FROM THE PRINCIPAL

Athletics Carnival and Buttai Barn Excursion
What a busy and successful week we have had with the Athletics Carnival and the Buttai Barn excursion. A very big thank you to the parents who assisted in these events – we really couldn’t do it without you. It was great to see so much support for the children at the athletics - they really appreciate family members and friends being able to support them on the day.

We had some outstanding results and it was great to see so many students entering the events. Congratulations to our winners and to those who participated.

Thank you to all the teachers and staff for your great effort on the day and well done to the staff relay team. Mr Vogel deserves special mention for the organisation of the athletics carnival both before and on the day. We are lucky at Cessnock West that we are able to offer a full range of field activities for the children due to the talents and skills of our staff, not many schools are able to include the high and long jump, discus and shot put – so thank you to those staff members who coached and ran these events.

Permission Notes & Payments Due

Yr 6
Canberra Excursion $295
Final payment due by Friday 8th August

All Students
School Fees $30
Due by end of Term 3

EFTPOS is available at the office for payments of school excursions and performances
Nationally Consistent Collection of Data
Cessnock West PS is participating in a National Disability Data Collection Process, which aims to maintain consistency in meeting the needs of all students. The data collection process will involve acknowledging the needs of students and highlighting the adjustments made in order to personalise student learning whilst maximising learning outcomes. Many students at CWPS have some adjustments made in order to support their learning (social, academic and environmental). Under the Nationally Consistent Collection of Data guidelines, the adjustments for students are categorised in the following areas:
- Physical
- Cognitive
- Sensory
- Social/Emotional
The following are some examples of how support is provided to students:
- Personalised learning plans and programs
- Knowledge of medical conditions / health issues and implementing associated Plans / recommendations
- Processes linked to social and emotional wellbeing that support lifelong development.
If your child has been identified as needing an adjustment, a letter will be sent home shortly requesting your permission to use the data in the collection process. The data that we collect will help ensure our school receives funding and resources to support the needs of the students. If you receive a letter and would like to discuss any aspects please feel to contact me.

Assembly
Last week KB did a fantastic job of running the assembly. They took the audience on a journey into the land of sounds and performed crazy nursery rhymes. This week K/1M will be running the assembly. Parents are welcome to join us at assembly time. 12.25 pm on Friday.
Ditto’s Keep Them Safe Show
This week the Kinder, Year 1, Year 2 and Year 3 children attended the Ditto’s Keep Them Safe Show presented by the Bravehearts foundation. Just as teaching children the road rules cannot guarantee our children’s safety on the roads, no program can guarantee to “abuse-proof” our children, however, by teaching them the principles of personal safety, the Ditto’s Keep them Safe program will give them the knowledge they need to stay safe and know what to do if anything happens.

NAIDOC Week 2014
This year students at CWPS will celebrate NAIDOC week with two separate events. The first event is at Cessnock Performing Arts Centre on 24th June and the second event is at Wollombi PS on the 18th July. Both of the events require permission notes and payment. The final day for payment for the Performing Arts Centre event is Monday 23rd June and for the Wollombi excursion it is Wednesday 25th June. No payments will be accepted after these dates. From Semester 2 onwards the final date for payment for excursions and events will be 1 week before the event.

Livelifewell
Rainy day activities
Keeping kids active and occupied during wet days can be challenging. Here are some active play ideas for children indoors:
- build a cubby house with sheets, chairs or cardboard boxes
- play hide and seek
- play basket softball and see how many times you can throw a foam ball into a washing basket - keep increasing the distance to make it more challenging
- have a dance competition or disco at home
- set a limit on the amount of time children spend in front of a screen (tv, computer etc).

Parenting Ideas
This week’s parenting ideas article is on Healthy Sibling Relationships. See back page

Many thanks for your support.
Mrs Ruth McGlashan

Book Club
Orders for book Club are due by 9am tomorrow Wednesday 11th June. Orders after this time will not be accepted.
One of our students, Daniel from 5/6O is performing at Maitland Junior Repertory on these dates.
20th June at 7.30pm, 2nd, 28th and 29th of June at 2.00pm. 4th July at 7.30pm, and 5th July at 2.00pm.
Daniel has been in the Lion, the Witch and The Wardrobe, The Wizard of Oz, Charlie and the chocolate factory and Under the sea.
Please see the above flyer for more details.

Healthy Sibling Relationships
Kids learn so much through sibling relationships. It’s from siblings they learn to solve conflict and how to maintain friendships, just as they learn about gender from their brothers and sisters.

1. Model good conflict resolution skills
Kids learn by imitation. By seeing how family members resolve conflict, they learn appropriate ways to handle disputes. Show them better ways of sorting out problems by talking things through with your partner, compromising and apologising when you’ve said something upsetting to your partner or your children.

2. Help kids manage their emotions
“Will they ever be friends?”
This was my wife asking as she took a deep breath and waded into the murky waters of another noisy sibling fight in our home. Like many couples in the 1980’s we had three children quite close together, which we’ve since learned tends to increase the likelihood of sibling conflict.

Fast-forward two decades it’s pleasing to see that the three siblings enjoy relatively close relationships, often turning to each other rather than their parents when problems and issues arise.

Like world peace, family harmony is an admirable concept worthy of aspiration but well nigh impossible to attain. It seems that kids in families are programmed to fight with each other, but parents also have the power to facilitate learning.

When parents take an active approach to helping their children resolve their fights, they are teaching them a valuable life skill as well as reducing the incidence of fighting over the long term. Here are some ideas:

1. MODEL good conflict resolution skills
Kids see what they hear. So the next time you find yourself having an argument with your partner, let your child in on the discussion. This will provide them with a role model for appropriate conflict resolution.

5. Encourage them to make-up
Kids often get over disputes far quicker than adults. They can be squabbling one minute and cuddling up the next, so it gets tricky intervening sometimes. However there are times when you need to encourage a child to mend bridges with an aggrieved sibling. This can mean kids have to swallow their pride, admit that they may be wrong, make an apology or make some sort of restitution such as doing a special favour. This type of restoration means kids must take responsibility for their behaviour and it’s a sign of growing maturity.

The sibling relationship will last longer than the parent-child relationship and is just as influential on children’s development as the parent-child relationship. It’s important for parents to foster sibling closeness so that the sibling bonds will last for life.