PRINCIPAL’S NEWS—Kirsty Squires

Country Fair

Congratulations to all of our students who received prizes for their art, craft and cooking at the Country Fair.

Congratulations also must go to Sarah for being awarded the Deputy Young Ambassador. What a wonderful achievement!

A big thank you goes to our hard working P&C and their helpers for setting up, manning and packing up our stall at the fair. Your help is always greatly appreciated!

Grandparents’ Day

This Friday we will be celebrating Grandparents’ Day with a special assembly, followed by afternoon tea. Year 6 will be running their ever successful cake stall and this year they will also be making milkshakes for all to enjoy. Cakes will be for sale for between 20 and 50 cents, with milkshakes costing $2. Mr Mitchell has asked if any families have a milkshake maker they are willing to loan on the day it would be greatly appreciated.

We look forward to seeing our wonderful grandparents here on Friday!

Kindergarten Orientation

Our 2015 Kindergarten Orientation program begins on the Tuesday, 4 November. Mrs Cranstone has organised some wonderful guest speakers for the day followed by morning tea. If you know of anyone who has not yet enrolled could you please let them know. We look forward to meeting our new students and families.

Year 7 Transition

Kariong Mountains High School would like to invite all Year 6 students to participate in a 3 week transition program which aims to complement our learning support transition and finishes with our Orientation Day program in week 9. Students will have the opportunity to meet teachers, navigate around KMHS, learn about specific subjects and also participate in a number of Key Learning Areas, such as Art, Science, Maths, HSIE, Drama and Design & Technologies.

Where:

· Kariong Mountains High School

When:

· Week 7: Tuesday 18th Nov (part day)
· Week 8: Tuesday 25th Nov (part day)
· Week 9: Orientation Day Wednesday 3rd December (full day)

Time:

Ø Meet in KMHS quadrangle - 9:30am
Ø Leave KMHS to return to primary school - 10:45am.

Mr Mitchell will send home permission and transport notes closer to the dates.
Intensive Swimming Scheme
Information and permission notes were sent home last week regarding our annual swimming scheme. Payments can be made in instalments through the office.

Christmas Carols
Our annual Christmas Carols night is on again! Keep Friday, 12 December free as “Tempo Terrific” will be back to entertain us.

Kirsty Squires

Year 5/6
On Friday Year 6 will be running a cake/milkshake stall. A note of explanation was sent home with Year 6 students yesterday.

Basketball Challenge
Cory Gerard has kindly offered to coach a boys’ basketball team to participate in a one day schools’ basketball competition. He will hold trials to select a team this Friday from 3pm—4pm on the school’s half court. Training sessions will continue to be held at the same time leading up to the tournament on Friday, 21 November. Notes were sent home yesterday with interested students.

Band
The school's band will be performing at the Grandparents’ Day assembly. Band members are reminded to bring their instruments and music.

Mountains’ Eisteddfod
Congratulations to our recorder groups and band for taking out the first three places in the school ensemble section. The adjudicator, Michelle Urquhart commented positively on the quality of the students’ playing.

Neil Mitchell

Library
Thank you to all students who have returned their overdue books. Over the next week families who have not returned their books will be invoiced for the cost of the book so it can be replaced.

Dance
I have already taken expression of interests for 2015’s dance group. The Central Coast Dance Festival is not providing money for costumes next year so a note will be sent home to interested dancers outlining a plan for students to be able to hire costumes. Dancers will be charged $20 to participate in the dance group for 2015. It is with great regret that we are charging students as we have always tried to keep costs to a minimum for these activities.

Laura Knight

P&C News
Thanks for the help!
A big thank you to those who helped set up, staff and pack up our stall at the Country Fair on Saturday. We couldn’t do it without you!

The Country Fair organisers will distribute profits from the day amongst the community groups and schools which helped out. Any funds which Somersby School receives this year are being put towards a replacement barbecue, as our previous one had reached the end of its life!
Next meeting - Wednesday, 12 November
The P&C meeting scheduled for 5 November has been moved to the following week, 12 November, at 7pm. This change is because the meeting would have clashed with the Year 7 parents’ information night at Kariong Mountains High School.

P&C social night - Thursday, 4 December
The P&C will wrap up its year with a ‘barefoot bowls’ night at Ourimbah RSL on 4 December. Even if you don’t come along to P&C meetings, consider coming along and joining in the fun on this occasion. The more the merrier! For information, phone Nicki Ward on 0417 721 435.

Uniform Shop
Due to work commitments the uniform shop was unable to open today. Kirrilly will be opening the uniform shop this Thursday from 8am—9am for any families who missed out on purchasing uniforms today.

Respect— It makes the world go round
One of the most important things you can teach your child is respect. Keep in mind that respect is not the same as obedience. Children might obey because they are afraid. If they respect you, they will obey because they know you want what’s best for them.

The best way to teach respect is to show respect. When a child experiences respect, they know what it feels like and begin to understand how important it is.

Keep in mind the saying "Do unto others as you would have them do unto you."

Respect is an attitude. Being respectful helps a child succeed in life. If children don’t have respect for peers, authority, or themselves, it’s almost impossible for them to succeed.

A respectful child takes care of belongings and responsibilities, and a respectful child gets along with peers.

Schools teach children about respect, but parents have the most influence on how respectful children become. Until children show respect at home, it’s unlikely they will show it anywhere else.

How can you show respect to your child?
Be honest - If you do something wrong, admit it and apologize.
Be positive - Don’t embarrass, insult or make fun of your child. Compliment them.
Be Trusting - Let your child make choices and take responsibility.
Be fair - Listen to your child’s side of the story before reaching a conclusion.
Be polite - Use “please” and “thank you”: Knock before entering your child’s room.
Be reliable - Keep promises. Show your child that you mean what you say.
Be a good listener - Give your child your full attention.

Children learn from everything we say and do. Make sure that you are modeling respectful behavior. Some of things you can do are:

Obey laws - Follow rules.
Be caring - Show concern for people, animals and the environment.
Avoid poor role models - When you see examples of disrespect, discuss them.
When you set rules at home, explain to your child why the rule is important. For instance, if the rule is "No TV between 4:00 and 6:00" it is because this is homework time and homework is important to keep grades up in school.
Teach your child to respect themselves. Self-respect is one of the most important forms of respect. Once we respect ourselves, it is easier to respect others.

Your opinion means a lot to your child. If you believe your child can succeed, they will believe they can as well.

Build their independence. Give them responsibilities as soon as they can handle them.

Help them set and achieve goals. Their self-respect will skyrocket when they see themselves achieving those goals.

Encourage honesty. Let your child know that they may be able to fool some people, but they can’t fool themselves. There is no pride in stealing, cheating, or lying.

Most importantly, show love! Say ‘I love you” often and give plenty of hugs and kisses.

If your child makes a mistake, remind them that they are still loved.

Age affects children’s respect. Children and adults deserve respect at every age. Here is a guideline based on age:

- **Babies** - They are too young to show respect but when they meet their needs, they learn to trust you. This helps as they get older because respect for authority is based on trust.
- **Toddlers** - They are old enough to learn to say “please” and “thank you”.
- **Preschoolers** - This is a good time to teach rules and consequences.
- **Primary School** - They show the most respect for adults who make fair rules. It helps to let them have a say in the rules that they are expected to follow.
- **High School** - Allow them to show independence, such as clothing or hairstyles, but make sure you have guidelines. They will appreciate the respect you are showing them.

Together we can make the world a better place.

http://www.teachnology.com/tutorials/teaching/respect/

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**OURIMBAH SURGERY IS OPEN TO NEW PATIENTS!**

Dr. Heather Reid and Ourimbah Surgery would like to announce they are now taking new patients. We Bulk Bill all Health Care Card holders, Pensioners and children aged 16 years and under. For enquiries and Appointments please call (02) 4362 3162.

Our friendly staff look forward to welcoming you and your families to our practice.

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**PBL Wall of Fame**

**Congratulations to last week’s Happy and Friendly**

**Emmerson (Week 2)**

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**Alive Dance Academy**

*where dreams come alive*