Principal’s Message
Welcome to week four at Seaham Public School. Last Friday we held our swimming carnival and it was a really positive day. Congratulations to all those students who have progressed through to the zone carnival at Lakeside tomorrow. Thank you to Mrs Bowman for her organisation. These days are a huge responsibility for the organising teacher on top of their usual day to day planning and teaching.

PBL is Coming: Our staff are really busy preparing for the implementation of Positive Behaviour Learning (PBL). We now have weekly PBL meetings and last week I shared our expectations matrix in our newsletter. We also have a team of teachers who are about to write the lessons to teach and embed these expectations. Remember, please encourage your child to have a go at the PBL design task due on Friday, 26 February. Their job is to design the logo or mascot that will be our main PBL visual. Wouldn’t it be great to have your child’s design posted around the school and on our PBL documents.

Staffing: As you might be aware Mrs Bartlett badly broke her collarbone last year. Unfortunately the injury hasn’t healed correctly and therefore Mrs Bartlett requires a further four weeks to repair the damage again and recover. Mr Paul Towill will be teaching 1/2S during this time on Thursdays and Fridays, starting tomorrow.

We welcome Mr Towill to our school and hope he enjoys his time.

Debating News: Tomorrow our school has been invited to participate in a “Debating Training Development Day” to be held at East Maitland Public School. This is organised and hosted by the Arts unit from the University of Newcastle. The following students will accompany Mrs Imber to this exciting course, Tahlia Jarvie, Brylee Brown, Charlotte Fawcett, Jacob Daskalovski, Clare Moroney, Jasmine Armitage, Paige Williams and Breanna Mason.

School Swimming Carnival 2016: The Seaham Public School Swimming Carnival was held last Friday at Clarence Town pool and proved a fantastic success. All children who attended had a great time and should be congratulated for their participation and excellent behaviour. It was wonderful to see the great sportsmanship shown on the day and lots of great barracking for houses.

I would like to thank the teachers and parent helpers who made this day an enormous success and Dave Hughes and staff at Clarence Town Pool for their hospitality.

We wish the 18 students who qualified to participate in the Port Stephens Zone Swimming Carnival on Friday 19 February at Lakeside Leisure Centre Raymond Terrace all the best in the competition.
(Please see page 3 for our Champions)

Many thanks. Deb Bowman

Family Invoices: Notes will be sent home soon in relation to work book expenses, technology and gymnastic programs and voluntary contributions. Your cooperation in full payment or weekly payments will be greatly appreciated. Instructions on how to make a payment in our new payment system will be attached.

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.
PBL is Positive ....... PBL enables us to work together to create a positive, productive and harmonious learning community.

Uniform Payments: Just a reminder to families to please DO NOT make payments for school uniforms through the Parent on Line Payment Option or school account. The P&C has their own account and for accountability, all funds must be shown this way. We thank you in advance for your cooperation.

Family & FOEI Updates: Thank you to our families for the prompt response in returning the green and purple forms. If you have not returned yours yet, please do so as soon as possible.

Anaphylaxis/Asthma/Diabetic/Epilepsy Health Plans: Health care plans, asthma and diabetic actions plans and request for medication forms are due back to the office prior to 4 March 2016. Please contact the office if further details are required.

What Hunter River High School has to offer you: Families and students considering enrolling at Hunter River High School for Year Seven in 2016 are invited to attend an information evening. The night will offer:

- Information about Hunter River High
- Meet teaching staff
- A chance to ask questions
- Speak with current students
- Tour the facilities
- Discover Hunter River links with local businesses, industry, TAFE and the University of Newcastle
- Learn how they assist students during their transition from primary to high school
- Learn about their Gifted & Talented Class

**Date:** Monday 29 February 2016  
**Venue:** Hunter River High School Library Building  
**Time:** 6.00pm-7.00pm

Parenting Ideas: Thriving Parenting is an exciting new way of parenting. It takes the trial and error, and much of the confusion out of raising kids. There is a large body of research that tells us kids need three things to thrive in this modern changing world of uncertainty.  

**Confidence, Character & Resilience:** They best develop in an environment where parents purposefully adopt principles and techniques that promote these qualities. Nor do these qualities develop independently of each other. The development of one impacts on the others. When kids develop a greater sense of self-confidence they usually behave better and they are more likely to bounce back from setbacks, particularly social injustices.

**Confidence:** Confident kids take more learning risks and are likely to challenge themselves more than kids who are low on confidence. They are less likely to place limits on themselves or their achievements. Confidence is so crucial today as so many kids are anxious and fear failure.

**Character:** Character refers to the attitudes and behaviours a child develops that maximise his or her success. Character is about doing what’s right, not what’s easy!

**Resilience:** Children need to be resilient. They need to be able to bounce back from life’s bigger and smaller setbacks. Resilience is linked with good mental health habits and also with a child’s success. The Thriving! approach gives parents the tools and strategies you need to bring out these three vital ingredients. For more information about the Thriving! approach please see www.parentingideas.com.au. We will aim to when room permits insert articles from this website.
Age Champions

Junior Boy Champion
Francis Kime

Junior Girl Champion
Isis Sullivan

11 Year Boy Champion
Archie Lilley

11 Year Girl Champion
Veronica Nunan

Senior Boy Champion
Max McCulloch

Senior Girl Champion
Emity Bridge

Relay Winners

Junior Girls
Carmichael

Junior Boys
Fisher

Senior Girls
Warren

Senior Boys
Carmichael

Zone Swimming Team
Absent: Jimmy Lilley

The Winning House of the Swimming Carnival was Dixon. Well done!

Newsletter Briefs

Each year in NSW children are injured and sometimes killed around schools. You can help to make our school a safer place by obeying the road rules and being patient and understanding at the peak traffic times of 9:00am and 3:00pm. Obeying Parking Signs and Road Rules

Disabled Parking:
Unless the vehicle you are driving displays a current Disabled Person’s Parking Authority and is carrying a disabled person you must not park in these areas.

No Parking:
This sign means that in the area in the direction of the arrow you must not stand your car, except when you stop to pick up or set down goods or passengers. At no stage are you allowed to leave your car.

No Standing:
This sign means in the area in the direction of the arrow you must not stand your vehicle except to stop to pick up or set down passenger.

No Stopping:
This sign means in the area in the direction of the arrow you must not stand your vehicle at any point on the road, kerb unless there is a medical emergency.

Bus Zones:
This sign means that in the direction of the arrow you are not allowed to stand your vehicle unless you are driving a bus.

School Zones:
The signs school zone and 40k School Zone mean the speed limit is 40km/h. This special speed limit applies on school days and during times shown on signs.
A GREAT DAY AT THE SWIMMING CARNIVAL

Thanks to Mrs Bowman for organising such a fantastic day.