Principal’s Message

School Planning: A big thank you to Cassie McCumstie, Catherine Woodbine and Carly Clarke who were able to attend our school planning focus group session last night. Our main task last night was to review our anti-bullying draft plan which will be implemented soon. Keep an eye on our webpage as this draft policy will be downloaded shortly.

Reporting suspected incidents of bullying is the essential first step. Reported incidents are always followed up. A lot of this investigation, communication and support is not always visible to the whole school community. The policy outlines the definition and forms of bullying, including cyber bullying. Most of the information and processes are not new but some of the strategies may be. The policy also outlines signs that your child may be being bullied. These include:

- Dislike and avoidance of school
- Decline in academic performance and social interaction
- Gets into trouble more often at school
- Wants to be taken to school even though it is close
- Possessions are damaged or missing
- Becoming withdrawn, appeared depressed or anxious, having mood swings, crying for no apparent reason
- Unable to explain bruises or scratches
- Complaints of feeling bruises or scratches
- Ask for, or steals, extra money
- Increased social exclusion and peer rejection
- Having less to do with friends
- Bad dreams
- Sleeps badly
- Wets the bed
- Gets angry with brothers and sisters
- Uses put downs
- Increased negative self perception

Please see page 5 of our newsletter for great instructions for children for learning to tie their shoe laces.

Head lice have again been reported at school. It is essential that families check children’s hair regularly and treat accordingly.

Due to enrolled children’s life threatening Anaphylactic Allergic reactions to all nuts and peanut products, we would like to encourage families not to send these products to school with their children. These include peanut butter, nutella, sesame seeds, loose nuts, muesli, nut or chocolate bars or any products containing any type of nuts. We appreciate your support in this matter.
FOEI: NSW Department of Education and Communities have a relatively new model for funding which is based on a combination of student and school needs using the Family Occupation and Education Index (FOEI). To ensure that our school FOEI accurately reflects the profile of our school community, a high level of completeness and accuracy of parental background information is needed. Please note that this information needs to be updated annually. **Therefore if you have changed occupations or are currently without work, please indicate this.** This information is harvested in early Term Two, so please complete the attached information on Page 8 of this newsletter and return as soon as possible. We appreciate your support with this matter.

Out of School Achievements: Often students who are involved in out of school activities like to have mentioned in the weekly newsletter their successes. We are only too happy to report on this however it is up to the families to either email the school at seaham-p.school@det.nsw.edu.au the relevant details and photos or drop them off at the school office. Please note that these can only be inserted into the newsletter when room permits.

Medical Information: Recently families were sent home allergic reaction and asthma plans for those that have a medical condition recorded on our system. It is imperative that these forms are completed quickly. They are a mandatory requirement by the DEC and therefore we require your assistance with this matter. Thank you to those families who have completed and returned the forms.

Sydney Overnighter for Years 3 & 4: Expression of Interest Notes were forwarded home yesterday to our Year Three and Four families in regard to the upcoming overnight excursion. Notes and a $25 non refundable deposit is payable prior to 27 March, 2015 to enable the final numbers and cost to be determined.

Canberra 2015: Just a reminder to our Year Five and Six families that the expression of interest note and $30 non refundable deposit is due prior to 27 March, 2015. Final cost and details cannot be determined until after this date.

Newsletter: Thank you to those families who have nominated to receive their newsletter by email. Please continue to nominate your email addresses if this option is possible. If you do not have access to email and would therefore still like to receive your paper copy, please indicate where necessary.

EOI: The expression of interest application forms for High School for 2016 were forwarded home to Year Six families on Monday. Please read the letter and forms and complete and return to the school no later than Friday 20 March, 2015. We thank you for your assistance with this matter. Please do not hesitate to contact the office if you require further assistance.

Regional Swimming: Last Thursday 5 March, we went to Maitland Pool to represent our school in the Regional Swimming Carnival for the Port Stephens Zone. Both of us qualified and competed in the 50m backstroke and 50m freestyle events for our age division. We both had excellent times in our events. There were some fantastic competitors that we swam against. We had a great day. By Dallas Johnson and Amber Sullivan

Community News: ART space Holiday workshops: Paterson Gallery will be running ART workshops for kids during the school holidays. Monday to Friday. 10 am till 12 noon or 2 pm till 4 pm. Limit of 4 per class, $40 per child. All materials supplied. Bring a snack and a drink. Phone Cath to book in 49 386 632.


“Link Up” – an Aboriginal Aged and Disability Roadshow: Please see attachments in today’s newsletter.
Welcome to Seaham School

Lachlan and Sophie: On Monday we welcomed to Seaham School Lachlan and Sophie Halls into 1A and 2/3J. Lachlan and Sophie were previously at Salt Ash Public School. Sophie and Lachlan have both settled in well and we know that they will become an important part of our school community.

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A great morning was held at Seaham Park for our cross country. Thank you to Mrs Millburn for her coordination of this event.

Canberra Expression of Interest

Sydney Overnighter Expression of Interest

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Succeeding in science: Encouraging your teen to ask questions and helping them find the answers is top of the list in helping them to succeed in science. Find out more: http://www.schoolatoz.nsw.edu.au/homework-and-study/other-subjects-and-projects/science/helping-your-teenager-succeed-in-science

Facts about tutors: Private tutoring to give kids a helping hand in their schooling is a growing business. However, it’s also an area where parents can be vulnerable to bogus offers and misleading advertising. Find out more: http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/facts-about-tutors

Public speaking: Does your child suffer glossophobia? Fear of public speaking is common. Try creating opportunities for your child to present speeches to the family, without putting pressure on them to perform. Here are some tried and true tips to make your child’s next speech a success. Find out more: http://www.schoolatoz.nsw.edu.au/homework-and-study/english/english-tips/public-speaking-in-primary-school

Science starters: Did humans live with dinosaurs? Does the moon disappear in the day? Kids love to know the answers to life’s mysteries but there are a few facts they often get wrong in the name of science. Find out more: http://www.schoolatoz.nsw.edu.au/homework-and-study/other-subjects-and-projects/science/10-scientific-facts-your-child-needs-to-know

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Week 1 of Interest Groups
How to tie shoelaces – ‘bunny ears’ method

When it comes to getting dressed, the ‘bunny ears’ method is one way of tying shoelaces. The first step is to take a shoelace in each hand.

Cross the black lace over the red lace halfway up the laces.

Take the end of the black lace and put it over the red lace. Now poke it through the cross or bunny hole.

Hold on to the ends of the red and black laces and pull tight. The cross should now be close to the shoe.

Take the black lace and make a small loop, or ‘bunny ear’. The ‘bunny ear’ loop should have a long tail.

Take the red lace and make a small loop, or ‘bunny ear’. The ‘bunny ear’ loop should have a long tail.

Cross the middle of the black loop (‘bunny ear’) over the middle of the red loop (‘bunny ear’).

Take the top of the red loop (‘bunny ear’) and put it over the black loop (‘bunny ear’). Now poke it through the cross or hole.

Put your fingers inside the ends of the loops (‘bunny ears’), then hold on and pull tight. You’ve now tied the loops in a knot and the lace is tied.
Link Up
Bringing you choice to make life a bit easier

If you are Aboriginal and aged over 50, have a disability or who are caring for someone with a disability, Link Up is a great way to learn about how to make living at home easier and more enjoyable.
Help with cleaning, transport and meals are just some of the services you can find out about on the day.

Where will Link Up be held?

**Mindaribba**
Friday 6 March, 10–2 pm
Mindaribba Local Aboriginal Land Council
1A Chelmsford Drive
Metford NSW 2323
(near The Good Guys)

**Awabakal**
Monday 9 March, 10–2 pm
Ethnic Communities Council
2A Platt Street
Waratah NSW 2298
(opposite Waratah station)

**Biraban**
Thursday 12 March, 10–2 pm
Bolton Point Community Hall
68A Middle Point Road
Bolton Point NSW 2283
(next to Biraban LALC)

**Worimi**
Thursday 19 March, 10–2 pm
Murrook Culture Centre
2163 Nelson Bay Road
Williamtown NSW 2318
(Worimi LALC)

**Black Creek**
Tuesday 24 March, 10–2 pm
Cessnock City Scout Hall
284 Maitland Road Cessnock
NSW 2325
(cnr Henderson Ave)

**Karuah**
Thursday 26 March, 10–2 pm
Karuah Local Aboriginal Land Council Hall
Muston Road Karuah
NSW 2324
(opp LALC 16 Mustons Ave)

**Wanaruah**
Tuesday 31 March, 10–2 pm
Singleton Youth Venue
Corner Pitt and Bathurst Street
Singleton NSW 2330

**Wanaruah (Muswellbrook)**
Thursday 2 April, 10–2 pm
Red Door Kitchen
Uniting Church Hall
122 Bridge Street
Muswellbrook NSW 2333
(next to Muswellbrook Holden)

In our commitment to working together and with respect for Aboriginal culture, a number of ceremonial and cultural activities will be held at each Link Up event.

*So come along, have a wander and a yarn, ask questions, and enjoy some lunch!*

For more information contact Sue Shilcock on 0429 075 430 or email sue.shilcock@wesleymission.org.au
wesleymission.org.au
Dear Families

Please find below details to complete in relation to receiving an electronic copy of our weekly newsletter emailed to you. This will enable families to have a coloured newsletter to replace receiving a paper copy on Thursdays.

Please complete the below details with your current email details (more than one email address is permitted). If you do not have access to email and would therefore still like to receive your paper copy, please indicate where necessary.

Thanking you.

**Seaham Public School**

**Electronic Newsletter**

Family Name: _____________________________________________________________

Student Name: (Eldest in Family) _____________________________________________

Class: ______________

Email address for Newsletters: ____________________________________________

________________________________________________________________________

No I do not wish to receive an electronic copy of the newsletter.

[ ] Family

_______________________________________________________________

Name:

Student Name: (Eldest in Family) __________________ ____________________________

Class: ______________
Parent/Carer 1 with whom students normally live

Students: ____________________________________________________________

Title: ___________________ Family Name: ________________________ Given Name: ________________________

Country of Birth: ____________________________________________________________ Male □ Female □

□ Aboriginality □ Torres Strait Islander □ Both Aborigional and Torres Strait Islander

Occupation Group: Please choose the group that best describes your occupation

□ Group 8 (Have not been in paid work in the last 12 months)
□ Group 4 (Machine operators, hospitality staff, assistants, labourers and related workers)
□ Group 3 (Tradesmen/women, clerks and skilled office, sales and service staff)
□ Group 2 (Other business managers, arts/media/sportspersons and associate professionals)
□ Group 1 (Senior management in large business organisation, government administration and defence and qualified professionals)

Occupation: ____________________________________________________________ (please state actual occupation)

School Education: What is the highest level of schooling completed? For persons who never attended school, mark “Year 9 or equivalent or below”.

□ Year 12 or equivalent □ Year 11 or equivalent □ Year 10 or equivalent □ Year 9 or equivalent or below

What is the highest qualification completed?

□ No non-school qualification □ Certificate I to IV (including trade certificate □ Advanced Diploma/Diploma

□ Bachelor Degree or above

Parent/Carer 2 with whom students normally live

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