Dear Families,

Towering you have all enjoyed a relaxing and restful Easter break and had fun at the K-2 Easter Hat Parade last Thursday.

Thank you for the many positive comments regards the monitoring of the Kiss and Drop Zone. We believe, as most parents at CPPS do, that student safety comes first. A reminder, as we are still having parents saying they didn’t know the rules for the Kiss and Drop.

- You can park your car for 2 MINUTES ONLY allowing your passengers to disembark from the car. You are permitted to get out of your car to open doors, boots etc.
- You are allowed to move 3 metres ONLY from your car.

Congratulations to our Junior Swimming Champion Girl - Analiese Melbourn Junior Swimming Champion Boy - Jaydon Dolahenty Senior Swimming Champion Girl - Chloe Heiniger Senior Swimming Champion Boy - Zane Dunford

All four swimming champions received their perpetual trophies last week.

Parent/Teacher individual interviews are being held over the next 2 weeks. This is an ideal opportunity to speak with your child/ren’s teacher. I appreciate the CPPS staff professionalism and time in conducting these informative interviews. Online interview times have now closed, so please contact your child’s teacher directly to arrange an interview time.

Students in K-2 received an entry form and flyer today inviting them to enter into a Mothers Day drawing competition. All relevant information is on the flyer with some generous prizes for each year group. Thank you to “Home and Giving” at Dee Why Grand Shopping Centre for this initiative.

This Thursday 4th April, Year 6 will be displaying the 5 Finalist Design Make and Innovate Bridge projects at Cromer Campus. We wish them all the best at this competition. Parents are most welcome to join us from 9.30 –10.30am with the presentation starting at 10.00am.

Today, each family received a Stewart House Donation Drive 2013 envelope. This is a voluntary competition where they are asking for a $2 donation per family giving you the opportunity to win a $4,000 holiday destination of your choice. A great prize. Please complete the envelope and return to our Magpie Box before the end of term and we will forward money and envelopes to Stewart House, an extremely worthwhile organisation. Thank you for your support.

Congratulations to all the Gold Award winners this month, please refer to your names in the table further in this newsletter.

Suzanne Trisic
Principal
email: suzanne.trisic@det.nsw.edu.au

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Term 1 Week 10

2nd April 2013

<table>
<thead>
<tr>
<th>Diary Dates</th>
<th>From the Principal</th>
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<tr>
<td>APRIL</td>
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<tr>
<td>5</td>
<td>No PSSA</td>
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<td>12 ANZAC Day Service 11.30</td>
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<td>Last Day of Term</td>
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<td>1 Students return Term 2</td>
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<td>2 Incursion Antarctica Yrs 5/6</td>
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<td>3 Cross Country Yrs3-6</td>
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<td>9 Mother’s Day Stall</td>
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<td>14 NAPLAN</td>
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<td>16 NAPLAN</td>
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<td>17 Zone Cross Country</td>
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<td>21 UNSW Computer</td>
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<td>24 PSSA begins</td>
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</table>

Uniform Shop Open Times / Days: Tues: 8:45 – 9:15am & Thurs 8:45 – 9:15am
From the Deputy Principal

Emotional support for parents (Taken from Schools A to Z)
When big problems arise parents don’t have to feel they need to cope alone. Your doctor is a good person to approach initially for some advice or assistance. Helplines are great resources for people who feel there is no one else to talk to when they need it. Support via phone or internet is available on issues related to men, women, children and debt.

As a parent, looking after yourself is something that seems to get put way down the list of priorities. Everything and everyone are somehow organised, nurtured and sorted out irrespective of how you may be feeling. If life appears to be getting out of control or you’re not coping so well, don’t think you have to manage it alone. The old adage ‘a problem shared is a problem halved’ has truth in it, and there are plenty of professional services which can help you in a time of need.

School counsellors
When there is an issue in some way related to school that is affecting the whole family, school counsellors are a great place to go for help. School counsellors are experienced teachers who have formal qualifications in counselling. They are available for all students from preschool to Year 12, and their families. As with any professional service, they will keep information confidential, unless child protection legislation overrides it or where someone may suffer serious harm from information being withheld.

Face-to-face support
Your doctor is a good person to approach initially for some advice or assistance if life is getting out of hand. If you need further support, your doctor can provide you with a referral to a psychologist or another type of counsellor. However, if you want to find a psychologist yourself, the Australasian Psychology Society provides an online find a psychologist service which can help you to locate a professionally trained psychologist in your local area. Alternatively you can call 1800 333 497 to confidentially discuss your needs.

Another option is your local community health centre, where services are free to members of the local community. These services are part of the NSW Health Services network, which includes hospitals. Psychologists and social workers at these centres can provide support or refer people to more specific services they need.

Jane Williams
Deputy Principal

Canteen

Term 1 2013
SHIFT TIMES: AM help: 9.30 – 11.30 PM help: 11.30-1.45
Please contact Teena if you have any questions or the date/time does not suit.
Mob: 0406612301 Email: renteena@hn.ozemail.com.au

<table>
<thead>
<tr>
<th>Wk10</th>
<th>AM helpers</th>
<th>PM helpers</th>
<th>Wk11</th>
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<th>PM helpers</th>
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<tr>
<td>Mon</td>
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<td>Tue</td>
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<td>Sheelyn Ross</td>
<td>Nicky Hurt</td>
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<td>Nicaly Notting</td>
<td>Kirsten Woollaston</td>
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<td>Wed</td>
<td>3/4</td>
<td>Emma Dose</td>
<td>Kylie Govers</td>
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<td>Nicky Hurt</td>
<td>HELP PLEASE</td>
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<td>Thur</td>
<td>4/4</td>
<td>Cherry Varde</td>
<td>Belinda Robinson</td>
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<td>Kylie Govers</td>
<td>HELP PLEASE</td>
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<td>Fri</td>
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<td>Sue Martin</td>
<td>Fiona Diesel</td>
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<td>Cheryle Riley</td>
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<td>Lindy Cassell</td>
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<td>Betty Luan</td>
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# CHESS WORKSHOP

For Intermediate and Advanced Players

MANLY COMMUNITY CENTRE - 12 WESTWORTH STREET, MANLY

The game of Chess combines science, arts and sport. Boundless opportunities in chess appeals especially to children’s imagination and creativity. It teaches methodical thinking, strategic planning, improves concentration and discipline in decision making.

Discovering the mysteries of chess is also a fascinating pastime. Tutor Miro Nowak is a nationally accredited coach and a highly rated chess player with International FIDE rating of 2154. The Workshop caters for children who want to learn chess basics and those who play competitions.

Brainstorming sessions (with plenty of prizes) and a handicap chess tournament with Miro’s on-the-spot coaching are highlights of the Workshop.

| DATES: | 22nd - 26th April, 2013 (Monday to Friday) |
| TIMES: | 9am to 11.00am - Limit 12-16 participants |
| FEES: | $100.00 (50% sibling discount applies) |
| BRING: | Chess Set (if possible) and notepad |

**TO ENROL CONTACT: MIRO NOWAK - Mobs: 0408 119 297 or 9988 5683**

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# Parenting Programs

**Child & Adolescent Parenting**

**WHAT’S ON IN TERM 2 – COURSES/WORKSHOPS FOR PARENTS/CARERS**

**Tuning in to Kids Course** (3-10yrs)
Help your child develop emotional intelligence, manage emotions & deal with conflict.
Chatswood 5wks/2.5hrs (28/5-25/6, 7.00-9.30pm)

**Triple P (Positive Parenting Program) Course** (3-8yrs)
Strategies to encourage desirable behaviour and manage persistent misbehaviour.
Chatswood 7sessions over 8 wks - 5 group & 2 telephone (8/5-26/6)

**Communicating with Kids Course** (based on PET) (4-12yrs)
Communication skills for building effective long term relationships with your children & family.
Chatswood 6wks/2.5hrs (23/6 - 27/6, 7.00-9.30pm)

**Communicating with Teens Course**
Aims to increase your understanding of your adolescent’s needs & behaviour with skills to relate to them.
Chatswood 5 wks/2.5hrs (20/6 - 24/6, 7.00-9.30pm)

**Toddlers Workshops** (1-3yrs)
Series of 3 workshops on Discipline, Tucker & Toilet Training, Speech & Sleep
Cremorne 16/5-30/5 & Chatswood 5/6-19/6 (3 wks/2.5hrs 7.00-9.30pm)

**Resilient Kids Workshop**
Strategies to accept & express feelings, develop optimistic thinking & coping skills
Chatswood (21/5, 7.00-9.30pm)

**Dealing with Teen’s Backchat Workshop**
Learn how to restore a respectful & positive relationship between you & your teenager
Chatswood (13/5, 7.00-9.30pm)

**WORKSHOPS ON REQUEST – PHONE 9887 5830** (2-2.5 hours)

- Understanding Your Toddler/Discipline & Tantrums
- Tucker without Tantrums/Toilet Training
- Speech & Language Development/Sleep
- Older Sibling – New Baby
- Bully Busting
- Resilient Kids

- Transition to School
- Transition to High School
- Triple P (PPP) Seminar Series
- 1-12 years & Teens
- Dealing with Teen’s Back Chat
- NEW: Grand Parenting

Enquiries: Child & Adolescent Parenting 9887 5830

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NSW Government

Health
Northern Sydney Local Health District
### Gold Certificate Award Winners March
(1\textsuperscript{st}, 2\textsuperscript{nd} and 3\textsuperscript{rd} Gold Winners included)

<table>
<thead>
<tr>
<th>Year 1</th>
<th>Year 4</th>
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<tbody>
<tr>
<td>Ethan Buchanan</td>
<td>Riley Mayo</td>
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<tr>
<td></td>
<td>Lachlan Douglas</td>
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<tr>
<td></td>
<td>Ellisa Lam</td>
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<tr>
<td><strong>Year 2</strong></td>
<td>Sheyane Colenbrander</td>
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<tr>
<td>Maya Horsnell</td>
<td>Alexia Edwards</td>
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<tr>
<td>Jackson Luke</td>
<td>Bailey Robinson</td>
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<tr>
<td>Daniel Morris</td>
<td>Sebastian Whiffen</td>
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<td>Hayley Macgregor</td>
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<td>Jasmine Tattersall</td>
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<thead>
<tr>
<th>Year 3</th>
<th>Year 5</th>
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<tbody>
<tr>
<td>Michael Henley</td>
<td>Hudson Hurt</td>
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<tr>
<td></td>
<td>Ariana Martin</td>
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<tr>
<td><strong>Year 3</strong></td>
<td>Kai Davies</td>
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<th>Year 6</th>
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<tr>
<td>Samuel Chivers</td>
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<td>Kobe Magyar</td>
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<td>Cooper McMichael</td>
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### Platinum Certificate Award Winners

<table>
<thead>
<tr>
<th>Name</th>
<th>Grade</th>
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<tbody>
<tr>
<td>Hayley Englander (5L)</td>
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<tr>
<td>Riley Harrington-Hopkins (3F)</td>
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Making school drop-offs hassle-free

“One common transition challenge occurs at school-drop-off time. Some kids are passive resisters on a deliberate go-slow. Others more actively resist their parents’ efforts to get them to school with tears, tantrums or tiredness.”

There are a number of trouble spots for parents, and they have one thing in common. They all occur around a child’s transition from one activity or place to another.

Transitions from play to dinnertime, television to bedtime or from bed to the breakfast table are common battlefields for parents. Kids want to do one thing, yet family requirements mean that they have to do something else.

A battle can ensue with children dawdling, whining or refusing point blank to budget! Parenting is always hard work at these times.

One common transition challenge occurs at school-drop-off time. Some kids are passive resisters on a deliberate go-slow. Others more actively resist their parents’ efforts to get them to school with tears, tantrums or tiredness.

Children’s tears at drop-off time play at the heart strings of compassionate parents, particularly those who feel guilty about leaving their child. Tantrums are another way children keep parents busy and their complaints about being too tired indicate that perhaps an earlier bedtime is in order.

Usually it’s children in the early years of primary school who present most difficulty at school drop-off times. Essentially these drop-off problems are separation issues that can easily be resolved by supportive teachers and some tough love parenting.

It’s worth remembering that a developmental task for children is to separate from their parents, so that they can benefit from being around other adults. Parents who resist this imperative, allowing their child to cling to them are doing their youngster a disservice.

If dropping kids off at school in the morning is a problem here’s a few ideas that may help. Your aim as a parent is to establish a new pattern of behaviour for your child in the morning, particularly as you approach the school gate or classroom door.

1. Go through the morning and drop-off routine with your kids. Make sure everyone knows what’s expected. Work out your jobs and those that the kids need to do then stick to this arrangement. For instance, it may be your job to make school lunches but it’s up to kids to put them in their bags.

2. Drop kids off, turn around and go: If you have a child who likes to keep you busy each morning with tears or tantrums then you may have to take the ‘tough love’ approach. Say goodbye using a firm voice, turn around and leave. Don’t look back. Most kids settle down at school within five minutes of being dropped off. Parental lingering only makes matters worse for children and teachers. Teachers are experienced at helping kids settle into the school routine, so allow them to take over.

3. Reaffirm their efforts later: If your child begins to go off without tears or tantrums after a long period of difficult departures then make a bit of fuss when you see them later in the day. Don’t go overboard with tangible rewards or bribes. Parental recognition, genuinely given is a huge driver for most kids.

4. Wean your child off you: If your normal habit is to drop your child off at the classroom door each morning, try saying goodbye at the school gate every now and then. The aim is to make your child less, rather than more reliant on you.

If problems continue then it’s worth consulting your child’s teacher or welfare coordinator, carefully outlining the issue. Be prepared to be coached on this issue, trusting the approach that your school advises.

Teachers generally have experienced this type of separation anxiety before and understand when it’s within children’s capacities and when they may need extra help to cope. It makes good sense to trust their judgement. From my experience, it’s usually spot on!

Published by Michael Grose
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