Tips to help Your child with Anger

All kids like all humans get angry. When we feel threatened we move into fight, flight or freeze. Anger is the body’s “fight” response. We don’t only get angry in response to outside threats we also get angry in response to our own feelings: so when our own fear, hurt, disappointment, pain or grief is too upsetting we tend to lash out to keep ourselves from feeling pain. Children don’t have a fully developed frontal cortex to help them self-regulate, they’re even more prone to lashing out when angry.

When children live in a home where anger is handled in a healthy way, they generally learn to manage their anger.

How parents help:

1. **Start with yourself**—your child learns from watching you how to handle disagreements and conflict. If you yell and scream you are modelling behaviour your child will most likely copy. Take control of your own emotions. Your calm presence even when your child feels mad, helps your child feel safe, which helps build the neural pathways in the brain that shut off the fight response and allow the frontal cortex, the “reasoning brain” to take over. That’s how kids learn to
*Ask your child to choose a book and read to them—give me some feedback
*Do you like the tips and suggestions in the principal’s column? Let me know at maria.a.green@det.nsw.edu.au

Parents, teachers and students working together for self and school improvement.

soothe themselves; they learn from your self-regulation that you can control anger when you feel it.

2. De-escalate—Most of us are good at staying calm when things are going well, what takes effort is staying calm when things get tough. Yelling at an angry child reinforces what a child is already feeling, which is that he/she is in danger. Restore calm by speaking calmly e.g. “We all get angry but we are not allowed to hit another person.” (the action is limited - that is the hitting)

More tips next newsletter—try these out over the next two weeks and let me know how you go.

Maria Green Principal

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**Focus on Listening Skills**

We are talking about listening skills all term; we have spoken about ignoring distractions and whole body listening, letting the speaker finish before interrupting and looking interested. In weeks 5 & 6 we will teach the students to be better listeners by focusing on:

**Questioning:** The listener can demonstrate they are paying attention by asking relevant questions or by making statements that build or help to clarify what the speaker has said.

**Reflecting:** Reflecting is closely repeating or paraphrasing what the speaker has said in order to show comprehension. Reflection is a powerful skill that can reinforce the message of the speaker and demonstrate understanding.

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**Parent Surveys are on the school website now!**

We really do value your opinion as you would know from our previous requests to complete surveys. Many areas in the school have changed due to parent responses. We can’t make truly informed decisions unless you give us your opinion. Surveys are online and can be found at [www.oakdale-p.schools.nsw.edu.au](http://www.oakdale-p.schools.nsw.edu.au) and click on community survey.

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**School Uniforms**

All school uniforms, including girl’s summer dresses are now in stock. We have had to change our supplier for the summer dresses, so we apologise for the delay in sourcing the material and having them made.
Well Behaved and Well Mannered Students Expected at Oakdale Public School

Parents, teachers and students need to work together when students are experiencing difficulties at school. These difficulties may be with behaviour, attitude, academics, social issues and many more areas that can cause issues at school. Presently all teachers are contacting parents if they have concerns about particular children. A meeting may be organised, counsellor referrals sent home, a visit to a paediatrician may be suggested and so on. Your child will be more successful at school if he/she can see parents and teachers working together to assist in the development of your child. Some concerns may be difficult for parents to hear at first but keeping lines of communication open and following up on recommendations is a good place to start.

The Oaks Deli Special Offer

The Oaks Deli has organised a special offer to assist our school raise funds. They are offering all staff, parents and family from our school a special deal. Each coffee that is purchased 50c will be donated to the school. Please let the staff at the deli know you are there to support Oakdale Public School.

Fun Run

Thank you for the wonderful response to our fundraiser. The students had a lot of fun; luckily we changed the event to the morning as the day became far too hot in the afternoon. We raised approximately $1,500 which will go towards school programs.

Gymnastics

Our gymnastics program will be subsidised this year thanks to Mrs Itskos applying for a grant. Students will only pay $2.50 per lesson which is a savings of $18.00 on last year’s price. Our lessons will start in Term 3 and as this is part of the curriculum all students are expected to attend.

Staff Training in CPR Using a Defibrillator and Anaphylaxis
### Term 1 Week 4

<table>
<thead>
<tr>
<th>3C</th>
<th>4I</th>
<th>5C</th>
<th>6K</th>
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</table>
| Zahli Hoare x 2  
Torin Rowland x 2  
Esther Brown  
Isabel Nash  
Lily Hooper | Zac Crawford x 6  
Dakota Williams x 2 | Lauryn Takiari x 2  
Kailyn Harvey | Jett Hickson  
Sarah McKinlay  
Cody Beard  
Tahlita Smith |

**Star Student:**  
Jamie Carter  
Beau Wymer  
Stephanie Fordam  
Anastasia Lalic

### TREASURE CHEST

Congratulations to the following students who recently visited the treasure chest. You have all been trying very hard to do your best in class.

<table>
<thead>
<tr>
<th>1B</th>
<th>2C</th>
<th>4F</th>
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<tbody>
<tr>
<td>Brinley Seisun, Amelia Harding, Benson Hoare, Fletcher Wood, Angus Richardson, Christian Goebel, Chase Brackenrig</td>
<td>Charlie Hooper, Aedan Hannigan, Hayley Austin</td>
<td>Talina Seisun, Zac Crawford</td>
</tr>
</tbody>
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### Term 4 Week 4

<table>
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<th>KH</th>
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| **Term 4 Week 4**  
Caelan Reid  
Jai Smith  
Matthew Richardson  
Ellee Ryan  
Beau Walters | **Term 4 Week 4**  
Dallas Micallef  
Fletcher Woods  
Ruby Palmer X2  
Rylee Beard  
Brinley Seisun | **Term 4 Week 4**  
Aedan Hannigan X3  
Charlie Hooper X2  
Angus Richardson X3  
Matthew Prout X3  
Byron Solman Swain  
Morgan Scott |

**Student of the week:**  
Andy Austin  
Benson Hoare  
Alyvia Bond
The Canteen is having a “Fun Day Sundae”
On Thursday 24th March – Hat Parade Day

Students and Visitors will be able to buy a cup of Vanilla ice-cream with:
  Chocolate or Strawberry topping,
  Hundreds and Thousands
  and a wafer biscuit.

The Sundaes will be available after the Hat Parade at Lunch Time and will
  cost $2.00

* There will also be tea or coffee with a mini hot cross bun for $2.00

If your child has a food allergy, please come and see me in the canteen before
  this day so that we can arrange something.

Any parents who would like to help out in the canteen on this day, please let
  me or the office know, as any help would be welcomed and appreciated.

Thank you
Emili
Zone Swimming Carnival
On Thursday and Friday last week the Razorback Zone Swimming Carnival was held at Wollondilly Leisure Centre. Oakdale had 18 students attend on Thursday in the freestyle events. It was an extremely hot day with the event organisers running the carnival smoothly to ensure everyone had completed their races and able to escape the heat by early afternoon. 10 students competed on Friday in the stroke events, which was a more pleasurable day weatherwise. Georgia Aguila had an outstanding 2 days beating her school carnival times and placing 3rd in the 200m Individual Medley, 2nd in the 50m Breaststroke event, 3rd in the 50m Butterfly and finishing 2nd in the 50m freestyle. We wish Georgia all the best as she moves on to the Regional Swimming Carnival on March 15th.

Lastly, thank you once again to Mrs Carlile and Mrs Beard for organising to take the school sign and flooring on Thursday and Mr and Mrs Barass for taking the school sign on Friday. Mrs Karliotis and Mrs Coppola had an enjoyable day keeping warm on Thursday, whilst myself and Miss Clay enjoyed the variety of stroke events on the Friday. Student behaviour was excellent on both days and well done to all of the Oakdale student participants for trying their best.

Razorback Zone Soccer
Well done to Dylan Palmer for trialling in the Razorback zone soccer trials which were held at Oran Park on Wednesday 17th February. Unfortunately Dylan was not selected to be a part of the Razorback team but I would like to commend him for his effort. Approximately 80 boys from schools within the region also attended the trial and Dylan was lucky enough to score 2 goals on the day. Well done Dylan.

School Cross Country and Athletics Carnivals
The school cross country carnival date has been set. It will be held at Willis Park as usual and will be on Thursday 5th May (week 2, term 2). More details will follow in regards to the cross country carnival at a later date.

Mrs Itskos 😊

Easter Raffle
Year 6 will be organising an Easter Raffle to be drawn at the Easter Hat Parade. We are asking parents for donations of eggs and chocolates to make up gift baskets. Please send your contributions to the office.
**Slushy Day**

Year 6 are organising Slushy Days next week. The cost of a slushy is 50 cents. Orders need to be given to the office by Monday 7th March. All money raised will go towards a special gift given to our school by 6K at the end of the year as well as their farewell celebrations.

**Young Leaders Day**

I am very proud of how our students conducted themselves yesterday at The Young Leaders Conference. It was a long day; we left Picton Station at 7.16am had to change trains a couple of times to get to AllPhones Arena. The speakers were very insightful and the children gained insight into honing their leadership skills. The theme for the day was “Master the Small Things”. We arrived back in Picton at 4.20 and I’m sure they were very weary and would be in bed especially early.
What’s On in Science

More fascinating activities in science! 1B has been learning about the “Water Cycle”. They explored how rain is formed by observing how blue food colour moved through pretend clouds (made of shaving foam), down through water, to lay on the “ground” (bottom of the cup). Dr Noakes was on hand again to work with our students on developing their skills of scientific enquiry.

Our littlest scientists in Kindergarten have been learning about the five senses. They had a wonderful time trying to guess the aroma in each of four small containers (vinegar, vanilla, coffee and shampoo). There were some very clever guesses eg “salt and vinegar chips”, “icecream” and “soap”. I was very impressed with their drawings too!
Thank you to our wonderful Girls Captain, Amy Hooper and Vice-Captain, Anastasia Lalic, who were in the lesson mentoring the students through the process of making an observation, discussing what it means and recording it as a drawing on their worksheet.

Ms Fuller
Year 5/6 students and their parents / caregivers are invited to a tour of CAMDEN HIGH SCHOOL

CAMDEN HIGH SCHOOL
OPEN NIGHT 2016

MONDAY
7th March
7:00 - 9:00PM
SCHOOL HALL

Sausage Sizzle
$2

What will you see?

⇒ Camden High School’s 21st century facilities
⇒ Student work on display
⇒ School grounds
⇒ Trade Training Centre

Who will you meet?

⇒ Teaching Staff
⇒ Your Student Advisers for 2017

This is a wonderful opportunity for you to view your local High School
Vision without action is merely a dream.

Action without vision just passes the time.

Vision with action can support and change ours and others’ lives.

Are you a parent or carer of an adolescent with a mental health condition or autism spectrum disorder?

Northcott in partnership with The Haven Project invite you to meet with other parents and carers to share stories, ideas and learn about avenues for assistance in an informal and supportive environment.

Parents and carers of adolescents with a mental health condition or autism spectrum disorder will also have the opportunity to contribute ideas for subsequent groups.

Date: Thursday 10th March 2016
Time: 12:30pm - 2:30pm (day group) OR 5:30pm - 7:30pm (night group)
Venue: Northcott Campbelltown Office
Suite 1, 101 Queen Street
(corner of Railway St - Centre Court)
Campbelltown
RSVP: Kimberley Harrison (Northcott)
Phone: 4640 8700
kimberley.harrison@northcott.com.au
200th Anniversary of the Appin Massacre

Memorial Ceremony

To honour the Dharawal people
who were massacred on 17th April 1816

Sunday 17th April 2016 Cataract Dam Picnic Area
11am – 3.30pm

Sausage Sizzle lunch will be provided

Hosted by: Winga Myamly Reconciliation Group

Contacts: Uncle Ivan Wellington 0447 581 306
Sr Kerry 9605 1838
Ann Madsen 0408 826 997
Peter Jones 0418 297 056


Please Note: The Memorial Ceremony involves a short walk.
Limited seating available, feel free to bring your own fold up chairs.
Appropriate footwear, hats, sunscreen and bottled water are highly recommended.

The event will take place regardless of weather conditions.
Deadly Homework Club

THARAWAL
LOCAL ABORIGINAL
LAND COUNCIL

Does your child need help with homework?

Would your child benefit from supported homework?

Where: Tharawal Local Aboriginal Land Council - 220 West Parade, Couridjah

When: Wednesday afternoons 3:30 – 5:00pm

Nutritious afternoon tea provided – (Transport can be arranged with prior notice)

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Bookings are essential

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KSC TUTORING
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AFTER SCHOOL
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SCHOOL HOLIDAY
FUN
FESTIVALS & EVENTS
2008
How To Install Skoolbag On Your Smartphone

For iPhone and iPad users:
1. Click the "App Store" icon on your Apple device.
2. Type your school name in the search, using suburb name will help.
3. You will see your school appear, click "Get" then "Install".
4. The app is FREE to download.
5. When installed click "Open".
6. Select "OK" to receive push notifications, when asked.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you by tapping the on/off switch.

For Android users:
You must first have signed up with a Google Account before installing the app.
1. Click the "Play Store" button on your Android Device
2. Click the magnifying glass icon at the top and type in your school name, using suburb name will help.
3. Click the school name when it appears in the search.
4. Click the "Install" button.
5. Click "Accept" for various permissions (please note, we do not modify any of your personal data on your device).
6. Click "Open" when installed.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you by tapping the on/off switch.

Please Note: Some brands of Android phones need the setting in "Notification Manager" changed to "Allow" instead of "Notify" in order for the push notifications to work. The phone must also be running at least version 4 system software to run the app.

For Windows 81 Phone and Windows 81 or 10 device users:
1. Go to the Windows Store on your 81 Windows Phone or Windows 81/10 Device
2. Search for "Skoolbag" in the keyword app search
3. Install the Skoolbag app
4. Find your school either by using the keyword search or location service.
5. Click the "Pin" icon to pin the school tile to your Windows Phone home screen.
6. Click the "More" button on the bottom right of the App, then "Setup"
7. Toggle the Push Categories that are applicable to you by tapping the on/off switch.

Please Note: The Skoolbag Windows App is for 81 version Windows Phones, or Windows 8.1 and 10 devices.

Find out more at www.skoolbag.com.au
Don’t forget to like us on Facebook!
BRINGING YOU AUSTRALIA’S #1 HOLIDAY SOCCER CLINICS NATIONWIDE

Mount Annan - Birriwa Reserve
21 - 22 April

For Locations and Registrations visit www.australianussoccerclinics.com.au or phone 1300 002 934