FROM THE PRINCIPAL

School Gates Reminder
The Alfred Street gate near the library will be closed until further notice due to the removal of one of our trees. Students will need to walk down to the gate near the canteen or around to the front entrance. Children participating in AASC will need to be collected from the gate near the canteen.

Some trees will also be removed in Campbell St so students who ride their bikes to school will need to bring them in through the front office or a gate on Wollombi Rd. The front-side access gate (bike gate) will not be opened until further notice. Please remind your child not to ride their bike on the school grounds.

New Assistant Principal
On Friday 15th August interviews were held for an Assistant Principal’s position for our school. I am very pleased to announce that Mrs Rachel Betteridge was the successful candidate. She has been relieving in the position since the start of the year and doing an excellent job. We welcome her to the permanent role.

University of Newcastle Smart Science Show
Last Tuesday students in Years 2 and 4 participated in a Science show run by the University of Newcastle as part of the Aim High program. The students learnt about Science and what it is. They watched experiments involving gravity, pressure and heat. The demonstrations / experiments using air pressure were fantastic!! Stage 2 watched a small helicopter flying around the hall for an extended period of time all from a blown up balloon.
Both year 2 and year 4 enjoyed the show.

Upcoming Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>Thursday 4th Sept</td>
<td>Book Fair / Costume parade</td>
</tr>
<tr>
<td>Tuesday 16th Sept</td>
<td>P&amp;C Meeting</td>
</tr>
<tr>
<td>Wednesday 17th Sept - Friday 19th Sept</td>
<td>Canberra Excursion</td>
</tr>
<tr>
<td>Friday 19th Sept</td>
<td>Last Day of Term 3</td>
</tr>
<tr>
<td>Tuesday 7th Oct</td>
<td>Students and Staff return for Term 4</td>
</tr>
</tbody>
</table>

Permission Notes & Payments Due

<table>
<thead>
<tr>
<th>Category</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Students</td>
<td>School Fees $30 Due by end of Term 3</td>
</tr>
<tr>
<td></td>
<td>EFTPOS is available at the office for</td>
</tr>
<tr>
<td></td>
<td>payments of school excursions and performances</td>
</tr>
</tbody>
</table>

www.facebook.com/CessnockWestPS  http://twitter.com/CessnockWestPS
Below is a response we had from the program coordinator about our students:

It was an absolute pleasure to deliver the show to your students.
I once again congratulate them all on their very impressive and extensive scientific knowledge and their enthusiasm during the show.
I know they will all go on to have very bright futures.
Thank you so much for e-mailing me this photo. It is much appreciated.

I look forward to working again with your school in the near future.

Kind Regards,
Damien

Literacy and Numeracy Week
Last week was Literacy and Numeracy week and our school celebrated with lots of literacy and numeracy activities in the classroom and a buddy reading session on Wednesday. Older classes were paired with younger classes and they shared stories with each other.

Assembly
Last week 5/6O did a fantastic job of running the assembly and sharing with us their rhymical routines used in lesson breaks. This week 4P will be running the assembly. Parents are welcome to join us at assembly time.

Keeping Our School and Neighbourhood Clean
Parking is a big issue around our school of an afternoon and I know many parents arrive early and wait near their cars until the bell goes. It has been brought to my attention that sometimes rubbish is left on the footpath or the gutters. Please take your rubbish with you when you leave and respect other people’s homes and property.
Road Safety Tips - Key points to remember around schools

Driving Near Buses
There is a 40km/h speed limit for traffic passing a school bus that is setting down or picking up school children. This speed limit is for all traffic travelling in the same direction as the bus, whether the bus is stationary or moving.

The 40km/h speed limit must be obeyed when the rear wig wag lights on the bus flash. Flashing headlights on these buses also alert oncoming motorists that children are close by. As a driver, remember: When the lights on the bus are flashing, you must slow down to 40 km/h.

Never park in or near a bus stop or bus zone.
For information about fines and demerit points, visit rms.nsw.gov.au

Livelifewell - Kids love rewards
Praise healthy habits. This may be snacking on fruit, drinking water and being active. Use treats like stickers, special games and outings, hugs and praise. Avoid using food as a reward.

Are you eating a rainbow?
Whether or not it's Fruit & Veg month, everyone is encouraged to eat as many different coloured fruits and vegetables as they can every day. That's why we created the Rainbow Journey theme for this year’s program. We hope you take your students and school community on a journey of discovery throughout the month so they can discover new fruit and vegetables and how good they make them feel! Eating a wide variety of colours will help make sure your family and students are getting all the goodness they need.

Get started today with some of these:
Red: Tomatoes, capsicum, strawberries, apples, raspberries, rhubarb, cherries
Orange: Carrots, pumpkin, sweet potato, mango, pawpaw, rockmelon, oranges, mandarins, apricots
Yellow: Squash, corn, capsicum, lemon, pineapple, starfruit, golden kiwifruit, grapefruit, banana
Green: Broccoli, celery, asparagus, cabbage, Brussels sprouts, zucchini, grapes, melon
Purple: Eggplant, red cabbage, purple onion, grapes, blueberries, mulberries, figs, plums, beetroot

Many thanks for your support.
Mrs McGlashan

Head Lice
A few cases of head lice reported. We ask that parents check their child’s head thoroughly, and if necessary treat with a suitable head lice product immediately. All bedding and linen should be washed to prevent reoccurrence.

Hand, Foot and Mouth Disease
We have also had a few cases of hand, foot and mouth disease reported. Symptoms include mild illness, perhaps with a fever, blisters around the mouth, on the hands and feet. Children with these symptoms are asked to stay at home until the blisters have dried.
2014 Book Fair and Dress-Up Parade

I'm so excited that Book Fair Week is here.

Red Riding Hood made an appearance on Monday and we spent a lot of time today trying to find Where Wally was!

Sale day is Thursday with the costume parade starting at 9.00.

The Library will be open until 5.30pm on Wednesday for people to look at and buy items if they are unable to attend the fair on Thursday. Entry will be via the canteen gate on Alfred Street.

I look forward to seeing you all on Thursday :-) 

Thanks Mrs J Rolt
Teacher-Librarian

P&C News
Hello everyone, a big thank you to all of our families & friends that supported the school by buying up big at Dominos last Wednesday night. We should receive the cheque from Dominos this week so we can let you know how much we raised!!

Also just a reminder that the Fathers’ Day stall is on Friday 5th September. Any donations greatly appreciated, be it items to sell or time to help. Any donations can be left at the front office and they will be taken care of. If you have a stash of plastic bags at home that you would like to get rid of bring them up to the school as we can use them for the kids to take home their gifts in.

The next P & C meeting is on the 16th September, in the library at 6.30pm. Mark it down on the calendar and if you would like to come along feel free to join in.

That's all for this week. Cheers

Ian Glover
P&C Secretary

Canteen News
Hello from the canteen.
Good News. Chicken noodle cups are back on the menu. Please order as usual. Don’t forget meatballs and potato pies are no longer available. Also chicken finger wraps are now made with fresh chicken and crumbed chicken fingers are no longer used on the wraps. This makes them a healthier choice wrap.

Please don’t forget that the price of order bags are now 20¢ each so please change your menu lists.

Thank you
Linda Fernance
PLAYGROUND RADIO

The following students will be presenting their Radio Show on the School’s Playground Radio Activity during this week and Monday and Tuesday of next week.

<table>
<thead>
<tr>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 SEPTEMBER</td>
<td>4 SEPTEMBER</td>
<td>5 SEPTEMBER</td>
<td>8 SEPTEMBER</td>
<td>9 SEPTEMBER</td>
</tr>
<tr>
<td>JAZMYN H</td>
<td>JESSICA M</td>
<td>CHARLOTTE M</td>
<td>ELLIE M</td>
<td>JOSHUA P</td>
</tr>
<tr>
<td>JACK K</td>
<td>LAURIE A</td>
<td>MEL</td>
<td>LAURA B</td>
<td>TANISHA S</td>
</tr>
<tr>
<td>HAYLEY A</td>
<td>JACKIE B</td>
<td>SHONA B-W</td>
<td>SANDIE H</td>
<td>RILEY H</td>
</tr>
<tr>
<td>SHIKIRA H</td>
<td>JAYDEN S</td>
<td>ANNA C</td>
<td>DERIDAN H</td>
<td>KIARA H</td>
</tr>
<tr>
<td>ANGELA L</td>
<td>ERYN</td>
<td>NERINA J</td>
<td>HAILEE H</td>
<td>LOUIS P</td>
</tr>
<tr>
<td>JORDAN M</td>
<td>JACK C</td>
<td>CLOE K</td>
<td>LACHLAN R</td>
<td>CHRISTINE B</td>
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<tr>
<td>KERRA M</td>
<td>JACOB H</td>
<td>ASIA M-D</td>
<td>CAITLIN O</td>
<td>MEGAN C</td>
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<tr>
<td>AMELIA M</td>
<td>DYLAN S</td>
<td>SHENIA N</td>
<td>SYLVIA C</td>
<td>TRAVIS B</td>
</tr>
<tr>
<td>HAYLEY W</td>
<td>ELLIE-JANE M</td>
<td>ELLA S</td>
<td>BRIANNA M</td>
<td>CHLOE K</td>
</tr>
</tbody>
</table>

To listen to their Radio Show Podcasts and check out what’s happening on Playground Radio go to our Website:

http://cwps-playground-radio.wikispaces.com/

Father’s Day 2014: 20 favourite quotes about fathers

Happy Father’s Day to all our Dads. Hope you have a great day on Sunday. Here are some quotes about dads that you may enjoy.

1. “I know what a good man is because I saw it in my father.” Raimond Gaita
2. “A father is someone who will play with you, even though he has friends his own age to play with.” Unknown
3. “If you can give your son or daughter only one gift, let it be enthusiasm.” Bruce Barton
4. “Just do what we say, Dad, and no one will get hurt.” Two daughters.
5. “Your children need your presence more than your presents.” Jesse Jackson
6. “The fundamental defect of fathers is that they want their children to be a credit to them.” Bertrand Russell
7. “One of the unseen benefits of having children is that they deliver you from your own selfishness. There’s no going back.” Martin Amis
8. “What a father says to his children is not heard by the world: but it will be heard by posterity.” Jean Paul Richter
9. “When you have kids, there’s no such thing as quality time. There’s just time. There’s no, ‘Ooh, his graduation’s better than going to the mall.’ It’s all kind of equal. Changing her diaper and her winning a contest — it’s all good.” Chris Rock
10. “My father gave me the greatest gift anyone could give another person: he believed in me.” Jim Valvano
11. “Having a kid is like falling in love for the first time when you’re 12, but every day.” Mike Myers
12. “A man knows he is growing old because he begins to look like his father.” Gabriel Garcia Marquez
13. “When I was a boy of fourteen, my father was so ignorant I could hardly stand to have the old man around. But when I got to twenty-one, I was astonished at how much he had learned in seven years.” Mark Twain
14. “I have found the best way to give advice to your children is to find out what they want and then advise them to do it.” Harry S. Truman
15. “My sisters and I can still recite Dad’s grilling rules: Rule No. 1: Dad is in charge. Rule No. 2: Repeat Rule No. 1.” Connie Schultz
16. “My father taught me that the only way you can make good at anything is to practice, and then practice some more.” Pete Rose
17. “Before I got married I had six theories about raising children; now, I have six children and no theories.” John Wilmot
18. “He has always provided me a safe place to land and a hard place from which to launch.” Chelsea Clinton
19. “I just sit there and make up songs and sing to [my son] in gibberish. I’m very good at gibberish now.” Elton John
20. “A (rad) dad is someone who carries a picture where his money used to be.” Rad for a Dad
THE BEST HOLIDAYS HAPPEN AT CAMP

Choose from over 30 exhilarating camps at 10 locations across NSW these school holidays.

Our Sport and Recreation Centres offer over 40 activities for kids aged 5 to 16 years. Try your hand at fishing, mountain biking, kayaking, abseiling, crafts, cooking or flying fox. You’re sure to find a camp the kids will love.

Kids’ Camps from $45 per day

Parenting:

Parenting ideas

Insights

Building parent-school partnerships

Get your developmental match right

WORDS Michael Grese

Parents of large families tend to have seen it all before. But if you have only one or two kids, you’re pretty much learning it all on the run. Here are some ideas for matching your parenting style to your kids’ development.

If you’re the parent of a small family (two children or less), your learning curve is steep as there are so many firsts: first steps, first time at preschool, first experience of school camp, first transition from childhood to adolescence.

The extended list of ‘firsts’ experiences means you constantly need to acquire new knowledge (“How do I make this stovetop work?”) and new skills (“I’m a mum, not a baby-sitter!”). The other challenge, of course, is matching your parenting with the developmental needs of each stage in your child’s young life.

You know how it goes: just as you really start to successfully manage an independent-minded toddler, he suddenly becomes a more compliant but far more ingrained stage, you think, “What’s new about this? I have to answer them all.”

NEW STAGES, NEW OPPORTUNITIES, NEW CHALLENGES!

Parents of large families can draw on their previous experiences, but when you need a small crew it’s largely trial and error. Here are some ideas for matching your parenting with your child’s developmental stage:

1. Follow your child’s lead. Kids will tell you how many and varied ways they require you.

2. Learn from other parents who have been through the parenting task before you. Ask questions, “Does your do...? Is it normal that...?”

3. When a previous successful strategy no longer serves its purpose, this is evidence that your child is moving to a new developmental stage. Now you need to assess yourself whether you have too.

4. Follow the lead of professionals such as child care workers, teachers and parent educators who have broader experience of specific age groups.

5. Learn more about developmental stages and their parenting requirements. Each stage brings new challenges and new opportunities. Understanding the developmental needs of children keeps you in touch with your parenting to their age and stage.

Eleanor Roosevelt once said, “Learn from the mistakes of others. You can’t live long enough to make them all yourself.” This wisdom definitely applies to parenting, especially in smaller families. So if it’s a struggle to get it right, don’t be too hard on yourself. See it as an opportunity to learn.

Michael Grese

Want to know more about your child’s age and developmental stage? Check Parenting Ideas Club and receive a free Handy Developmental Map and a Year Ahead Planner on your child’s birthday. Find out more at parentingideasclub.com.au

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parentingideas.com.au