bush Christmas Incursion

- **Wednesday, 27/11**
  - School Banking

- **Thursday, 28/11**
  - Public Speaking Showcase
  - Tuckertime – 4/5 to host

- **Friday, 29/11**
  - Mini Fete

**Term 4, Week 9**

- **Monday, 2/12**
  - P&C Mufti Day – Christmas Hamper Donations

- **Tuesday, 3/12**
  - Kinder Bus Decorating

- **Wednesday, 4/12**
  - School Banking

- **Thursday, 5/12**
  - Assembly – 2.05pm – 5/6 to host

- **Friday, 6/12**
  - Kinder 2014 – Transition 4 – Sports morning
  - Sausage Sizzle – 3L Parents to assist

Principal’s Report

**THE LAST DAY OF THE YEAR FOR STUDENTS IS Wednesday 18th December.**

We apologise for the error in last week’s newsletter. Teachers will participate in professional development workshops on the final two days of the school year. Our focus for those workshops include Aboriginal Awareness, Speech development, Selecting Texts and Curriculum Review.

**Ryde Schools’ Spectacular**

Congratulations to the school choir on the wonderful performance as part of a 600 member choir for the Ryde Schools’ Spectacular. The Opera House was filled to capacity and all enjoyed the beautiful choir and performances throughout the evening from schools in the Hornsby, Kuringai and Lane Cove School Network.

Thank you to Mr Hubbard on the fine job as choir coordinator throughout the year preparing the students so well for the Spectacular and to Mrs Price for coordinating all the logistics for the event.

**Mini Fete**

**Friday 29th November 12.00 - 2.00pm**

Mini Fete is a fun time where our senior years plan, design and organise a fun activity for the rest of the student population to enjoy. Activities include disco, games, guessing competitions, prizes to be won and sweet treats. No money is exchanged on the day however tokens can be pre-purchased and used as currency. Year 6 students purchase a farewell gift for the school with the money raised.
Transition 3
We look forward to welcoming our new 2014 students and families to our school assembly this Thursday afternoon 21st November.

Assembly time is a wonderful session whereby our new families can observe how we recognize and celebrate our respectful responsible learners at Melrose Park PS.

Planning Questionnaire
Thank you to those families who have returned the planning questionnaire found in last week’s newsletter. It is appreciated if the questionnaire could be returned this week.

Prompt Arrival Time to School
Students are encouraged to be at school by 8.50am, thus giving them time to go to the toilet, say hi to their friends and to be ready for the school bell at 9.00am.

If your child is late for roll call it is a departmental requirement that you sign your child in at the office.

If there are issues regarding lateness, the department’s consultant known as the Home School Liaison Officer (HSLO) may be contacted for support.

Parenting Ideas
Attached to the newsletter is a Parenting Idea fact sheet that deals with issues and concerns facing families today. The intention of subscribing to Parenting Ideas is to create an awareness of the many facets of modern parenting and giving facts and tips that may help make family life an easier journey to take.

Library Borrowing
This week has been the last week for library borrowing. From next week classes will still participate in a library lesson however there will be no borrowing as we prepare for library stocktake. Students are encouraged to return all books next Monday.

Clare Kristensen
Principal

Assistant Principal’s Report
Gifted and Talented Education Review
This year, we will be conducting a review of our gifted and talented policy and extension programs. If any parents are interested in attending an information session, it will be held on Wednesday, 4th December at 3:15pm in the library. We hope to identify further enrichment activities that students can participate in and welcome feedback on our current programs.

STIHL Green Wall
We have been fortunate enough to have been granted a vertical garden from STIHL. Year 3 students and members of Green Team will be installing the vertical garden on Tuesday, 20th November on the wall of the canteen.

Public Speaking Competition
Each year, we hold a K-6 public speaking competition. This will be held on the 28th November at 9:15am in the hall. Teachers will be conducting in class competitions in their classrooms next week and students will be selected to participate in the whole school competition. The topics for the speeches will be based on the theme of resilience and students will be organising their speeches in class.

Jen Riley
Assistant Principal

Principal’s Award for Book Work
The following children will be receiving a Principal Award at this week’s assembly:

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<thead>
<tr>
<th>Class</th>
<th>Name</th>
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<td>Samuel</td>
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<td>Carla</td>
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Sports News
Softball – 2013
Unfortunately, our Girls and boys teams did not have such a good season in 2013. Consistency was our problem and our fielding could have been better in a few close games, but on a positive side, both teams tried hard and with a few rule changes in 2014, and putting in the hard yards at Friday morning training, I’m sure we can achieve much better results in 2014.

Thanks must go out to Mrs Kristensen, which coached and took the teams to PSSA over the final two weeks.

Cheers
Mr Kelly (Softball Convener)
T/Ball
This year the tee-ball team had a fantastic year. They improved in their gross motor skills especially catching and throwing. In both the teams, collaboration was the strongest skill developed. Every student represented the school with pride. Thank you to all the students in tee-ball who made the season so enjoyable.

Miss Davey

FRIENDLY TOUCH FOOTBALL
On Wednesdays during second half lunch and in fine weather, the Year 5 and Year 6 students who are interested are able to play and/or learn to play touch football. We will be having a mini round robin until the end of term, just for fun. This does require, however, that any students participating must wear school uniform to school, including school shoes, but may bring their sneakers to change into for lunch time.

Any questions, feel free to ask!
Megan Hudson

My Work Experience
Hi everyone my name is Luke Kelly and I am doing work experience at Melrose Park this week.

I am an ex-Melrose Park student (Blaxland Sports Captain too).

The school has changed a bit since I was here. The hall and cola are new and it’s great to see the Block C (it was the Kinder block) is open again.

I’d like to thank Mrs Kristensen and the other staff for making my week fun. Go Melrose Park !!!

Luke Kelly

The Mud dash is designed for kids 5-10 years old. Currently there is availability in the following time slots: 8am, 3:30pm and 4pm.

Use the following code when entering to receive a $10 per person discount: MelrosePark2013

For full details and to enter go to: www.mudrun.com.au


Thank you

Gary Farebrother
Maximum Adventure Pty Ltd
PO Box 3178, Telopea NSW, 2117

P&C Report
Mufti Day/Raffle Tickets
Every year the P&C hold a mufti Day prior to the end of term 4 where the penalty for wearing mufti is a donation for our Christmas Hampers, which are to be raffled off. Mufti Day will be held on Monday 2nd December. Please send in your hamper donation with your children on this day.

*** Volunteers will be needed from 9-10am in the canteen to make up the hampers.

Raffle Tickets will be going home with the newsletter the following day and the raffle for the hampers will be drawn on the day of the Celebration Cafe on 16th December.

Sausage Sizzle
The next sausage sizzle for this term is this Friday 22nd November and 4/5 will be the host. Please ensure ALL orders are in by this WEDNESDAY. If you are able to help on this day, please leave a message in the office for Nina Mather or Mick West or email our P&C email below.

Please do not send orders in on the Thursday/Friday of the SS as this makes it very hard for the people co-ordinating the purchase of goods.

Deborah Riley & Nina Mather
0414 540 430
melroseparkpc@hotmail.com

Like us on Facebook: Melrose Park PS P&C
SAUSAGE SIZZLE DAY – ORDER FORM for **FRIDAY, 22\(^{nd}\) November**

Form must be returned with the money by **Wednesday, 20\(^{th}\) November, 2013**. Please put order form and money in a sealed envelope.

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<tr>
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<th>Name</th>
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<th>Beef $3.00</th>
<th>Chicken $3.00</th>
<th>Ice Block 50c</th>
<th>Lemonade Ice Block 50c</th>
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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.

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 adult-aged children.

TIP NO. 1 for developing independence:

Be clear about who owns jobs or tasks in your family and never take on a child’s job, or part of a task, unless there is extenuating circumstances such as illness.

A mother I met recently is very clear on who does what in her home. It is her job to wash the clothes of her early teenage children but it is their job to place them in the washing basket. She doesn’t check bedrooms as it is not her job to place kids’ clothes in the washing basket.

Okay, I can hear your thought processes. Sounds good but what happens if kids don’t give a toss and they don’t mind being dirty.

Good point. In this case, this mum has a son who is, to say the least, fairly slack in the area of hygiene. But she didn’t become overly fussed about that.

She certainly didn’t get fussed when he played a game of football in the wet, muddy jumper that lay in his sports bag for a week. And she happily showed him how to work the washing machine when he wanted his favourite shirt (that he forgot to put in the washing basket) to be washed for a special night out.

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, but never nag them to put clothes in the basket. She knows that as soon as she keeps reminding them, it becomes HER job rather than her children’s job to put the washing in the clothes basket.

The school holidays provide 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 extra-curricular 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.
PUPIL FREE DAYS

Do you need care for your child on the pupil free days?

THURSDAY 19TH DECEMBER
FRIDAY 20TH DECEMBER
AND
TUESDAY 28TH JANUARY 2014

Send your child to Melrose Park OSHC!
We are open from 7:00am – 6:00pm
Cost of each day is $40 each.

THURSDAY 19TH DECEMBER – WHEELS DAY
FRIDAY 20TH DECEMBER- WATER DAY
TUESDAY 28TH JANUARY 2014 – PIRATE DAY

If you would like more information about each day and the activities we are running please call Lauren on 0411526238 or email Melroseparkoshc@gmail.com

Your child must be enrolled into OSHC before they can attend these days so Enrol them now!