Principal’s Report

With over forty students participating in each of their shot put events, Chloe Richards and Clarrie Harris are to be congratulated in both placing ninth at State Athletics last week in Sydney.

Thank you to community members for purchasing tickets and our P&C for providing assistance to help these students attend the State carnival. We are fortunate to have a P&C that provides financial assistance to any student that competes at a State level in PSSA Sport.

Head Lice - recheck

Last week we asked that parents and carers check for and treat any head lice. It is important that children’s hair is checked weekly and follow-up treatments completed. It is only through vigilance that head lice can be kept under control.

Assembly – Grandparents Day

Grandparents, parents and carers are invited to attend the formal assembly this Friday in the hall starting at 1.00 pm. The students in KB will be performing.

Grandparents are welcome to stay for a cuppa and cake following the assembly.

Portfolio Folders

While the majority of parents returned their child’s portfolio folder last term, we still have a number that have not been returned to school. We request that all folders be returned to classroom teachers as soon as possible for Semester 2 items to be added. Portfolios will be sent home at the end of the year with student reports.

Year 2 – 3 Information Session

Each year we try to strengthen our processes to make transitioning from infants to primary easier for students and parents. This year we have decided to hold an information session next Tuesday, 27 October at 5.00 pm in our school hall for parents and students that will be in Year 3 in 2016. Letters providing more information have been sent home with each Year 2 student.

Allergy AAA School

this means that children, parents, carers and visitors are asked TO NOT WEAR anything scented as we have children with severe allergies in our school.

Please: NO nuts (including nutella)

School Banking

Mondays
Cont’d ... 

High School Transition
Transition to high school sessions will continue next Wednesday. Students will be permitted to wear their Year 6 shirts on these days. As transition lessons may include practical lessons that require appropriate footwear, students who do not wear black school shoes or joggers will not be able to participate.

Helmets for Scooters and Bicycles
Parents are reminded that children must be wearing a helmet to ride their bicycle to and from school. Children will not be permitted to take their bicycle home without a helmet.

L3 Open Day
A second open day is being held on Friday, 30 October for interested parents and community members that missed out on attending the earlier session.

Emergency Contacts
To ensure that we have the correct emergency contact details, please let the school know as soon as possible when you change address, your phone number, and contact details for emergency contacts.

AECG Annual General Meeting
The Annual General Meeting for the AECG will be held on Wednesday, 21 October at Western Plains Regional Development (CTC) building. All are welcome to attend from 11.00 am.

Book Fair - Next Week
The library will be open between 8.00 am and 4.00 pm on Friday, 30 October for students and parents to purchase books at the Book Fair. Next week, students will be able to have a look at the range of items for sale during their library lessons.

Deborah Nay
Principal

PBL NEWS  Focus this week: Solving Problems

Strong Smart Proud

Canteen News

Now available at the Canteen:
Lunch Wallets - reusable lunch order bags - $12.00
Insulated Lunch Wallet - $14.00

Thursday & Friday Special
Caesar Salad Tub - $4.00
Caesar Salad Wrap - $5.00

VOLUNTEERS

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<td>Name</td>
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<td>Need Help</td>
<td>Jenny K/Natalie M</td>
<td>Janine G</td>
<td>Helena H</td>
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<td>30 Oct</td>
<td>2 Nov</td>
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<tr>
<td>Name</td>
<td>Stacey W</td>
<td>Need Help</td>
<td>Sandi B</td>
<td>Jenny K</td>
<td>Abby G</td>
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If unable to help please contact canteen - 68952703
The following awards will be handed out at KB’s Formal Assembly - Friday 1.00 pm

**MERIT CERTIFICATES**

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<thead>
<tr>
<th>Class</th>
<th>Name</th>
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<tbody>
<tr>
<td>KB</td>
<td>Lara Atkinson</td>
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<tr>
<td>KR</td>
<td>Hunter Collins</td>
</tr>
<tr>
<td>1P</td>
<td>Rosalie Grabham</td>
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<tr>
<td>2S</td>
<td>Bonnie Leighton</td>
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<tr>
<td>3B</td>
<td>Ernest Peterson</td>
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<tr>
<td>3/4F</td>
<td>Oska Haworth</td>
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<tr>
<td>5S</td>
<td>Savannah Farr</td>
</tr>
<tr>
<td>5/6P</td>
<td>Ethan Hughes</td>
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<td>K6L</td>
<td>Lorraina O’Dell</td>
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**STUDENT OF THE MONTH**

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<th>Class</th>
<th>Name</th>
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<tr>
<td>KB</td>
<td>Harlow Kennard</td>
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<tr>
<td>KR</td>
<td>Jada Reardon</td>
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<tr>
<td>1P</td>
<td>Ainsley Salter</td>
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<tr>
<td>2S</td>
<td>William Morgan</td>
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<tr>
<td>3B</td>
<td>Jayden McDonnell</td>
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<tr>
<td>3/4F</td>
<td>Catherine McDonald</td>
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<tr>
<td>5S</td>
<td>Malakai Keed</td>
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<tr>
<td>5/6P</td>
<td>Chloey Powell</td>
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<tr>
<td>K6L</td>
<td>Taren Brown</td>
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<tr>
<td>6R</td>
<td>Airies Haworth</td>
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Condobolin Public School would like to invite all Grandparents to attend an assembly to show our appreciation. Like Mother's Day and Father's Day, it's a time for family celebration, and a chance to honour the important role grandparents play in children's lives.

On Friday, 23rd October at 1.00pm students in KB will hold their formal assembly and perform an item. After the assembly we would like to invite grandparents and people that play a grandparent role to stay and enjoy a cuppa and cake.

From staff and students of Condobolin Public School

**Year 2 to Year 3 Transition Program 2015**

Parents and students are invited to attend a Transition Meeting to help prepare students for Year 3. This meeting will be held Tuesday 27th October at 5.00 pm in the School Hall.
If you missed the chance to come and visit the K-2 classrooms during Term 3, we invite you to come along on Friday 30th of October to visit this Term. Teachers will open the doors to welcome friends, family and community members inside to observe literacy teaching and learning across the K-2 classrooms.

At Condobolin Public School, Kindergarten, Year 1 and Year 2 students are taught literacy using the L3 (Language, Learning and Literacy) method. If you would like to know more about what this involves, please join us on Friday 30th October at 12:00 noon.
BLING BLING DISCO

At CENTRAL WEST FAMILY SUPPORT
FRIDAY 23rd OCTOBER 2015

PRESCHOOL AND UNDER  5.30PM-7.00PM
HIGHSCHOOL            7.30PM – 9.00PM

Entry is FREE !!!
Food will be available for purchase.
PRIZES FOR BEST DRESSED
Call 02 6895 2533

THE DISCO WILL BE HELD IN OUR
NEW BUILDING
18a Lachlan Street Condobolin
(next to Ray Sheilds)
Information about applying for Year 7 entry to selective high schools in 2017

Thinking of applying for a government selective high school for Year 7 entry in 2017?

You must apply online at www.schools.nsw.edu.au/shsplacement

Key dates

- Tuesday 13 October 2015
  Application website opens
- Monday 16 November 2015
  Application website closes
- Late applications will not be accepted
- Thursday 25 February 2016
  Test authority letter sent by mail and email
- Thursday 10 March 2016
  Selective High School Placement Test
- Early July 2016
  Placement outcome information

Please read this booklet carefully before applying.

There is more information at: www.schools.nsw.edu.au/shsplacement

The selective high school placement process for Year 7 entry is administered by the HSU.

Contact details

High Performing Students Unit
NSW Department of Education
Email: hsu@det.nsw.edu.au  Telephone: 1300 880 367  Fax: 02 9256 8435
Postal address: Locked Bag 53, DARLINGHURST NSW 1300
Facebook: https://www.facebook.com/selectiveschoolplacement

* In this document, Unit refers to the High Performing Students Unit.

*Parent* is defined under the Education Act 1990 as a ‘guardian or other person having custody or care of a child’. 
Our annual **Book Fair** is fast approaching so be prepared to ‘explore the oceans and seas’ with our underwater book world to get kids hooked on reading.

**Theme:** ‘Under the Sea’  
**Venue:** School Library  
**Date:** Friday 30 October - 8.30 am til 4.30 pm

*Explore an Ocean of Books and a trove of narrative treasures.*

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**Sport and Recreation’s Swim and Survive lessons**

Australian summers usually involve plenty of fun in and around the water, but no parent should forget how important it is to make sure children stay safe.

Sport and Recreation’s Swim and Survive classes for preschoolers and school-aged children help youngsters learn important ways to be safe and enjoy our pools, rivers, beaches and lakes.

The intensive nine-day programs provide wonderful results, and are great fun as well. Plus, family discounts make our program affordable for all the children in the family.

Sport and Recreation runs Swim and Survive classes in pools throughout regional NSW.

Our instructors are nationally qualified and screened for their suitability to work with children.

Prices for nine lessons are $69 for school-aged children and $49 for preschoolers (prices exclude pool entry fee).

For more information or to make a booking, visit sportandrecreation.nsw.gov.au/swimandsurvive or phone 13 13 02
2015-16 FAR WEST ACADEMY
TENNIS NOMINATIONS

Who is Eligible?
Tennis players who reside in the Far West region of NSW (ie area bounded by Lake Cargelligo - Lightning Ridge, Trangie - Broken Hill)
Athletes must turn 10 to 17 years in 2016 (ie born between 1999 - 2006)

Benefits of the Program
• Intensive training by quality coaches;
• Opportunity to be involved in Tennis NSW player pathways;
• Sports science testing;
• Education and Personal Development Sessions (i.e. nutrition, psychology etc);
• Opportunities to take part in regional tours and events;
• Increased opportunities to achieve higher representative honors; and the
• Opportunity to develop both on and off the court.

Athlete Commitment
Scholarships offered to successful applicants are for a 12 month period and athletes are required to attend all scheduled events and activities

Please note: Trials will be by scheduled appointment only therefore all interested applicants must contact the FWAS to schedule a trial date and time.

How to enroll
For further information or to enrol please contact the Far West Academy of Sport
Phone  (02) 6847 3638
Fax    (02) 6847 3651
Email  programs@fwas.com.au

Transport
Once trials have been scheduled athletes are required to coordinate their own travel to attend trials. The Academy suggests carpooling where possible.

What to bring to trial
Tennis equipment, training gear, hat, water bottle, sunscreen and strapping tape (if required).

NOMINATIONS CLOSE
Friday 27th November 2015

Far West Academy of Sport
PO Box 475 Warra NSW 2839 / P: 6847 3638 F: 6847 3651
So what is this new frontier of parenting? Emotions are now recognised as an important part of the parenting landscape. Here are five ideas to help you explore the alien landscape of kids’ emotions.

It’s official!

Emotions are now part of the parenting and educational mainstream.

For some time they’ve been relegated as a side-show to the main events of discipline, confidence building, character building, and lately, resilience.

Not now.

The recently released movie Inside Out gives life to emotions in a fun, accessible way. It’s a wonderful demonstration of why we must put emotional intelligence front and centre in our parenting and teaching. The quickest pathway to happiness and success is the acceptance and recognition of feelings.

This is not a new idea. Over 2000 years ago, the ancient Greek philosopher, Aristotle, said, “Educating the mind without educating the heart is no education at all.”

Current day research Dr. Marc Brackett, Director of the Yale Center for Emotional Intelligence, is more expansive. He says, “Emotions matter as they drive learning, decision-making, creative relationships, and health.”

This is not to say that we ignore children’s poor behaviour, neglect to set limits or not ask anything of them when they’ve experienced hardship at school. Accepting and recognising emotions is an added layer in our interactions with kids, which may well be the missing link in building cooperation, connection and resilience.

Emotions are messy. They can be loud. They can be hidden. They can be strong. We often interrupt our children’s emotions in order to be heard. Like slippery eels swimming in a dam, you know that they are down there somewhere but it is hard to figure out just what they are doing.

It’s a wonder parents haven’t scrapped up to emotions earlier because good parenting is hard emotional labour. When your three-year-old throws a tantrum in a supermarket and you can do is grin and bear it, just like you’re throwing your own tantrum or doing what you really feel like which is abandoning your own child. You’re doing hard emotional labour.

When you console and contain the hurt of a primary school-aged child who throws himself at your feet knowing that everyone hates him, you are doing emotional labour.

Standing down a teenager who looks you straight in the eye while spitting out “I hate you” because you’ve denied their request to go out is hard emotional labour. Parents do emotional labour all the time. That’s one of the reasons it’s so draining.

Accepting daily emotions means we need to listen to them. We need to be mindful of their feelings as well as their behaviours and thoughts, which is what most parents and teachers are conditioned to do. We’ve built a robust vocabulary around behaviour management featuring terms such as consequences, limits and boundaries, and time-out to name a few. And the potential for a now or not to smack or not to smack question shows we are very willing to have debates about behaviour management methods, but discussions about emotional management are few and far between.

more on page 2
The limits of many parents' emotional vocabularies are matched by the limitations in method as well. Most parents who ask me can provide plenty of ways to raise a well-behaved child but I suspect many would struggle if asked to name three or more ways to build their children's emotional smarts. This is not a criticism but an acknowledgment of lack of training in the area.

Ask yourself 'who taught you how to recognize, manage and regulate your emotions?' If you answered your parents then lucky you. They've given you the tools you need to build relationships, to minimise your emotional potential, if you choose to ignore them and believe me, not everyone will. Emotional intelligence can be taught and learned. It takes practice and it can't be taught. It takes practice. It takes time and it's not something that can be taught in a classroom. It's something that needs to be practiced and learned. And it needs to be practiced and learned by everyone.

A good way to start is to teach your children about feelings. This is not about telling them what they feel, but giving them the words to describe their feelings. This is about helping them to understand that everyone has feelings and it's okay to feel them. This is about teaching them that feelings are not good or bad, they just are.

**1. Listen first**
When your child says something that makes sense but you don't quite understand, ask them to explain. This shows you are interested in their feelings and helps them to verbalize them.

**2. Put the emotion into words**
Children's behavior can sometimes be a reflection of their emotions. If your child is having a tantrum, ask them how they feel. This helps them to acknowledge their emotions and express them.

**3. Help your kids recognize and regulate emotions**
Encourage them to identify their emotions and find healthy ways to express them. This could be through talking, writing, or using art to express themselves.

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**Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.**

parentingideas.com.au
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<th>Week</th>
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<td>3B ASSEMBLY Stay and have recess and play till 2pm</td>
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