

Springboard

Springdale Heights Public School | 25 Cardo Drive Lavington NSW 2641 | p: 0260 256 433 f: 0260 402 328 | e: springdale-p.school@det.nsw.edu.au | w: www.springdale-p.schools.nsw.edu.au
Principal: Miss Sue Farmer

Term 1 - Week 6

Thursday 8 March 2018

IS YOUR child moody?

Parent Line NSW is a State Government funded telephone and online counselling service for parents and carers across NSW. With professional and highly experienced Parenting Counsellors they provide assistance to parents and carers every year who have children aged 0-18 years.

Parent Line NSW provides emotional support, evidence-based parenting strategies, information, advice and referrals for issues such as managing behaviour, parental stress and mental well-being, family trauma, child protection concerns, development concerns and difficulties with parenting after separation. The service is accessible by phone and online via Facebook Messenger from 9am to 9pm Monday to Friday and 4pm to 9pm on weekends which means our Parenting Counsellors are able to provide immediate support to families no matter where in NSW they reside.

Managing transitions

It is normal for kids to be exhausted after a day at school. This can sometimes lead to emotional meltdowns. All that learning and navigation new relationships is draining. It can help to have established afternoon routines which allow for some down-time. Family meal time is a good place to ask your child about their day and reconnect. Transitioning to school is big for parents too. Parents are often caught off-guard by their own feelings of excitement, sadness and nervousness at sending a child to school.

PARENT LINE email is info@parentline.org.au or phone 1300 130 052.

We also have student counselling available face-to-face at Springdale Heights Public School, just ring the school 60 256 433 to find out more about this service.

So many different emotions to cope With at School



Mortimer Shield Rugby Gala Day



Last Friday we sent a boys team and two mixed teams to this gala day. The boys team played games of modified rugby league (tackle) against other schools. The mixed teams played league tag against other schools. There were over 50 teams competing on the day and all of the students played exceptionally well and displayed excellent sportsmanship.

Congratulations to all the students who improved throughout the day and encouraged their team members. The best on field awards went to Kane W, Sandy M and Mackenzie P. Thank you to Miss Wilson and Mr Stevens for training and coaching the boys rugby team on the day.



New P & C Ready For a Busy Year !

At the recent Annual General Meeting positions were filled by:

President	Del Taylor
Vice President	Tamara Wright
Vice President	Cathy Christie
Secretary	Kasey Hatthaway
Treasurer	Rhia Bartley
Fundraising Coordinator	Stephanie Barry
Uniform Coordinator	Jackie Bush & Del Taylor

Committee members: April Meyer, Kim Paton, Codie Fisher, Judy Langridge, Fiona Karakai, Karen Williams, Jess Lowe, Leah Webb and Eileen Middleton

So awesome to see
so many new
members and we
look forward to
working together
as a school
community for the
good of our
wonderful
students !

Canteen

We would like to thank the following sponsors who regularly support our school canteen. Our canteen relies on the generosity of the public and the following businesses have been very generous in regularly helping out with donations. *THANKYOU to the following businesses: Bakers Delight Lavington, IGA Springdale Heights, Tony Hart butchers and SPC Cannery Lavington.*
Please note Alison needs more helpers on a Wednesday in the canteen, please phone Al on 0423 902 760 if you can help out.

P & C Easter Raffle

Tickets will go home soon for families to sell for the Easter Raffle. Tickets are \$1 each and are in books of 15. Donations of Easter eggs, bunnies, or Easter themed items can be left at the office. Your generous support of the Easter Raffle is appreciated.

Easter eggs,
bunnies &
chocolate
donation time!

Used Uniform Stall 9/4 & 30/4

Do you have lots of unused school uniforms in the cupboard? A pile of navy shorts that are now too small? Maybe a school jumper that has only been worn once? The P & C are collecting donations of second hand uniforms (shirts, shorts, pants etc) that are in good, clean condition, please drop them into the office. All items will then be sold for \$2.00 each at the end of term uniform stall. The stall will be a great opportunity for everyone to grab a bargain or maybe just stock up on the next size of uniforms.

Meal Deal Pot of Gold St Patricks Day 16-3-18

Another yummy Meal Deal consisting of 4 x chicken nuggets, corn and a drink. Bring along some extra money on the day for some special 'St Patricks Day' treats. Harmony Day 21-3-18 will also see the canteen selling extra yummy treats at recess.

P & C Dates to Remember

16/3	'Pot of Gold' meal deal and extra treats at recess
21/3	Harmony Day extra treats to buy at recess
28/3	Return all raffle tickets
29/3	Easter Raffle drawn
29/3	Hot-cross bun recess deal
9/4	\$2 Uniform stall - grab some bargains last day Term 1
30/4	\$2 Uniform Stall - first day Term 2

\$2

P & C are asking for donations of used uniforms for their Uniform Stall

**IT'S CONCERT TIME!
WE NEED YOUR HELP!**

Our biannual school concert will be held in T3, September 2018!

If there are any parents, carers or school community members who can sew costumes for our concert please contact the school!

SCHOOL ATHLETICS CARNIVAL **TUESDAY 20 MARCH**

Students will travel from school to Alexandra Park after the 9 am roll call and return to school approx 2.15 pm No school Canteen. A canteen will be available at the carnival.

REMINDERS FOR YEAR 6 STUDENTS

THURSDAY 15 MARCH

T-Shirt deposit due for Year 6 \$10

FRIDAY 16 MARCH

Expression of Interest forms for High School 2019. Due in to class teacher.

PEER SUPPORT 2 DAY CAMP **GREAT AUSSIE RESORT**

Information and permission notes were sent home today with the newsletter. Please check with your child to make sure they have received the information sheet.

FRIDAY 23 MARCH **SCHOOL CLOSED FROM** **12 NOON**

This day is a half day gazetted holiday for the Albury Gold Cup.

All students must be collected from school by 12noon. There will be **NO supervision after this time. Please organise alternative care for your children.**

Class Value Awards

Sports Awards

Kinder Zac B Max B Owen C-L Indianna W 1/2 BV Saria E-B Brooklyn B Rhys T-L Ella K 1/2 PB Tahnie B Charles M Sophia B Jack H	3/4 C Mikayla W Charli C Charlotte M Rachel W Blair P 3/4 D Ben W Dean K Jack T Isabelle W 5/6 H Tye C Daria B Sandy M Mazzy H Ryan C	5/6 W Marlee G-W Tex F Rory W Tamika C Library Awards <i>Monitors are awarded based on their regular Library returning and borrowing habits.</i> 1/2 BV Giselle S Tyson C 1/2 PB Jack H Pixie H	3/4C Charli C Travis R 3/4D Joel F Charlotte M 5/6H Sandy M Tye C 5/6W Tex F Will K	Library Borrowing Days are Monday Kinder, 1/2BV, 3/4D, 5/6W Tuesday 1/2PB, 3/4C, 5/6H Please remember to return books weekly.	Kinder Te Aorangi M James S 1/2BV Allysann M Tyson C 1/2PB Kelsey S Makaylah S Zeek B Amelia H 3/4C Jayden McG Mikayla W	3/4D Michael F Charlotte M 5/6H Kane W Luke W 5/6W Lincoln E Parker T
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PBL BRONZE Awards

1/2BV	5/6W
Ruby C Tyson C Poppy L Ryan F Ella K Saria E-B	Zack S
3/4D	
Charlotte M	



PBL Value Awards

Congratulations you have been recognised for being OUTSTANDING!!

Kinder	1/2PB
Teddy M	Kelsey S
3/4D	
Charlotte M	



Wednesday March 28 school hall
School has booked a DJ for the kids!

Kinder to Year 2 after school

4.30 to 5.30pm

\$3

Years 3 to 6 evening

6pm to 7.30pm

\$5 - this includes a drink and packet of chips

SCHOOL PHOTOS TUESDAY 13 MARCH



PHOTO ENVELOPES WERE SENT HOME
LAST WEEK - ORDERS NEED TO BE RETURNED
BEFORE TUESDAY

NO BREAKFAST
CLUB IN
THE MORNING

All students are asked to come in a clean full Summer uniform. Summer dresses or navy shorts and blue polo shirt. If the weather is a bit 'fresh' on the morning, navy polo jumpers or jackets can be worn, but will be taken off for the short period whilst photos are being taken. If students come in long winter pants, please have shorts on underneath so trousers or track pants can be removed for photos.

- Photos will start at 9 am and finish before recess.
- All envelopes are individually barcoded specifically for each child. If you lose or damage it, please ask at the office for a new envelope
- Family envelopes are available at the school office
- All envelopes with the correct money need to be in by, or on the photo date
- NO CREDIT will be given
- Your envelope and money must be handed in BEFORE the photo day deadline - Monday 12 March

A Better Internet Starts With You!

A Better Internet Starts With You!

We participated in a virtual classroom excursion celebrating the Safer Internet Day and we explored the theme of "Create, connect and share respect: A better internet starts with you". The excursion allowed students to:

- ◇ identify the benefits of belonging to an online community.
- ◇ identify how valuing and respecting diversity online and offline contributes to the well-being of a community.
- ◇ identify strategies for creating a respectful and inclusive online and offline school community.
- ◇ understand the process of reporting serious cyberbullying.

After the excursion we all joined in to promote a call to action and pledged with others on how we would be more respectful and safe online.

5-6W



#SID2018

I pledge to be a safe Internet user and not be a bully
I pledge to help others when they are feeling
unhappy and to not get involved in others fights and
I will think about the person behind the screen.

Talyn



#SID2018

I pledge to respect other people on the
Internet, to stop any cyberbullying I see
happening on the Internet and to be careful
with what I say on the Internet.

Will



#SID2018

I pledge to use the Internet correctly
I pledge to not be rude on the Internet
I pledge to use the Internet wisely
Lastly I will not be mean or rude to other users.

Zack



#SID2018

I pledge to use the internet responsibly
I pledge to never ever make fun of people
I pledge to tell the teacher if i see any cyber bullying.

Emily



#SID2018

I pledge that I will always stop a cyberbully when
it's happening on the Internet
I will keep the Internet safe and use it properly
I will make sure people do not cyberbully and
I will keep children safe from mean comments or
bad language.

Alexis



#SID2018

I pledge that I will be a safe Internet user and try to help
stop bullying Online
I pledge that I will not lie about anything or anyone on
social media and websites
I pledge that I will be a responsible person online
I pledge to help others in need of a person or friend.

Shannon



#SID2018

I pledge to be a safe Internet user when online.
It is not ok to be an online bully. The online world can be hard and sometimes parents can lose their children because of cyberbullying. You need to be a nicer person on the Internet and stop cyberbullying.

Rory



Office of the
eSafety Commissioner

#SID2018

I Pledge to stay safe on the Internet and delete any inappropriate things that come on my server
I Pledge to tell the teacher if any one is being silly on the server
I Pledge that when we go on the computer I will not be silly
I Pledge to not post any inappropriate things on the internet
I Pledge to not be mean on the computer
I Pledge to always be safe on the Internet
I Pledge to NOT cyberbully other people on the Internet
I Pledge not to be mean or say inappropriate stuff on social media
I Pledge not to swear or anything on the computer

Addyson



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#SID2018

I Pledge that I will use the Internet correctly
I will not cyberbully anyone
I will make people feel safe and welcome
I will not get involved in any cyberbullying.

Shianne



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#SID2018

I Pledge to:
Be safer online and try not to make any problems larger
To make the Internet a better place and be kind to others
To not search up rude and inappropriate images
To not talk to people if I don't know them in real life.

Celeste



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#SID2018

I pledge to stop cyberbullying by stopping people who cyberbully
I will never cyberbully
If I catch someone cyberbullying I will report it.

Damon



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#SID2018

I pledge that I will put myself in someone else's shoes on the Internet
I pledge that I will use the Internet safely
I pledge that I will not lie about my age
I pledge that I will not bully people on the Internet.

Darcy



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#SID2018

I pledge to use the Internet safely
I pledge to be nice to others online and help stop bullies
I pledge that I will be responsible and help others
I pledge that I will do the best I can to stop bullies online and offline.

Hudsynn



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eSafety Commissioner

#SID2018

I pledge that I will be safe on the Internet by reporting cyberbullying.
I pledge to be safe on the Internet by not saying or doing anything rude.
I pledge to be safe on the Internet by telling the game company that someone is being a cyberbully on this game to get them banned from the game.
I pledge to be safe on the Internet by telling the cyberbully to stop and then leaving the game.

Joseph



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#SID2018

I pledge to make the Internet a happier place by whenever I see negative comments I will make sure to compliment the victim and make them feel worthy. Even if it's just a small little great job they would really appreciate it. I will also keep up my history of not cyberbullying by only commenting nice things on other people's accounts. Finally, I will confront the bully and stick up for the victim in a nice way to prevent the bully from hurting me too.

Jacinta



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#SID2018

I pledge that when I am on social media I only share positive things about people and friends
I also pledge to use social media safely and responsibly
I pledge not to tell mean things and help my friends that are in need of help from cyberbullying.

Keana



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#SID2018

I pledge to not be mean on the Internet, to help people when they need it and to try to stop cyberbullying.

Koby



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#SID2018

I pledge that I will use the Internet correctly because if I was someone else I would be very sad
I pledge I will use the Internet safer
I pledge that I will not be a bully on the Internet.

Lincoln



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#SID2018

I pledge to use the Internet properly and I won't let people talk rudely to other people
I won't let people swear in games online.

Mathew



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#SID2018

I pledge to be safe and responsible on the Internet
I will not bully anyone online and will let a teacher know if someone is cyberbullying.

Natalya



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#SID2018

I pledge to use social media responsibly, such as not saying rude or nasty things to people, also not talking to strangers and not putting my information up for everyone to see it.
I also pledge to not spread rumours or post things that some people might take offence to. Also I pledge to report any cyberbullying to help people in need of help.

Pheobe



Office of the
eSafety Commissioner



Albury Junior Rugby League - Thunder

2018 Season Launch Saturday 10 March 9.30 am to 1 pm at Sarvaas Park. Registrations, BBQ and plenty of fun.
www.playnrl/register.

St Pats Soccer Club

Players Wanted who love soccer!

Are you keen to play football, we need players to fill our -U11, U12 mixed teams. If you or someone you know would like to join our football family for season 2018 please contact Tracy (registrar@stpatsfc.com.au) or visit www.stpatsfc.com.au for further information and training details.

Wombats Hockey Club

Register now for U 10's, Junior and Senior teams. Training: Wednesdays for Juniors 6-7pm Seniors: 7-8pm.

Games:

Juniors Saturday (U 16's Friday night). Seniors Saturday afternoons and Sundays.

Contact:

Committee@wombatshockey.com Or Andrew 0428 618 115. Or <https://www.wombatshockey.com/registration/>



NEW ROOM OPENING SOON!!!

Taking Enrolments For 2018!

Springdale Heights Preschool

3 to 4 year old preschool 4 to 5 year old preschool Affordable Fees

For more information please call us on 6025 5477, visit our website at www.springdaleheightspreschool.com.au
Or visit us at 8 Canara Place, Springdale Heights

From Preschool to
Primary School to
Murray High School

Year 7 2019 Expression Of Interest Forms

Please note that all Year 7, 2019 high school *Expression of Interest* forms are due in to the class teacher or the office no later than Friday 16 March.

**** These forms are not an enrolment form , they are an expression only to help the high school plan ahead and cater for the intended possible enrolments for their school.**



MURRAY HIGH SCHOOL



YEAR 7 2019 Information Evening

Tuesday 13th March 2018 (Week 7)
5:30pm-7pm

An invitation is extended to all prospective 2019 Year 7 students and their families to:

- Visit our school
- Meet the Principal and Year 7 Adviser
- Gather information regarding 2019 enrolment
- Meet staff and students
- View student displays

An informal gathering and short presentation will take place from 5:30pm in the school hall.

This will be followed by an opportunity to tour the school.

Refreshments, tea and coffee will be provided.

Kimberly Finlay
Year 7 Adviser 2019

2018 TERM ONE CALENDAR

Please read carefully as changes will be made regularly

All assemblies are at 2.30pm unless notified otherwise

	Monday	Tuesday	Wednesday	Thursday	Friday
	Breakfast Club 8.30—8.55am served at the canteen	Breakfast Club 8.30—8.55am served at the canteen		Assemblies 2.30pm	
Week 6	5/3	6/3	7/3	8/3 5/6W Assembly 2.30pm	9/3
Week 7	12/3 Out of Uniform Day—Uniforms can then be clean for school photos the following day	13/3 School Photos 9 am to 11 am No Breakfast Club Murray High School parent information night 5.30pm -7pm at Murray High School. More information on Pg 6	14/3 Scripture starts	15/3 All deposits or full payments for Year 6 T-Shirt orders due today.	16/3 St Patrick's Day Canteen Meal Deal \$5 Pot of Gold
Week 8	19/3	20/3 School Athletics Carnival	21/3 Harmony Day Year 6 Peer Support Camp @ Great Aussie Resort	22/3 5/6H Assembly 2.30pm <i>Yr 5 students only due to Yr 6 being at Peer Support Camp.</i> Year 6 Peer Support Camp @ Great Aussie Resort	23/3 Albury Gold Cup 1/2 day for students ALL children to be collected by 12noon.
Week 9	26/3	27/3 AWAHS Aboriginal Dental Health Screening	28/3 Disco Yrs K-2 4.30-5.30pm Yrs 3-6 6pm—7.30pm Entry fee includes drink and a packet of chips	29/3 P & C Easter Raffle Draw Hot Cross bun recess deal	30/3 GOOD FRIDAY NO SCHOOL
Week 10	2/4 EASTER MONDAY NO SCHOOL	3/4	4/4	5/4 3/4C Assembly 2.30pm	6/4
Week 11	9/4	10/4	11/4	12/4	13/4 Canteen Meal Deal Last Day of Term

TERM 2 - ALL students return Tuesday 1 May