Dear Parents and Carers

INDUSTRIAL DAY OF ACTION
TUESDAY APRIL 1, 2014

You may be aware that the State School Teachers’ Union, CPSU/CSA and United Voice have announced “a community day of action” on Tuesday April 1, 2014.

They indicate that this action is being taken in response to this year’s State Budget for public schools and to ensure further funding reductions are not made in next year’s State Budget.

It is expected that a majority of staff will support their union and not attend school on Tuesday. This will mean normal levels of supervision cannot be guaranteed on Tuesday. Students who do attend will be supervised but normal timetables will not be operating. Parents may wish to make alternative arrangements for Tuesday. I apologise for any inconvenience.

The Department of Education does not endorse nor support staff taking industrial action in any way. The Department regrets any inconvenience that may be caused by the unions taking industrial action.

Peter
Peter Blackford
Principal

Thought of the Week
Only when we continue to raise our goals do we give ourselves room to grow.
Wednesday April 2, 6:00pm to 7:00pm

Only one week until our first Learning Journey!!

This year, our staff have an agreed focus on improving communication between school and home. The Learning Journey is a new way for the school to provide parents with some feedback on how their children have been progressing throughout Term One.

In our Learning Journey, the children will have the responsibility for leading their parents through their class’s Learning Journey. Teachers will be in their rooms to meet parents, explain how the class functions and discuss how the class is progressing. Classrooms will open between 6 and 7pm. This will provide families with more than one child at school time to complete the Learning Journey in each room. The Visual Arts and Music rooms will also be open for families to visit. If parents want to discuss their child’s progress this is the perfect time to make an appointment to meet with the teacher at a mutually suitable date and time.

This type of evening has proven to be very popular with families at many schools and I am looking forward to seeing a huge number of Poseidon parents sharing this experience with their children.

ANZAC Commemorations

2014 marks 100 years since the Australian and New Zealand Army Corp convoy set sail from Albany, carrying our troops to Gallipoli, the site of the first major military operation in which Australia, as a newly federated nation, had been involved. This year’s ANZAC Service is planned for Friday April 11, the last day of Term One. It will be organised by Mrs Willett’s Year 6/7 class. It would be wonderful to see lots of parents and members of the school community join our students in recognising the century of sacrifices that have been made by our armed forces that allow us to live in such a wonderful country.
In Term Swimming

Students from Pre Primary to Year Seven have been involved in a two week program of swimming lessons at Craigie Leisure Centre. It has been very pleasing to see the dedicated efforts students have applied to improving their swimming abilities and how the students' confidence and skills have developed during the lessons. The behaviour of the students had been of a high standard and the school has received positive feedback complimenting the students.

Easter Bonnet Parade

The annual Easter Bonnet Parade will be held as part of the Easter Assembly on Friday, April 4. Parents are encouraged to help their children make their own Easter Bonnet at home.

The major prizes in our monster Easter raffle will also be drawn that day. Thank you to the many families who have already made a donation. Families can still make donations of eggs or chocolate through either the front office or the canteen. The more donations, the more prizes we will have available to be won.

Wanted

Miss Ward’s Year 1 and Ms Kasperkiewicz’ Year 1 / 2 classes are in need of the following empty food containers:

- Egg cartons
- Yoghurt pots with or without lids
- Meat trays
- Margarine containers
- Clear takeaway containers with lids
- Any small clear plastic containers with lids
- Ice cream containers with lids

Please deliver these items to Olympus Block Wet Area.

Worm Wizz Sale!!

END OF TERM - 50% OFF!!
ONLY $1 PER BOTTLE.
Get in quick these bottles will not last!!
On sale from the Undercover Area after assembly.
Please remember to return your empty bottles to Mr H-L’s classroom or the Front Office.
Parenting Ideas

This week’s parenting ideas is titled A Sporting Chance. Far from frivolous, a child’s participation in team sport is a powerful way to help shape their physical, academic, emotional and social development, writes Karen Fontaine.

P & C News

Easter Raffle Donations

Could every family please donate at least one item
More Donations = More Prizes!!

Drop off your
donations at the
Front Office as
soon as possible

Poseidon Easter Raffle

This year’s Easter Raffle will be drawn at the Easter Assembly on Friday April 4 and is only one week away! We are in desperate need of Easter eggs, Easter rabbits, clean baskets, new soft toys, cellophane and ribbons for our Easter Raffle. Could every family please donate at least one egg, so we have loads of prizes. We like to have many small prizes (rather than one big prize) so everyone has a better chance to win. Please drop off your egg donations at the Front Office as soon as possible.

After the Easter Assembly, the Canteen will be selling take away REAL coffee and yummy hot cross buns. Hot cross buns will also be available at recess.
Lost Property

There are HEAPS of lost jackets, tshirts and other items in the Lost Property area near the Frog Pond. Lots of items even have names! If your child has lost something, please check through to see if you can find it. Any items not claimed by the last day of Term 1 will be donated to the Uniform Shop or to charity.

Election Day BBQ Stall

The State Election will be held on **Saturday April 5** and we need volunteers to help run our BBQ stall, creating the famous Poseidon Bacon and Egg Burgers. This is a fantastic fund raising event - **last election day we made over $1500 for the school** - and we need your help to make this one even more of a success. We will be selling bacon & egg burgers, REAL coffee, cold drinks and popcorn, along with lots of great plants.

The BBQ stall will operate between 8:00am and 4pm, with at least four people needed for each hour of the roster. If you can spare half an hour, please add your name to the roster on the P & C noticeboard (next to the canteen). Alternatively, you can send an email to **poseidonpandc@gmail.com** with your preferred time slot.

Family Movie Night

**CHANGE OF DATE**

**Cat in the Hat**

Due to the senate election, we have a new date **Saturday, May 24** in the Undercover Area

More details coming soon!

Contact the P & C

If you are interested in finding out more about what the P & C is, what they do and how you can be a part of it, come along to one of our meetings on the third Wednesday of each month at 7:00pm in the staffroom. We are also on Facebook - simply search for **Poseidon Primary School P&C** and request to join our group. Or you can contact us via email at **poseidonpandc@gmail.com**.
A sporting chance

Far from frivolous, a child’s participation in team sport is a powerful way to help shape their physical, academic, emotional and social development, writes Karen Fontaine

There may be no ‘i’ in team but children who play team sports stand to gain so much more than the ability to bat, bowl, pitch, catch, kick and tackle – they’re also honing their skills in the game of life.

Amid the development of fine and gross motor skills during sport, what is also going on is something far more powerful than a cultivation of mere sporting prowess, according to psychologists.

“Social learning is one of the most potent factors in a child’s development and participating in team sports really encourages and enhances that,” says Tracey Veivers, a registered sport and exercise psychologist based in Brisbane.

“As human beings, we learn by observation – not only in skill development but also social development. What’s happening on the sporting field is a development of self-efficacy – that is, a child’s sense of belonging and their ability to participate among peers. And what that feeds into is self-esteem, which is just crucial throughout life.”

As Tracey points out, team sport has a powerful effect on helping to develop the all-important quality of resilience. “When you give children a different experience within a team environment it really can help them to gain a different sense of understanding around how relationships work beyond their small world at home,” she says.

Indeed, experiencing the highs and lows of winning and losing can help to develop certain types of resilience that will support them in their education.

“Striving towards something, practicing it, and being prepared for those pressure environments are all the life skills of a resilient adult. Kids will use them when they have to do a presentation or a show and tell, then in dealing with the pressures around how they feel at exam times, in dealing with how they feel when they get a result they weren’t expecting, in time management and in developing the ability to juggle multiple tasks,” she says.

Not only that, playing sport can help children develop citizenship qualities they will retain throughout their lives, according to a 2011 study from Queen’s University in Canada. The researchers found that kids who play team sports are more likely to show initiative and be able to call on internal sources of motivation than those who don’t.

But on the other side of the coin, team sports can present an emotional pressure cooker environment and depending on the level of skills of the coach and the culture they develop, children can be subject to negative experiences as well, including feelings of self-consciousness or potentially a sense of feeling excluded and/or inadequate.

“If a team sport is not right for a child, it can lead to a situation in which they feel they are lacking mastery, and that can lead to a sense of failure which of course affects their confidence,” Tracey says.

“It is something parents and teachers need to bear in mind – sometimes a bit of experimentation pays. I hear parents say ‘I started them in this sport, they have to see the term or the year through’ – well, I think it’s more about a child doing something and being a part of something, and you can also get that in individual,
non-ball or water sports – skateboarding or even martial arts, for example. It’s about being willing to put in the effort to help your child experiment and find their niche.”

If a child is completely non-sporty then that’s okay, too, says Tracey – there are pursuits such as art, music, chess and debating “but what I really do encourage is helping children work towards things like a concert if they’re in an orchestra, because that way they will experience being part of a group working towards a goal and how to manage their emotions”.

“This is where we are potentially falling short as parents,” she says. “We are not teaching our kids how to manage and self-regulate emotions – that working towards something that offers a little bit of pressure is not something to be avoided, particularly if they’re working with their peers. We need to prepare them for success but also disappointment and how to navigate any emotional consequences and still bounce back from that.”

Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael’s NEW Parentingideas Club today at parentingideasclub.com.au. You’ll be so glad you did.

What if your child isn’t sporty and shies away from participating in a team? Joey Toutounji, co-author of Please Mum Don’t Supersize Me! and presenter/producer of Foxtel’s Feel Good TV, offers five alternatives that foster their development in a similar way.

1. “Dancing is a great way in which children can keep active and fit as well as express their creativity and learn skills. Dancing is a great way for children to socialise with other children who are part of the studio. Dancing can also include on-stage performances which are an excellent way for children to build their self-esteem and confidence.”

2. “Indoor rock climbing teaches children about problem solving. It is also a good activity to learn to work with others as they partner up with the person who is holding the rope at the bottom and helps guide them up to the top of the wall. It is great for building confidence and strength.”

3. “Beach body boarding is an individual fun activity and a great introduction to water sports such as surfing, and it involves children in being active, helping them improve fitness, strength and balance whilst also learning about safety awareness in the water and ocean.”

4. “Scouts and Girl Guides teach leadership, teamwork and confidence, and incorporate fun outdoor activities such as bushwalking and camping. They are also great ways for children to meet new friends, socialise with others and learn about community.”

5. “Drama classes and performances build children’s confidence and self-esteem. They promote movement in performances, creativity and socialisation with peers in their class. There may be drama activities that involve teamwork, working with others and cooperating in a group to brainstorm ideas for performances.”