A WORD FROM THE PRINCIPAL

This week we celebrated our 2015 year of learning and achievements at our Presentation Day on Tuesday. Kindergarten, Year 1 and Year 2 began their celebration at 9:30am in our school hall. This was followed at 12noon by our years 3, 4, 5 and 6 presentation. Thank to everyone who joined in these celebrations. You certainly made our day even more special. Congratulations to all our students for their achievements throughout the year, not just the award winning girls and boys. Everyone has worked really hard this year to achieve their goals and become more skillful and knowledgeable. Each year we want all our students to achieve a year’s learning growth, from where ever they are in their learning journey, in the year. This has been a very real focus for all our teachers and our support staff.

Our 2016 Leaders were presented to our school on Tuesday as well.

Our school Captains for 2016 are
Kyana Patten and Troy Gillies;

Vice Captains are Bella Crick and Jacob Saunders; and
Prefects are Olivia Ross, Brooke Purcell, Hayley Griffiths, Emison Dixon-Crawford, Jack Grigg and Zeke Hughes.

Our Aboriginal leaders are Emison Dixon-Crawford and Kostya Kratsas.

Our sport’s house leaders are:

Phillip: Captains: Jasmin Miller and Caleb Mahony
        Vice Captains: Clarece Major and Tremayne Sylvester

Cook: Captains: Caroline Angel and Michael Brazier
        Vice Captains: Faith Schoeler and Nicholas Bittner

Tasman: Captains: Tyler Webb and Amelia Curry
        Vice Captains: Zac Taylor and Emily Webb

Flinders: Captains: Kostya Kratsas and Hannah Ledwidge
         Vice Captains: Jack King and Ashleigh Heywood

We are looking forward to seeing all these students grow and develop in their leadership roles next year.

Swimming School:
Next Monday begins 10 days of intensive swimming instruction for our students. Permission notes and $22.00, which is the cost of pool entry, needs to be given to the office by Thursday this week at the very latest. This will give us time to organise buses, swimming groups, teachers and instructors. Your cooperation in this is greatly appreciated. Once again, we look forward to ensuring that our students have the opportunity to either learn to swim or improve their swimming skills through this program.

Regards

Cathy Watt
This Friday 27th November will be the last Year 6 fundraiser for the year. It is called “Opposites Day” so come dressed up with something opposite. e.g. opposite coloured shoes, opposite socks, shirt on backwards, sunglasses on the back of your head, walk backwards at school etc.

A gold coin donation will be gratefully received and will be collected by Year 6 during the morning. Thank you for your support this year. Mrs Kelleher

**Whatever you think, think the opposite!!**

**POSITIVE BEHAVIOUR FOR LEARNING (PBL)**

Focus for Week 8 is Commitment: Positive attitude to school and learning

It is with pleasure we share the following students who received PBL recognition awards last week.

Mrs Christine Attard, Assistant Principal

<table>
<thead>
<tr>
<th>Rocky badge</th>
<th>Bright Green &amp; white wristband</th>
<th>Dark Green &amp; white wristband</th>
</tr>
</thead>
<tbody>
<tr>
<td>total of 90 High Flyer tokens</td>
<td>total of 99 High Flyer tokens</td>
<td>total of 126 High Flyer tokens</td>
</tr>
<tr>
<td>Joshua Nadilo</td>
<td>Jacqueline Garland</td>
<td>Arwen Malone</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Kaitlyn Saunders</td>
</tr>
</tbody>
</table>

**3C FOYER DISPLAY**

What’s been happening in 3C?

3C have been working really hard to improve their creative writing. We’ve been practicing the use of adjectives to add detail to our stories to help create images in the reader’s mind. 3C have also been discussing what makes a good friend. We’ve developed recipes that include the key ingredients to a good friendship and considered how much of each ingredient we should use. Come and see our stories and recipes in the foyer.

Miss Crouch
FLIP OUT STAGE 2 EXCURSION 26/11/15
All notes need to be returned this week to finalise numbers to Flip Out. Please make sure that both parents and students sign the waiver forms before returning them this week, as time is running out.
Closing date is 23/11/2015.

P & C NEWS
Carols under the Cola Raffle
In week 9 our Carols under the Cola will be held and a hamper raffle is being organised which will be drawn on the night. Raffle tickets are available at the office.

UNIFORM SHOP – OPENING TIMES – IN THE HALL
SHIRT COST $25.00 paid by cash only
MONDAY morning 8.30am – 9am
TUESDAY morning 8.30am – 9am
WEDNESDAY afternoon 2.30pm – 3pm
Pre-order is available by bringing in order form and cash amount to the office. The shirt will be delivered to your child as soon as possible.
Our apologies for not including the order form in last week’s newsletter.
Available now: SIZES 4, 6, 8, 10, 12, 14, S, M
Larger sizes: L, XL, XXL have been re-ordered and can be pre-ordered.

COMMUNITY LIAISON OFFICER’S NEWS
Hi Everyone,
VOTE FOR OUR TREE AT STOCKLAND GREENHILLS!! Last week our choir was invited to attend Stockland to perform a few heart-warming Christmas carols to the delight of passing shoppers. A Christmas tree was specially provided for Metford Public School and it was beautifully decorated by our choir members and included handmade personalised decorations. Thank you to our families for their “on the ground” support and to Stockland Greenhills for the opportunity to perform, decorate our tree and the complimentary ice cream from Donut King. Voting commences 3rd December so ‘like’ Stockland Greenhills facebook page and be ready to vote for the MPS Christmas Tree!

Have a great week.
Katherine Barr
KINDER EXPO
Ten common DISCIPLINE mistakes
Submitted by: Michael Grose 1 July

Discipline is easy when children are easy. It can be downright tricky when children are difficult, have interesting personalities or who at more difficult developmental stages.

But it's with challenging kids that we need to get our discipline techniques right.

Here are 10 common mistakes I see many parents make when trying to get cooperation from their children; keep them safe or teaching them behave well.

Do any of these bloopers ring a bell?

1. **Repeat yourself.** If so, you are training kids to become parent-deaf. Kids learn more from respectful actions than your repeated words so talk once, twice at most, then DO something.

2. **Shout to be heard.** You are better off going below the noise baseline to get their attention rather than raising your voice.

3. **Set limits too late.** Set a limit a few weeks after new object or situation is introduced (e.g. kids get a new mobile phone, teen starts going out at night) and suddenly you are seen to be taking away a freedom. Set limits first then loosen them up later.

4. **Set no limits.** Boundaries, rules, expectations and standards teach kids what's expected. Boys love them. They also like to push against them so you need a firm backbone.

5. **Fail to follow through.** Talk! Threaten! Nag! No way! See No. 1 above.

6. **Make consequences too harsh.** 'You're grounded for a month Mr. 6 year old' is a tad harsh and will usually bring resentment not to mention confusion. Stick to the 3 R's of respectful, reasonable and related to the behaviour when setting consequences and you can't go too far wrong.

7. **Apply consequences when you or they are angry.** When anger is in the air kids will become mad at you......if they listen at all. Calmness makes a huge difference to effectiveness at the point of discipline.

8. **Mix discipline with counselling.** Never mix the two as it sends mixed messages. If a child misbehaves manage that situation. If you suspect something negative is going on in their life, then deal with that at a separate time. Keep the two actions separate so they can both be effective.

9. **Defer discipline to a child care centre, preschool or school.** This is taking the easy way out and teaches kids that you don't have real authority. Have the confidence to be the authority and take a lead.

10. **One parent is always the bad guy.** This gets wearing. Also it's hard to have fun when you are the tough cop all the time. If you are in a two parent situation take discipline in turns. If you are parenting solo bring 'sparents' into the act.

We've all made mistakes when disciplining kids. Tiredness, emotion and lack of skill can get in the way of effective discipline.

But part of the evolution and growth of you as a parent involves eradicating some of your old ways, and replacing them with new, more effective, more sophisticated ways of managing yourself and your kids.
<table>
<thead>
<tr>
<th>Term 4</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Every Week</td>
<td>Breakfast Club every 2nd Monday</td>
<td>Breakfast Club</td>
<td>School Assembly 1.30pm</td>
<td>Breakfast Club</td>
<td>Principal’s Lunch</td>
</tr>
<tr>
<td>Wk 8 Nov 23-27</td>
<td>Breakfast Club</td>
<td>Infants Presentation Assembly 9.30am</td>
<td>No Drumcorp today</td>
<td>Flip Out Stage 2 excursion</td>
<td>PUPS 9-11am</td>
</tr>
<tr>
<td></td>
<td>(Wk 8)</td>
<td>Primary Presentation Assembly 12.00pm</td>
<td>Yr 6 Fundraiser Out of Uniform Day – dress up in opposite clothes</td>
<td></td>
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</tr>
<tr>
<td>Wk 9 Nov30-Dec4</td>
<td>Swimming scheme Yr 2 - 6</td>
<td>Swimming scheme Volunteers morning tea 10.30-12pm in PUPS room</td>
<td>Swimming scheme MHS Yr7 Orientation Day</td>
<td>Swimming scheme</td>
<td>PUPS 9-11am</td>
</tr>
<tr>
<td></td>
<td>(Wk 9)</td>
<td>Year 6 Farewell</td>
<td>P&amp;C meeting 6pm</td>
<td>Swimming scheme</td>
<td>Swimming scheme</td>
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<tr>
<td></td>
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<td></td>
<td></td>
<td>PUPS 9-11am – last day for 2015</td>
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<tr>
<td>Wk 10</td>
<td>Swimming scheme</td>
<td>Swimming scheme</td>
<td>Swimming scheme</td>
<td>Swimming scheme</td>
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<tr>
<td></td>
<td>(Wk 10)</td>
<td>Year 6 Farewell</td>
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<td>Last day student banking</td>
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<tr>
<td>Wk 11 Dec 14-18</td>
<td>Stage 3 excursion to Strike Ten Pin Bowling</td>
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<tr>
<td></td>
<td>(Wk 11)</td>
<td></td>
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<tr>
<td>2016 Term 1 Wk 1</td>
<td>Swimming scheme</td>
<td>Staff Development Day</td>
<td>Staff Development Day</td>
<td>Students start</td>
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</tbody>
</table>

### SCHOOL CANTEEN ROSTER Term 4 Week 8 and 9

<table>
<thead>
<tr>
<th>Wk 8</th>
<th>23.11.15</th>
<th>24.11.15</th>
<th>25.11.15</th>
<th>26.11.15</th>
<th>27.11.15</th>
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<tbody>
<tr>
<td>8.30-12pm</td>
<td>Kathy, Bronnie, Tiana</td>
<td>Kathy, Theresa</td>
<td>Kathy, Hazel, Lisa, Cherrie</td>
<td>Kathy, Katrina, Tiana, Kelly</td>
<td>Kathy, April, Paul</td>
</tr>
<tr>
<td>1-2.30pm</td>
<td>Kathy, Tiana</td>
<td>Kathy, Theresa</td>
<td>Kathy, Paul 2 volunteers needed</td>
<td>Kathy, Tiana</td>
<td>Kathy, April, Paul</td>
</tr>
<tr>
<td>Wk 9</td>
<td>30.11.15</td>
<td>1.12.15</td>
<td>2.12.15</td>
<td>3.12.15</td>
<td>4.12.15</td>
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<tr>
<td>8.30-12pm</td>
<td>Kathy, Bronnie, Tiana</td>
<td>Kathy, Theresa</td>
<td>Kathy, Lisa, Hazel, Paul</td>
<td>Kathy, Katrina, Tiana, Kelly</td>
<td>Kathy, April, Paul</td>
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<td>Kathy, Tiana</td>
<td>Kathy, April, Paul</td>
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**Volunteer Needed**

- 1 volunteer needed
- 2 volunteers needed
SPORT SHIRTS – Are now available for pre-order. Order form is attached. Cost will be $20.00 payable in cash only. Expected delivery estimated for the start of school 2016. Shirt will be embroidered with school logo.
## METFORD PUBLIC SCHOOL
### P & C ASSOCIATION
#### UNIFORM ORDER FORM

**DATE**

*Office use only*

**ORDER TYPE:** PRE-ORDER / PICK UP

**PAYMENT & ORDER DETAILS**

Pre-ordered uniforms will be delivered to your child.

- □ Payment received (please tick)
- □ Order delivered if pre-order (please tick)

**DATE DELIVERED:** ……………………..

**ORDER TAKEN BY (INITIALS):** ……………………..

---

**NAME:**

**Students Name:**

**CLASS:**

**CONTACT PHONE NUMBER**

<table>
<thead>
<tr>
<th>Item</th>
<th>Sizes</th>
<th>Price</th>
<th>Qty</th>
<th>Size</th>
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<tbody>
<tr>
<td>Custom short sleeve polo shirt</td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SPORT SHIRT</td>
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</tr>
<tr>
<td>Flinders/BLUE</td>
<td>4 - XL</td>
<td>$20.00</td>
<td></td>
<td></td>
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<tr>
<td>Cook/RED</td>
<td></td>
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<td></td>
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<tr>
<td>Phillip/YELLOW</td>
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<tr>
<td>Tasman/GREEN</td>
<td></td>
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</table>

**TOTAL AMOUNT OF ORDER PAID BY CASH**

$…………………………………………………………………………………………………………………

**TOTAL AMOUNT RECEIVED:** $……………………………………………………………………………………………

**DATE:** ………………………………..

PAYMENT RECEIVED FOR: ………………………………………………………………………………………………..

**………………………………………………………………………………………………………………………….**

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**Customer Copy**

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**NAME:** …………………………………………………………………………………………………………………

**TOTAL AMOUNT RECEIVED:** $……………………………………………………………………………………………..

**DATE:** ………………………………..

PAYMENT RECEIVED FOR: ………………………………………………………………………………………………..

**…………………………………………………………………………………………………………………………………….**
Metford Public School Parents and Citizens

Metford Public School Parents and Citizen (P&C) Association is a body of volunteers, who work along side school staff to support and help improve the school. A meeting is held on the second Wednesday of every month at 6pm with representatives of the school. Parents and the community are most welcome to attend these meetings. This allows an opportunity to give feedback to the school and to find out what is going on in the school.

Metford Public School P&C hold many fundraisers throughout the year. These fundraisers are: Canteen Mothers day and fathers day stall Out of uniform or crazy hair day Raffles Trivia night Carols under the cola

All funds raised through the above events go towards the school. Over the past few years P&C have helped fund for: Air conditioning Bike rack enclosure Sports uniform School uniform Bus fees for excursions This year our aim is to help fund the new PA system in the hall P & C formed a uniform shop for the students this year

Getting involved in your child’s school is such a rewarding experience. P&C welcome anyone wishing to participate in any events and meetings held throughout the year, P&C are always looking for new ideas to help support and improve our school.

Metford Public School P&C Committee
A SPECIAL INVITATION

To show our appreciation for your dedication in volunteering your time to help in 2015

WE INVITE YOU TO ATTEND METFORD PUBLIC SCHOOL’S

VOLUNTEERS MORNING TEA

WHEN: TUESDAY 1st DECEMBER 2015
WHERE: PUPS Room – Demountable next to K6L
TIME: 10.30am to 12pm

Please return this section if you are attending.

Yes, I will be attending the Volunteers Morning Tea on Tuesday 1st December

NAME: ..............................................................................................

CONTACT NUMBER: .........................................................................