



Established 1879  
"With oars and sail"

Volume 3, Issue 8

3rd September 2014

## INSIDE THIS ISSUE

Principals Message

Snow Excursion

Area Athletics

Science Test Results

SASS Staff

Fruit & Veg Month

Footy Colours Day

Options

Tractor Trek

New Teacher

Jump Rope

Awards

Community Notices



**Uniform Orders  
with Payment  
and  
Book Club  
Due  
Friday 5th  
September**

## Participation Leads to Success

Hill Street  
Eugowra 2806

Phone: 6859 2233  
Fax: 6859 2581

[www.eugowra-p.school.nsw.edu.au](http://www.eugowra-p.school.nsw.edu.au)

# The Link

### Principals Message

Thank you to the families who have returned their "Homework for Parents". Your thoughts and suggestions are appreciated & will assist with the development of our school plan, vision and directions for the coming years. If you haven't returned yours yet, there is still time as your contribution is valued.

Have a great week.

Regards,

*Carmel Doyle*

### SNOW EXCURSION

I'm sure many have heard about the Years 3-6 excursion that took place last week. I personally had an absolutely fabulous time and I know that Miss Brown & Damian Cullenward did too! Firstly thank you to Damian for attending the excursion—I hope you have recovered from the early wake up calls!

All students were wonderfully behaved and had a great time. There were many laughs although we were all exhausted from our travels.

The students were so appreciative of their excursion and were a real testament to their families and did our school proud. It was lovely to hear their joy at seeing the snow—many for the first time in their lives!

I felt honoured to take such a wonderful group of students on such an exciting excursion.

### DUBBO AREA ATHLETICS CARNIVAL

After hitting the ski slopes, 5 of our students Darcy, Lauren, Haydan, Jake and Peter travelled to Dubbo to participate in the Lachlan Team for the Area Athletics Carnival. Our school relay team made it into the final and Peter achieved an impressive 4th in the High Jump. It was a great achievement for these students to make it to this level and we commend them on their efforts especially after an exhausting time away.

### SCIENCE UNSW ICAS TEST

Congratulations to Rianna and Lauren who received Credits in the Science test which students completed last term.



### SASS STAFF RECOGNITION WEEK

This week we are celebrating the hard work of our sass STAFF. Miss Donna, Miss Gail and Mrs Reeves work tirelessly for our school and students. We also appreciate the work our Casual GA Craig Potts is doing. They work hard each week often putting in many hours of volunteer work as well.

Many of our school activities and programs would not be as successful without the work of our dedicated SASS staff.

### FRUIT AND VEG MONTH

We are currently celebrating Fruit and Veg month. Students have been bobbing for apples and learning many interesting facts that will be part of our Fruit and Veg trivia at the end of the term.

We hope all parents can attend our Trivia on Friday 19th September.

### FOOTY COLOURS DAY

This Friday 5th September students are encouraged to wear their favourite footy colours to support children and teens fighting cancer. A gold coin would be greatly appreciated for this worthwhile Foundation. Students are reminded to wear suitable shoes for sport.

### OPTIONS GROUPS

Options groups will continue this week. As the Eugowra Show is fast approaching students will be finishing off their entries.

### TRACTOR TREK

On the last day of term, Friday 19th September, students will be treated to a puppet show in our school hall, followed by a visit to the Eugowra Sports Ground to see the tractors.

This wonderful event is in support of Camp Quality and we ask all families to give a donation to this amazing charity. An envelope accompanies the newsletter for your donation.

### OVERDUE BOOK NOTICES

If you have received an overdue book notice in your newsletter, can you please return the book ASAP or contact Miss Auld to arrange payment for these books.

Reminder Library day is on Tuesday—If you could please return books weekly, that would be great. Thanks Miss Auld.

### MRS DOYLE'S MATERNITY LEAVE

This term has been flying along and as it draws closer to an end, I am preparing to begin my maternity leave.

I will work up until the end of this term with my last day being the last day of term, Friday 19th September.

EPS feels like my family, so it will be difficult to leave all the students (who have assured me they are willing to babysit & look after the bub in the classroom so I can keep working!)

I will also miss my wonderful staff & of course the parents & local community.

My replacement will be Tracey Graves.

She is currently an assistant principal at Bowen Public School in Orange. Here is a little information about Tracey who hopes to visit the school prior to the term ending to meet students, staff & parents:



*"I was raised on a farm between Lithgow and Bathurst and my parents were raised and married in Canowindra. As a child I attended our local school of 12 and recall many memories of snakes in the school yard and our teacher coming to our rescue.*

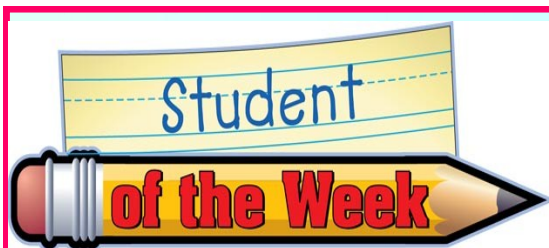
*In my classroom I like to include technology where possible and encourage students to be collaborative, creative and take risks with their learning.*

*I am looking forward to starting next term and getting to know the students, parents and community. No snakes please!*

*Cheers Tracey Graves."*

Term 3

Week 8	1.9.14 Fruit & Veg. Month	2.9.14	3.9.14	4.9.14	5.9.14 Footy Colours Day Options Groups  Uniform Orders Book Club Due
Week 9	8.9.14 Fruit & Veg. Month	9.9.14	10.9.14	11.9.14  Dental Screening	12.9.14
Week 10	15.9.14 Spelling Bee @ Raglan (Montana & Corey)	16.9.14	17.9.14  Hearing Visit	18.9.14	19.9.14 11am Tractor Trek 2-3pm Jump Rope Fruit & Veg Trivia



### LIBRARY STUDENT OF THE WEEK Ryan Valentine

### Student of the Week : Week 6 Term 3

**Year 3 - 6**

**Darcy Merchant**

**K - 2**

**Reece Matheson**

**Miss Auld**

**Haydan McCarthy**

### Assembly Awards:

22 August 2014

K - 2      Sanjay Buttle  
             Clare Williams

3 -6      Mitchell McMahon  
             Montana Bevan

### Sportsperson:

**Primary:**      Peter Valentine

**Infants:**      Sophie Gibson



## JUMP ROPE FOR HEART

Jump Rope forms have been sent home and hopefully students are gathering donations in preparation for our Jump off event on the last day of term. Forms will need to be handed in prior to this date.



## ASSEMBLY AWARDS

Due to the Primary class being away on the excursion for the majority of last week there were no awards and no assembly. Our assembly will be held this Friday at 11am.

## KINDER TRANSITION PROGRAM

A REMINDER THAT OUR Kinder Start Transition Program will start officially next term, however transition students and parents are invited to attend the puppet show as part of the Tractor Trek at 11 am on Friday 19th September and our Jump Rope for Heart Jump off and Fruit & Veg. Trivia from 2-3pm. If you are unsure about your child starting 'Big School' in 2015 you are still welcome to attend Transition days without any obligations! Please call the school or talk to Mrs Doyle or Miss Adams if you need to discuss our Transition Program.



## EUGOWRA PUBLIC SCHOOL

### "KINDER START"

### ORIENTATION DAYS

We would like to extend an invitation to parents and children who are considering becoming part of our school community in 2015, to attend our Kindergarten Orientation Days.

- Friday 19<sup>th</sup> September > 11am - 3pm  
(Tractor Trek, Fruit & Veg Trivia and Jump Rope for Heart Jump Off)
- Wednesday 15<sup>th</sup> October > 9am - 1:00pm
- Wednesday 22<sup>nd</sup> October > 9am - 1:00pm
- Wednesday 29<sup>th</sup> October > 9am - 1:00pm
- Wednesday 5<sup>th</sup> November > 9am - 1:00pm
- Wednesday 12<sup>th</sup> November > 9am - 1:00pm
- Wednesday 19<sup>th</sup> November > 9am - 1:00pm
- Wednesday 26<sup>th</sup> November > 9am - 1:00pm
- Wednesday 3<sup>rd</sup> December > 9am - 1:00pm
- Wednesday 10<sup>th</sup> December > 9am - 1:00pm (Including a Parent Information Session from 12:15 - 1pm)



Children will be involved in class activities and experience the fun of our school environment. Children will need to bring a packed recess.

Teachers are able to walk students back to the Preschool if required.

If you have any enquiries or concerns please don't hesitate to contact the Principal, Mrs Carmel Doyle or current Infants Teacher, Miss Cath Adams on 6859 2233.



## FATHERS DAY

Wishing all dads and grand-dads a lovely Fathers Day this Sunday.

## EUGOWRA SUPPORTERS POSTER WINNERS

Students showed their support for the Eugowra Golden Eagles by creating posters which were hung at their last home game. Thank you to the football club for donating some footy shorts and money which was awarded to the best posters. Winners were: Montana, Darcy, Jake, Sonny, Reece and Alec.



**Happy Birthday**  
*Macey Greenhalgh*  
8th September



SNOW





# Parentingideas

## INSIGHTS

*Building parent-school partnerships*

WORDS Jenny Brockis

# Raising calm kids



With childhood and adolescent anxiety on the rise there's a simple but powerful technique that all kids should practice. Parentingideas contributor Dr. Jenny Brockis explains the link between quiet time and the development of calm in kids.

### Let me share the stories of two very different kids who shared a common challenge.

The first is Isobel. From her first day of child care, Isobel would cry incessantly when her mum tried to leave. In primary school she made a number of friends but lacked self-confidence. By the time she was in secondary school, she was known as a bit of a loner. In Year 10, Isobel started missing school.

The second child is Jamie, who was always a bundle of energy. He had continuous 'ants in his pants'. His hyperactivity led him to be assessed for attention deficit disorder, though this was ruled out. His teachers found his classroom antics difficult; he would constantly distract the other kids and muck about. Jamie ended up being suspended from school.

As you can see, Isobel and Jamie were two very different kids. But the challenge they faced was eventually recognised as being the same: anxiety.

While not always as severe as that suffered by Isobel and Jamie, anxiety – especially in those under 25 – is increasing at an alarming rate. It's thought that the constant busyness of modern life, with little or no down time, is part of this problem. New technology allows our kids to connect with each other constantly, but paradoxically this has led in some instances to a huge sense of disconnect – and to anxiety.

Our brains were not designed to be constantly stimulated. All brains need some time out. In a constantly connected world what we need is more balance.

So what can we do to help our kids restore this balance?

One of the most effective ways is to help children to know how they can proactively quieten down their mind, especially if it's making them feel mad or sad.

**You can teach your kids how to enjoy quiet time. Here's a technique that works well.**

### TIPS FOR QUIET TIME

- 1 Choose a time that suits you and your child. Morning or evening, just what ever works best for you as a family.
- 2 Schedule in ten to fifteen minutes for the practice. You may need to start with just two to four minutes at first.
- 3 Find a place that allows your child to stay quiet. This could be their bedroom or any other room in the house that they like being in and in which they can feel relaxed.
- 4 They can choose to sit or to lie down on a blanket or rug on the floor. Try to avoid their bed as they may fall asleep, which isn't the purpose of the exercise. Get them to gently close their eyes

or look down towards the ground. Now it's time for them to take a slow deep breath in through the nose, hold it for one to two seconds and then breathe out. Get them to do this two more times.

- 5 After the third breath, ask them to continue breathing in the same way, now noticing the air as it passes in and out through their nostrils. After the next ten breaths, direct their focus to the rising and falling of their chest or tummy.
- 6 The next sequence requires them to notice any tension or muscle tightness in their shoulders, tummy or elsewhere and then, on each breath out, to let all that tension just float away, enjoying the sensation as they allow their muscles to become more relaxed.
- 7 Continue with the breathing exercise until you reach the end of your allotted time. When it's time to stop, your child can just open their eyes, wriggle their toes and fingers and after a moment or two get up to resume the rest of their day.

**Practicing regular quiet time should start to produce some positive differences quite quickly. Once they have mastered the technique, it will always be available to them any time they feel over anxious or stressed. Just three deep breaths may be all they need.**



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](http://parentingideasclub.com.au). You'll be so glad you did.

