School News

Dear Parents/Guardians,

What a fantastic day we had on Tuesday! It was a celebration of the history of our school, and we were lucky enough to have all but one of Mawarra’s Principals in attendance. Mr Stafford Baird, the Establishing Principal was able to pass on the story of the very beginning of the school, including memories of visiting with the students from Camden Public School to see their new buildings. He also told the story of our first school sport uniforms being donated by Manly Rugby League Club.

The contents of the time capsule, unpacked by Mr Hook were very interesting. Some things had not changed much in 25 years, but the handwritten student work, the illustrations and noticeable lack of technology in student work from 1988 was very noticeable. This was all put on display in the library for everyone to view throughout the day.

The afternoon concert in the hall showcased the talents of our band, dance group, drumming group and Triple Ms. The song especially written by Mrs Evans to commemorate Mawarra’s history was certainly a highlight.

So many parents were captivated by the collection of memorabilia in the library, and many found photos of themselves in the albums that they had not seen before. Mrs Cronshaw did an amazing job to organise the display.

The students were on show all day and their great behaviour was the subject of many discussions. True Mawarra manners!

All in all the day was a huge success. Many thanks to the huge number of parents and staff who did so much leading up to the event and on the day. Events like this can only happen when lots of people are generous with their time, and it certainly paid off on Tuesday.

Canberra Excursion

Last week I was fortunate enough to be able to accompany Year 6 on their Canberra excursion. What a fantastic educational experience. It was good to see the students’ interest in the various venues and once again, we received many positive comments from guides regarding the behaviour and engagement of our students.

Enrolments for 2015

We are now finalising our Kindergarten enrolments for next year. If you, a family member or neighbour have students beginning school next year, and have not yet handed in an enrolment form, they need to be handed in at the school office as soon as possible. Finalising these forms will allow us to better plan for next year as well as for the Kindergarten orientation program.

Mr P. Mallia
Principal

Kindergarten Orientation

On Thursday 16th October, 2014 we will be conducting our Kindergarten Orientation Day. Individual invitations will be sent out shortly to the families we know will be starting kindergarten in 2015. If you have not already contacted the school regarding next year, could you please do so.

Mrs V. Steinweiss
Assistant Principal

Past, Present & Future Mawarra Plaques

If you are still wanting a 40th Anniversary silver wall plaque, the cutoff date to order the plaques will be Friday 8th August, 2014.
Thank you Thank you Thank you
The generous community of Mawarra donated a total of $437.00 to our drum fund. If anyone else would like to donate to our drumming fund. The now empty bottle is at the office or canteen.

Mrs K. Took

Come Walk With Me
As you may have recently seen in the Macarthur Chronicle, The “Mawarra Mums” will again be participating in the Camden Relay for Life. This year not only will Mrs Took be walking with us, but Mr Kidd, Mrs Fairweather and Mrs Cronshaw too and I really welcome their support. We are so excited and can’t wait and with only 6 weeks to go, we are counting down the days.

Here are a few ways you can show your support not only for our team but also for the Camden & District Rotary Relay for Life who are hoping to achieve their goal of reaching the $1,000,000 mark to help find a cure for Cancer.

Your registration fee of $15 is a donation in itself, you get a free breakfast when you finish on Sunday morning and there is an option to get a Relay for Life shirt too. You don’t have to stay the whole 24 hours; you could just walk for part of the day, only come in the evening, or do whatever you can manage. And another thing, you don’t have to be a Mawarra Mum either. There will be plenty of men joining us too, including the Dads and kids as well.

2/ Donate – You can make a donation either online to our team or to an individual participant or there will be a purple Cancer Council Relay for Life Donation Box at the front office for any cash donations.

3/ Visit our stand – Our team will have a qualified massage therapist providing head & neck massages and as she was also a Clown she will be making balloon animals for the kids, all for just a gold coin donation.

4/ Buy a raffle ticket – We will be selling raffle tickets for $1 on the day at our stand with some great prizes including a Massage Voucher.

5/ Visit us – If nothing else, come down and visit us on Saturday 20th – Sunday 21st September at Onslow Park in Camden, to cheer us on as we walk for 24 hours. There will be entertainment, music, food stalls and much, much more and you could even walk a lap or two with us for fun.

Remember all the proceeds go to the Cancer Council! Feel free to contact me on 0408 208 781 or email to layingtheway1@bigpond.com if you wish to join our team, to donate to our raffle or for any further information. And as the theme for the 2014 Camden & District Rotary Relay for Life goes…Come Walk With Me!

Nicole Perriman
Team Captain

www.mawarra-p.schools.nsw.edu.au  mawarra-p.school@det.nsw.edu.au
Phone (02) 4658 0990  Fax. (02) 4658 0223

Student News

Canberra 2014
Canberra was great fun, especially the activities. Cold, wet, no matter what conditions, we still had the best time at the snow. Building snowmen and having fun little competitions with each other, snow fights and photos, even putting snow in each others hair. There wasn’t a moment to miss. Sadly the snow did have to end!

Although it looked boring, parliament house was one of the best places we went to. Learning about many different things that went on in parliament house and even having a bit of fun with the tour guide. Not only did we learn about voting and laws, but we learnt a little about history and culture.

We were all so tired when we entered the institute of sport, but when we saw the equipment we rushed over to have a go and lost the rest of our energy there. Learning about Australia’s athletes and how they train was a great experience for everyone. Meeting one of the tallest volley ball players and seeing the difference of height between all of us against him was extremely funny.

The rush of the slide at Questacon was thrilling. Many activities and illusions to trick us, (a bit confusing,) but in the end we got it. Trying experiments and seeing new things was one of the many highlights for this trip. Getting to know each other was another highlight too. All up, we say Canberra was the best trip yet.

Libbi Kynaston, Sarah Howlett, Gabby Bradley and Monique Munroe

PACER (Parliament and Civics Education Rebate)
Students from our school have recently undertaken an educational tour of the national capital. Students were given the opportunity to participate in a variety of educational programs with a focus on Australia’s history, culture, heritage and democracy. The Australian Government recognises the importance of all young Australians being able to visit the National Capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government has contributed funding of $20 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion. This allowed us to reduce the actual cost to parents.

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Awards
To assist the volunteer ladies, who type the merits, silver and golds, could you please place awards in an envelope/zip lock bag with name and class clearly marked on the front.

Chess Club
Chess Club commenced in Term 2, week 8 for Year 5 & 6 students. In Term 3, chess was opened up to year 4 students also. We now have over 20 students attending chess club each Tuesday at lunch time. If any student in interested in chess, please join Mrs Noakes next Tuesday.

Mrs Jennifer Noakes
Chess Coordinator

Be Prepared To Believe in Southern Stars 2014
With the recent media launch of Southern Stars for 2014 we are happy to announce the theme for this year’s show is #webelieve2014.

The show’s theme is about a child’s journey through to adulthood – believing in magic and fantasy in the early years, believing in themselves, and through education, believing in a better world.

The show is divided into three segments and each investigates a different aspect of believing, starting with childhood then working through the turbulent teenage years to adulthood.

Again almost 2,800 students will take part in the show which will be full of music, dancing, colour and emotion.

Community support of Southern Stars is vital to ensure its success and future and with that in mind we encourage everyone to support Southern Stars by going to see one of the shows.

It doesn’t matter if you know anyone performing in the show or not – Southern Stars is a high energy arena style show which provides great entertainment for people of all ages.

Over 12,000 people are expected to attend the four performances at the WIN Entertainment Centre on Friday August 29th and Saturday August 30th, 2014 - make sure you are one of them!

Get together a group of friends, or your family, and make sure you get to the show.

Tickets are on sale through Ticketmaster priced as follows: Adult $48, Pensioner and student over 12 - $38, Student/Child under 12 - $27 and Family pass $140.

Student Welfare

Mawarra Movers
Children are enjoying receiving tokens for their positive playground behavior. Our first draw was on Monday with Lily Harloff and Jye Hayes receiving $2.00 Mawarra Movers money to be spent at the school canteen. Congratulations to these children.

Our focus for the next two weeks will be when children are representing our school. Children are asked to be safe, respectful and responsible at all times.

Mrs D Cronshaw
Student Welfare Committee

Live Life Well @ School

Lunchbox snack foods
Children need to eat a range of different foods to provide nutrients to meet growth and energy needs. Snacks need to be everyday foods rather than sometimes foods.

<table>
<thead>
<tr>
<th>Everyday Snacks</th>
<th>Sometimes Snacks</th>
</tr>
</thead>
<tbody>
<tr>
<td>* fruit loaf</td>
<td>* muesli bars &amp; dried fruit bars</td>
</tr>
<tr>
<td>* plain popcorn</td>
<td>* potato crisps / chips and corn chips</td>
</tr>
<tr>
<td>* plain or fruit yoghurt</td>
<td>* lollies and confectionary</td>
</tr>
<tr>
<td>* cheese and crackers</td>
<td>* chocolate</td>
</tr>
<tr>
<td>* fresh fruit or canned fruit</td>
<td>* cordial</td>
</tr>
<tr>
<td>* dried fruit and cheese cubes</td>
<td>* soft drink</td>
</tr>
<tr>
<td>* wholemeal biscuits or crackers</td>
<td></td>
</tr>
<tr>
<td>* vegetable sticks and dip or salsa</td>
<td></td>
</tr>
<tr>
<td>* corn or rice cakes with or without spreads</td>
<td></td>
</tr>
<tr>
<td>* celery, cherry tomatoes and carrot sticks</td>
<td></td>
</tr>
</tbody>
</table>

Confectionary and lollies are very high in sugar, provide extra kilojoules and cause tooth decay. They are not recommended for lunch boxes. Keep these foods for special occasions only.

Live Life Well Coordinators
Sharon Kynaston & Narelle Scott

Library News

Premier’s Reading Challenge
Years 3 – 6  If your child has read and entered the required 20 books please fill in the validation slip at the end of this newsletter and send it to me. I will then go online and validate their records so they will receive their certificate at the end of the year. All records must be entered by 22nd August, 2014.
Book Club
The latest Book Club ends this week. All orders and money must be in to the office by 1st August, 2014.

Book Week
This year Book Week is in week 6 (18th – 22nd August, 2014). We are celebrating Book Week with a Book Fair on Wednesday 20th August, 2014 and Performances on Thursday 21st August, 2014. See the separate note with full details.

Mrs Dianne Cronshaw
Teacher/Librarian

Sport News

Upcoming Events

Winter Gala Day: – Friday 1st August, 2014

Summer Gala Days: – Friday 22nd August, 12th September & 19th September, 2014

Athletics Carnival: - Friday 8th August, 2014

Razorback Athletics Carnival: - Monday 1st September & Tuesday 2nd September, 2014

NSW PSSA Carnivals
Ethan Roberts competed at the NSW Cross Country Carnival at Eastern Creek, he placed 28th in the 10 years, 2000m, a wonderful result. Chenoa Brimble was a member of the Sydney South West Netball team who competed at NSW PSSA netball championships at Penrith. Chenoa was given the coach’s award at the end of the carnival. Well done Chenoa.

Community News

Blanket our community with your warmth and love this winter… We need your help!
Spare a thought for those women and their families in our communities who will struggle this winter. Please donate any extra baby blankets, cot sheets, single, double or queen blankets & sheets, towels or new pillows (still in plastic). Donated items can be dropped off until Thursday 31st July, 2014 at Cakebiz, 267 Camden Valley Way, Narellan or King Street Natural Health Centre, 20 King St, Campbelltown. Brand New Day Females Services Inc. is partnering with CakeBiz Narellan and King Street Natural Health Centre, Campbelltown and Curves Campbelltown together with local Macarthur Community Service Organisations who meet first had those women and their families in our communities who will find this winter difficult. Please join our campaign.

Premiers Reading Challenge Validation Slip

I certify that my child_________________________of class_________. Has completed the Premiers’s Reading Challenge 2014 and has abided by the set rules and conditions.

Signed_________________________ Date____________

Parent/Guardian
A parent’s attitude to their child’s difficulties will determine how successfully they meet and overcome many of the obstacles and hurdles they meet.

Whether it’s going to school for the first time, making new friends or even going to school camp, children often experience difficulties that they need to overcome.

When children overcome problems and deal with unpleasant situations they learn they are capable, which is the basis of self-esteem and confidence.

Children’s resilience is fostered when they overcome problems and manage unpleasant social situations such as teasing or going into new situations. Protecting kids from challenging experiences robs them of chances to learn, develop and grow.

Resilient kids look back and draw on skills and understandings they have developed in the past to help them deal with present challenges. For instance, a sixteen year old girl recently revealed how her time spent on a twelve-day adventure camp helped her overcome the homesickness she experienced on a six-month student exchange.

She remembered how on the first day of her school camp she didn’t think she could make it – but she did. She experienced those same doubts early in her exchange but she knew that just as she had coped before she would do so again, but this time in more difficult circumstances. She was drawing on the same resources.

Here are five great parenting ideas to help your kids leapfrog their difficulties:

1. **Frame the problem as a challenge:**
   Frame the difficulty as a challenge rather than a problem. Kids take their cues from their parents so the frame of ‘challenge’ gives kids something to rise to rather than be overwhelmed by.

2. **Coach kids to do well:**
   Talk kids through their challenges, give them ideas to cope and manage. Consider rehearsing some skills or language that they may need.

3. **Show confidence they will succeed:**
   Children generally meet their parents’ expectations so make sure your expectations are realistic, positive and supportive of their feelings.

4. **Give kids a chance:**
   Allow kids to approach challenges in their own way without constantly checking on them. Your nervousness is definitely catching.

5. **Celebrate their success:**
   Even if they were partially successful, such as they went to school camp for two out of the three days, then praise their efforts. They’ve got a great building block for next time.

The attitude and approach of parents and teachers will determine how successfully children and young people meet and overcome many of the hurdles they encounter. That attitude needs to be courageous, sensitive and hopeful that your child will meet, and overcome with assistance, all the challenges they encounter.