Dear Parents and Carers

On Friday morning, Yvonne Atkinson and I will be presenting the school’s case for being granted Independent Public School status, commencing in 2015. I would like to acknowledge and thank the team of community and staff members who have supported Yvonne and myself in developing this presentation. This reflects the significant level of interest and commitment that the Poseidon community has for our school becoming an Independent Public School.

We will find out if our presentation has been successful at the beginning of Term Three.

Peter
Principal

Thought of the Week
A committee is a body that keeps minutes and wastes hours

You don’t need to join Facebook to see our page! Simply Google Search “Facebook Poseidon Primary School Heathridge” to find our regular posts about upcoming events and school news.

DATES FOR YOUR DIARY

Upcoming Events

TERM 2, 2014

Friday June 6
Year 2 (All) Assembly
Interschool v Eddystone

Thursday June 12
Free Dress Day

Friday June 13
Interschool v Heathridge

Friday June 20
Year 1 Assembly
Interschool v Craigie Heights
Speak Out Class Finals

Friday June 27
Lightning Carnival

Monday June 30
Speak Out School Finals

Tuesday July 1
Dance Final and Lunch

Friday July 4
Choir Assembly

END OF TERM 2

* Good luck *
* Peter & Yvonne *
Being a Parent Isn’t Easy

In this week’s newsletter I have included some suggestions on connecting with children. The following are ideas to make relationships with your children easier.

- **Show self-esteem**: Be proud of yourself and your children. By respecting them you develop their positive self-image.

- **Don’t give up your authority**: You have responsibility and authority. How you exercise it is important. Coercion is not an answer. Exercise your authority without being a dictator. Recognise that you must relinguish authority and replace it with influence.
  - Express your feelings about specific behaviours of your child and their effects on you
  - Then listen to your child and gather information from them
  - Avoid “control talk”

- **Talk to your children not at them**: Tell your children you love them. Tell them about their good attributes. Apologise to them if you make a mistake. Strive for togetherness. Encourage sharing of opinions with “what” and “how” questions.

- **Let children lead you**: Parents focus on the future. They want to finish tasks to move on to something else in a set time frame. Children live in the present. Their wants, feelings are important now. Tune into your child’s world. Join and be led by them. Play with their dolls, share their music and join their games.

- **Ask your children questions**: Be interested. Choose mutually agreeable times. Avoid interrogation however and respect their silences.

- **Don’t assume you have all the answers**: Giving answers fosters dependence. Encourage your children to find their own answers. Help them with the process of using reference books.

- **Let children solve their own issues**: Don’t solve their problems. Listen to them. Show your children the problem solving process and lead them through it.

- **Tell children what you expect**: Children often fail to meet expectations because they are unaware of them. Be specific in your expectations but be reasonable. If necessary coach your children in how to meet your expectations.

- **Focus on the action, not the child**: Criticise the behaviour, not the child. Don’t use labels. Be specific in your comments. Explain how you feel and the effects of the actions on you.

- **Don’t shoot down children’s dreams**: To dream is a privilege of youth. Don’t confront their fantasies with your reality. Show interest in and acceptance of their ideas.

Annual Speak Out Competition

Poseidon Primary will be holding our annual Speak Out competition this term. This has proven to be an extremely popular and outstanding event, with the children developing their public speaking skills and ability to prepare and present on a given topic. The Speak Out Final will be held on Monday June 30 at 9am, with trophies and medallions given to each winner and runner-up in every year level. All parents are welcome and we look forward to a wonderful effort from all students.
Global Awareness Day

As part of a school initiative to raise global awareness, our Year 6/7s will be holding a Free Dress Day next Thursday, June 12. If you wish to come to school in free dress you must bring a dollar coin donation. All money raised will be donated to enrich the lives of a poverty stricken village in Cambodia by purchasing building materials to construct houses and an orphanage. The money raised will also be put towards a conservation project directed at maintaining an elephant refuge. Any additional donations on top of the gold coin are more than welcome.

Help change the lives of those who need it most.

Cambodian Orphanage

During the July School holidays Mrs Willett and Mrs Linehan are going to spend some time at the ‘New Hope for Cambodian Children’ orphanage in Cambodia. As part of our school’s initiative to raise global awareness, we are asking for donations of small, lightweight toys for the children’s Christmas Hamper. The age range of children in the orphanage is 2 to 18. We ask for light weight toys as we can only take 60kgs on the aircraft. We are also taking cash donations, which will be used to sponsor the children’s education. Please drop your donations off at the Front Office. If you would like to sponsor an individual child’s education, or to find out more about the orphanage, please come by the Front Office and speak to Mrs Linehan.
Kindergarten & Pre Primary Enrolments 2015

Say Hello to Learning

Application and enrolment forms are now available from the office. See the table below to find out when your child can start school. Please don’t wait to enrol as places are filling fast.

<table>
<thead>
<tr>
<th>My child was born</th>
<th>My child can start Kindergarten</th>
<th>My child can start Pre-Primary</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 July 2010 to 30 June 2011</td>
<td>2015</td>
<td>2016</td>
</tr>
<tr>
<td>1 July 2011 to 30 June 2012</td>
<td>2016</td>
<td>2017</td>
</tr>
<tr>
<td>1 July 2012 to 30 June 2013</td>
<td>2017</td>
<td>2018</td>
</tr>
</tbody>
</table>

Lost Property

There are HEAPS of lost jackets, t-shirts and other items in the Lost Property area near the Frog Pond. Tomorrow after assembly all lost property will be displayed. If your child has lost something, please check through to see if you can find it. Any items not claimed at the end of this week will be donated to the Uniform Shop or charity.

Parenting Ideas

This week’s Parenting Ideas is about “Helping Kids Who Struggle At School” - The way we praise our children, even from a very early age, can have a lasting impact. When done effectively, it can really promote resilience.

P & C News

Canteen News

Restricted Diets

Every now and then, a student may forget their lunch, or their sandwich might accidentally get trodden on. The Canteen is happy to help out and make sure kids don’t go hungry, but if your child has a restricted diet, be it for health, religious or lifestyle reasons, we would like to know. Drop by and have a chat with us about your child’s diet to ensure we can provide safe, healthy food for them.

Volunteers Needed!!

The Canteen needs more volunteers! If you have a spare half hour during the day, we’d love to see you. Our busy times are:

- 8:15am to 8:45am: Taking the kids’ orders
- 10:40am to 11:00am: Serving recess
- 12:00pm to 12:20pm: Packing lunches
- 12:20pm to 1:00pm: Serving lunch

There are always lots of laughs, and we always have lots of coffee!!

😊 Bronwen, Claire & Sheree 😊
Entertainment Books

Entertainment Books are still available to order.

Available as a
Traditional Entertainment Book
OR
the NEW Entertainment Digital Membership
for up to four Apple or Android devices

Each book sale earns our school $13. A big thank you to the families who have chosen to donate $13 to Poseidon in lieu of buying a book. And thank you to everyone who has ordered books - we hope you enjoy your savings.

(Please remember to reference Poseidon Primary School when registering your 2014 | 2015 Entertainment Membership)

All book payments or unwanted books need to be returned to either P&C Central or the Front Office ASAP. If you need more information about ordering or returning books, please contact Katie Newbury on 0417954689 or via email at katiенewbury@outlook.com

School Banking

The Dollarmites have found sunken treasure from the Lost City of Savings and they want to share it with your students in the form of some amazing prizes.

**Major student prize**
One student will win an underwater family adventure holiday including:

- Five nights’ accommodation at the Sea World Resort & Water Park on the Gold Coast;
- VIP Passes for two adults and three kids to Sea World, Warner Bros. Movie World, and Wet’n’Wild Gold Coast;
- A Dolphin Family Aqua Adventure; and
- A $3,000 travel voucher to get them there.

**Runner-up student prizes**
- 130 Toys“R”Us Gift Cards to the value of $250 each.

**Sunken treasure for schools and you**
- There will be a separate draw of $1,000 cash for a school in each State/Territory of Australia.

**Here’s how to win!**
All your students need to do is make three or more deposits through School Banking during Term 2 and they’re automatically entered into the competition.
Family Movie Night

What a fun night! We hope you all had a great time, because we sure did!!

A big thank you to everyone who helped - another fantastic family event brought to you by Poseidon P&C.

Contact the P & C

The next P&C Meeting will be held on Wednesday June 18.

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.

Gaylene Bicheno, Peard Real Estate
Major Sponsor of the 2013 Spring Fair
More and more in my work, I hear about young children struggling with anxiety, serious behavioural concerns, mental health issues and aggression.

At the same time, I am staggered to see the ‘push down’ of formalised learning onto children under six in this country. This is contrary to best practice in early years education and despite a lack of evidence validating any positive influence of early formalised education on young children’s lives.

In Issue 9 of Parentingideas Magazine, I wrote about why play is critical for brain development and social, emotional and cognitive development in young children.

The removal of play in kindergarten and preschool in favour of sight words and worksheets, homework and black line markers can be damaging to our children’s ability to function as social beings – which is still our key biological driver.

Much of the push seems to be happening to improve schools’ data – misinformed principals seeking good NAPLAN results and top rankings on the MySchool website. However, lots of educators tell me that they also get pressure from parents who do not understand how critical non-formal learning is early on.

The rise in aggressive behaviour being exhibited by many younger children, mainly boys, is a sign they are unable to cope in environments with no opportunity to play, no fun, little movement and developmentally inappropriate tasks. We then penalise these children by suspending or expelling them.

The latest COAG Reform Council report on education, released in October 2013, shows that despite some improvements in overall outcomes, the gap for Indigenous children and disadvantaged children is growing ever wider.

When you think that around 30% of children struggle with school anyway, how can parents better support their kids if they are struggling?

**Tips for struggling kids**

The first thing to consider is whether there are any developmental delays.

Children mature at varied rates and in all sorts of ways depending on environment and unique genetic templates.

Any kid can have developmental delays around phonemic awareness, and these can be helped by being read to a lot, learning nursery rhymes and songs and engaging in lots of conversation.

From birth children need to be saturated in sound from humans as they are unable to learn sounds from television, DVDs or screen-based devices like iPads.

If the delays are in self-regulation – the ability to manage one’s energy, to be able to concentrate for up to 15 minutes, to sit quietly when asked – you need to identify and reduce the stressors in the affected child’s life.

Things that improve self-regulation include music, sport, real play, time spent in nature and being in safe environments. Things that hinder it are too much television or other screen time, being too passive, poor food, lack of sleep, too much pressure and weak human connectedness.

If a child is forced to attempt a task they’re unable to do developmentally, this can cause enormous distress. Take handwriting for four- to five-year-olds: it’s a complex task that many children are unable to do until closer to six. The brain integration required is deceptively complex.

When a child cannot do a task like handwriting, or can’t manage to remember sounds or colour within the lines, they often see themselves as dumb or stupid.
Have realistic expectations of your children and talk to their teachers or school leaders if you feel they are expecting too much. (There are lots of articles on my website you can use as evidence in these conversations.)

If it is identified that your child has some delay issues, early intervention is essential, particularly if they are identified as having an autism spectrum disorder (ASD), auditory processing concerns or sight issues.

Not all kids are going to do well at school. According to Howard Gardner’s Multiple Intelligence theory we have at least nine different ways of being smart. Google this to show your children and help them work out ‘which smarts are you?’

If your child is struggling academically it is important to help them at home to be really competent at something! Self-mastery builds confidence – even if it’s tree climbing, stargazing, frog hunting, growing vegies or helping to fix things in the shed. This helps them build a healthy sense of self, even if they struggle with maths or learning to read.

For older children, investing in tutors and maybe purchasing some technology-based support is well worth the cost.

Practice makes perfect and brain plasticity allows for kids to always improve with increased effort. Remember that it must be engaging learning and fun or it will simply make things worse.

Finally, if your child is displaying really significant anxiety and distress and you have done your best to work with the school to improve things, then the environment may need to change.

We can’t leave kids struggling and just say ‘toughen up’ – otherwise we are just wiring them for hypersensitivity for life, when childhood should be filled with joy and delight.

Maggie Dent is an author, educator and speaker dedicated to quietly changing lives through commonsense wisdom. She has four adult sons and is author of five books and numerous resources including a new video seminar on raising boys: Boys, Boys, Boys. Check out her blogs, newsletter and other resources at www.maggiedent.com.