Tuesday 15th September, 2015

PRINCIPAL POPE’S PARAGRAPHS

“There is more to life than making a living. Do not work more than you live.”
— Mokokoma Mokhonoana

Well here we are at the end of the term. I’ve just finished listening to some fabulous Public Speakers from 3-6. During the impromptu speech I was interested to hear Milica’s, Neil’s, Tyson’s and Ysabelle’s thoughts on why education is important — Here are some important points they made:

- You need to know how to spell and write;
- Look, listen and always try your best;
- It means you might get a good job — like a doctor, scientist or journalist;
- It will help you with your life — it’ll help you to get a great job, house, car and look after your family;
- If you want to be a fireman or police officer you have to learn;
- It helps you to be happy, play games with others and how to build or create stuff.

I need say no more — other than have a happy holiday come back and get into learning for the above reasons and more. (Maybe you can think of some and let me know)

Term 3 Wrap Up

Here are some highlights from Term 3

- A great turn out for Education Week;
- Great growth for many in K-2 in reading, writing and number through the Early Action for Success program (led by Mrs Green) and L3 (Language Learning & Literacy) and TEN (Targeted Early Numeracy);
- EdVenture — once a week where children learn by following their passions;
- Excellent participation for 3-6 at Macarthur Disability day having fun, learning tolerance and collaboration;
- Science Fair participants and winners with local schools and Thomas Reddall HS;
- Preparation for the Schools Spectacular on the back of our amazing dance groups and dance program;
- Premiers’ sport involvement for all and leadership opportunities for Stage 3 at Thomas Reddall HS;
- Reading Hub success with super results in reading and literacy for year 3 while year 4 get more individual attention from their teachers;
- Parent consultation group with a great turn out and great input;
- Continuation of 3 way interviews where students take greater ownership of learning;
- Mentoring support for support unit students and staff by Ms Hartley;
- Public Speaking opportunities and continued growth and excellence for K-2 and 3-6;
- Pleasing NAPLAN results and growth for many;
- New great library which is set for plenty of 21st Century learning;
- Stage 2 camp fun and excitement;
- Increased playground engagement through introduction of games by school learning support officers along with continued games from Mr Rob and the Church of Christ;
- Development of Play Patch (fenced area) with extra games, social skills and utilisation of our sensory room;
- Mentoring for 3-6 students and staff from Miss Page;
- Gala day involvement and success in Athletics at school, zone and regional (Zintori, Filemu and Aleksandra) soon to be state. Go Aleksandra.
- And probably a whole lot more!
Parent Conference with great tips for parents! (I've taken on many of the ideas and tips myself)

Last week I attended a parent conference at John Warby PS with a group of our parents and many others from various local schools. There were many good tips and I plan to share them all over the next few newsletters.

One concept I especially liked was helping children relax and focusing on their wellbeing. Tips include:

- Take them outside regularly in the sun to be active;
- Get them involved in music, dance, culture or sport (possibly a combination);
- If you're worried that they are excessively upset (remember no one is supposed to be happy every single moment) talk to the school counsellor, doctor or an interested friend;
- If your own wellbeing or family's wellbeing is suffering talk to someone or ring the Family Referral service (they are always available to help or offer advice) on 1300 244 826;
- Eat well and cut out or limit soft drink;
- Technology is great but not constantly and not late at night;
- Enjoy each other's company — your children aren't little for long (believe me I know. I don't know how I suddenly scored a 17 and 13 year old.)

Tooth fairy - Due to overwhelming numbers we have had to add two extra days for this program which will be next term. Today and tomorrow most Stage 3, Stage 2 and some Year 2 students (along with some others from family groups) who returned their notes will receive the 'free' dental service (deducted from Medicare benefit). The remainder of infant students will be seen on the 20th and 21st of October.

School times - we don't open until 8.30am -
Parents please be aware that staff are not on duty until 8.30am and as such children arriving before this time are not being supervised. Please DO NOT send them before this time.

Once again have a great and safe holiday.
See you on Tuesday 6th October.
Mr Sean Pope

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**CALENDAR OF EVENTS**

September/October
18/09 - School Disco and last day of Term
06/10 - First day back for students

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**TERM 3 ASSEMBLY ROSTER**

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<thead>
<tr>
<th>Date</th>
<th>Stage</th>
<th>Lead by</th>
<th>Details</th>
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<tbody>
<tr>
<td>Mon 19th October&lt;br&gt;(Week 3)</td>
<td>K-2</td>
<td>1-2W Miss West</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3-6</td>
<td>2-3K Miss King</td>
<td></td>
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<tr>
<td>Monday 21st November&lt;br&gt;(Week 5)&lt;br&gt;2pm</td>
<td>Whole School</td>
<td>School Leaders</td>
<td>Presentation of bronze, silver, gold, platinum awards</td>
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<tr>
<td>Monday 16th November&lt;br&gt;(Week 7)</td>
<td>K-2</td>
<td>KB &amp; KC&lt;br&gt;Mrs Clarke &amp; Mrs Brennan</td>
<td></td>
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<tr>
<td></td>
<td>3-6</td>
<td>Dance Group</td>
<td></td>
</tr>
<tr>
<td>Monday 30th November&lt;br&gt;(Week 9)&lt;br&gt;2pm</td>
<td>Whole School</td>
<td>To be advised</td>
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**PBIS Focus**

This week (Week 10), our PBIS focus is **be safe**.

- Keep hands, feet and objects to yourself
- Always wear a hat in the playground
**Kindergarten Enrolments for 2016:** We are currently taking enrolments for Kindergarten 2016. Please contact the office for an enrolment form if your child is old enough to start school next year and spread the word that we are now accepting enrolments. Such information is required for our planning and organisation for 2016.

Orientation dates for Kindergarten 2016 are as follows: **Friday 20th November and Friday 27th November.** Please keep these dates free if you have a child starting next year. Please ensure enrolment forms are returned to school ASAP so that enrolment information can be sent out to parents.

**STEWART HOUSE BAGS**

With this newsletter your child would have brought home a Stewart House clothing bag. If you have any clothing that your family have grown out of or any linen, please fill the Stewart House plastic bag and return to school by Tuesday 13th October for this worthy cause.

**DISCO**

As part of the Year 6 fundraising in Term 3 we will be holding a school disco on Friday 18th September 2015. The disco will be split into 2 groups (Primary and Infants) during the middle session.

**Where:** School Hall  
**When:** Primary 11.45-12.45  Infants 12.45-1.30  
**Cost:** $3.00 Once you have paid you will be given the opportunity to purchase lollies, drinks, chips and a drink at an additional cost of $1 each.  
**Activities:** 2015 and top 40 music to dance the day away. Students are able to wear mufti clothing for the entire day. Teachers will be looking for the most extravagant disco attire to win a best dressed prize, so get that glitter and afro hair ready.

**GET ACTIVE MACARTHUR**

Year 3, 4, 5 and 6 students attended Get Active Macarthur at Minto Sports Stadium on Thursday 10th September. The weather was wonderful and the students who went were fantastic representatives of our school. We had 101 students who all had a great day. Once again, our belly dancing boys were outstanding! A huge thanks must go to Miss Toovey for her work in organising the excursion.

Below are some of the activities that our students participated in:

**WOOLWORTHS EARN AND LEARN**

Woolworths Earn and Learn is now finished however you can still bring in any leftover stickers or sheets you have still at home. Thank you to everyone who brought in their stickers. We currently have approximately 380 completed sheets to hand in. Well done everyone.
STAGE 3 CAMP

The Great Aussie Bush Camp, 4th Camp Instalment Due Soon!

Our fourth instalment for the Stage Three camp was due Week 9 Term 3 (Friday 11th September). The payment amount is $50. A number of students are not up to date with their instalments. Please ensure any additional amounts owed are sent with this instalment ASAP.

We have a limited number of positions still available for camp. Please contact the office if you would like your child to attend.

Our Stage 3 camp this year will be held at 'The Great Aussie Bush Camp', which is a curriculum-centred, outdoor education and recreation camp, located near the beaches of Port Stephens and Myall Lakes. The camp will include 2 nights and 3 days accommodation, meals and all activities. The cost of the camp includes transport to and from Tea Gardens by coach.

The dates for camp for 2015 are Wednesday 11th November – Friday 13th November (Week 6, Term 4). The total cost for camp is $245. Please remind your child that attendance at this excursion is a privilege given only to Stage 3 students. As such, only students who maintain appropriate behaviour will be permitted to attend. Any inappropriate behaviour may prevent your child from being allowed to attend. Please discuss this expectation with your child.

Please speak with Miss Page if you have any questions or queries.

AWARDS

Bronze Award Winners


Silver Award Winners

2B - Jasmine Jennings. 3-4T - Fred Morgan.

Aussie of the Month

An AUSSIE OF THE MONTH is someone who:

Consistently obeys the school rules. Is helpful to students and teachers. Is caring to other class and school members. Is a good friend. Always gives their best and tries hard to improve. Displays a wonderful attitude to school.

The ‘Aussies of the Month’ for September are:

Infants – Dakota Turski 1-2W
Primary – Aron Lewis 5-6K

Congratulations to these worthy recipients.
SACRAMENT OF FIRST HOLY COMMUNION

This sacrament will be celebrated on Sunday 15th and Sunday 22nd November, 2015. It is available to all children in Year 3 or above who have been baptised and have received the sacrament of Reconciliation (confession). If you wish your child to make this sacrament and did not come to the enrolment night last year you MUST attend the first lesson for this programme on Saturday 10th October, 2015 commencing at 4.15pm. You must bring a copy of your child’s Baptism and Birth certificate with you to attach to the enrolment form. Children will participate in lessons within the parish school classrooms whilst parents will meet with father in the parish meeting room. This is the last opportunity for you to enrol for 2015. NOTE: If you will be enrolling at the first lesson, then please arrive at 3.45pm to the parish meeting room before the lesson to complete the paperwork. The program fee of $25 is also payable at the first lesson. Thank you.

ORACY COMPETITION

Congratulations to the Stage 2 & Stage 3 students who did a superb job representing their class at our school oracy competition yesterday. A special mention to our primary winners: Brodie Paul 5-6B and Ysabell Ocampo 3-4B who will be representing our school at district level next term.

GALA DAY

Friday Week 8 saw the final winter Gala Day for our Year 3 to 6 students. In true Ambarvale style there were many stories of sportsmanship and success from all our teams. The Junior A Touch football team were runner up in their competition, whilst the Senior A Touch football team went on to win their competition undefeated. Congratulations to all students who participated across the four days. Thanks to all the parents and families who attended or supported the students on the day. Special thanks also to all staff that helped make Gala Day a huge success.

FROM THE PASTORAL CARERS DESK

Well, Term 3 is over and how quickly time seems to pass. It’s been a busy term with so many achievements across the whole school. I’m sure students, families and staff are looking forward to a break and some quality time together. I hope everyone has a safe, happy and restful holiday, as we ready ourselves for a busy Term 4.

In my role at Ambarvale I get to talk to a lot of people (young and old) about relationships, and sadly, some who are not talking because of something that has been said or done. It seems such a waste of energy and makes me think how important it is to develop good social skills and strong relationships. I know it is not realistic to get on with everyone all the time, but think how much better it would be if we could just accept differences. When it comes to our personal development, we are not just a product of our environment, but rather a product of the choices we make in our environment... Sometimes saying sorry can be the first step to making things right! Or sometimes asking: What is more important “the issue” or “the relationship”? Can help in resolving differences... Developing good social skills will help to strengthen relationships that are important in life and for our own well-being. So, here’s the big question. Do you have good social skills and strong relationships? In Term 4, I will be at Ambarvale on Thursdays and Fridays. If I can be of any assistance please do not hesitate to contact me.

Until next time, cheers.
Mr Rob
PCYC Campbelltown’s

School Holiday Activities

AFL & Cricket (6-12yrs) Tuesday 22nd Sept
Soccer (4-12yrs) Wednesday 23rd Sept
Gymnastics & Zumba (6-12yrs) Thursday 24th Sept
Tennis & Oz-Tag (6-12yrs) Tuesday 29th Sept
Archery (8-16yrs) Wednesday 30th Sept
Gymnastics & Zumba (6-12yrs) Thursday 1st Oct

10am until 4pm (except archery 10am - 3pm).
Each day we finish with popcorn and a movie on our indoor big screen. Lunch is included.

Price per day:
$30 for non-members (includes PCYC membership)
$25 for current members
Book for 4 or more days only pay
$85 for non-members (includes PCYC membership)
$80 for current members.
$5 discount for two or more in the same family.

Bookings are essential.
Payment must be made before day of the activity.
95 Minto Road, Minto 2566
Phone: (02) 9603 8229

Macarthur Tennis Academy
School Holiday Tennis Clinic
When: Mon 21st to Tues 22nd September 2015 (2 days)
Where: Glen Alpine Tennis Courts
Ages: 5-17 years (Ideal for beginners)
Cost: 1 Day $40 & 2 Days $65 (Including pizzas and drinks on the second day)
Time: 9.00am to 3.00pm

TAKING ENROLMENTS NOW
PH: 0416 254 647

Term 4
Coaching resumes
Tuesday 6th October 2015
## Positive Steps to Wellbeing

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<tr>
<th>Be kind to yourself</th>
<th>Exercise regularly</th>
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<td>Our culture, genes, religion, upbringing, education, gender, sexuality, beliefs, and life experiences make us who we are. We all have bad days. Be kind to yourself. Encourage rather than criticise yourself. Treat yourself the way you would treat a friend in the same situation.</td>
<td>Being active helps lift our mood, reduces stress and anxiety, improves physical health, and gives us more energy. Get outside, preferably in a green space or near water. Find an activity you enjoy doing, and just do it.</td>
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<th>Take up a hobby and/or learn a new skill</th>
<th>Have some fun and/or be creative</th>
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<tr>
<td>Increase your confidence and interest, meet others, or prepare for finding work.</td>
<td>Having fun or being creative helps us feel better and increases our confidence. Enjoy yourself!</td>
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<th>Help others</th>
<th>Relax</th>
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<tr>
<td>Get involved with a community project, charity work, or simply help out someone you know. As well as benefiting others, you’ll be doing something worthwhile which will help you feel better about yourself.</td>
<td>Make time for yourself. Allow yourself to chill out and relax. Find something that suits you – different things work for different people. Breathe... (Imagine a balloon in your belly, inflating and deflating as you breathe in and out)</td>
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<th>Eat healthily</th>
<th>Balance sleep</th>
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<td>Eat regularly, eat breakfast, eat healthily, eat fruit and vegetables, drink water.</td>
<td>Get into a healthy sleep routine – including going to bed and getting up at the same time each day.</td>
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<th>Connect with others</th>
<th>Beware drink and drugs</th>
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<td>Stay in touch with family and friends - make regular and frequent contact with them.</td>
<td>Avoid using alcohol (or non-prescribed drugs) to help you cope – it will only add to your problems.</td>
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<th>See the bigger picture</th>
<th>Accepting: ‘It is as it is’</th>
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<td>We all give different meanings to situations and see things from our point of view. Broaden out your perspective and consider the bigger picture (‘the helicopter view’) What meaning am I giving this? Is this fact or opinion? How would others see it? Is there another way of looking at this? How important is it, or will it be in a year’s time? What can I do right now that will help most?</td>
<td>We tend to fight against distressing thoughts and feelings, but we can learn to just notice them and give up that struggle. Some situations we just can’t change. We can surf those waves rather than try to stop them. Allow those thoughts and sensations just to be – they will pass.</td>
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If I Had My Child To Raise Over Again

If I had my child to raise all over again,
I'd build self-esteem first,
and the house later.
I'd finger-paint more,
and point the finger less.
I would do less correcting
and more connecting.
I'd take my eyes off my watch,
and watch with my eyes.
I would care to know less
and know to care more.
I'd take more hikes and fly more kites.
I'd stop playing serious, and seriously play.
I would run through more fields
and gaze at more stars.
I'd do more hugging and less tugging.
I'd see the oak tree in the acorn more often.
I would be firm less often,
and affirm much more.
I'd model less about the love of power,
And more about the power of love.