From The Principal

Thank you to Mrs Greaves and Mrs Fonti who capably relieved as Principal last week whilst I was on Long Service Leave.

It was certainly a busy week and it is great to know that the school was operating smoothly.

Congratulations to our P & C team for 2015:

- President – Joe Thompson
- Vice-Presidents – Glenn Butler and Kristy Grainger
- Secretary – Karen Henry
- Treasurer – Paul Parker
- Events Coordinator – Fiona Hack
- Canteen Subcommittee – Emma Maslen, Sian Jones and Eleesha Pereira
- Uniform Coordinator – Eleesha Pereira

I would like to acknowledge the outgoing P & C team from 2014 for their wonderful support and committed efforts throughout 2014. Thank you on behalf of the students, staff and school community.

Thank you to all of the sponsors who have made their contribution to our SRC’s fundraising effort, the ‘Mini Relay 4 Life’, held last Tuesday, 10 March.

Half of all funds raised will go to the Cancer Council through the Dungog Relay For Life with the other half being split between our Tanzanian sponsor child, Maurin and O’Briens Freddo, our sponsored koala.

We would appreciate all donations being made by the end of next week to allow us to make a donation to the Dungog Relay For Life committee.

Attached to this week’s newsletter is this fortnight’s Parenting Ideas article, “Helping Kids Deal With Rejection: a bit of rejection and disappointment is good for kids, as long as they learn how to cope with it ...”

It presents commonsense information on how to deal with everyday occurrences that are part of growing up and that need not be made into major issues.

The theme behind the article makes a lot of sense – ‘the stronger the wind, the stronger the tree’. Whilst we may not like what happens to us at times, if we are able to deal with it in a healthy way and ‘move on’, then we will be stronger for it.

As we draw to the end of term, the weather can be quite cool in the morning. Now is a good time to check that your children have a school jumper ready to wear to school if needed. Order forms for new jumpers in all sizes are available from the office.

Regards,

Graeme
Dates to Remember

March
Friday 20th: Parents Cuppa 8:45am

April
Thursday 2: Special Recess - Hot X Buns
Easter Scripture Service
Easter Raffle drawn

Friday 3rd: Good Friday - School Holidays start

Monday 20: Staff Development Day

Tuesday 21: All students return for Term 2

Canteen News
With end of term fast approaching, it’s time to organise the roster for next term. We are really fortunate to have willing parents and grandparents give up their time throughout the term to help in the canteen but we are always happy to have new people come to help us out and the kids just love having their special someone there for the day! You can choose the dates or days that suits you and even organise to work with a friend which is a great way to catch up for a chat. We are open every Monday and Thursday and volunteers are required between 9:30 and 2pm. If you would like to volunteer your time to the canteen please contact Eleesha Pereira on 0427 720 838. We would love to have you!

A big thank you to our helpers this week: Anne, Russell, Kristen and Mat.

Regards,
Emma Maslen 0411 342 935

<table>
<thead>
<tr>
<th>19th March:</th>
<th>Karen Sanders &amp; Donna Tolhurst</th>
</tr>
</thead>
<tbody>
<tr>
<td>23rd March:</td>
<td>Emma Maslen &amp; Tim Carter</td>
</tr>
</tbody>
</table>

STUDENT OF THE WEEK AWARDS

Kinder: Tommy Street
1/2: Emmaline Wintle
2/3: Chandell Carroll
3/4: Sienna Holding
5/6: Saskia Bickerdike

CLASS AWARDS

Kinder: Rhylee Knox for being an independent worker.
Year 1: Harry Uren for clever thinking in Maths.
Year 2: Brigette Finlay for always doing her best.
Year 3: Cooper Rocco for great creative writing.
Year 4: Jack Magri for being a reliable class member.
Year 5: Aiden Johnson for settled work practices.
Year 6: Shay Deacon for being a wonderful helper.
Keeping Gates Closed

Please shut the gates. During the day, the school gates are closed to ensure that all of our students are safe and that risks are minimised. At present, we need to be extra vigilant with closing the gates, including the staff car park gates, to manage the safety of some of our younger students. We do ask that, if the gate was closed when you came upon it, then please close the gate once you have passed through. If in doubt, please close the gate.

Staff Car Park

The school car park is for staff parking between 8:00 am and 4:00 pm each day. This is due to Work Health and Safety policy and the limited access to the car park. During these hours, parents and caregivers are asked to park on the road and enter the grounds through either of the two, safe pedestrian access gates. We thank you for your understanding in this matter.

Easter Festivities 2015

This year Vacy Public School will be celebrating Easter on Thursday 2nd April. We will have a combined Easter Scripture service, Hot Cross bun morning tea, Easter colouring in competition, Easter Raffle and the students will perform Easter Songs starting from 11.00am.

We are asking each family to donate Easter chocolates for the Easter Raffle. Please bring donations to the office. Raffle tickets are with this week's newsletter and we ask that they be returned to the school by Monday 30 March. All parents and grandparents are most welcome to attend.

Kindergarten News

Students will NOT have library next Monday 23 March. Please send books and bags to school this Friday (21 March) for borrowing.

Easter Raffle

Our Hot Cross bun order form is included in this week's newsletter. Please send order form and correct money in a labelled envelope to the office. Parents are welcome to join us for our Easter celebrations on Thursday 2 April from 11.00am.

Parents Cuppa

Parents Cuppa is on Friday 20th March at 8:45am. Come and have a chat and a coffee with other parents from the school in the canteen.

Needed

The Before and After School Care committee are still on the lookout for someone to plaster and fit out the old sports shed as it will be used to store the BASC sports equipment. If you know of someone who would be interested, please let them know that the BASC would welcome them quoting for the job.

Sentence Maker

Cost: $1.29  Ages: K – 2

Sentence Maker is an exciting interactive game that helps your child rapidly learn to make and complete their own sentences all with just the touch of their finger.

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**Cross Country Carnival 2015**

Vacy School will be holding their annual Cross Country Carnival in the school grounds on Friday 20 March at 9.30am. The older students will be participating in their races first as they are required to run the longest distance. Below are the distances they have to run on the day.

11/12 yr old Boys/Girls - 3000m
8/9/10yr old Boys/Girls - 2000m

Infants students will also have a run on the day. The Zone Cross Country will take place on Friday 27 March at Tocal. The first four competitor from each age division will represent Vacy School at this carnival. Good luck everyone!

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**TRASH AND TREASURE MARKET!**

**ELCETION WEEKEND SATURDAY MARCH 28**

Have you realised in the recent Council pick up that you have things you could sell?

We invite you to donate them to the

**GRESORD MOBILE PRESHCOOL**

Trash and Treasure Market at the Gresford School of Arts Hall

**ALL PROCEEDS TO THE PRESCHOOL**

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**safeTALK**

**Suicide Prevention Awareness Program**

LivingWorks safeTALK is a half-day presentation to increase suicide awareness. This program alerts community members to signs that a person may be considering suicide. It acknowledges that while most people at risk of suicide signal their distress and invite help, these intervention opportunities are often overlooked.

safeTALK participants learn to recognise when someone may have thoughts of suicide and to respond in ways that link them with further suicide intervention help. Suicide alert helpers contribute to a suicide safer community. It is intended that safeTALK participants will be better prepared to:

- Recognise that invitations to help are often overlooked
- Move beyond common tendencies to miss, dismiss and avoid conversations around suicide
- Notice and respond to situations in which thoughts of suicide may be present
- Apply basic TALK steps (Tell, Ask, Listen, and KeepSafe)
- Connect the person with thoughts of suicide to suicide first aid help and further community resources

Suicide alert community members are better prepared to become a vital link in connecting people at risk with further help.

safeTALK is designed to complement the LivingWorks ASIST workshop (Applied Suicide Intervention Skills Training). The programs share the same beliefs about suicide and preventing suicide. However, each presentation has a specific role.

**safeTALK for**

**Cost: dates and venues:**

1 April 1.00-4.30
Toorak, Catholic Diocese
841 Hunter St, Newcastle West

24 April 9.00-12.30
Woodberry Family Centre
11-13 Lawson Ave, Woodberry

5 May 1.00-4.30
St Mary's High School Library
Pacific Highway, Gateshead

31 May 1.00-4.30
Edgeworth Heights Primary School
Library, Crest Avenue, Edgeworth

12 June 9.00-12.30
Singleton Heights Public School
Dorseman Drive, Singleton

**Cost: Gold coin donation appreciated**

**Registration:**
Companions must register at www.goodgrief.org.au

All other participants please phone 49791355 or email jenny.harris@mn.catholic.org.au

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17/03/2015
Helping kids deal with rejection

A bit of rejection and disappointment is good for kids, as long as they learn how to cope with it...

One of the keys to functioning socially and emotionally is the ability to deal with disappointment and rejection.

Most children experience some type of rejection from their peers throughout childhood. One study found that even popular children were rejected about one quarter of the time when they approached children in school.

Paradoxically, children's experience of rejection and disappointment at school is good for them, as long as it's balanced with successful experiences too. They learn that they can cope and solve problems in their own way and that bad experiences don't last forever.

And they learn that sadness and disappointment can be managed too, which is an important lesson to learn to take into adolescence and beyond, when life is full of ups and downs.

Helping them move on

Most children recover from such rejection. They move on and form constructive, worthwhile relationships but some children need help. They often take rejection personally, blaming themselves. As a parent it is useful to challenge children's unhelpful thinking and encourage them to look for new friendship opportunities. Parents can help children understand that rejection may happen for any number of reasons that are unrelated to them.

In the course of a school day children will meet with a number of challenges and even setbacks. They may struggle with some schoolwork. They may not do well in a test and they may not be picked for a game that they wanted to play. Children grow stronger when they overcome their difficulties.

The challenge for parents is to build and maintain children's confidence levels to help them get through the rough times.

One way to help children deal with rejection and disappointment is to talk through problems or difficulties, recognising and accepting their feelings. Talk about various scenarios, discussing possible outcomes. The age of your child will determine the amount of detail. Keep things simple and avoid burdening a younger child with concepts he or she doesn't understand.

Your attitude as a parent can make a huge difference to how a child reacts. If you see rejection or disappointments as problems then your child will be hamstrung by this view. See them as challenges then your child, in all likelihood, will pick up your upbeat view and deal with disappointments easily. After all, confidence is catching!

To help children handle rejection and disappointment try the following four strategies:

1. Model optimism. Watch how you present the world to children, as they will pick up your view.

2. Tell children how you handle disappointment and rejection. Not only is it reassuring for children to know that their parents understand how they feel but they can learn a great deal by how their parents handle situations.

3. Help children recognise times in the past when they bounced back from disappointment. Help them recognise those same strategies can be used again.

4. Laugh together. Humour is a great coping mechanism. It helps put disappointment in perspective. It helps them understand that things will get better. They always do.

The stronger the wind the stronger the trees is the notion here. Supporting kids to handle life's hurdles helps them to develop a lasting sense of resilience, which is essential for good mental and emotional health.

Michael Grose


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New Order Form with NEW Price List

Parents please note price changes

<table>
<thead>
<tr>
<th>UNIFORM ORDER – VACY PUBLIC SCHOOL</th>
<th>COST APPROX.</th>
<th>SIZE</th>
<th>QUANTITY</th>
<th>TOTAL</th>
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</thead>
<tbody>
<tr>
<td>Navy/Sky Blue polo shirt with logo (sizes 4-18)</td>
<td>$25.00</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Navy Skorts - Girls (Size 3 – 16Y)</td>
<td>$16.00</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Navy Box pleat shorts - Girls (Size 3 – 16Y)</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Navy girls stretch boot leg pants (size 3 – 16Y)</td>
<td>$19.00</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Navy blue cargo shorts (sizes 3-16)</td>
<td>$16.00</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Navy blue long cargo trousers (size 3 – 16)</td>
<td>$19.00</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Fleecy lined baseball jacket with school logo (Size 4 – 18)</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bucket hat (S, M, L)</td>
<td>$15.00</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>School Hat with logo (53cm, 55cm, 57cm, 59cm)</td>
<td>$15.00</td>
<td></td>
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</table>

TOTALS

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One order per student

Contact Telephone No:__________

Vacy Public School Parents & Citizens Association

BSB: 062 813

ACC: 00903142

Ref: Surname

Parent and Student Name:

Class: __________

Rec no: __________

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Maitland Tennis Centre
Easter School Holiday Tennis Clinic
APRIL 7th, 8th, 9th

**Where:** Maitland Tennis Centre,
Cnr Page & Lawes St East Maitland

**Price:** $50 for 3 days per child (Family discounts available)

**Age:** 4 years to 16 years

**Standard:** Beginner to Intermediate

**BOOK NOW:** Phone 4934 5016, 0421882055 or Online @ www.maitlandtenniscentre.com.au

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Vacy & Gresford Dance Centre

JAZZ - TAP - BALLET - CHEERLEADING

**Expression of interest:** Adults Jazz Class & Gymnastics Workshops

**For all enquires please contact Brooke on 0437354577**

or email: brookedance@bigpond.com

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