

Wednesday, 30th May 2018

Dear Families,

NEWSLETTER – Week 5 Term 2

Keeping your kids healthy – managing behaviour

Children need to know what you expect of them in order to behave appropriately. It is often helpful to involve children in setting some basic rules. This helps them understand the value of having rules and motivates them to cooperate.

It's not always easy to get children to do as they are asked. Whether at bedtime or in other situations, children often try to challenge the limits adults set. An important part of positive discipline involves setting effective limits for children's behaviour. Setting clear and effective limits supports children's development. Knowing that an adult is in charge helps children feel safe. It can also help to reduce stress in family relationships and make parenting easier.

Children are more likely to follow your instructions when they know you will follow up. If you are not consistent about enforcing the limits you set, children are more likely to test or stretch them. When setting rules and limits, be sure they are enforceable and that you are prepared to stand by your word.

Remember to set a good example by following the rules yourself! Setting effective limits is not about having lots of strict rules and punishments. It means making your expectations very clear and being consistent in following through.

Eisteddfod 2018

We will be performing as a school group on Thursday 31st May.

- Family and friends, who would like to attend the Music Eisteddfod on school days, must pay \$3 per session, even if their attendance is very short. A stamp will be issued to audience members who need to leave but wish to return to the Town Hall.
- Entry to the Gunnedah Town Hall will only be through the back door. Only teachers are to accompany school students into the Town Hall through the side door.
- Students, parents and siblings who are part of the audience must respect performers by not talking or moving around the hall during the performance of another competitor.

Room 2

The students in Room 2 are enjoying their new quadrant ottoman chairs. This seating ensures maximum participation during 'circle time' and develops core strength too.



RDA

Our students continue to enjoy participating in horse riding (RDA) which develops core strength and coordination. Student from Gunnedah HS and St Mary's College volunteer their time on Friday mornings to assist our students during RDA.



Book Fair

Currently being held in our library over the next couple of weeks. Funds raised will help the school purchase more PM Readers 'big books'.

Prader-Willi Syndrome Day

Prader-Willi Syndrome (PWS) is a lifelong condition. A great deal of research is being done, but to date there is no cure. No reason is known for the genetic accident that causes this condition. PWS is a rare and very complex, non-inherited genetic disorder.

Last Friday we celebrated PWS with Ava Mizzi and her dad, Vinnie. Thank you to Room 5 for making the jelly cups and thank you to all the families who supported the PWS disco at Carinya Christian School.



DATES

- Book Fair** – 'Paws for Books', 28th May – 8th June our library
- Basketball with Shirley Ferguson** – Tuesday afternoons at Gunnedah Basketball Stadium from 4:15pm
- RDA** – Friday 1st June
- Skills Show Australia excursion** – 2nd June – 4th June for our students interested in TAFE post-school
- P&C Golf Day** – Sunday 10th June

WEEKLY NEWS

30th May, 2018



ENDEAVOUR TO ACHIEVE

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STAR OF THE WEEK



Dyoaka Morris – happy 9th birthday to a lovely young lady!