Sporting Leadership

Congratulations to this year’s House Captains and House Vice Captains. Wear your new badge proudly!

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<th>Waratah (red)</th>
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<td>House Captains-</td>
<td>Mohammed Chamma</td>
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<td>Joud Al Huthaif</td>
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<td>Vice Captains-</td>
<td>Jadyn Ahan</td>
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<td>Amy Chau</td>
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<td>House Captains-</td>
<td>Luka James</td>
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<td>Michelle Guo</td>
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<td>Vice Captains-</td>
<td>Sarah Ha</td>
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<td>House Captains-</td>
<td>Julian Ludenau</td>
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<td>Denmi Le</td>
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<td>Vice Captains-</td>
<td>Ibrahim Raja</td>
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<td>Eleanor Otuafi</td>
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<td>House Captains-</td>
<td>Ahmad Saleh</td>
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<td>Amelia Teekafa</td>
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<td>Vice Captains-</td>
<td>Eternity Stanley</td>
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<td>Tyrone Simitsopoulos</td>
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Mrs Anderson

Community Corner

Welcome to all our parents in 2013. I would like to introduce myself as the Community Liaison Officer (CLO) for 2013. In my role, I aim to support the parents and community of Regents Park Public School. I will be holding a number of initiatives during the year that aim to interest parents and create stronger ties within the school community.

The year got off to a terrific start with our Back to School Morning Tea. We had a great turn out and all our parents, enjoyed themselves as they got to know one another over a cuppa. Ms Manousaridis greeted all our parents and was happy to answer any questions they had about what was happening at the school. Her door is always open! I really hope it helped the new parents get comfortable in the new school environment. Thank you for all our parents who attended, it was lovely meeting you all.

For all those parents who have young ones at home, why don’t you come and join our school play group? It runs every Thursday morning from 9 – 11. It is a great opportunity for your children to socialise with other children their age and to engage in fun and educational activities. It is also a good way for you to meet other parents at the school. Children will also get an opportunity to play outside on the outdoor equipment and learn about healthy eating by eating a healthy snack with other children. Bring a hat and healthy snack along and I look forward to seeing you on Thursdays. Keep an ear out for a reminder on Thursday mornings on the PA system.

It has been wonderful to meet so many parents around the school and I look forward to meeting so many more. Please say hello or give me a wave whenever you see me. I am available every Thursday and can be found in the playgroup room if you would like to have a chat.

Rabiha Kanj
Community Liaison Officer (CLO)
Message from Ms. Manousaridis

Firstly I would like to again extend a warm welcome to our new and returning families. We hope you become active and engaged members of our thriving learning community. ‘Together we can achieve more’.

This year we tried something a little different and by all accounts it was a good decision. By having the majority of students return to their 2012 classes until our final enrolments were finalised, it meant that teachers could continue to work with students they knew well and to make up for what is commonly described as the ‘summer effect’. Did you know that school holidays can lead to significant drops in achievement unless students are actively engaged with literacy activities including reading, writing, talking and listening? That’s why we say make sure you do all of these things during the holidays.

Another strong focus during the first few weeks has been on implementing a social skills program to teach our students the importance of showing respect, valuing learning and being safe which are our core rules. We have been discussing with them what showing respect, valuing learning and being safe look like. Students have identified many things which show that we are doing these things. I encourage you to have discussions with your children about the importance of these core values as they will assist them not only at school but throughout their lives as they develop into responsible citizens of the future.

I’d like to remind you that the school’s Student Welfare and Discipline Policy and the School Anti-Bullying Plan are posted on the school website. Please familiarise yourselves with these key documents and advise me if you require a hard copy.

Teachers have also been assessing students in their classes to identify what their learning needs are following the school holidays. Students, regardless of sharing the same year of birth have very different learning needs and learn in different ways and at different rates. The difficult task for teachers is to ensure that what they teach is what students need. It is important that rather than compare them to each other that we teach students to set personal learning goals and to celebrate their achievements. Achievements can be very different for each of us. One students ‘good’ may be other students ‘excellent’. Our interest lies in measuring how much individuals learn and achievement.

Our specialist teachers (Learning Assistance, English as a Second Language and Reading Recovery) have also been identifying students who will be receiving specialist support. A letter will be sent to all parents whose children are receiving this support. Please contact me if you wish to discuss this further or would like to discuss strategies to help your child at home.

It’s very important that you talk to your child about school and encourage them to share what they are learning. Showing a strong interest in what your child does at school is huge motivation for them to try and work harder. You are your child’s first teacher!

We are looking forward to another productive year and to strengthening our partnership with our community to ensure that our students continue to receive a first class education.

Kindergarten

The Kindergarten students have settled in well to their new school environment. They have been learning many new skills and have been working hard on their listening skills and following classroom rules.

The Kindergarten classes have been working very hard over the past few weeks. Besides practising and learning new behavioural skills, they have been learning to: read, write, talk and listen, create various artworks, role play and follow music.

During Maths lessons the students have been learning about number through discussion, activities and playing.
In the upcoming weeks Kindergarten will be learning about themselves and their families. During this time children have opportunities to reflect on their own lives and discuss what their families are like. Here the students get to see the similarities and differences between themselves and others.

**Lunch and Hats**

Please ensure that your child is sent to school with a healthy lunch each day. Here are some examples and some tips for a healthy lunch box. Also, please ensure your child comes to school each day with a hat. If your child does not have a hat, they are required to sit on the silver seats in the shade and will miss out on play.

**Library**

KF will go to the library on Mondays, KA on Tuesdays and KJ on Wednesdays. During this time all Kindergarten students come together to read books, listen to exciting stories and sing songs. The other very important part of visiting the Library is to borrow a new book each week. It is important that all students have the opportunity to borrow books from the library. Please help your child to participate in this by sending their library bag to school on their library day. At the end of the year our Librarian has a special award for the class that borrows the most books – let’s make it Kindergarten!!

**Top tips for a healthy lunch box**

- Always include fresh fruit and vegetables. Vary the selection to keep it interesting.
- Offer a variety of whole grain breads, rolls, pita bread and flat breads.
- Use avocado as a spread instead of butter or margarine.
- Use reduced fat dairy foods. Cheese and yoghurt are ideal.
- Kids need a serve of protein at lunchtime. Ensure you include lean meat, egg, peanut butter, chickpeas or tuna.
- Add a chilled bottle of water and limit juice.

**Home Reading and Homework**

Home Reading and homework will commence this week. Your child will be sent home with a folder and a new book every day. You can help your child by reading and practicing their sight words and sounds with them every day. Please send your child’s Home Reading folder to school every day so that we can change their books.

We have really enjoyed our first few weeks at school and are looking forward to all the exciting things we will be doing for the remainder of term 1.

From the Kindergarten teachers, Mrs Jones, Ms Fletcher and Miss Yeung

**Stage 1**

Stage1 has had a wonderful start to the year. Students have returned to school eager and ready to learn.

Our students are learning about celebrations and festivals around the world and in our community. If you have any photographs that you would like your child to share with their class (of a celebration your family has been involved in) you may send it in an envelope and it will be returned at the end of the unit.

In mathematics we are learning about telling the time, days of the week, months of the year and seasons. We have also learnt about whole number and are starting addition and subtraction next week.

We have requested that you equip your children with a few classroom essentials, these include; HB pencils, an eraser, pencil sharpener, glue stick, home reading folder and spiral bound art book. Having the correct equipment helps to ensure that your child is ready to learn. Home readers will be sent home as soon as folders are sent to school.

A big thank you to parents who have sent their children in full school uniform. Our students look very smart and almost every student has a hat. If you haven’t yet purchased a hat or need to...
replace an old one. Lowes at Bankstown stock our school hats, which are fantastic and really help us out, especially when we go on excursions. We are always looking for parent helpers and if you interested in coming in and working with us, please let your child’s class teacher know. **Homework** will be issued on Fridays, to allow families a little bit of extra time to do spelling words etc. This should be returned on the Thursday of the following week. Extension homework sheets will be available next week. Please see your child’s class teacher if you require an extension sheet. **Sport** 1/2W will now be doing sport on Tuesdays, the other classes still do sport on Friday. Don’t forget, if you have any questions we are happy to answer them, but please make an appointment, so that we have enough time to have a chat.

Stage 1 Class Teachers.

**Stage 2**

Wow! Can’t believe the term is already half gone! Stage 2 has settled really quickly into their new classes and are busy working towards all the learning goals we have set for this year. We are currently working on a unit about our beliefs and customs. Please ensure your child brings a pencil case to school every day stocked with lead pencils, colour pencils, a sharpener and a rubber. They will also need a homework book (A4 size). Everything else they need will be given to them. Thank you to the parents/carers who attended our open classrooms, it was lovely to meet you. If you need to speak with your child’s teacher, please ensure you make an appointment and provide an outline of what the meeting will be about to allow us time to gather any information we may need.

Regards,

Stage 2 Teachers

**News from Stage 3**

Welcome back students and parents. We hope you all feel motivated to do your best this year. **Tips for getting motivated**

Motivation is what drives us to make the things we want happen – but staying motivated isn’t always easy. Get some tips on how to find (and keep!) motivation, and suggestions for what to do if you just can’t get into gear.

**Finding motivation can help with...**

* figuring out your goals
* achieving your goals
* getting stuff done

**Why motivation is important**

To make things you want to do or achieve happen, you need motivation. Motivation is what drives you towards a goal, gets you up in the morning, and keeps you working through a task, determined to succeed when things get tough. Everything that could possibly motivate you can fit into one of two categories: **Positive motivations**, which focus on the positive things that will happen when you take action. For example, ‘Finishing this assignment means I’m only a step away from being qualified’. **Negative motivations**, which focus on the negative backlash that will occur if you don’t take action. For example, ‘If I don’t finish this assignment in the next few hours I will fail’. Both negative and positive motivation can be effective in different circumstances. However, people are much more successful when they’re doing something because they actually want to, rather than if they’re acting to avoid an outcome they don’t want. That means positive motivation usually has a bigger and better impact. Knowing how to find effective motivation strategies is really important to getting stuff done.

**Tips for finding/keeping motivation**

* Set goals. When you set a goal you make a decision to act upon what you want. This gives you a direction to focus on - one that’s measurable and has an end point; all factors which can help a person stay motivated.

* Choose goals that interest you. You’re much more likely to stay motivated if you are working towards something that you genuinely want to do or achieve.

* Find things that interest you within goals that don’t. Sometimes other people set goals or tasks for us that we don’t find interesting or want to do. So, try and find something within that task that does motivate you. E.g. ‘I hate maths, but it’s going to help me become a builder, which I want more than anything.’

* Make your goal public. If you state to someone else you are doing something, or write it down, you’ve essentially promised to keep your word.

* Plot your progress. When you are working towards something, it can be really motivating if you can see evidence that you are making progress. Draw or create a visual representation of how you are coming closer to achieving something.

* Break up your goal. Start with easier tasks and work your way up to bigger challenges. Breaking up a task in your mind into achievable chunks helps build confidence.

* Use rewards. Promise yourself some sort of reward each time you complete a step/task.
*Learn how to use self-talk.  
If you're really finding it hard to stay motivated  
If you've tried all these things, and just can't get motivated, then it might help to talk it through with someone that you trust. Sometimes it can be really hard to achieve things on your own, and having a good support network when you're working through a big challenge is really important.

*You could also try talking to a counsellor. They are great at helping people work out which motivating strategies will work best for them.

Stage 3 teachers

FATHER SON PROGRAM

If you are interested in participating in a father son program contact:

Will de Lima  
Project Officer - Child, Youth and Family Services  
Tel: 02 8713 7700  
7/372 Chapel Road, Bankstown NSW 2200  
Fax: 02 8713 7799  
Web: www.creatinglinks.org.au

Bankstown Sports Hockey Club  
The Crest - Georges Hall  
For more info visit  
or follow us on Twitter

FREE Summer Hockey Comp  
FREE use of equipment *  
FREE sausage sizzle after every game

Friday evenings from 6:00pm for 5 weeks  
Starting on the 15th Feb until 14th Mar  
to register phone: Graeme - 0403 770 624  
Darren - 0425 365 367 or Pat - 0418 224 667  
Open to anyone aged from 7 years to adults  
Small Fields - Amended Rules - Great Fun  
At The Crest Hockey Fields - Georges Hall  
Give hockey a try and enjoy the summer evenings out with the family  
Our winter registrations start in February  
* club has Hockey sticks and some shin pads  
* every player must bring their own mouth guard

FAMILY LAW NETWORK AUSTRALIA

The Family Law Network Australia website is a free information resource and referral service for family law matters.

You can visit Family Law Network Australia at www.familylawmattersaustralia.com.au for information on separation and divorce, parenting arrangements, property settlement and child support."
Regents Park Football Club

An affiliated member of the Granville & Districts Soccer Football Assoc Inc

Male and Female Soccer 2013
54 years of soccer in the Auburn area.

No experience necessary to play football (soccer) at Regents Park Football Club

Games for Under 6 through to Under 21 are played on Saturday morning.
Seniors and over 45’s play on Saturday afternoon.

Girls/Ladies play on Sunday.

REGISTRATION DAYS FOR 2013 are
Saturday 2nd, 9th, 16th February 2013
From 10am – 1pm at Princes Park.

Then every Tuesday, Wednesday and Thursday until the end of March.
from 5:30 pm – 7:30 pm.

Princes Park Fields are at –
Princes Road West, Auburn.  Joe Loulach – 0417 297 474
2 streets past the Golf Course.  Elsbeth Alexander – 0409 919 868

Playgroup

We would like to welcome you to our school’s playgroup.
The benefits of joining our playgroup are:
• having lots of fun.
• watching your child’s confidence grow.
• building social skills and meeting new friends.
• developing fine motor and gross motor skills.
• promoting healthy eating.
• encouraging a love of reading.
• meeting other families.

When: Thursday mornings, starting 20th February, 2013
Time: 9 – 11am

Where: Room 11(also known as the Playgroup room), found near
the Infants playground

Requirements: Your child must be accompanied by an adult
(18 years or over). Please bring a bottle of water and piece of fruit
or vegetable for break time.

For further information, please contact Rabiha Kanj on 9644 2404.