



NEWSLETTER

VOL: 40 No. 14

SHELLEY PUBLIC SCHOOL

4th June 2021



Principal's Report



It has been busy around the grounds of Shelley PS over the past two weeks with work continuing on both the new Kiss and Drop area on the K-2 side of the school, and roofing work on the 3-6 side. This work will continue until the end of the term, with roofing anticipated to be finished by Week 10, and the Kiss and Drop construction extending into next term.

We have been so proud of the way our students have managed the noise and changes to routine. It means that learning has not been disrupted, as students and teachers have adapted and gone on with the important jobs of teaching and learning.

Next Monday 7th June we will have our June P&C meeting (7pm). A reminder that all parents are welcome to attend our monthly P&C meetings. This month's meeting will be held in the staff room due to the roofing work being done around the school. (Our usual meeting place is currently being utilised by a class).

The recent Book Fair was once again well supported by our school community. Over \$5100 worth of books were sold! This will mean a huge boost back to our library in books from Scholastic. Thank you to all the Shelley Super Star Readers (and their parents and grandparents) for visiting the Book Fair.

Next week we will have our Stage finals of the Shelley PS Public Speaking competition taking place, and Round 4 of PSSA. We frequently have students out and about in the community – either participating in carnivals, sporting activities or excursions. It is always a great pleasure to hear from teachers and parents how well our students have participated and behaved. Not only is it a testament to our wonderful students, but is also a great reflection on our school community and you as parents.

Shelley PS Public Speaking Competition

On Tuesday 22nd June we have the Shelley PS Public Speaking Competition finals. Congratulations to all of the boys and girls across the school who participated in both the class and grade levels of the competition so far. The ability to write a speech and present it to an audience are tremendous skills to develop. I am very impressed by the enthusiasm and participation by our students, their work in research and preparation and their amazing efforts in speaking with confidence, conviction and clarity. We wish all the finalists good luck!

e-Safety Tips and Ideas

Concerns regarding student safety online are constantly in the news headlines. It is important for us as educators and parents to be mindful of children's internet usage. Raising children in a time of intense focus on social media and online activity can be stressful and worrying for parents.



The office of the e-Safety Commissioner is committed to helping all Australians have safe, positive experiences online. They have some outstanding resources available for Parents and Caregivers. I have attached an example of the type of information available (Screen Time for your child – 7 tips).

I encourage all parents to utilise the eSafety commissioner's website:

<https://esafety.gov.au/esafety-information-including-the-tips-for-parents-and-families>

<https://esafety.gov.au/parents>.

Information (and links) include Privacy and your child, Online Safety Basics, Are they old enough? and Taming the Technology.

The section titled "Big Issues" talks about Cyber-bullying, Time Online, Gaming and Unwanted Contact / Grooming.

<https://www.esafety.gov.au/parents/big-issues>

The website is well worth a visit as it also has a great guide to popular games, apps and social networking sites.



Unsafe Driving and Work on Hadrian Ave

I feel like a "broken record" on my next point - however, the safety of our students is our paramount concern - and it is important we all get the message about safe driving around our school.

We know that drop off and pick up around Hadrian Ave at the moment is more difficult than usual. The construction of the roundabout on Keyworth Dr, as well as the Kiss and Drop Zone on our school grounds, mean lots of road diversions and interruptions to traffic. Huge thanks to all those who are heeding the directions of the traffic control staff, to help ensure a smoother flow of traffic.

A few parents have asked why this work is not being done in school holidays. Unfortunately we have no control over the timing of the work - and the reality is, that this work will take several weeks to complete. We don't expect the Kiss and Drop to be finished until mid to late July! Thank you for your patience and assistance whilst this happens.

In the meantime, I urge **all** parents to please obey **all** road rules when dropping off and picking up students. When it comes to the safety of our children – surely taking a few more minutes to do things safely is worth the effort!

Areas of concern include:

- **Stopping on the crossing to drop off students.**
- Pulling into neighbours driveways to drop off students.
- Pulling up in the middle of the road or on the double lines to let students get out.
- Allowing students to alight from the car in the middle of the road (children should always get out on the kerb side of the road).
- Waiting on the opposite side of the road - and encouraging students to cross unsafely, and not at the crossing.

Blacktown Council Parking Officers frequently attend our school. Please be aware that parents caught parking illegally will be booked.



Kindergarten 2022

It is June already - and before we know it, we will be planning for Kindergarten 2022 orientation.

We are currently accepting applications for enrolment in Kindergarten 2022. **If you have a child who will be turning 5 before 30th July, 2022 and you are intending to enrol them for next year, please complete an application form as soon as possible and return it to the office.**

Likewise, if you have a neighbour or friends with pre-school children who is intending to commence next year - please advise them to complete their application in the next few weeks.

Our student numbers for Kindergarten have a significant impact on school organisation for 2022. We ask for your assistance in ensuring applications are sent in as soon as able.

Enrolling is easy! You can now enrol online on our school website (click on Enrolment at the top of the page). "Application to enrol" forms are also available from the office. Those parents who do not live in the catchment area and wish to send their children to Shelley PS are also required to complete an out of area application form, which will be reviewed by the Out of Area Panel.

Appointments / Phone calls to Teachers

If you have a concern or query about your child's learning, the staff at Shelley PS encourages all parents to let us know.

The first "port of call" should always be the class teacher as they will have the best knowledge of your child's learning. **If you would like to make an appointment to speak to your child's teacher please either send a note or contact the office, or use the school app to request an appointment.**

If it is an urgent matter, you can phone to talk to the teacher – but please be aware that teachers cannot take phone calls during the teaching day. Likewise, if you phone before or after school, many teachers may also have meetings. If you call after 8.45am, you may not be put through to the teacher as they are preparing for class.

Please be assured that we value open communication with parents, and our teachers will be happy to make an appointment to discuss your concerns at any time during the year.

Of course, if there is an emergency and you need to discuss something with us urgently, please phone the office and ask to speak to either myself, Mrs Williams or one of the Assistant Principals.



Parenting Ideas: Student Wellbeing (Anxiety and Resilience)

"The recent rise in childhood and adolescent **anxiety** and its acceleration during COVID-19 has worried parents and teachers. Many ask how they can assist kids when they become anxious about seemingly routine events such as attending school camps and excursions, tackling difficult subjects, or facing the prolonged absence of a favourite teacher. Typical responses such as ignoring their worries or encouraging them to 'get on with it' are unhelpful. Allowing a child to avoid an activity that makes them anxious is another unhelpful option. Avoidance may help kids feel safe in the short term, but it risks the establishment of a long-term pattern that can be impossible to shift."

This week I have included an article title "Anxiety requires understanding" which may help parents better support their anxious child.

In the often difficult job of parenting, one of the most important things we can do for our children is to help them develop **resilience, confidence and optimism.**

This week I have also reprinted an article addressing this issue: "Teach Your Kids to Shrug!" (Although you may not necessarily agree with everything in these articles – remember they are provided as a springboard for your own thinking about how to deal with issues with your kids).

Although we never condone students making unkind comments or off hand remarks, it is an unfortunate fact of life that we will all at some time experience someone saying or doing something unkind. Helping children learn to deal with these incidents will set them in good stead for the future.

Jo-Ann Campion



Deputy Principal's Report

Congratulations to our Week 6 Shelley Super Stars: Aki 3/4L, Maria 5/6D, Muhammad 5/6D, Mira 2L, And Inaayah 3T



Congratulations to our Week 7 Shelley Super Stars: Jayden 1M, Pratiksha 6E, Karim 3F, Carissa 4G, Jerico 4P, Jarry 6E, Noah 2J, Noah 6E, Madeleine 2J and Naomi 2L





Shelley Super Stars

Congratulations to the following students on achieving their:

These students will be presented with their badges on Monday 7th June at the K-6 Assembly



▶ Hariata 5P



▶ Manmeet 5P
▶ Brandon 5/6D
▶ Finau 6F



▶ Nevan 2J
▶ Fateh 3F
▶ Aliyah 4P



Leanita Williams - Deputy Principal

Shelley Super Star Learners are:



Speechie Corner - Do a child's crossword puzzle

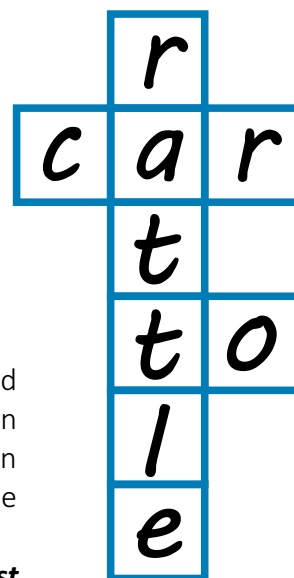
How? You can find books in a book store or search online "child's free crossword puzzle". There are many places you can find them for free.

Why? This will help to develop your child's vocabulary and spelling, as well as their ability to comprehend the question.

What do I look for? That your child can attempt to answer the questions correctly, that they can use the letters already in the word to help answer a word they are stuck on and that your child is correctly spelling the words (otherwise the other clues will not fit).

How do I make it easier? Sit with your child to help them when they need assistance, you can reword the question to make it easier if they need or you can explain what the question is asking. See if your child understands the question and can get the answer themselves. Your child may also need help spelling the word to make it fit correctly in the squares.

Sophie Gill - Speech Pathologist



School Band

We have started the new term with plenty of action.

In **Training Band**, we are advancing with some challenging tunes from the essential elements books and learning even more new notes. They are now in the beginning stages of learning their first big band piece, 'Mickey Mouse March'. In **Concert Band**, we have started some new songs that we are preparing for some exciting performances later this year. The main piece we are working on is 'Drums of Corona', which is coming along nicely.

We would like to recognise the incredible Concert Bands kids that performed in the **Anzac Day ceremonies**. For some of these kids it was their first performance for the year (or ever). It can be really daunting performing in front of people, but everyone did extraordinarily well, and we are very proud of everyone's work and effort.



Last term we also announced the **Band Captains for 2021**. To be a band captain, students must display the following qualities: they must be a good leader and role model to their peers, they are respectful to the teachers and musicians alike, and they also participate to the best of their ability in all aspects of their learning including - tutorials, band and performances.

We are excited to announce this year's Band Captains are Jackson & Arianne.

You can keep up to date on what the band is up to on our social media pages: @schoolbandsaustralia
Thank you,

School Band Australia

Dates to Remember



Week 8

Monday	7th June	P&C Meeting - 7:00pm
Friday	11th June	PSSA Round 4

Week 9

Monday	14th June	Public Holiday
Friday	18th June	PSSA Round 5

PSSA

Round 4 - 11th June

League Tag
Marayong Oval

Netball
International Peace Park

Rugby League
Waite Reserve

Soccer
Harvey Park

Notes and Money to be Returned by Due Date

Year	Event	Due Date
K-6	Student Resources	asap
3-6	Athletics Carnival - note & \$14	18th June
Year 6	Year 6 Camp Instalment - \$70	11th June

**NO LATE
Payments can
be Accepted**

Please note: copies of all notes and Newsletters are available on the Shelley website.

**EFTPOS
is now
available
at the
canteen**



No cash out

**Wednesday
16 JUNE**

**BOLOGNESE
DAY**

Beef or Vegetarian

Order By Friday 11 June

\$7 Meal Deal

Anxiety requires understanding



The recent rise in childhood and adolescent anxiety and its acceleration during COVID-19 has worried parents and teachers. Many ask how they can assist kids when they become anxious about seemingly routine events such as attending school camps and excursions, tackling difficult subjects, or facing the prolonged absence of a favourite teacher.

Typical responses such as ignoring their worries or encouraging them to ‘get on with it’ are unhelpful. Allowing a child to avoid an activity that makes them anxious is another unhelpful option. Avoidance may help kids feel safe in the short term, but it risks the establishment of a long-term pattern that can be impossible to shift.

Regardless of the source every child and young person needs an adult in their life that understands them when they are anxious. It may make little sense that an activity makes a child anxious, you just need to understand that they are anxious. They need someone to witness their anxiety without dismissing or ignoring their feelings.

Anxious kids frequently look to parents and teachers for reassurance when they feel anxious. This shows in many ways, including kids continually seeking the opinion of others, wanting parents or teachers to make decisions for them, and continually asking for praise. Adults don’t have to fix kids’ problems, but we do have to understand they are anxious.

The use of ‘Ahhhh’ statements to validate how an anxious child is feeling, is a practical way to show that you are trying to understand them. It’s also a great way to help a child develop a more nuanced emotional vocabulary. Here are some examples:

‘Ahhhh, you’re feeling anxious about going to school camp . . .

‘Ahhhh, you’re having one of those “I might mess it up” thoughts . . .’

Each child’s anxiety is unique. The first and most important response from an adult is to show a child that you ‘get’ that they are anxious. Having someone understand that they are anxious is an enormous relief, particularly if they haven’t been taken seriously in the past. Sitting alongside a child who feels anxious is an underestimated act of compassion that makes a huge difference to their immediate emotional state.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia’s leading parenting educators. He’s an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World* and *Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

WORDS Michael Grose

Teach your kids to SHRUG!

The secret to having resilient, confident and optimistic children is to teach your kids to shrug!

It was so irritating, yet so effective.

I'm talking about my boyhood mate Terry's habit of *shrugging his shoulders* whenever anyone teased him or tried to persuade him to their way of thinking.

'Hey Terry, you're a ***&&E@!'

Shrug.

'Hey Terry, everyone says your.....*&&TR!'

Shrug.

'Hey Terry, I'm going to tell on you!'

Shrug.

His nonchalance used to drive everyone nuts!

So much so that he was rarely targeted for teasing despite the fact that he wasn't sporty, he wasn't cool and he was late maturing – all of which back then, as now, would put a boy in the 'to be picked on' category.

I thought of Terry recently when I was coaching a young person about how to respond to some schoolyard taunts.

This young person wore his heart on his sleeve, taking taunts and even witticisms too seriously for his own good. Unfortunately, some of his so-called mates used to enjoy seeing him become angry.

The best way to break this *toxic cycle of taunt-react-taunt* was for him to change his reaction.

So we did some coaching in the art of shrugging and before long my young charge was shrugging his shoulders, as if to say 'Whatever', and walking away at the first sign of a taunt.

Eventually he was channelling Terry so well that his nonchalance even began to irritate me.

Some things can't be ignored

Don't get me wrong. Kids cannot and should not ignore all negative comments directed at them.

There are times when they need to stand up and be counted. They don't need to be aggressive about it, but they do need to be assertive from time to time. Sticking up for a friend, rescuing someone who is being taunted or even looking out for a sibling's best interests at school are times when children need to assert themselves rather than shrugging off a problem.

Kids practise on their siblings

Socially savvy kids know that some of the negative peer comments directed at them need to be ignored. However, this is quite a skill.

Ignoring comments and choosing your arguments is something many kids learn in their battles with siblings.

Those noisy sibling skirmishes that annoy the hell out of parents actually toughen kids up for the less-than-pleasant social interactions that take place in the schoolyard.

Interestingly, my boyhood mate Terry was the youngest of four brothers. I guess he would have perfected the art of shrugging out of sheer necessity.

So, if you have a sensitive child who wears his or her heart on their sleeve, or a child who reacts impulsively to both taunts and witticisms alike, you may wish to introduce the *art of shrugging* into their repertoire of responses.

How to create a good shrug

Kids can practise shrugging in front of the mirror so that they can see what a good shrug looks like. There are 4 ingredients:

- 1 A 'whatever' look.
- 2 A shrug of the shoulders.
- 3 A simple, non-combative, non-sarcastic line such as 'You may be right', 'Whatever' or 'I hadn't thought of that'.
- 4 A final breaking of eye contact that indicates that they are in control.

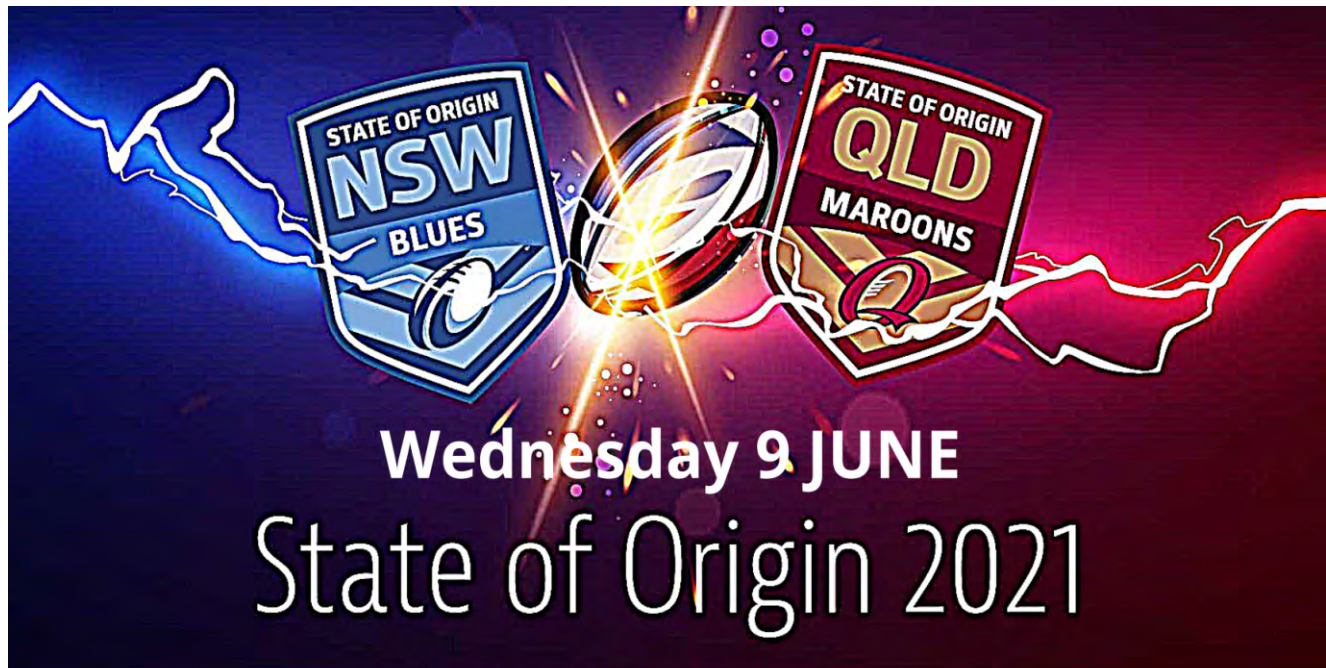
A word of warning

If you teach your kids to shrug, you need to be prepared for them to use this shrugging technique against you when you direct some criticism or constructive feedback their way. If they do, you'll find out how damn infuriating nonchalance (even when it's fake) can be.

Oh, and you'll be seeing a child or young person who is exercising a degree of personal power that, when used smartly, will increase their overall social effectiveness.

Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at parentingideasclub.com.au. You'll be so glad you did.





Wednesday 9 JUNE State of Origin 2021

Available from the Canteen



**Homemade
Football
Cookies \$2**



Slushies \$2

**Ice Treats
50c & \$1**



BOOK LAUNCH



June 12, 2-3 P.M.

Max Webber Function Centre
61 flushcombe Rd, Blacktown
Promo code: SPS for 10% off

Register today at
www.eventbrite.com.au/e/book-launch-mummy-i-cant-find-my-loud-voice-tickets-156377564505

or email glazadeleon@gmail.com



FREE with each pre-order

What you'll get:

- ✓ Hardcover book signed by the author
- ✓ Free bookmark
- ✓ Free rainbow suncatcher sticker
- ✓ Free "I AM" activity sheets
- ✓ Free "I AM" affirmation cards

Advertisements are inserted in good faith. Shelley Public School does not endorse or carry responsibility for claims



**CONFIDENCE
RESILIENCE
RESPECT
LIFE SKILLS
SELF DEFENCE**



**NOW AT SHELLEY
PUBLIC SCHOOL**

TSDA
TOTAL SELF DEFENCE ACADEMY

€39 for 5 Lessons + FREE Uniform

Book Online

www.totalselfdefence.com.au

(Wednesdays & Thursdays @ Shelley)

0402 833 588

info@totalselfdefence.com.au





childrenfirst
growing potential

SHELLEY VACATION CARE PROGRAM

JUNE/JULY 2021 MAIN EVENTS

Shelley Outside School Hours - Inside Shelley Public School
Hadrian Ave Blacktown Ph: (02) 9621 2022 Email: sosh@childrenfirst.asn.au

WEEK 1	ACTIVITIES
Monday 28.6.2021	Wear your PJs and bring your favourite stuffed toy. Virtual reality thrills, Pictureka, Roller Bowling, World/SOSH Record Setting.
Tuesday 29.6.2021 International Yoga Day!	Join us for some yoga poses. Scentos Love Bug, Pass the Pig, Froggy Cups.
Wednesday 30.06.2021	DIY Tie Dye Shirts - bring a white t-shirt to dye. Pencil Shaving Art, Handball Rounders, Ocean in a Bottle.
Thursday 1.7.2021 \$15 extra cost of Incursion	Incursion - Quiddich and Electronic Gaming 10:00am-12:00pm. Harry Potter scavenger hunt, Bingo party, Word Doodle challenge, Sequence.
Friday 2.7.2021	Minute to Win It challenges, matchstick puzzles, shuffle ball, Easiest Fudge Ever.
WEEK 2	ACTIVITIES
Monday 5.7.2021	Celebrate National Hawaii Day with grass skirt making. Finger Hair Tie game, Paper Bag Books.
Tuesday 6.7.2021	Aboriginal flag handprint, memory chess game, Munhanganing, Christmas in July craft.
Wednesday 7.7.2021 \$15 extra cost of Excursion	Many Beach with HGOSH. Please arrive at SOSH by 9:00am sharp! Bouncy egg experiment, water dipped flower creation, triangle tug.
Thursday 8.7.2021	Uluru painting, DIY scratch art, Wana, Whac-a-mole.
Friday 9.7.2021 \$15 extra cost of Incursion	Wheelchair Basketball 9:30am-12:30pm Cooking experience, Turtle Tag, air hockey, paper towel art.
WEEK 3	ACTIVITIES
Monday 12.7.2021	Grow a Rainbow experiment, Let's Create Puffy Pain, Mouse Trap, dice games.

BOOKINGS MUST BE MADE BY WEDNESDAY 23rd JUNE - PAYMENT MUST BE MADE BY FRIDAY 25th JUNE

Please contact the centre on 9621 2022 if you have any questions.
We look forward to sharing in some holiday fun with your children.

IMPORTANT THINGS TO REMEMBER:

- Please bring a hat for outdoor play.
- Children will need to bring morning tea, lunch, afternoon tea and snacks.
Food is not provided during Vacation Care.
- Lunch is occasionally eaten while we are out on excursions.
Please do not pack hot lunches on these days.
- Children are permitted to bring DS, iPods and other electronic devices (must not be able to access wifi on these devices). **Games must be age appropriate.**
- Staff take no responsibility for lost or damaged games/consoles.
- Mobile phones are not permitted at the centre.
- Children are encouraged to wear enclosed shoes and shirts with sleeves.
- Please advise staff if your child will be absent for a day you have booked in for.



REMEMBER the Food Groups when Packing Your Childs Lunch