Dear Parents and Carers

Looking back at the newsletter I sent home at this time of the term last year, it reminded me that this is the third consecutive year that February has had the hot weather and is continuing for longer than we would all prefer. I would like to thank all parents for ensuring that their children have a broad brimmed hat to wear when outside the classroom and a water bottle so that they can keep hydrated as well.

School Board - The School Board has already had two meetings this term and is very focused on the creation of the school’s first business plan which needs to be completed by the end of this term. The board will keep the school community informed of progress and once completed the business plan will be made available to the wider school community via the school website.

Class Parent Information Meetings - These important meetings were held last Tuesday and it is hoped that most parents from all classes were able to take advantage of this opportunity. This year the staff decided to offer two short sessions on the same night in an attempt to allow parents with more than one child at the school to attend both information sessions on the one night. If parents were unable to make these meetings they are encouraged to contact their child’s teacher to organise a time to meet so they can have access to the same information that was presented at the meetings.

Please note the extra SCHOOL DEVELOPMENT DAY on Friday, February 27 will create a four day long weekend.

Peter

Peter Blackford
Principal

Thought of the Week
Don’t treat your body as if you had a spare in the boot!
Student Leadership Roles

It is with great pleasure that I am able to publicise the names of the students who have been selected to perform leadership roles in the school this year. I look forward to working with the Student Councillors and I know Mrs Porro will appreciate the support that the faction captains and vice captains will be able to provide her and the students throughout the year. The students will be presented with their badges at the assembly on Friday March 13.

**Student Councillors:**

<table>
<thead>
<tr>
<th>Year Six</th>
<th>James Yong</th>
<th>Kristena Kotsopoulos</th>
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<tbody>
<tr>
<td></td>
<td>Riley McGill</td>
<td>Jamie Fleck</td>
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**Faction Captains and Vice Captains**

**Oceanus**

- **Captains**: Jessica Greenhalgh, Joel Turpin
- **Vice Captains**: Lauren Buzza, Dylan Gray

**Triton**

- **Captains**: Georgia Leheste, Kobi Aiesi
- **Vice Captains**: Olivia Proctor, Ryan Boardman

**Antaeus**

- **Captains**: Molly Toomey, Griff John
- **Vice Captains**: Alex Turner, Brandon Sutherland

**New School Garden**

Now that the teachers have established their class routines and started to build positive relationships with their students, they can commence planning for how they will incorporate this new and exciting resource into their learning programs. There is an expectation that all classes will be involved in growing vegetables at some stage throughout the year. Mike Hawke-Linsley has already started to get his students involved and they will also play a role in supporting the other teachers and classes as they become involved in the garden.
School Parking

There is never enough parking close to schools for the short period of time at the beginning and end of each school day. I would like to acknowledge the majority of parents who park their vehicles either on the oval side of the school or at Larkspur Park as this helps to ensure the safety of our students and relieves congestion at the front of the school.

Parents who regularly park on Poseidon Road, on the foot path in front of the Early Childhood building or on the verge in front of the school are likely to incur fines in the future. Plenty of parking is available at Larkspur Park. By parking there and walking with your children up to the school crossing you would be avoiding any chance of a fine and helping to ensure that we are able to keep our manned crossing. Be sure to say Hi to Bruce!!

Canteen Accounts

Our Canteen is managed and run by the Poseidon P&C and employs two staff. To our knowledge the Poseidon Primary Canteen is one of a small number that provides a full time service to students, recess and lunch, five days a week. Many school canteens are only open a couple of days a week, or they don’t have a canteen at all.

In order for the Canteen to run as a successful business, we are reminding parents that all Canteen Accounts need to be kept in credit. The Canteen cannot allow accounts to run into debit. Please add money to your account if you want your children to order food using their account at recess and lunch. If you have any further queries, please see our Canteen Manager, Bronwen, or call her on 9307 2356. EFTPOS facilities available.
Safety Suggestions for Students

Each term I like to include a reminder to families of the police information for students to take care when going to and from school, and to report anything suspicious to parents, school and the police – call 000 in an emergency or 1800 333 000 to reach Crime Stoppers.

Here are some simple suggestions to help children stay safer:

- Always travel in company
- Walk on the right hand side of the road so you face oncoming traffic
- Wherever possible, leave space between yourself and the roadway
- Stay in areas that are well lit
- Stay in view – avoid going into areas that are hidden from view (such as parkland bush or behind shopping centres) and plan trips to avoid such locations
- Be alert – earphones and headphones can reduce your awareness considerably
- If you have a mobile phone, have it turned on and ready to dial an emergency number
- If a passing car stops nearby never get too close
- Do not hesitate to run from a situation in which you feel at risk
- Report suspicious behaviour to parents, school and the police, noting number plates of cars and/or clothing or distinguishing features of individuals.

**PLEASE MAKE THE TIME TO TALK TO YOUR CHILDREN ABOUT HOW TO STAY SAFE.**

How Can I Help My Child Read?

In this second edition of the newsletter I have also included some information in response to a question that many parents often ask teachers and school administrators - How can I help my child read?

This is a question parents often ask. Mem Fox, Dymocks Literacy Foundation Advisory Group Member and acclaimed children’s author, offers the following as a very simple answer – read to your children EVERY DAY. International research claims it’s the most important thing parents can do to improve childhood literacy, yet a recent news poll survey confirmed almost 50% of Australians don’t read daily to their children.

Almost two thirds of Australian parents said they would like to read more to their children but did not have enough time. Half the respondents said they would like to spend more time reading to their children. Mem Fox has dismissed the excuses, suggesting the average Australian needs only to rearrange their priorities to accommodate reading time.

‘Given that the ABS (Australian Bureau of Statistics) reports Australians watch two hours of television a day, spending less than this across an entire week reading to your child will be an investment in their future’, she said.

To help your children become skilled readers, try these suggestions:

**Read to them:** Reading to your children is the single most important thing you can do to help children develop a love of books and reading. While bedtime is traditionally story time, don’t limit yourself. Keep books in your car, in your bag, by the sofa, and even by the bathtub. That way, reading can easily be made part of the day. Also, keep books on low shelves, on the floor, in toy chests, or anywhere else your children can reach them.
Have plenty of material: Books aren’t the only thing children can read. Posters, maps, magazines, recipes and newspapers are great reading material. Computer games that emphasize reading skills may also be useful for your school age children.

Listen to them read: From the day your children begin sounding out letters, concentrate on how they’re doing. Try to include some “read aloud” time where they’re reading to you in your everyday routine. You can offer them praise and catch any early problems before they have time to become habits.

Model good reading habits and limit TV: Your children need to see that reading is a lifelong skill and a form of entertainment. When you take them to the library to choose books, choose some for yourself, too. If you can, subscribe to the daily newspaper or to magazines, and discuss articles you read with your children. This shows children that reading isn’t only schoolwork – it’s something that’s an integral part of everyone’s life. Also, limit the amount of time you spend watching television.

Let them choose: Within reason, allow your children to choose their own reading material. If they choose what to read, they’ll be more likely to actually spend time reading. Get your children their own library cards and entrust them with keeping their books in good shape and returning them on time.

A Must See for Educators & Parents

Do children today live in environments that are too safe? What does having some level of risk mean for the development of the child? Have we become so risk-averse that children are now developing problems because of a risk-free environment? If so, what can we do, and what risks are “good risks”?

Griffin Longley, an award-winning journalist who focusses on issues around childhood, families and the modern world, presents a thought provoking talk on letting kids take risks at TEDxPerth in 2013. 

Click the link to view: Let kids take risks: Griffin Longley

EVERY parent should view this video. I watched and agreed with the importance of the message it was sending to parents of today. I would be really interested in some feedback on what you thought. It will make a difference to your child’s and our students' development!!
Twilight Lantern Parade

The Joondalup Festival is the spectacular finale to the City of Joondalup’s summer events season. Celebrating seventeen years in 2015, it is the northern corridor’s largest and most significant community event, a two-day feast of arts and cultural happenings.

One of the highlights of the Festival is the Twilight Lantern Parade, a participative community arts project that showcases the talent, energy and creativity of the community. Using the rich colours of the rainbow, lantern parade entries will come together to create our own curious landscape at the Joondalup Festival.

This year our Year 5’s and Year 6’s will be taking part in the Twilight Lantern Parade. Leon Hendroff, one of DET’s Artists in Residence, is coming to Poseidon Primary as an incursion for the Year 5 and Year 6 students on **Tuesday March 10 & 17** to teach the students puppet making.

- 1.10pm – 1.40pm      Year 6
- 1.40pm – 2.40pm      Year 5

The students will be producing 1.5 metre tall puppets for the lantern parade! Parents are more than welcome to come in on those dates and help with the project.

Don’t forget to mark **Saturday 28 March** in your diary and join us at the parade!!

- Loretta -
Mrs Loretta Clark
Visual Arts Specialist

Wanted

Mrs Clark from the Art Room is in desperate need of the following items for the School’s Art Program:

- 1 Litre drink bottles
- Ice cream containers with lids
- Margarine containers
- Paper kitchen towel rolls

Items can be dropped off at the Front Office.
If your child or teen has difficulties with anxiety or just seems to have too many worries, we would like to introduce you to BRAVE Self-Help – an interactive, online program for the prevention and treatment of childhood and adolescent anxiety. It was developed by a group of researchers from the University of Queensland and now, with the support of beyondblue, this program is now freely available to all young people aged between 8-17 years old who are living in Australia.

BRAVE Self-Help provides strategies for children and teenagers to better cope with their worries. There are 4 programs available, one for children aged between 8-12 years, one for teenagers aged between 12-17 years and one for parents of these ages respectively. The program can be accessed as often as you like, from the comfort of your own home. For more information or to register for the program, please visit [www.brave4you.psy.uq.edu.au](http://www.brave4you.psy.uq.edu.au).

**Parenting Ideas**

This week’s Parenting Ideas article is titled 10 Golden Rules for Parenting Success in 2015. As the requirements for effective parenting shift and there seems even less time to juggle family life, here are 10 golden rules to guide you on your parenting journey.

**P & C News**

**Our New Executive Committee**

Last night’s AGM was a huge success, with 28 parents and community members attending. It is a clear indication of the high level of support Poseidon Primary has from its community and we look forward to creating opportunities together with the new P & C executive and supporters throughout 2014.

Congratulations to our returning committee members:

- **President:** Cameron Walton
- **Secretary:** Melinda McAndrew
- **Treasurer:** Debbie Ellis
- **Uniform Co-ordinator:** Jodie Carroll
- **Fundraising Co-ordinator:** Yvonne Atkinson
- **Communications Co-ordinator:** Samantha Smolarek

We welcome our new committee members:

- **Vice President:** Shane Dowling

Many thanks to our departing Vice President, Yvonne Atkinson. We will continue to see her in varying roles within the P&C and within the school throughout the year.

Thanks also to our special guest Gary Mort from Rotary Joondalup, who took time out from his busy schedule to join us. We appreciate his input and feedback and look forward to developing our relationship with Rotary.
Year 3-6 Treasure Hunt Sundowner

It’s the Year 3-6’s turn!
Join us on Friday March 13 for a Treasure Hunt Sundowner!!
More details coming next week.

Canteen News

CANTEEN ACCOUNTS

Please be advised, Canteen Accounts can only be run on credit.

We cannot run The Canteen on a debit system, so add some money to yours today!!

EFTPOS facilities are available.

😊 Bronwen & Claire 😊

Uniform Shop News

Winter uniform order forms went home last week – you can still place an order! Final orders need to be in by Tuesday, March 3. Limited stock will be available after, so please place your order to avoid missing out!! You will be contacted when your order arrives. No payment required until collection.

The Uniform Shop needs more volunteers! If you have a spare 20 minutes between 8:00 and 8:40am before school, we’d love to see you. Please write your name on the roster outside the Uniform Shop or contact Debbie Ellis on 0408 083 312.

😊 Jodie & Debbie 😊

Contact the P & C

Next Meeting: March 25, 7:00pm

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. Alternatively you can contact us via email at poseidonpandc@gmail.com.
As the requirements for effective parenting shift and there seems even less time to juggle family life, here are 10 golden rules to guide you on your parenting journey.

The requirements for effective parenting are changing rapidly, just as the profile of parents is changing. Australian parents are now older than ever (30-34 is now the peak child-bearing age group). Families are smaller than ever (over 50% have two children or less). And as children as a percentage of the population shrink (1 in 6 of our population is under 15, compared to 1 in 3 in developing countries), we are less knowledgeable about children than ever.

If you add to this mix that children are growing up at the speed of light, information technology can make parents seem redundant, and increasingly parents claim lack of time is their biggest impediment to effective parenting. So what is a parent to do?

Here are 10 golden rules to guide you along your parenting journey in 2015:

1. **Talk more**
   With families shrinking, kids getting busier and tech devices rapidly multiplying the opportunities for family members to engage in face-to-face talk is under serious attack. Regardless of their age, the best way to influence your children is to talk to them. The kitchen table is one place to do this, but there are plenty of other places where you can talk. If talk becomes difficult, try driving with a child or young person in the car with the radio off. They are bound to break sooner or later.

2. **Lean on others**
   A recent Australian survey found that 50% of parents are seriously struggling with their parenting, yet only 10% of this group would ask for help. I suspect there are many reasons for this including fear of being judged a poor parent; that parenting is expected to be hard; and lack of trustworthy support networks. Author Steve Biddulph once said that parents don’t parent well in isolation. He’s right. It’s incredibly important to build your support networks and get ‘sparents’ into your child’s life. Start by working closely with your child’s teacher; a natural ally!

3. **Build confidence**
   With so many parents reporting that they have a child experiencing anxiety it would seem that we are currently experiencing a crisis in children’s confidence. It would also seem that we have somehow forgotten how to absorb children’s fears, insecurities and anxieties, and instill a sense of confidence that these can be overcome. Using a mixture of coaching, coaching and cajoling parents need to find a way to impart in children a sense of courage to put themselves in new or potentially awkward social situations; to have a go at activities where failure is a real option; and to contribute to the wellbeing of others, which reduces anxiousness and fear.

4. **Aim for redundancy**
   The great irony of modern parenting is that as families have shrunk parents actually do more, rather than less, for their kids. There are many reasons for this including lack of time to teach; it’s simply easier to do a job ourselves, and the new expectation that ‘good’ parents do everything for their kids. The new ‘strict parent’ is someone who expects their kids to wash their own clothes, cook a meal, and read a book to a younger sibling. The impertinence! Here’s a six-word slogan to help you remember: “When kids can, let them do!”

As the requirements for effective parenting shift and there seems even less time to juggle family life, here are 10 golden rules to guide you on your parenting journey.
5. **Lead the gang**
Parenting is now an individual endeavour. There is a place for parenting the individual child, but there is also a place for parenting the whole gang (even if you and your child make up the gang). Your ability to pull your family together and get them singing off the same song sheet will impact on your family’s harmonious relationships; your children’s sense of other (empathy) and their general resilience and coping mechanisms. There is nothing so magical to witness as a family pulling together when the chips are down. This doesn’t just happen. It takes real leadership by parents to make a family act like a family!

6. **Build developmental knowledge**
Many challenges parents experience with their children are due to a developmental mismatch. That is, parents raising their ten year old as if they are eight. The nuances of parenting are age-related, yet due to inexperience we so often don’t read the cues. Recently, I witnessed a mum and dad tearing their hair out trying to communicate with their nine year old son. For the first time he was saying no. They thought him stubborn and disobedient. I thought him normal, as nine can be a problematic age, where usually malleable children suddenly start changing. Puberty is stirring. When this couple’s second child turns nine she will experience the benefits of her elder brother paving the way and breaking her parents in for her.

7. **Practice problem-ownership**
Please, please, please allow children to own their own problems. Children of all ages can be creative when they have problems to solve. Everything is a potential problem to kids and they need opportunities to resolve them themselves. By all means, coach, guide, give hints but give them a chance to sort out relationship issues; challenges with teachers and academic challenges themselves.

8. **Swim against the tide**
Listen to talkback radio, read the headlines of a newspaper or watch a current affairs TV program and you’ll realise that, right now, we live in an incredibly judgemental society. Parents are harshly judged as well. Allow your kids to walk to school and you risk being judged as negligent. Drive your kids to school and you risk being told that you are spoiling them and neglecting their physical wellbeing. It takes a strong parent to swim against the tide of popular opinion. It also takes a strong parent to deny her child say a mobile phone when every other child has one. It helps to say “This is the way we do it in our family.”

9. **Be brave**
Perhaps the biggest challenge facing parents, and their children, is the ability to let go of their parental reigns and give kids the freedom they need to develop autonomy. It’s relatively easy to develop children’s independence at home as the stakes aren’t as high. If they can’t cook a meal then you just have to do it for them. However, developing children’s independence outside the home is a different story. Many parents feel decidedly wary about granting children and young people more freedom. There is the perception that the world is a dangerous place. Granting kids freedom has an element of risk; that’s why parents need to be brave. Having the courage to let go is a basic requirement of parenting. It won’t stop you worrying, but that’s part of the game.

10. **Add emotional intelligence to your parenting mix**
With kids experiencing mental health challenges at a depressingly high rate it’s time to add some emotional intelligence to the parenting mix. While many schools are now introducing emotional and social programs on the curriculum, it’s important that parents develop a deep understanding of how emotions work: how emotions can be recognised; how they can work for us and against us; how we can regulate our emotions so they don’t overwhelm us; and how to recognise and respond to the emotions of others. These sound like life-changing skills that if learned, are capable of impacting significantly and positively on future generations.

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**Building parent-school partnerships**

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.

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