**Principal’s Reflections**

Another highly successful Swimming Carnival last Monday 10th Feb at Beresfield Pool. A big thank you to our parent volunteers (can’t do it without your assistance). Children were very well behaved and followed the pool rules and instructions. We are one of the very few schools which hold an inclusive Kinder to Year 6 program. A great day!

**School Time Change**

Commencing this week, our internal school times have now changed. Lunch time and recess, are basically reversed. For those who missed the notice from last week, the new times are;

- 9:00 – 11:15 Morning Learning Session
- 11:15 – 12:15 Lunch
- 12:15 – 2:00 Mid Learning Session
- 2:00 – 2:20 Afternoon Break (formally recess)
- 2:20 - 2:00 Afternoon Learning Session

Benefits are:-

- Longer morning and mid-session times which are prime (core) teaching and learning times?
- Research shows that eating lunch earlier, keeps students more focussed during mid-session. Basically, blood sugar levels drop when only a small amount of food is consumed. Tiredness and poor concentration are a result. Adults are the same, but children are more affected by restricted calories.
- Shorter afternoon allows for other activities such as Assembly, Parliament, Special Visits, Talks, PAL, etc.
- Meets Sun Safe Policy, as children not exposed to hottest part of the day being the longest play period of the day.

This decision has been discussed with and has both staff and P&C backing.

**House Captains and Vice Captains 2014**

- **Lawson House**
  - Captains; Phoebe Magill, Harrison Redman.
  - Vice Captains; Ashley Robson, Jovan Nelson.

- **Kendall House**
  - Captains; Emily Sheldon, Harry Wilmen.
  - Vice Captains; Sarah Palmer, Montana Ninness.

**Environmental Rangers 2014**

Our 2014 Environmental Rangers are;

- Nikeeta Trigg
- Ashley Robson
- Paea Tivoli
- Lexie Graham

Congratulations, respect for our environment is one of our core values.

**Merit Awards**

Congratulations to these students for achieving this high honour;

- Ryan Reid
- Sarah Polson
- Destiny Bramley

**Breakfast Club**

Now operating Monday; Wednesday; and Friday mornings from 8.30 to 8.55.

Thank you to our community volunteers.

**Evacuation Drill**

A successful evacuation drill was held last Thur 13th Feb. Whole school evacuated in 3 minutes.

**Positive Parenting Tips**

A number of parenting brochures will come home over the year with helpful tips. We subscribe for this advice. Being a parent is not easy at times. There is no service manual on kids (all different!)

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Christopher Parkinson


TPRG PPA H/CC

Principal
For Your Calendar

February
Thur Feb 20 – Young Leaders Day
Fri Feb 21 – Gymnastics
Tues Feb 25 – Life Education Excursion
Wed Feb 26 – Zone Swimming
Fri Feb 28 – Gymnastics

March
Mon Mar 3 – Pacific Smiles Dental Visit
Tues Mar 4 – P&C Annual General Meeting
Fri Mar 7 – Gymnastics
Fri Mar 14 – Gymnastics
Fri Mar 21 – Gymnastics
Fri Mar 21 – Harmony Day
Wed Mar 26 – Small Schools Athletics Carnival
Fri Mar 28 – Gymnastics
Fri Mar 28 – Cleanup Australia Day
Mon Mar 31 – Young Leaders Day – Sydney
Wed Apr 2 – School Disco
Fri April 4 – Gymnastics
Tue April 8 – P&C Meeting
Fri April 11 – Gymnastics
Fri April 11 – Easter Hat Parade

TERM 1 ENDS – Friday April 11th
TERM 2 COMMENCES – Tuesday April 29th

SCHOOL INFORMATION

SWIMMING CARNIVAL
Swimming Carnival Awards Assembly
Monday 10th March – 2.30pm
All welcome.

SOME PHOTOS FROM THE DAY

GYMNASTICS
Our sport program for Term 1 continues every Friday from February 7th to April 11th. Classes will participate in a Gymnastics Program under the COLA.
The cost is $27.00 per student for the ten week program.
A permission note was sent home and should be returned asap. The money must be paid by the end of Week 6 – 7th March 2014.

BOOKPACK PRICES

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<tr>
<th>Grade</th>
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<td>YEAR 6</td>
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Book packs will be given to the students upon receipt of payment.

CONTACT DETAILS
Just a reminder to let the office know if you have changed any of your contact details – address, phone number, mobile number.
STOCKLAND STARS AT GREENHILLS
Our school will be participating in the Stockland Stars program where we will be submitting a decorated 3D star. Customers then vote for their favourite star with every $1. spent in centre entitling them to 1 vote. The stars will be displayed from Monday 3rd March to Sunday 6th April for family, friends and shoppers to vote for their favourite stars and help your school win the cash prize.
Customers register their details at the Customer Care Centre to be eligible to vote. For every $1. spent with a minimum purchase of $10. they are able to allocate 1 star vote to their favourite Stockland Star. Each school’s voting average is calculated by dividing the total amount of votes by the number of students enrolled at the corresponding school.

CUSTOMERS can REGISTER from SAT 1st March
VOTING BEGINS on MONDAY 3rd MARCH
VOTING CONCLUDES SUNDAY 30th MARCH.

Winners are announced at the Official Closing Ceremony on Thursday 3rd April at The Closing Ceremony at Stockland Green Hills.

PRIZES INCLUDE:
1st - $3000. Cash for your school
2nd - $2000. Cash for your school
3rd - $1,000. Cash for your school

COMMUNITY INFORMATION

SOCCER
Registration Fees (including game fees) for 2014 are as follows:

Players 5-7 = $160
FREE SHIRT WITH REGISTRATION, GAME FEES INCLUDED
Players 8-11 = $180
FREE SHIRT WITH REGISTRATION, GAME FEES INCLUDED
Players 12-18 = $195
FREE SHIRT OR SHORTS WITH REGISTRATION, GAME FEES INCLUDED
Players – Senior Amateur $200 (registration plus council fee) (game fees managed by the team)

This year, all registrations are to be done online at www.myfootballclub.com.au and then attend one of the registrations days (available on our website www.thorntonjuniorfc.com) with a copy of their receipt.

Please note all new players must bring a copy of their birth certificate with them.
For further information please contact Belinda Gibbons on M: 0488 664 064
Email: registrar@thorntonjuniorfc.com

Join Maitland Hockey Association’s
Hook into Hockey Program
Suits Boys & Girls U6 to U16 years of age
Starts: Wednesday 19 February to Wednesday 12 March 2014
Time: 5:00pm to 6:00pm
Where: Maitland Hockey Field, Maitland Park Elgin Street, Maitland
Cost: $50.00 includes Shin pads, stick, ball shirt and mouthguard
Register Here: www.maitlandhockey.org.au

Play Hockey this Winter
Registration Info Day and Training on
Thursday 20 Feb 2013
Juniors (U6 – U18) – 5pm to 6pm
Women’s – 6pm to 7pm
FUN, SAFE, ONE PLACE, ONE TIME
Further information Contact: Ros Sherlock
02 49335927 or Steve Orchard 0421 831 309

MAITLAND HOCKEY ASSOCIATION INCORPORATED
Insights
by Michael Grose – No 1 parenting educator

Parenting the family underdog

Raising talented kids is relatively easy, but parenting children and young people who struggle can be a significant parenting challenge.

One of the unwritten laws of family life is that talent and ability are unevenly distributed between siblings.

In most families there is one child who seems to have more than his or her fair share of ability. Everything this kid turns their hands to – whether schoolwork, sport or socialising – is done successfully and effortlessly.

If you have such a child then there is a fair bet that another of your children struggles in the same areas. For these children, achieving success takes more effort and concentration than it does for their sibling.

Just as it is easy for parents to marvel at the talented child, it’s frustrating and, at times, heart-breaking to watch another child struggle to attain even mediocre levels of success at school, sport or leisure activities.

It’s harder still when you know that no matter how hard this child tries they just can’t be as successful as their sibling, who continues to get all the glory and accolades from relatives and friends.

As a parent it’s important to be realistic about what each child can achieve. Keep your expectations in line with their ability and maturity, and avoid making comparisons between siblings.

Here are some ideas to keep in mind if you are parenting a child for whom success at school, sport and other common childhood activities just doesn’t come naturally.

1. Be your child’s cheerleader. Kids who have to work really hard to achieve need someone in their lives who is able to boost their self-confidence, particularly when they are struggling. Make a fuss over small successes so they can puff up their chests every now and then.

2. Focus your comments on contribution, improvement and effort. It’s difficult praising kids when the results aren’t there but you can always focus your comments on their contribution to the team. Focus on things improvements shown in reading or the effort they are making at art.

3. Remember that persistence pays. Children who persist learn an important life lesson – that is, success in most endeavours takes effort. Those kids who sail through their childhoods without raising a sweat can struggle when eventually they do have to work long and hard to succeed.

4. Help kids identify their strengths. Kids are like niche marketers – they define themselves by their strengths. “I am a good reader” or “I’m sporty” or “I’m really good at art” are some of the labels kids will use. As they move into adolescence the number of options for success opens up, so help them find one or two areas that they enjoy and can easily achieve success in.

5. Don’t put kids on pedestals. It is difficult living in the shadow of a superstar so avoid making huge fuss over the achievements of a particular child – it makes life difficult for those who follow. Recognise results but balance that by focusing equally on the efforts of the others as well.

Raising kids who find life a breeze is easy. However, parenting the underdog who takes longer to mature or who must put in 110% effort to achieve is challenging for any parent. It requires parents to focus on kids’ strengths, be liberal with encouragement and have realistic but positive expectations for success.