



Established 1879
"With oars and sail"

Volume 2, Issue 7

11th June 2014

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Book Club.
Orders
Due
Monday
16th June

Participation Leads to Success

Hill Street
Eugowra 2806

Phone: 6859 2233
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www.eugowra-p.school.nsw.edu.au

The Link

Principals Message

I hope everyone enjoyed the extra day on the weekend due to the Queen's Birthday holiday.

The end of term is fast approaching. Students reports will be sent home next week (week 8) with Parent Teacher Meetings to be held in Week 9 (last week of Term).

Please fill out the request form for Parent Teacher Meeting with 3 preferred time slots. Teachers will do their best to fit with nominated times and will send home a confirmation note with the allocated times.

Have a great week.

Regards,

Carmel Doyle

WESTERN REGION PSSA

CROSS COUNTRY

Toady, Lauren travelled to Wellington to participate in the Western PSSA Cross Country running event. We have no result at the time of printing

NATIONAL BETTER BUDDIES DAY

This Friday, students will participate in activities to celebrate National Better Buddies Day, to continue to promote this wonderful program within our school.

TREE REMOVAL

Last Friday, students witnessed some trees being removed from our school yard after a hazard assessment was undertaken earlier in the year. It proved great entertainment for students who enjoyed watching the branches being cut down.

BANJO PERFORMANCE

Gooloogong Public School and St Josephs Eugowra joined with us last Thursday for a fun-filled performance by one man entertainer Mr Geoffrey Graham. Mr Graham aka 'Banjo' took the students back in time as he acted, performed and sang songs and poetry of Banjo Patterson. A couple of photos are included in the newsletter.

WINTER UNIFORM

Our school's winter uniform is listed below. Please ensure students are wearing this uniform now that the colder months are upon us.

Girls School Uniform:

Navy Skirt or Trousers
White Shirt or Skivvy
Red School Sloppy Joe
School Jacket
School Hat /Beanie
White Socks and Black Shoes

Sport Uniform:

Navy Blue Shorts
Pale Blue Embroidered Polo Shirt
Navy Blue School Sport Tracksuit
School Hat
White Socks and Joggers

Boys School Uniform:

Grey Trousers
Grey Shirt
Red School Sloppy Joe
School Jacket
School Hat/Beanie
Grey Socks and Black Shoes

Sport Uniform:

Navy Blue Shorts
Pale Blue Embroidered Polo Shirt
Navy Blue School Sport Tracksuit
School Hat
Sport Socks and Joggers

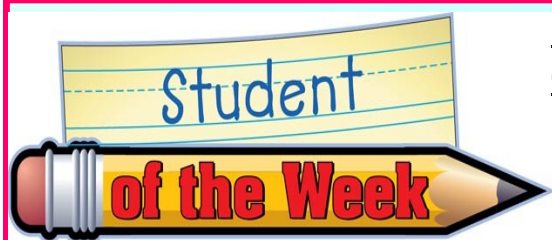
Sport uniform is for Wednesday and Friday; School Uniform should be worn on Monday, Tuesday and Thursday.

UNIFORM ORDER

Order form for uniform is attached if you need to order additional uniform items. The next order will be the 1st September.

SCHOOL CHOIR - FORBES EISTEDDFOD

Next Wednesday 18th June the school choir will be performing at the Forbes Eisteddfod. Information and permission note will be sent home to participating students.



LIBRARY STUDENT OF THE WEEK

Darcy Merchant

Assembly Awards:

6 June 2014

K - 2 Alyssa Gibson
Anastacia Mulligan

3 -6 Grace Frazer
Tamara Greenhalgh

Sportsperson:

Primary: Jake Greenhalgh

Infants: Macey Greenhalgh

Student of the Week : Week 6 Term 2

Year 3 - 6 Amelia McMaugh

K - 2 Reece Matheson

Miss Auld Nina Merchant

Week 7	9.6.14 PUBLIC HOLIDAY	10.6.14	11.6.14 Lauren at Western Cross Country	12.6.14	13.6.14
Week 8	16.6.14	17.6.14	18.6.14 Forbes Eisteddfod for Choir	19.6.14	20.6.14 Reports home this week

Term 2

INSIGHTS

by Michael Grose – No. 1 parenting educator



What bullying isn't, and what to do when it happens

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.



Bullying is a word that's wrapped in emotion. For many people bullying is associated with **bad childhood memories**. It's been estimated that around 40% of people have experienced some type of bullying in the past.

Bullying is an insidious behaviour that transgresses children's natural right to feel safe and secure. It can adversely affect their learning, emotional well-being, further peer relations and their sense of self.

Bullying takes many forms and guises including, physical and emotional abuse, intimidation, harassment and exclusion.

It now has a well-publicised cyber-dimension which has moved the goalposts for many kids. In the past children could escape bullying behaviours they may have experienced by being at home. Cyberbullying now means that kids can't escape the bully like they once could.

Bullying is not the domain of one gender. Girls bully just as much as boys but they do it in less physical ways. While boys use physical intimidation or verbal abuse to wield power, girls are more likely to use exclusion or verbal sarcasm to assert themselves.

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.

Bullying is about lack of power as one person is powerless to stop the teasing or physical abuse. Bullying is the *selective, uninvited, repetitive oppression* of one person by another person or group.

If you think your child is being bullied then handle with care as children often don't want to admit that they are on the receiving end of bullying.

Some kids keep it close to their chests so it helps to be on the lookout for **warning signs** such as: items being stolen, changing the route to school and withdrawal from usual activities.

If your child is being bullied:

1. Listen to their story: Children who are bullied need someone to believe their story. Take them seriously and avoid dismissing complaints as tell-tale. Use common sense to differentiate between bullying and more random, non-selective antisocial acts. Kids can be nasty to each other, yet this doesn't constitute bullying.

2. Deal with their feelings: A child who is bullied probably feels scared, angry and sad. Boys are more likely to display anger and girls claim they feel sad. The degree of emotional intensity is an indicator of the amount of bullying. Recognise and validate their emotions. Let them talk about how they think (remember boys respond better to 'think' language) and feel. It's normal to feel sad, scared or just plain confused.

3. Get the facts: Get a clear picture of what happens, including who is involved, the frequency and what happens prior to any bullying. Get your child to be as specific as possible by asking good questions. An accurate picture will help you determine your next course of action.

4. Give them coping skills: With a clear picture you can start giving your child some help about how he or she may deal with bullying including using avoidance strategies, being more assertive and changing poor body language.

5. Get the school involved: Bullying is best handled when parents and teachers are involved. Approach your school through the appropriate channels, make yourself aware of your schools' anti-bullying procedures and programs, and be willing to work within these guidelines.

6. Help build your child's support networks: Kids need a group of friends to support them when they experience bullying so look for practical ways to broaden friendship groups.

7. Build their self-confidence: Provide children with systematic encouragement. Let them know through your words and treatment of them that they will get through this period.

It's worth remembering that children who experience some form of bullying often come out stronger and more resourceful because they have experienced difficulties and they know they can defeat them.



SCHOOL HOLIDAY CLINIC REGISTRATION FORM

Western NSW Football would like to invite you to attend our School Holiday Clinic for winter.

Our School Holiday Camp is the start of the FNSW Player Pathway Program and will provide all players aged 6-12 years with the chance to be coached by qualified Football NSW Instructors.

Football NSW skills are the foundation for technical ability. Camps focus on Technique, Ball Control, Speed, Agility, 1 v 1, Small Sided Games and FUN!

Each player at the camp will receive the following:

- 9 hours (3 x 3 hour days) of coaching
- 10 week Home Training Program
- Shirt, ball
- Identified players will be invited to trial for higher programs.
- Light snack (fruit) provided.
- Suncream.

What do you need to bring on the Day?

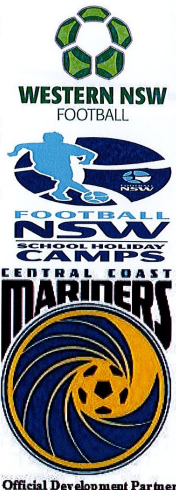
Shin pads, water bottle, Sports bag and Towel (in case of inclement weather).

Cost:

Option 1: \$90 including all of the above. (ball and shirt etc)

Option 2: \$60 NOT including ball and shirt.

Registration Closes Monday 22 June 2014



WHERE	TIME	DATE
Forbes	9am—12.	30 June, 1 & 2 July

WESTERN NSW FOOTBALL
PO Box 1704 Bathurst NSW 2795

PH: (02) 68516199 MOB: 0412287810 EMAIL: dougmck63@yahoo.com.au

Send your registration form via email to dougmck63@yahoo.com.au, or hand the forms in on Monday nights to Doug McKenzie at the Western NSW Football Development training sessions. Payments can be sent as cheque/money order to PO Box 1704, Bathurst, 2795 or via Direct Deposit into Western NSW Football—062504 10412667, or via cash/cheque payment on the Monday night development training.

Player's Name: _____ D.O.B: _____
(Please print neatly to ensure information on your child's certificate is correct)

Mobile: _____ E-Mail: _____ Cost: \$90 option or \$60 option (inc GST)

Gear Size (8/12/16/S/M): _____ Centre: Attending: _____



Jackaroo Ranch—Horse Riding
Winter School Holiday Riding Camps
Bingletree Station
Upper Turon.

Sat 28th June—Sat 5th July
Sat 5th July—Sun 13th July

Contact Mrs Pattie Hudson 6337 7173



Week 1

Week 2

Eugowra Preschool

invites prospective enrolments and community members to an

Open Day

on Wednesday 25th June, 2014
from 10:00am

Please forward this invitation on to anyone in the surrounding districts you think would be interested.

Children can participate in the preschool activities and familiarise themselves with the environment. Parents and other community members can come along and view the wonderful service and facilities provided at Eugowra Preschool.

Eugowra Preschool offers:

- Enrolment for children from the age of 2 years
- Experienced and trained staff
- Very affordable rates
- Low enrolment numbers
- Excellent child to staff ratio
- A quality educational program
- A well-resourced centre
- Occasional care
- Positive relationships and interaction with local primary schools
- A positive, warm environment for all children to prosper, learn and enjoy

If you would like your child to stay for morning tea please bring along a healthy snack for them.

Cost:

\$40 per day

Child care benefit available.

Your children must be registered with the Forbes Youth and Community Centre Vacation Care Program

To find out if you are registered call: 68502300.

A copy of your child's immunisation records is required when registering.

If you are not registered please call the Family Assistance office 136150

Open 8am-8pm

www.centrelink.gov.au

Registration and payment to be made at:

Forbes Shire Council Offices, Court St Forbes

Places are limited so book early to avoid disappointment.

Excursions will only take place if adequate bookings are received

What to bring:

- Recess and lunch
 - Sunscreen
 - Water Drink
 - Healthy Snacks
 - Hat
 - Children must wear enclosed shoes.
 - Appropriate clothing
- Come along to our Holiday Fun program and enjoy the huge range of exciting activities! Enjoy games, sport, craft, tasty treats and exciting excursions! Everyday is jam packed with loads to do!

FORBES YOUTH AND COMMUNITY CENTRE
HOLIDAY FUN!!!
 2014 Winter Fun !!!
 Mon 30th June - Fri 4th July
 Mon 7th July- Fri 11th July
 Open 8:30am-5:30pm



Mon 30th June	Tues 1st July	Wed 2nd July	Thurs 3rd July	Fri 4th July
"The Nutty Professor" Making a volcano with plaster of Paris WII Dance competition	Excursion Forbes Town Library & Country Bakehouse 	Tennis clinic Picnic lunch Bring your own 	Excursion Movies Orange Lunch @ Adventure Park (bring your own lunch) 	Cooking Creations! Yummy treats Creative Bead Design
Mon 7th July	Tues 8th July	Wed 9th July	Thurs 10th July	Fri 11th July
OPEN DAY! Family and friends please join us for morning tea Crazy Hair Day! 	Excursion Canowindra Fish Museum Lunch in Park (bring your own lunch) AGE OF FISHES MUSEUM	Footy Party State of Origin Wear your favourite states colours MOVIE/POPCORN & HOTDOGS Chalk drawing competitions	Skate Park excursion BBQ Lunch provided NAIDOC WEEK activities 	End of Holiday Party