A WORD FROM THE PRINCIPAL

Our students who have represented our school over the last week are congratulated on their excellent participation and commitment to doing their personal best in their respective activities. Our debaters went so close to winning and did so well as a team considering that there was a late withdrawal due to absence and our third speaker had to come in without any practice. Our netballers gave their all even though they lost to East Maitland. They never gave up. Our soccer girls had a wonderful time at their gala day as did the boys. Their sportsmanship was outstanding. Our senior Knights Knockout team lost the last game in golden point but they were generous in defeat and proud of their fantastic achievements. Our girls rugby League team gave their utmost at their gala day on Tuesday, yesterday, and have come so far with their skills that they came 3rd overall. We can be very proud of our Metford PS teams for upholding our values of respect, responsibility and commitment and competing with honour and pride. Of course, there are many parents and coaches to thank for allowing these opportunities to happen. None of these results could happen without your respect, responsibility and commitment to our school and our students either. I thank you sincerely for your efforts. They are greatly appreciated. Over the next few weeks we have more debates, sport, public speaking and our school spelling bee to look forward to.

GO METFORD!!!

Regards
Cathy

THOUGHT FOR THE WEEK

“Don't worry about failures, worry about the chances you miss when you don't even try.”
Jack Canfield

Issue No. 15 Term 2 Week 6 25th May, 2015
POSITIVE BEHAVIOUR FOR LEARNING (PBL)

Focus for Week 6 is RESPECT

The classroom and Principal's Lunch focus for the week is Respect: Wearing correct school uniform with pride.

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>
</tbody>
</table>

| Kayla Foote |
| Nate Armstrong |
| Lachlan Livingstone |
| Lily Britten |
| Shyanne Millington |
| Noah Hudson |
| Marlee Hadden |
| Emilia Livingstone |
| Mia Huckstadt |
| Jack Sinclair |
| Talia-Shae Watson |

| Rocky badge |
| Bright Green & white wristband |
| Dark Green & white wristband |
| total of 90 High Flyer tokens | total of 99 High Flyer tokens | total of 126 High Flyer tokens |

| Maddison Briggs |

2S FOYER DISPLAY

In Term 2 Year 2 has continued to grow and foster the love we have for quality books. This week the children, myself and Mrs O'Brien have embraced the book Speak Chinese, Fang Fang! by Sally Ripper. This book has opened our eyes and helped generate quality discussions about other cultures and the importance of fitting in. We have looked at the Chinese culture and experienced it in our own little way. We created beautiful dogs from Origami, we have learnt to play the Chinese game Mahjong, we used the Chinese alphabet to paint our own names and we cooked fried rice and enjoyed it with all-time favourite prawn crackers! What a fun week it has been. We hope you enjoy our display.
Hi Everyone. If you are interested in participating in a computer course here at our school, TAFE are still willing to run this course provided we can get the numbers. Please leave your contact details at the office if you would like to attend or need more information.

**FOOD DONATIONS** – A huge thank you to our students, their families and staff for bringing in items for Maitland Neighbourhood Centre. Your donations are greatly appreciated and we have delivered the donations to the Neighbourhood’s Centre branch at Woodberry. THANK YOU!

Our students have been involved in a lot of representative sport this year with some fantastic results. The students have been showing wonderful team spirit and pride in their school, and they all look professional in their representative sport uniforms. The rugby, soccer and netball teams now all have new uniforms and if you haven’t yet seen them we’ve included a few photos of the boy’s rugby team. These uniforms were purchased and presented to our school by our hard working P & C. Our sincere thanks goes to our P & C and a special thank you goes to Anissa Tuatara for being the driving force behind this initiative. Have a great week.

*Katherine Barr*

---

**GIRLS SOCCER**

On Monday 18th May, the girls’ soccer team headed to Maitland Park to play in a Soccer Gala Day. The girls had an amazing day and showed our 3 values. Everyone involved with the team had huge smiles and sore throats from cheering on the girls.

Even though we lost 3 games the girls, parents and Mr Bruce and Mr West had a fun day. One of the girls came off the field and said “Mr Bruce, the other team were being mean to each other.” After this comment, the rest of the girls agreed even though we lost the game we won the day because we were the team that showed great sportsmanship and didn’t matter win or lose, we had a amazing and fun day.
### 5C FRIDAY

Thank you to our students who are supporting our library book fundraiser by contributing 5c on Friday. In Week 4 we collected $35.65.

<table>
<thead>
<tr>
<th>2015 Term 2</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 School Assembly 1.30pm</td>
<td>Breakfast Club if volunteers available</td>
<td>Principal's Lunch</td>
<td>Student banking</td>
</tr>
<tr>
<td>Wk 6 May 25 - 29</td>
<td>PSSA boys Zone Soccer Gala Day @ Maitland Park</td>
<td>Girls Rugby League Gala Day @ Lakeside Oval</td>
<td>Boys PSSA Rugby League @ Medowie</td>
<td></td>
<td>PUPS 9-11am E Maitland V MPS Debating</td>
</tr>
<tr>
<td>Wk 7 June 1 - 5</td>
<td>Breakfast Club if volunteers available</td>
<td>School Assembly 1.30pm</td>
<td>Drumcorp 9 + 9.30am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wk 8 June 8 - 12</td>
<td>Queen's Birthday holiday</td>
<td>Breakfast Club if volunteers available</td>
<td>Drumcorp 9 + 9.30am</td>
<td></td>
<td>PUPS 9-11am</td>
</tr>
<tr>
<td>Wk 9 June 15 - 19</td>
<td>Breakfast Club if volunteers available</td>
<td>School Assembly 1.30pm</td>
<td>Drumcorp 9 + 9.30am</td>
<td></td>
<td>PUPS 9-11am Athletics Carnival</td>
</tr>
<tr>
<td>Wk 10 June 22 - 26</td>
<td>Breakfast Club if volunteers available</td>
<td>School Assembly 1.30pm</td>
<td>Drumcorp 9 + 9.30am</td>
<td></td>
<td>PUPS 9-11am 100 days celebration for K – 2 Last day T2</td>
</tr>
</tbody>
</table>

---

**SCHOOL CALENDAR**

**Wk 6 May 25 - 29**
- **PSSA boys Zone Soccer Gala Day @ Maitland Park**
- **School Assembly 1.30pm**
- **Boys PSSA Rugby League @ Medowie**

**Wk 7 June 1 - 5**
- **Breakfast Club if volunteers available**
- **Queen’s Birthday holiday**

**Wk 8 June 8 - 12**
- **Breakfast Club if volunteers available**
- **Queen’s Birthday holiday**

**Wk 9 June 15 - 19**
- **Breakfast Club if volunteers available**
- **Queen’s Birthday holiday**

**Wk 10 June 22 - 26**
- **Breakfast Club if volunteers available**
- **Queen’s Birthday holiday**

---

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

Learn to manage difficult behavior in children 2-13 years old.

### Woodberry Family Centre

#### 11-13 Lawson Ave Woodberry

**Monday 22nd June 2015**

9.30am start – 2.30pm finish

**For bookings and information contact:** Maitland Family Support Scheme Inc. on phone: 4914 9444

---

**FREE Parenting Seminar**

“The Power of Positive Parenting”

**Topics include:**
- The Power of Positive Parenting
- Raising Confident, Competent Children
- Raising Resilient Children

---

**1-2-3 Magic® & Emotion Coaching Parent Course**

Learn to manage difficult behavior in children 2-13 years old.

- Maitland Family Support, Woodberry Place of Friends & Beresfield Public School invites parents & carers of dependent children 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 screaming
- How to set rules
- 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:**
- 1-2-3 Magic & Emotion Coaching Parent Workbook
- NO Registration Fee
- Free children’s group – limited places, bookings essential. Please bring a labelled lunch box for your child.
- Refreshments provided.
- Who is running it? The presenters for this course are Cynthia Jennke (Place of Friends) and Lee Kieran (Maitland Family Support Scheme)
- To register for this course contact Cynthia at Place of Friends on 49642174

---

**What people are saying:**

What a relief to come across a program that provides strategies for the MC, reassures the right mindset for both the parent and the child. A valuable tool to add to our toolkit.

---

**For more information contact Cynthia on 49642174**

- An end to the arguing and yelling!
- It saved our lives
- Simple, sane, effective

---

**The course is being run by a trained & licensed facilitator.**

www.parenting-uk.co.uk
METFORD PUBLIC SCHOOL

K – 6   TERM 2 DISCO

When: Thursday 25th June 2015
At: Metford School Hall
Time: 5pm – 7pm
Cost: $3.00 per child

The disco is run by the P&C Association. The disco is for students of Metford Public School only (no High School or pre school siblings allowed).
Both male and female parent volunteers are needed to supervise and assist with the canteen during the disco. (Please complete volunteer note at the bottom of page and return it to school prior to the disco). If we DO NOT have enough volunteers the disco may be cancelled.

Snack foods and drinks will be available for purchase.

Parents are reminded that they must bring and collect their children from the hall. Children are to be picked up by 7.00pm.

Children must bring the completed permission note below to the hall on the night of the disco. A contact number must be supplied in the space provided on the permission note.

Rules for Attending the Disco:
• Children will not engage in any activity that endangers either themselves or others. (No sliding, running or jumping in the hall)
• Children will not interfere with the property of others.
• Children will obey instructions given by the adults supervising the disco.

Children who choose to ignore these rules will be withdrawn from the disco and parents will be contacted to collect their children.

Thank you
Metford Public School P&C

Disco Permission Note (to be brought to the hall on the night of the disco)

I give permission for my child/ren …………………………………………………
To attend Metford Public School Disco on Thursday 25th June 2015.
I have discussed the rules with my child.

Signed: ……………………………………    Contact Phone No: ………………
(Parent / Guardian)

Parent Volunteer Note (to be returned to school as soon as possible)
I would like to be parent volunteer at the disco on Thursday 25th June 2015.

Child’s Name: ………………………………………………. Class: ……..
Parent’s Name: ……………………………………………
Finding life as a parent or young person hard? Is it tricky for you to know the difference between normal adolescent development and emerging mental health concerns? Want to know what to look for and how to talk to each other?

You are invited to a Mental Health Information evening where young people, parents and families can learn more about mental health, mental illness and how to talk about it.

Our discussion on the night will aim to cover:
- signs, symptoms and risk factors of mental illness
- how to communicate with your parents/young people
- impacts of social media
- how and where to access support

18th June, 6-7.30pm Cost Free
Matildale High School Supper provided!!

Our guests for the evening who will be part of an informal panel discussion include: Dr Yolanda Goodyear - Advanced Trainee Psychiatrist HV CAMHS; Roxanne Shoults - Mental Health Clinician - HV CAMHS; Natasha Anderson - Clinical Nurse Specialist / Project Officer - YMHP; Felicity Scott - Adolescent and Family Counsellor - headspace Maitland; Sue Mackenzie - District Guidance Officer Maitland Area; Bronwyn Dyason - Youth Development Officer Maitland/Dungog; Katie Brown - Student Support Officer Matland High School.

RSVP/For more information contact Katie Brown at Maitland High School on (02) 4933 7933 or text 0427 032 908 by June 11th, places will be limited so get in early!

---

Vacation Care
Maitland Baptist Church Child Care Inc.
PROVIDER APPROVAL NUMBER: PR-00007589
Ph 49391840 83 - 85 Weebilnds St Rutherford 2320 Fax 4939 1849 ABN 94 288 377 301

29th June—10th July - Ashtonfield, Metford, Rutherford & Thornton Centres Open
Pupil Free Day Monday 13th July (Ashtonfield, Rutherford & Thornton Centres Open)
Open 6.30 a.m. - 6.00 p.m. Monday to Friday

Quality care for Children 5-12 years, who attend infants or primary school.
Organised activities such as Craft, Sports, Indoor & Outdoor Games, Movies and Excursions.

"Child Care Benefit (CCB)" and Child Care Rebate (CCR) is available pending eligibility
Full fees will apply until CCB and/or CCR is authorised by "Dept of Human Services" (adjustments will then be made)

4 convenient locations - Rutherford, Thornton, Metford and Ashtonfield.

Daily fees after CCB range from $6.50 (1 child with 100% CCB) to $34.50 per child
Plus excursion fee if applicable. Fees to be paid on first day of care each week.

Bookings can be made at our centres and Main office from Monday 1st June 2015

Sorry no phone bookings

Please note: Bookings are essential and 5 FULL WORKING DAYS (Working Days are Monday to Friday, 9am - 5pm excluding Public Holidays) written notice must be given to book out or else full fees will be charged.

Supported by Community Services, Department of Family and Community Services NSW
Maitland Baptist Church Child Care Inc - “showing Jesus’ love to the Community”