



## 興味深いニュース (interesting news - Japanese)

In preparation for our 'Taste of Moonbi' at the end of this term we are seeking donations of old clothes (shirts/pants) and hats for scarecrows. We are planning a team scarecrow build exercise as one of our activities. Please leave any donated items at the office by Friday 4 September. Thank you.

### Horse Sports

Calrossy Anglican School Horse Sports Day will be held at Hallsville on Friday 9 October 2015. Entry forms and information are available at the office. Team nominations close Friday 18 September.

### KidsMatter

Good mental health is vital for life. Children who are mentally healthy are better able to meet life's challenges and have stronger relationships with the people around them. They are also better learners who are more likely to succeed at school. Good mental health in childhood provides a solid basis for managing changes as they grow.

On the other hand, children who are exposed to multiple stressors – such as a family breakdown, poverty, abuse, racism, bullying, or the mental illness of a parent – are at a higher risk of developing emotional or behavioural problems that can continue into adulthood. It's not always possible to tell which children will develop difficulties, so it's important to consider the wellbeing of all children.

The good news is that KidsMatter Primary is all about growing healthy minds. KidsMatter is a mental health and wellbeing framework that helps schools focus on the development of all their students in partnership with families. It was developed by mental health and education experts and has already made a big difference to the lives of Australian children.

## Positive school community

1

Positive and respectful relationships at school help children and families feel that they belong and that their contributions are valued. A positive school community also gives children a sense of security that their needs will be met. Research shows that when children and families feel connected to school, children are less likely to develop mental health difficulties and are more likely to succeed academically.

## Social and emotional learning for students

2

Learning how to manage feelings and get on with others is an important part of children's development. It helps them become better learners and feel good about themselves. Teaching children social and emotional skills as part of the school curriculum gives them tools for coping with emotions, solving problems and learning more effectively.

## Working with parents and carers

3

In order to promote children's mental health and wellbeing, it makes sense for families and schools to work closely together. Schools can support parents and carers by providing useful parenting information and resources, and by connecting them with further assistance if required.

## Helping children with mental health difficulties

4

It can make a significant difference when children and families are able to access mental health intervention early. KidsMatter primary schools learn to respond more effectively to children's mental health difficulties by recognising and responding to concerns that may need following-up. They can provide information to families and develop links with health and community agencies in their local area.

### Does KidsMatter Primary work?

KidsMatter Primary works because it unites all the people that influence children's mental health most – families, school staff and the wider community.

KidsMatter Primary can help improve:

- the mental health and wellbeing of students
- the quality of their school work
- the ability of parents, carers and teaching staff to help children deal with problems
- NAPLAN results – when schools implement KidsMatter Primary well.

KidsMatter Primary was developed in collaboration with beyondblue, the Australian Psychological Society, and the Principals Australia Institute, with funding from the Australian Government Department of Health and Ageing and beyondblue.



興味深いニュース (interesting news - Japanese)Principal Message

**BOSTES Writing Competition** Congratulations to our BOSTES Writing Competition winners Makayla McManus Stage 2 & Shaelynn Hernando Stage 3 who have made it through to the next round of selections. Highly commended to Claudia Constable, Ben Webster, Hermarni Madden, Elsa Hudson and Felicity McManus. We wish them all the best!! Write On!!!

SPELLING BEE COMPETITION

Congratulations to our Super Spellers Hermarni Madden & Makayla McManus Stage 2 & Ben Webster & Jemma Johnson Stage 3 who have made it through to the next round of the Spelling Bee competition to be held in Quirindi. We wish them all the best!! What a supercalifragilisticexpialidocious effort!!!

LONE PINE REMEMBRANCE GARDEN

The "Lone Pine ANZAC Memorial" will be in the garden area outside the old staffroom and BER block. We would love to make this a whole school community project. This is to be a permanent memorial area, an ongoing tribute to former students and recognises the school's unique military history and connection to a campaign that has defined us as a nation. If you are able to assist us with donations of bricks, rosemary plants or monetary donations towards the laying of the slab, purchasing plaques etc please contact the school. Our Honour Board listing 21 names of students who served and lost their lives in military campaigns is located on the A Block Wall.

Your support will help us get over the line to fund this work and increase our ability to provide an engaging and purposeful place of learning for our students. Please feel free to come up and visit the new space. We are hoping to hold an official opening on Remembrance Day 2015.  
Bonita Broughton - Principal

Senior class excursion Students attending the Sydney excursion are reminded that the full amount of the excursion (\$550) needs to be finalized by Friday 23 October. Regular payments are recommended. Thank you to those families that have been paying instalments already.

P&C News

**NEW MEETING TIME:** 2pm Wednesday 16 September in the old staff room. We welcome everyone to come! This would be a great chance for parents, grandparents and carers that collect their child from school to come just a little earlier, have a cuppa and find out about the P&C.

*Remember, all the money we raise goes back to improving our kids' education and resources.*

Jen Hernando - President - 0429 181727

Busy Beehive Canteen

From this week children will not be able to pick up other children orders from the canteen as some children are not getting the orders, even for their brothers and sisters.

**This week's busy bee volunteers are: Jackie and Julie**

I am still looking for two volunteers for the 11th September. If you are able to help out on this day, please let me know.

Jackie Robertson - Canteen Supervisor  
(0458201127)

Father's Day Stall

We are having a Father's Day Stall on Thursday 3th September. Your children will enjoy selecting a fabulous gift from our stall. Gifts will range in price from \$1.00 through to \$5.00. If any parents are able to help out in the morning, for about an hour, that would be great. If any parents would like to donate some wrapping paper to wrap the gift that would also be a great help. Please just drop it to the office

Clothing Pool

I am usually available at school Thursday mornings or Wednesday, Thursday, Friday afternoons by appointment only. You can contact me on 67605218 or 0429445253.  
Clothing Pool Supervisor - Penny Foster

Student Banking

Any Transition Students that wish to start student banking are welcome to do so, just bring along your banking books on Fridays. Anyone interested in opening an account is invited to see me on Friday morning. ☺

As we move into the second half of the year, we want to keep students on track with their savings mission. That's why we're running a stellar School Banking competition in Term 3, with more prizes to win than ever before. We're bringing the exciting news that a Prize Portal from another dimension has appeared on Planet Savings.

**Help the Dollarmites activate the Prize Portal**

To activate the Prize Portal, students must simply make three or more School Banking deposits during Term 3 and they will automatically be entered into the competition for a chance to win one of hundreds of prizes. Students can also complete a Money Mission at [commbank.com.au/prizeportal](http://commbank.com.au/prizeportal) to double their chance of winning a prize.

Please note, students can start the Money Mission at any time from 13 July 2015, but are required to make their three deposits by the end of Term 3 to double their chance of winning. Thank you for taking the lead and we look forward to a successful mission with students.

Keep smiling, Lisa Madden School Banking Coordinator

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Coming soon.....

**FATHER'S DAY  
STALL**

**Thursday 3 September 2015**

**Looking for something special for Dad or Grandad?**

**Your child will enjoy selecting a fabulous gift from our Father's Day Stall.**

**Gifts will range in price from \$1.00 through to \$5.00.**

**Gifts will be wrapped on the day and a carry bag provided to carry and hide the gift at home.**



## Good for Kids good for life

### LET'S MOVE MORE



**At least 60 minutes a day – in many different ways.**

Children's daily physical activity does not have to be done all in one go. The 60 minutes can be accumulated throughout the day.

Remember, even if your child doesn't play sport, there are lots of activities they can do. Being active in a variety of ways will help children get all the benefits.



If your child is not doing 60 minutes of physical activity every day, they will benefit from gradually increasing their activity to reach this amount.

**Intensity**  
While all physical activity is helpful, the Guidelines recommend moderate to vigorous intensity physical activities.



**MODERATE INTENSITY ACTIVITIES** require some effort, but children can still speak easily while doing them.

E.g. fast walking, riding a bike or scooter and active play.



**VIGOROUS INTENSITY ACTIVITIES** require more effort and make children breathe harder and faster ('huff and puff').

E.g. running, chasing and playing tag, and many organised sports like soccer or netball.



So... 10 minutes before school, 20 minutes walking or riding to and from school and 30 minutes of active play after school = 60 minutes.



How about walking, riding, skateboarding or scooting safely to school or other places...



...or washing the car, walking the dog, or helping to dig in the garden!



Source: Department of Health Physical Activity Guidelines Resource



Health  
Hunter New England  
Local Health District

PHONE 4924 6499



**Cricket NSW**  
**TOYOTA Country Cricket Blitz Tour**  
**2015 – TAMWORTH**



**NSW Blues Players**  
& Cricket NSW Development Staff

**THURSDAY 3<sup>rd</sup> SEPTEMBER**

**New COME & TRY Cricket program in**

**free** **TAMWORTH** **NEW**

**MILO T20 BLAST CENTRE**

with  
**Elite NSW BLUES PLAYERS**

To help with coaching and mentoring the session  
**4.15pm to 5.30pm @ No 1 Oval Kable Ave**

Families can register for the 2015/16 MILO T20 Blast program which starts on Saturday 24 October 2015 - 9.30am to 11am for 12 weeks - age 7 to 10 years welcome.



No pre enrolments required  
Hosted by  
Regional Development  
Manager – Kathy Barber

For more information – (M) 0425 297 722. e-mail – [kathy.barber@cricketnsw.com.au](mailto:kathy.barber@cricketnsw.com.au)

## LINKS FOR LIFE Disability Expo

**TAMWORTH TOWN HALL**

Fitzroy Street, Tamworth

**Thursday 10th September 2015**

9.30am – 2pm  
Official Opening 9.45am

**FREE ENTRY**

Exhibitors will display a range of products and services aimed at increasing independence and quality of life.

Join us for a **FREE** sausage sizzle all day.

Proudly supported by:



Education



Tamworth



Peel Valley Training & Employment



House with No Steps



WE LIVE WITHOUT BARRIERS



This event is for people with disabilities and ongoing medical conditions, their families, carers, support network and service providers.



Find out what is available in our region for people with a disability and their carers, including the latest adaptive technology.



Speak to local service personnel.



Disability and community organisations will be available to provide information and advice on early intervention services, carer support, advocacy, accommodation, training and education, employment, post-school options, equipment and the NDIS.

Please note the media will be in attendance and may wish to talk to participants.

Transport options available:  
contact Oxley Community Transport on 6766 3277.

For more information, please call  
Anna on 6766 6533 or Danielle on 6762 8003.

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