Tired of running your children to activities

Summer Reading Club for Kids
Library Museum and Lavington Library
4 December 2013 – 31 January 2014
Kids, join the Summer Reading Club and discover some great books over the school holidays. The Summer Reading Club will kick off on Tuesday 4 December, and don’t forget, the more you read the more rewards you earn! Collect your reading records from the Library Museum or Lavington Library and get reading.

Summer Reading Club Awards Lavington Library: Tues Feb 4, 2014, 4.30pm Library Museum: Wed 5 Feb 2014, 4.30pm

Parents are invited to celebrate with their Year 6 student but prompt in collecting your child.

End of year celebrations – Wednesday 18 December
As a reward for a year of perseverance and achievement, the following arrangements have been made for the last day of school, Wednesday, 18 December.

Years 3 – 6: Pool party $2.50, payable on the day to the canteen. The pool is open for extended hours just for our function, please be mindful of other students who need to use the pool. The pool party will begin at 5.30pm and will conclude at 7.00pm. As the pool is open for extended hours just for our function, please be prompt in collecting your child.

Parental supervision will not be available at school on Wednesday, 18 December. The Years 3 to 6 disco today. The pool party for students in Years 3 – 6 will be held immediately after the end of the pool party. Parents/carers are invited to attend (and possibly shed a tear).

The Years 3 to 6 disco will happen this afternoon from 5:00 – 6:30pm. Please ensure that a responsible adult accompanies any child/children following the disco. Thank you to all the students who supported the SRC Christmas disco.

Canteen
Thank you to the canteen for our ongoing service throughout the year. Wednesday and Friday lunchtimes have been a huge success and the profits have come back to the school to finance readers and excursions. As usual, at the time of year, the canteen is hoping to recruit new helpers. Please contact the school if you are interested. The canteen can only operate if there are willing and available canteen volunteers.

Emus captains
Vice captains
Principal:       Mr Des Knight
Vice Principal:   Mr Mark Sharpe
Deputy Principals:  Mr Bruce Hill and Ms Margaret Manley
Administration Manager: Ms Leonie Duryea

School leaders for 2014
Congratulations to our newly elected leaders for 2014.

School captains: Emma Counsell and Hannah Howard
Vice captains: Blair Heather and Jaya Cheetham
Emus captains: Tayha Guayle and Callum Buchan

2014 classes and book packs
Book packs will be available for purchase on Tuesday 28 January 2014 at $60.00 each from the school. These will be sent directly to class teachers by students when they return. If you cannot attend on Tuesday, 28 January, to purchase the book packs, these will be available from the front office each morning following this.

 Helpers morning tea – Thursday 12 December
A huge thank you to all of our helpers for your assistance throughout the year. So many of the fund raising and special canteen days would not occur if it wasn’t for our volunteers. Likewise, further student enrolment would not occur if we didn’t have our classroom volunteers. Our helpers morning tea was held today as our way of saying thanks.

2013 end of year reports
Student final reports will be sent home on Monday. These reports are a summary of your child’s progress throughout 2013. Parent/teachers or teachers can request interviews, if you would like to request an interview please contact your child’s teacher.

School for 2014 – 2016 years.

KINDS ON KEYBOARDS ENROLMENTS 2014
Tired of running your children to activities and paying excessive fees? Why not consider learning piano/keyboards as an alternative.
KINDS on Keyboards is located at 38-40 Dight Street, Jindera. Fees are $50 per week or $225 for the full year. Contact Robyn on 0410 720 806 or robyn@kinds.com.au

Jindera Community News

Week 10, Term 4
12 December, 2013
Page 4
COMMUNITY NEWS

NEWSLETTER JINDERA PUBLIC SCHOOL

Term 4, Week 10  - 12 December 2013

Dates to remember:
• Thursday 17 December Year 6 Farewell
• Thursday 24 December Last day of school
• Friday 20 December Last day for staff
• Thursday 3 January 2014 Term 1 Start Date
• Friday 24 January 2014 Last day of school
• Monday 3 February 2014 Kinder students begin

Jinda Parents: contact details
Principal: Ms Leonie Duryea
Deputy Principals: Mr Bruce Hill and Ms Mag Manley
Administration Manager: Ms Leonie Duryea

Handy hint: cut this box out and stick it on your fridge so you never forget an important date again.

Jindera Public School Library Museum website:
Jinda Parents: contact details
Principal: Ms Leonie Duryea
Deputy Principals: Mr Bruce Hill and Ms Mag Manley
Administration Manager: Ms Leonie Duryea
‘Tis the season of meltdowns!

As the end of the school year rapidly approaches, calendars and to-do lists get jampacked and tempers can be frayed. Sometimes at this time of year we see our children behaving in ways that aren’t usual for them such as being tearful and emotional to being defiant and angry. Sometimes when things become too hard for children to handle they may have a ‘meltdown’. A meltdown is an intense and often frightening response to over-stimulation of the nervous system involving activities the child’s ‘fight or flight’ response. This often means that the experiences the child is having are too much for them to handle at the time. Tiredness, lack of routines, stress in the family (rushing around with too many things on the to-do list) and other changes can create a ‘perfect storm’ for the child. Afterwards, the child may experience intense feelings of shame, humiliation, remorse and fear that relationships have been harmed beyond repair. The notion of prevention being better than the cure is primary when dealing with meltdowns. So how, as a parent, can you prevent meltdowns?

Tune in to early warning signs in your children. What do these signs look like?

- Resistance to, or disengaging from, an activity or routine
- Verbal or non-verbal expressions of distress or frustration e.g. tears, whining, swearing, difficulty answering questions, pacing, stuttering, gritting teeth

By tuning in early, you may be able to prevent a meltdown or minimise its impact. Expressing empathy, helping a child to verbalise their frustration and providing them with options can minimise its impact. For example, try to see that you are getting mad about not getting a turn on the flying fox. Would you like me to help you ask for your turn?”

It may also be helpful to manage your child’s environment to minimise the likelihood of a meltdown occurring. For example, try to maintain normal household routines, spend quality time together as a family and factor in some quiet time for your children to unwind after a busy day.

If prevention fails, there are ways to manage a meltdown to minimise its impact:

- Once your child is having a meltdown, the time for reasoning has passed. He or she is overwhelmed emotionally and will not be able to think rationally. It is imperative that you, as the parent, stay calm. If you feel you are losing control, enlist another adult to help you or take time out yourself if you are at home.
- Ensure your child is safe whilst having a meltdown. Move a young child away from roads, sharp objects etc. If you are out and about and the meltdown doesn’t subside quickly, it’s often better to go straight home.
- Don’t interfere with your child’s meltdown in terms of making suggestions or ordering your child to stop. Wait until the storm begins to subside before offering comfort.
- Once your child is calmer, offer simple suggestions such as a cuddle, a quiet story together or a DVD. Only engage in problem solving the issues that led to the meltdown once your child is completely calm. It may even be the next day before you can help your child find a solution to their angst.

Parent Line NSW is a State Government funded free professional telephone counselling service that is available 24 hours daily/ 7 days a week. Call our Parenting Counsellors to talk through any issue related to raising your child 1300 1300 52.

The girls’ cooking class whipped up a delicious afternoon tea for their parents last week. Thanks to Mrs Twyford and Mrs Butler for their excellent guidance of the girls with their cooking program.

Congratulations to the following students who received Merit Awards at our last assembly

| KE | Broc Powell, Domynic Wayenberg |
| K1C | Wendy Howard, Thomas Delahunty, Keiran Easye, Ryan Twyford, Ron Kohlhagen, Jaspa Wegener, Polly Deppeiler |
| 2/3K | Jordie Allen, Chloe Koch, Tallety Middleton, Brodie Lloyd |
| 3T | Corey Brown, Grace Fitzpatrick, Matthew Denton, Jasper Quinn |
| 3C | Colten Atkins, Jayden Dawson, Monique Pecenicic, Tayissa O’Dwyer, Lachlan Oakman, Georgia Melville |
| 4H | Ethan Talbot, Mikayla Mather, Angus Onley, Skye Lezoux, Bailey Steiner, Chelsea Hansen |
| 5/6B | Sarah Donney, Blair Heather, Jodi Hodgson, Ethyn Kane |
| 5/6K | Shanika Brackley, Mackayla Ball, Georgia Lukins, Darcy Butler, Jayden Cropper, Jaya Cheetham |

To raise money for the Year 6 gift to the school, Year 6 students are holding a Lolly Lotto! Blair’s classroom this Friday, 13 December. $1 a turn to try your luck in the Lolly Lottos!