

Message Stick



Educating Communities

William Street, East Maitland 2323

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6 March 2019 No. 3 (Week 6 Term 1)

Respect, Responsibility, Learning, Co-operation and Participation

MESSAGE FROM THE PRINCIPAL

Meet, Greet and Eat!

Many thanks to the large number of families who joined us last Wednesday afternoon/evening for our inaugural 'Meet, Greet and Eat'!

We will conduct some more formal feedback throughout the year, however, initial feedback at the time was positive and the teachers certainly enjoyed the opportunity to meet you in a less formal manner than as a group in the hall. Thank you to everyone who shared their positive feedback with us. It is always both helpful and gratifying to hear.



Afternoon Pick-up

Further to my notes and requests of last week, please see the notice following titled '**Let Us Work Together to Keep 'Our Kids' Safe!**'

School Planning

Further to the strategic directions (goals) re-introduced in Week 4, for your further information each direction is divided into three major focus areas as follows:

Meeting student needs. Growing potential.	Outstanding teachers. Outstanding school.	Active school community. Successful students..
Intervention and Support	Effective Teaching Practice	Educational Leadership
Student Wellbeing	Data	Community Engagement
Assessment and Feedback	Professional Learning & Development	Evaluation of Practice

It is through strategic planning and action in these areas that we aim to meet our strategic goals.

Teacher Professional Learning

Last week during our professional learning time we held our 'Meet, Greet and Eat'. This week teachers are developing their Performance and Development Plans (PDPs) for this year. Each year teachers develop and review PDPs, and collect evidence towards achievement of professional learning goals. Professional learning goals related to department and school strategic directions and the Australian Professional Standards for Teachers. 'The overarching purpose of the PDP process is to support the ongoing improvement of student outcomes through continuous development of a skilled, effective and professional teaching workforce.' (NSW Department of Education Performance and Development Framework)

Pets at School

Whilst we all love our pets dearly and it is a wonderful idea to walk your dog when you are walking to or from school, please refrain from bringing your dog on to school premises. This is to ensure the comfort and safety of all community members. Thank you in advance for your cooperation.



Changed your details over the holidays???

Just a reminder that if you have had a change in personal details such as address or contact numbers; work, mobile or home, please ensure that you notify our office ASAP.

Please note that any change of address details will require **proof of address**. (Documents such as a rates notice or home-related bills, such as telephone, gas or electricity, including name and address).

Kim Dudgeon

Library Monitors for 2019



Library Borrowing Days 2019

Monday	6S, 3J, 1M, KF, 3/4C
Tuesday	4/5R, 6R, 1S, KD, 2L
Wednesday	4SG, 5DC, 1D, KV
Thursday	5/6N, 5R, KP, 2G
Friday	3S, MC, 2O

Dayna Robson , Briana Radford, Rai Berry, Paige Twaddell,
Makayla Morris

Afternoon Pick - Up

Let Us Work Together to Keep 'Our Kids' Safe!

I understand that we have around 535 students and the geographical aspects of, and surrounding our school site make an efficient afternoon pick-up challenging.

These are things that we cannot change. What we can change is:

- Walk home if possible.
- Keep the bus zones clear - we have 12 buses arriving daily!
- Park in designated areas only.
- Use the pedestrian crossing!
- Allow yourself 5-10 more minutes to get home for the safety of all of our students.

During the day our school gates are locked. This is in an effort to provide the safest place we can for our students by securing them safely on the grounds and monitoring entry to the grounds.

In order to keep the site safe for all and minimise disruption of afternoon student and class routines please respectfully adhere to the following:

- The driveway with electronic gates is for vehicular access only.
- Entry to the grounds via the Walkers' Gate may only take place after the gates are open for pedestrians at 2:50pm and after the MC transport mini-vans have departed.
- The front door is only to be used to access the office, not the school grounds. (Unless for invited events such as assemblies).
- Once on site between 2:50pm and 3:00pm, please refrain from entering any buildings or waiting directly outside your child's classroom.

Kindergarten students will continue to meet under the COLA from 2:50pm, when the pedestrian gate will be opened for parents to collect their children.

It is only by working together and being considerate of one another that afternoons may become easier for everyone and the best safety measures can be maintained. It is our wish to work cooperatively with our community for the best outcomes for all our students and we thank you in advance for your understanding and cooperation.

BY MICHAEL GROSE

Daily lessons in resilience

Recently, I saw a mother give a simple, yet profound resilience lesson to her school-aged child, after he missed a much-anticipated excursion due to poor behaviour at school. Replying to the child's protests about teacher unfairness and his over-reaction to missing out on a learning opportunity his mum simply replied, "Oh well!" Then she busied herself with other tasks. The child stunned by her reaction, shrugged and headed off to complete his homework.

Adult reactions matter

It's in our reactions to children's and young people's every day mistakes, mess-ups, muck-ups and hurts where the real lessons in resilience lay.

The lessons for this child were simple but profound. "Oh well" meant:

- Stuff happens
- Don't look for fault or blame
- Keep your perspective
- Pick yourself up and continue with what you were doing

How to react

The resilience lesson for this mother were equally as profound. When a minor mishap with a child or teenager occurs:

- Match your response to the incident
- Stay calm and be positive
- Don't look for fault or blame
- Remember, stuff happens

Resilience lesson for parents - "Oh well"

Every day there are opportunities for parents to give their children lessons in resilience.

A child misses being picked for a team that he had his heart set on joining. "Oh well. Let's see how you go next time"

When a boy experiences rejection in the playground at school. "Oh well. You'll find that some people don't want to be your friend."

When a teenage girl doesn't get the mark she thinks she deserves in an assignment. "Oh well. Sometimes we don't get the marks we think we deserve."

Match your response to the challenge to promote resilience

There are times when "Oh well" won't cut it. When a child is bullied he needs your continued support. When a student's continuous efforts at improvement are constantly met with criticism then you may need to act on his behalf and meet with a teacher.

When a child always struggles to make the grade and is never picked for a team then you may need to help him make different choices.

These types of situations also present opportunities for daily lessons in resilience, but they require more parental support and teaching.

The resilience lessons learned are deeper and include concepts such as 'things will eventually go your way,' 'there are times when you need to seek help' and 'this too shall pass.'

Promoting personal resilience focuses on helping kids cope with life's hurts, disappointments and challenges in the present, while building strengths for the future.

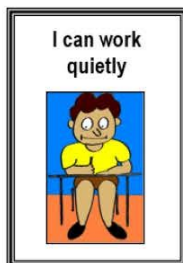
Daily lessons in resilience are everywhere. You just need to be ready to make the most of these valuable lessons when they come your way.

PBL News

Creating safe, effective teaching and learning environments.

The Positive Behaviour for Learning focus this fortnight has been to revise the Aussie 5. At East Maitland Public School, our Aussie 5 rules are:

- I can listen
- I can follow instructions
- I can control what I do and say
- I can raise my hand and wait
- I can work quietly



Lily Georgopoulos (3S), Ethan Eveleigh (2L), Lulan Probert (2G) and Zac Hamilton (4SG) were the winners of the Easty ticket raffle. They received a \$2 canteen voucher. Congratulations and well done!

The Positive Behaviour for Learning Team

The Earth Savers

Here is some information in regards to The Earth Savers' recycling program for Term 1.

How can students earn Tokens??

Individual recycling each Friday at First Half Lunch (under the COLA)

Please remember to bring your bank books with you to earn your tokens. Students are responsible for keeping their bank books safe. Please count the items (e.g. 10 batteries and 15 cans) with your children prior to bringing them to school on Fridays.

*Items that earn tokens for recycling in **Term 1:***

- Aluminium cans (uncrushed) – 2 Tokens each
- 600mL Plastic Bottles (label on and uncrushed) – 2 Tokens each
- 1.25L Plastic Bottles (label on and uncrushed) – 2 Tokens each
- Used batteries – 2 Tokens each
- Nespresso Coffee pods (dried) – 2 Tokens each

Everyday recycling (e.g. cardboard, boxes, paper etc.) can be engaged in at home, however, tokens will only be given for the recyclable materials listed.

Classroom recycling each Thursday, First Half Lunch (near the staff carpark)

Students can become a recycling monitor in their classroom. They take the class recycling to the recycling bin at First Half Lunch on Thursdays to earn 10 tokens (per class).

Garden Club

Students can now earn one token by working with Ms Lindner and Mrs Williams in The Garden Club! This can be done Monday through to Friday at both First and Second Half Lunch.

There will be additional opportunities given to students throughout the year to earn more tokens.

How can tokens be spent?

Market Days

Market Days are held twice a year. Students can run a stall and sell items that they make at home for Tokens. Students buy these items using the tokens they have earned throughout the year.

If you have any questions please contact Miss Jordan or Miss Dixon.

We look forward to seeing you all there!

P&C NEWS

It is never too late to come along to a meeting and check out what we are all about. Meet & greet some of the wonderful members.

If you wish to join the P&C and to have a say in fundraising goals for our children's school, then please come along to one of our meetings.

The P&C meet once per month We try and switch our days and meeting times to include a few night meetings in order to accommodate working parents and carers.

P & C Meeting Wednesday 13th March 2019 @ 9:15am in the School Staffroom



AGM will be held on Wednesday 27th March @ 6pm in the School Staff Room.

Many positions are available or just come along to see what we are all about.

East Maitland Public School Election of Office Bearer Positions – 2019

Office Bearer Positions	Person (s) Nominated	Nominated By	Second	Vote
President				
Vice President				
Secretary				
Treasurer				
Operational Positions				
Canteen Bookkeeper				
Uniform Shop Coordinator				
Canteen Manager To remain unchanged	Jacki Cassidy	Confirmed Paid Position	All	All
Fundraising Coordinator				
Facebook/ Social Media Coordinator				

DON'T FORGET TO PAY YOUR \$1 MEMBERSHIP FEE & SIGN UP TO BE A PART OF OUR SCHOOL P & C COMMUNITY.

THE UNIFORM SHOP

We are looking for volunteers please!

Our Uniform Shop is solely run by volunteers. All funds made go straight into the P&C to be spent back in our school. No one is paid, everyone is there donating their precious time to help our school. We are ALWAYS on the lookout for some volunteers to help. A shift only takes approx. 40mins and you are rostered on with an experienced person. Please keep in mind that without our wonderful volunteers we are unable to keep the uniform shop open.

If you are free and could donate some valuable time to help, please contact us at eastmaitlandpublicschool-pandc@gmail.com or leave your contact details at the office and we will contact you. You can volunteer as many or as few times as you like.

DON'T FORGET MORNING DAYS HAVE CHANGED FOR UNIFORM SHOP Friday 8.30 – 9am

ONLINE UNIFORM SHOP IS HERE!

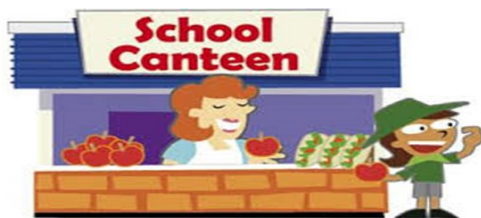
Please log in using Flexi schools – your same login used for canteen.

Orders will be packed and distributed during the Tuesday pm and Friday am Uniform Shop Volunteer shifts.

Opening times: Tuesday 2.15-2.45pm + Friday 8:30-9am. Cash only – no EFTPOS

Term 1 Uniform Shop Roster

Week	Tues	Friday
6	05/03 Suze & Narelle	08/03 Tara & Bente & Kim
7	12/03 Kim & Nichole	15/03 Tara & Emma
8	19/03 Suze & Kylee	22/03 Tara & LJ
9	26/03 Kim & Bente	29/03 Kim & Jennifer
10	02/04 Suze & Sandra	05/04 Tara & Jennifer



Canteen Roster

Week commencing Monday, 11 March 2019

11/03	Emma Mears	Phillipa Smythe	
12/03	Zoe Bouquet	Naomi Sams	
13/03	Jordan Croker	Cath Pritchard	
14/03	Leighsa Cox	Trish Watts	
15/03	Emma Stammer	Kathryn Blackmore	Sally Priestley

Week commencing Monday, 18 March 2019

18/03	Jessie Goodwin	Kathryn Coote	
19/03	Julie Wood	Gail Leckie	
20/03	Sandra Baxter	Grisel Milford-Chilvers	
21/03	Tara Peterson	Rhianna Ebrill	
22/03	Janee Binnie	Denyse Potts	Kim Wakeman

If you are unable to come on your day please phone or msg Jacki - school 4933 7524 or mobile 0419143528.



Good for Kids good for life

THE IMPORTANCE OF HEALTHY EATING

Healthy eating is not just important for healthy body weight but also for brain development, behaviour and concentration which can help kids in the classroom.

What does healthy eating mean?

- Eating plenty of vegetables, legumes and fruits
- Eating plenty of cereals (preferably wholegrain), including bread, rice, pasta, and noodles
- Including lean meat, fish, poultry and/or alternatives
- Including reduced fat milk, yoghurt and cheese
- Drinking plenty of water

Save occasional foods such as cakes, pastries, chocolate, lollies, chips, fast food and soft drinks for sometimes and in small amounts.



PHONE 4924 6499

EAST MAITLAND PUBLIC SCHOOL HOT CROSS BUN FUNDRAISER!!

Bakers Delight
We're for real.



Baker Delight Green Hills, Rutherford and Pender Place, would like to offer you the opportunity to purchase delicious Hot Cross Buns and make a profit for East Maitland Public School. The more buns you purchase the more profit your centre will make.

For Every 6 pack of Hot Cross Buns you order, Bakers Delight will give \$2 to your School.

Simply go onto the Flexischools app! to place an order. <https://www.flexischools.com.au>

ORDERS NEED TO BE PLACE: Friday 5th April and your buns will be ready to be collected on Tuesday 9th April.

FLAVOURS:

Traditional Hot Cross Buns: Qty (per 6 pack) \$7.50 per 6 pack

Hot Cross Buns made with Cadbury Dairy Milk Choc Chips: Qty (per 6 pack)
\$7.50 per 6 pack

Apple & Cinnamon Hot Cross Buns: Qty (per 6 pack) \$7.50 per 6 pack

Mocha Hot Cross Buns: Qty (per 6 pack) \$7.50 per 6 pack

Fruitless Hot Cross Buns Qty (per 6 pack) \$7.50 per 6 pack



This Week's EMPS Award Winners

Infants Awards

KD	Joey Palmer Mason Faulkner Audrey Jaunalksnis Darcie Conlin	KF	Mackenzie Young Harry Day Nate Harmon Mason James
KV	Che Larkman Sophie Turner Eden Webster JT Bluegum	KP	Maxwell McKnight Frankie Parker Graye Greer Sophie Swan
1D	Anna Marekova Thomas Holwell Charlie Johnstone Georgia Morrison	1M	Temperance Hegarty- Taylor Charlie Bryson Corey Neil Spencer Philip
1S	Oliver Findlow Charlotte Gibson Thomas Cameron Tarnie Moad Aaliyah Price	2G	Nixon Stammer Chloe Angelkovic Kody Watson Evie Farmer Lockie Conlin Gus Hamilton
2L	Lachlan Roberts Connie O'Neill Max Thompson Charlotte Ebrill Ethan Everleigh Willow Pilgrim	2O	Hannah Boyson Carter Vorenkamp Lukas Crotty

Events / Reminders

27/03	School Cross Country
29/03	Book Fair
29/03	Grandparents Day
2/04	Zone Cross Country
8/04—11/04	Year 6 Canberra Excursion
12/04	Last Day of Term 1
30/04	First Day of Term 2
14/05	Athletics Carnival

Primary Awards

3J	Isabelle Moore Ashton Sams Nate Waters Blake Gale Princess Manlapas Alexander Mordue	3S	Felix Newton Lincoln Moad Auron Baldwin Samantha Gosley Adelia Wright Aaliyah Ta'avale
3/4C	Darcy Chapman Zach Hookway Ed Slater Jethro Woolaston Amelie Hockridge Georgia Warne	4SG	Ella Williams Serena Currie TJ Gillham Zac Hamilton Matilda Berry Vincent Potts Harrison Fuller Millicent Milford-Chilvers
4/5R	Amity Cassar Xavier Stewart Taylah Wakeman Oakley Gurr Joshua Rowling Madison Fahndrich	5DC	Baily Miles Jackson Nardelli Emily Smythe
5R	Ebony Meredith Sunny Palmer Emily West Aaliyah Price Emma Dai Noah Allwood	5/6N	Dayna Robson Kelcie Chiodi Joshua Field
6R	Corbin Janssen Mackenzie Kirk Tyler Caddy Xanthe Stephens Jacobie Irvine Austin Andonovski Sophie Davis		
6S		MCC B	
MCC R		MCC Y	

Year 6

2019 Canberra Excursion

The full cost is \$430.

Deposit of \$100 is due Friday, 8 February 2019.

Final payment of \$330 is due Friday, 29 March 2019.

This can be paid by instalments at the office or via POP.



FREE Hockey Come and Try Days!

Suitable for Kinder to Year 6

Wednesday 6 March 2019

and

Wednesday 13 March 2019

5.00pm to 6.00pm

Maitland Hockey Field, Maitland Park, Elgin Street Maitland

Stick pack available to order - \$35
(includes stick, ball and mouth guard)

If you wish to join in the fun please go to:

<https://maitlandhockey.org.au/come-and-try/>

and fill in the Google Form



www.maitlandhockey.org.au

sign up to the page to receive all updates by email

Maitland Hockey Inc



Maitland Junior Football Club Inc

2019 REGISTRATIONS

Maitland Junior Football welcomes and invites you to play football with our club in the 2019 season.

Players turning 5 this year are eligible to play this year.

Active Kids vouchers on the Service NSW website are available to download to use when registering to play football. Please download the voucher before registering as the number of the voucher is required during the online registration.

Our club offers you coaching with appropriately accredited coaches. The coaches are usually mums or dad of the team who have played football (soccer) and our club facilitates appropriate coaching training for them.

We also have physiotherapy coverage from Terrace Physio Plus each Friday, Saturday and Sunday at Fieldsend Oval (home ground) The physiotherapist is available to assess and or treat all members of our club whether it be a sport or personal injury.

Maitland Junior have mixed and all girl teams in Community Football, Development Football, Interdistrict Football and Zone League which means we have great pathways for all players to play football.

All registration costs are the total for the season and includes registration fees, season fees and drink bottle. Shorts and socks are \$45 a set and are available at the ground. The full break down of our costs are on our website www.maitlandjuniorfc.com.au under Registration and Fees Explanation.

All players in the 5-7years age groups will also receive a pair of shin pads and ball.

Registrations are online via a link on our website.

All players not previously registered with Maitland Junior Football must submit a copy of a birth certificate, passport, licence or proof of age card either at Fieldsend Oval or via email to Evelyn at secreg@maitlandjuniorfc.com.au

Registration dates at Fieldsend Oval are:

Sunday 3rd February – 10am to 3pm

Wednesday 6th February – 5pm to 9pm

Sunday 10th February – 10am to 3pm

Thursday 14th February – 5pm to 9pm

Sunday 17th February – 10am to 3pm

Thursday 21st February – 5pm to 9pm

For further information, please contact Evelyn on 0432 945 237

Welcome to Maitland Junior Football Club

Register now!



Maitland Saints AFC



Chris Challen 0400 212 391
juniorsecretary2018@gmail.com
Open for boys and girls 5-17yo



Sign up for junior footy **play.afl**

TRY RUGBY FOR FREE!

SUNDAY 3RD MARCH
Marcellin Park
51 Glenarvon Road, Lorn

9:30am sign on
10:00am - 12:00pm try rugby

Kids want to try something new this winter? Come and join our rugby family for a try rugby day.

Bring your family and friends for a fun morning of rugby activities to see if they want to join a team this season + sausage sizzle + the chance to win a lucky door prize!

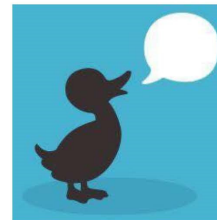
For ages 5 to 17 years.

Fieldsend ELC



Fieldsend ELC is a Long Day Care Centre located in the heart of East Maitland educating and caring for children aged 6 weeks – 6 years.

Vacancies available!



Our service;

- 59 place centre
- Home like environment
- Air conditioned playrooms
- Spacious and natural outdoor environments
- Latest educational resources
- Qualified, experienced and professional staff

We provide;

- Nappies
- Linen
- Healthy and nutritious meals
- Water stations
- All excursions and incursions FREE!!!

Contact us

Fieldsend ELC

PH: 49 337 976

34 Fieldsend St, East Maitland

E: enquiries@fieldsendelc.com.au

Or find us on Facebook

family

A D V O C A C Y

LET'S GET STARTED...

GETTING READY FOR SCHOOL AND LIFE

Hosted By

**Maitland
Carers
Network**



DATE Monday 11 March
TIME 9.30am– 12pm
LOCATION Meeting Room—East Maitland McDonalds,
Molly Morgan Drive, East Maitland
RSVP Anita on 0427 346 029 by Wednesday 6 March

ALL STUDENTS LEARNING TOGETHER

Taking action on education



Educating children with and without disability in the same classes and schools

What we will cover:

- choosing a school
- the transition to school
- possible supports at school (emphasis on the NSW State system)
- your relationship with the school
- research about the benefits of mainstream education

AN INFORMATION SESSION EXPLORING THE LIFELONG BENEFITS OF, AND STRATEGIES TO ACHIEVE AN INCLUSIVE EDUCATION FOR CHILDREN WITH A DEVELOPMENTAL DISABILITY*

Family Advocacy is an independent and impartial advocacy organisation that works with families across NSW to promote and defend the rights and interests of people who have developmental disability*

The organisation is managed and staffed by parents and allies of people with disability who recognise the issues families face and who can assist in strengthening the advocacy of families.

*Developmental disability is a disability that occurs in the developmental period of a person's life (in the period from conception to adulthood) and includes intellectual disability, cerebral palsy, spina bifida, autism, and any combination of physical, intellectual or sensory disability.



Morpeth Bulls Junior Rugby League

NEEDS YOU!!!

Boys and Girls aged 5-12

- Make new friends
- Learn new skills
- Be part of a nurturing club environment
- Travel to new places
- Stay Fit and Healthy

To Register, head to Playnrl.com

For more information, email morpethjrregistrar@hotmail.com