Dates to remember

Week 3

Thu 12th Feb, * Years 3 to 6, swimming for sport
* LIFE EDUCATION VAN LESSONS COMMENCE
Fri 13th Feb, * Scripture commences

Week 4

Mon 16th Feb, * LIFE EDUCATION VAN LESSONS CONTINUE
Tue 17th Feb, * Welcome to new families barbecue 5.30pm-7.00pm in School Quad.
Wed 18th Feb, * School photos have been postponed.

Week 5

Mon 23rd Feb, * SRC induction at 9.15am in the hall
Fri 27th Feb, * District swimming carnival in Harden

Temora Public School swimming champions 2015

Congratulations to our swimming champions for 2015 who put in a marathon effort at the swimming carnival last week. Pictured left to right are: Junior champions; Halle P, and Xaviar M. 11 years boy champion; Sam I. Senior girls champion; Tahlea W. 11 years girl champion; Sophie B. Senior boys champion; Jackson M. Congratulations to all students on their participation and excellent behaviour at the carnival and congratulations to Me Ma on the win.

Canberra Raiders star, Dave Shillington drops in at the carnival

Max G and Victoria R enjoy participating in the school swimming carnival last Thursday.
Encouraging good behaviour: 15 tips

Each week we will run 5 of the 15 tips from Raising Children Network. We hope you find these tips both interesting and helpful

1. **Children do as you do.** Your child watches you to get clues on how to behave in the world. You’re her role model, so use your own behaviour to guide her. What you do is often much more important than what you say. If you want your child to say ‘please’, say it yourself. If you don’t want your child to raise her voice, speak quietly and gently yourself.

2. **Show your child how you feel.** Tell him honestly how his behaviour affects you. This will help him see his her own feelings in yours, like a mirror. This is called empathy. By the age of three, children can show real empathy. So you might say, ‘I’m getting upset because there is so much noise I can’t talk on the phone’. When you start the sentence with ‘I’, it gives your child the chance to see things from your perspective.

3. **Catch her being ‘good’.** This simply means that when your child is behaving in a way you like, you can give her some positive feedback. For example, ‘Wow, you are playing so nicely. I really like the way you are keeping all the blocks on the table’. This works better than waiting for the blocks to come crashing to the floor before you take notice and bark, ‘Hey, stop that’. This positive feedback is sometimes called ‘descriptive praise’. **Try to say six positive comments (praise and encouragement) for every negative comment (criticisms and reprimands).** The 6-1 ratio keeps things in balance. Remember that if children have a choice only between no attention or negative attention, they will seek out negative attention.

4. **Get down to your child’s level.** Kneeling or squatting down next to children is a very powerful tool for communicating positively with them. Getting close allows you to tune in to what they might be feeling or thinking. It also helps them focus on what you are saying or asking for. If you are close to your child and have his attention, there is no need to make him look at you.

5. **‘I hear you.’** Active listening is another tool for helping young children cope with their emotions. They tend to get frustrated a lot, especially if they can’t express themselves well enough verbally. When you **repeat back to them what you think they might be feeling**, it helps to relieve some of their tension. It also makes them feel respected and comforted. It can diffuse many potential temper tantrums.

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**P & C News**

The P and C held a very productive and well-attended first meeting for 2015 last week. A big thank you to Principal Sharon Reardon for her informative talk on the process by which classes are selected at the start of each year. Those parents who were present now have a clearer understanding of what is obviously a difficult task to balance all the priorities of students in workable class sizes.

A number of decisions were made at the meeting. These included a motion to **donate $3000** to the school towards the cost of a **new electronic whiteboard**. This money was donated from profits made by the Snack Shack (school canteen).

The P and C also agreed to subsidise the cost of Year 6 students attending a leadership program in Wagga Wagga by $5 a head.

**Fundraising activities for 2015:**

Plans are already underway for a number of fundraising activities this year, with volunteers needed to help out at the **Temora Aviation Museum kiosk on Saturday, August 1**, so please keep this date in mind. The P and C receives $500 for running the kiosk.

The P and C is also hoping to undertake catering of some sort at the aviation museum’s **Warbirds Downunder on November 21**. With around 12,000 people attending the last warbirds event, this could be a major fundraising opportunity for our school which would bring in funds from outside our local community. However, we will need a strong level of support through people willing to volunteer their time, particularly those who are not involved in farming.

**Thankyou for your help**

The P and C also reviewed the Year 6 commemorative DVDs which were provided for every departing Year 6 student in 2014. These have been produced by the P and C for a number of years and are a valuable keepsake for children leaving for high school. Thanks go to Jenny McRae for her tireless work compiling these DVDs.

The next meeting of the P and C will be held on Wednesday, March 4, from 7pm in the school library and will begin with the annual general meeting. All welcome.