A WORD FROM THE PRINCIPAL

We have lots happening for our students this week. Our girls PSSA soccer team played at a gala day at Maitland Park on Monday. Our debaters debated Tenambit PS on Tuesday beginning at 9:30am for lockdown and their organisation of the debate. Some of our boys trialled for touch on Tuesday. Also our PSSA Girls Touch triallers had their postponed trials at Maitland Park on Tuesday. On Thursday, we have the senior boys participating in the Knights Knockout and our girls Netballers play East Maitland here at our school courts from 11:30am.

We are also able to provide an opportunity for our years 3 to 6 students to learn how to play a band instrument, either trumpet or clarinet. A note was distributed to interested students after last week’s assembly. There is no cost to this opportunity and students will be learning to play at recess time on a Wednesday. If you wish your child to take up this opportunity, please return your note to Mrs Kelleher or leave it at the office.

2014 Metford Public School Annual School Report:
This report is a summary of some of the teaching and learning activities that happened at our school in 2014. It has been uploaded to our school website: www.metford-p.schools.nsw.edu.au and there are paper copies in our foyer area for you to access.

Metford Public School Strategic Plan 2015-2017:
You may remember us working together on the future directions for our school and what our parents/carers, students and staff think about what we need to do to support all our students’ future learning to ensure they will have the best opportunities to be successful in life. This has now been formulated into a public document. This document is also available on our website, www.metford-p.schools.nsw.edu.au and paper copies are in our foyer area.

NAIDOC Celebrations team:
If any of our families would like to be a part of the organisation for our NAIDOC week celebration on Friday, 17th July 2015, you are invited to attend a meeting with staff and community members at 3pm this Thursday in our PUPs room.

Regards

Cathy

DEBATING TEAM
Our keen team of debaters competed against Tenambit PS this morning. The topic was “That Homework should be banned for Primary School Students”. Our students did a fantastic job, and congratulations go to Tenambit on their win today.
POSITIVE BEHAVIOUR FOR LEARNING (PBL)

Focus for Week 5 is COMMITMENT

The classroom and Principal's Lunch focus for the week is Commitment: Regular attendance.

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>Bright Green Wristband</th>
<th>Dark Green Wristband</th>
<th>Bronze Wings pin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total of 9 High Flyer tokens</td>
<td>Total of 27 High Flyer tokens</td>
<td>Total of 54 High Flyer tokens</td>
</tr>
<tr>
<td>Ashley Christie</td>
<td>Madison Brown</td>
<td>Isabella Bittner</td>
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<tr>
<td>Milaki Donovan</td>
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CLO FOYER DISPLAY

This week’s display features some fantastic photos of our school families participating in Harmony Day and Mothers’ Day breakfast held recently. Please come and check them out.
Hi Everyone. Our Breakfast Club program is up and running but we need volunteers to help. This important program is well supported by Dr George Patience and his team at Greenhills Dental and without this support we would be unable to keep this going. Can you help us on a Monday, Tuesday or Wednesday morning from 8.30am to 8.55am? This is a great opportunity to support our students who look forward to this every week. If you can spare the time please leave your contact details at the office, or we’d be happy to call you if you would like more information. Thank you.

FOOD DONATIONS – We are still asking for donations of non-perishable food items to donate to Maitland Neighbourhood Centre. This organisation is supporting families affected by the devastation caused from the recent storm. If you can donate ONE item it would be greatly appreciated and shows support for our community. Thank you for your support.

FOYER DISPLAY
Each week a selected class showcases the wonderful work they are doing and this keeps parents and carers in touch with what their child is learning. This week we are displaying photos from Mother’s Day and Harmony Day which are events that have involved our parents and carers. We thank our families for making time to come along and we know our students enjoy having someone special from their family attend these events.

Have a great week.

Katherine Barr

The trolls inside
Submitted by: Michael Grose 18 March

Trolls are part of ancient Nordic culture. They inhabit the world of folk and fairy tales. Trolls lived under bridges and in dark places. Short, hairy and ugly trolls were rarely seen however just the thought of them was enough to send shivers down the spine. As a kid you had to be wary of trolls.

Now the worst trolls live inside children’s heads. The voice of insecurity, self-doubt and fear is the worst troll of all. This is the troll that kids have to be most vigilant about.

It's the job of parents to help kids defeat trolls. Kids need to face them to defeat them. That's not easy.

Don't let them feed the troll with doubt and negative self-talk.

Don't let them be trapped by the troll. Inaction through fear is what a troll loves.

Help kids be brave and tackle their fears rather than be held back by the troll inside their heads.

Action is the troll's worst enemy. It hates kids tackling their fears.

Help them be brave. Help them feign confidence. Help them do.

That's how they will defeat the troll inside their heads.
**SCHOOL CALENDAR**

<table>
<thead>
<tr>
<th>2015 Term 2</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>Every Week</td>
<td>Breakfast Club every 2nd Monday</td>
<td>Breakfast Club School Assembly 1:30pm</td>
<td>Breakfast Club if volunteers available Drumcorp 9 + 9.30am</td>
<td>Principal’s Lunch</td>
<td>Student banking</td>
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<thead>
<tr>
<th>Wk 5 May18 - 22</th>
<th>PSSA Girls Zone Soccer Gala Day at Maitland Park</th>
<th>MPS v Tenambit Debating</th>
<th>Drumcorp 1PW Parent/Teacher evening</th>
<th>Open Knights Knockout Netball v E Maitland 11.30-12.30 NAIDOC Celebration Meeting</th>
<th>Walk to School Safely Day PUPS 9-11am</th>
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<tr>
<td>Wk 6 May 25 - 29</td>
<td>PSSA boys Zone Soccer Gala Day @ Maitland Park</td>
<td>Girls Rugby League Gala Day @ Maitland Park</td>
<td>Drumcorp 3pm Fete meeting</td>
<td>Yr 3 &amp; 4 Knights Knockout</td>
<td>PUPS 9-11am</td>
</tr>
<tr>
<td>Wk 7 June 1 - 5</td>
<td>Boys Cricket Hinton v MPS Debate 9.30am</td>
<td>Drumcorp</td>
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<tr>
<td>Wk 8 June 8 - 12</td>
<td>Queen’s Birthday holiday P &amp; C 6pm</td>
<td>Drumcorp</td>
<td>Backup date for Athletics Carnival Yr4 MLC Gala Day</td>
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<td>Wk 9 June15 - 19</td>
<td></td>
<td>Drumcorp</td>
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<td>PUPS 9-11am</td>
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<td>Wk 10 June 22 - 26</td>
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<td>PUPS 9-11am 100 days celebration for K – 2 Last day T2</td>
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**5C FRIDAY**
Thank you to our students who are supporting our library book fundraiser by contributing 5c on Friday. In Week 3 we collected $16.10.

**METFORD MUNCHIES CANTEEN ROSTER – WEEK 5 AND 6**

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<tr>
<th>Wk 5</th>
<th>18.5.15</th>
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<th>21.5.15</th>
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<td>Kathy, Lisa, Katrina</td>
<td>Kathy, Grant, Paul 2 volunteers needed</td>
<td>Kathy, Katrina, Tiana 1 volunteer needed Principal’s Lunch</td>
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FREE Parenting Seminar
“The Power of Positive Parenting”

- For parents/grandparents/carers with children aged 2 – 12 yrs
- Bookings are essential
- Limited childcare is available
- Morning Tea & Lunch provided
- Topics include:
  - The power of positive parenting
  - Raising Confident, Competent Children
  - Raising Resilient Children

Monday 22nd June 2015
Woodberry Family Centre
11-13 Lawson Ave Woodberry
9.30am start – 2.30pm finish

FOR BOOKINGS AND INFORMATION CONTACT: Maitland Family Support Scheme Inc. on
Phone: 4914 0444

www.maitlandfamily.org.au

Can you help our community?
FOOD DONATIONS NEEDED

Maitland Neighbourhood Centre is based at Rutherford and Woodberry and would appreciate donations of FOOD items. They are available for families in our community who need assistance and can be contacted on 4932 0900.

In an effort to help our community we are asking our families who are able to and can give even just one item to support this local community centre who are helping families in need.

The items urgently needed are milk, bread and meat.

Please drop your donation into our front office and all donations will be delivered to the Woodberry Centre which is located in the Noel Unicombe Hall near Woodberry shops.

We thank you for your support.

Suggestions for unopened and in date foods:
- Long life milk
- Bread
- Box of Cereal
- Tinned food – baked beans, spaghetti, soup
- Jars of vegemite, jam or other spreads suitable for sandwiches/toast
- Kilogram bag of sausages, mince, or other fresh meat (please donate directly to Rutherford Centre)

Active Kids are Healthy Kids

WALK SAFELY TO SCHOOL DAY
FRIDAY 22 MAY

Until they're ten, children must always hold an adult's hand when crossing the road.

WALK.COM.AU

1-2-3 MAGIC® & EMOTION COACHING PARENT COURSE

Learn to manage difficult behavior in children 2-12 years old

Maitland Family Support, Woodberry Place of Friends & Beresfield Public School invites parents/carers of children aged to 2-12 years old to a FREE three-session program at Beresfield Public School, Lawson Avenue, Beresfield on Wednesdays 27th May, 3rd & 10th June, 2015 9.45am arrival for 10.00am start to 12.30pm

Learn:
- How to discipline without arguing, yelling or smacking
- How to stop behaviour
- How to handle challenging and testing behaviours
- Choosing your strategy, the three choices
- Using emotion coaching to encourage good behaviour
- 7 tactics for encouraging good behaviour

Parents will receive:
- A registration fee
- A family group – limited places, bookings essential. Please bring a labelled lunch box for your child.
- Refreshments provided.

What’s happening? The presenters for this course are Cynthia Jenkins (Place of Friends) and Lee Kirwan (Maitland Family Support Scheme).

To register for this course contact Cynthia at Place of Friends on 49 642 174

What people are saying...

“Thank you so much for your programme that provides the answers to the question of ‘how do I do this and why do I do this?’, as well as making it easy to understand. The programme is the best thing ever!”

For more information contact Cynthia on 49 642 174

• An end to the arguing and yelling • It saved our lives • Simple, same, effective

The course is being run by a Rutherford Place of Friends Practitioner - www.placeoffriends.com.au