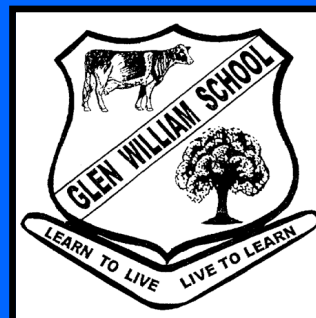


Glen William Public School

Learn to Live- Live to Learn

717 Glen William Road Glen William 2321
T: 49965507 F: 49965541 E: glenwillia-p.school@det.nsw.edu.au
Relieving Principal: Mrs Kristy Bultitude



Upcoming Events:

No Canteen
Friday 12th August

P&C Meeting
Monday 15th August 2pm

Tuesday 16th August
Zone athletics- Field
Friday 19th August
Zone athletics- Track

Tuesday 16th
School Assembly
ICAS Maths test

Tuesday 16th & 23rd August
Tennis

Wednesday 24th August
Newcastle Permanent
Mathematics Competition
Year 5/6

Thursday 25th August
Book Week Parade

Sunday 28th August
Tour de Glen William bike
ride and community event

Wednesday 31st August
Public Speaking
Friday 2nd September
Discover Day Yrs 5/6

Please Return:

Permission Note and
Payments are due for
Bathurst Camp

Fruit Orders
Due Monday 15th August

Term 3 Week 4

Congratulations

I would like to congratulate the students for their exceptional performance at the Education Week Assembly on Thursday night. You all should be extremely proud of the way you conducted yourselves and the fantastic performance of your dance "Cartoon Heroes". I would like to extend my congratulations to the award recipients, Jessica, Mr Frost and Mrs Boyton.

Next week we will have students representing our school at the zone athletics carnival. Good Luck and compete with a high level of sportsmanship.

Assembly

Congratulations to last week's award winners:

Principal Award: Ben

Class Awards: Michaela & Jessica

Assembly Award: Michaela

Captains Award: Florence



Canteen Postponed

There will be no canteen this Friday, 12th August. Students will need to bring their own lunch. Orders received will be held for the following Friday, 19th August. Canteen helpers are needed urgently if we are to continue running on a weekly basis. Grandparents and Aunts and Uncles are welcome. If you are able to volunteer, please contact Chris Ness as soon as possible 0468 529 383.



Public Speaking Competition

The students will be asked to prepare a speech at home on a topic of their own choice and present it to their class at school. A winner from each stage will be selected to represent our school at the Small Schools' Public Speaking Competition. The finals will be hosted at Mount Kanwarly Public School on Wednesday 31st August commencing at 10am. Students will be assessed according to Manner, matter and their method of presentation. Speech times are:

Early Stage 1- 1 minute maximum

Stage 1- 1-2 minutes

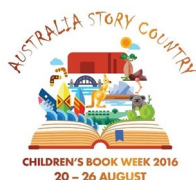
Stage 2- 2-3 minutes

Stage 3- 3-4 minutes

Book Week

We will be celebrating book week on Thursday 25th August.

Students are asked to dress as their favourite book character, enjoy a picnic lunch with their family followed by literacy activities. The community pre-schools have also been invited to attend and we look forward to them joining us. This year's theme is Australia! Story Country.



Discovery Day

Students in Year 5 and 6 have been invited to attend the Science and Engineering Day on 2nd September at Dungog High School. More information will be provided as the day draws closer.

2017 Kindergarten School Enrolments

We are now taking enrolments for next year. If you know of anyone starting Kindergarten in 2017 please let them know to visit the school and collect an enrolment pack.

Bike Ride

The bike ride is fast approaching and it is an excellent opportunity to showcase the extra curricular activities we as a school provide to our students. The students have been asked to perform their "Cartoon Heroes" dance at 12:30pm as part of the entertainment. Please complete the attached survey outlining your availability.

Students who are attending will be provided with a free sausage sizzle and drink.

Fruit Orders

Next order is due on 22nd August. Order form is attached.

P & C News

Read-a-thon

Congratulations to all the students who participated in the Read-a-thon! Your prizes are on the way and will soon be available. A final tally of funds raised will be announced at a later date.

Cadbury Chocolate Fundraiser

This has been a fabulous event for our school. Thank you all for your great support. The chocolates have been very popular and as a result we have more boxes available for sale. If you would like to sell more chocolates please contact the office or call Leanne on 0416 058 557.

Le Tour de Glen William

Our bike ride event is drawing closer. On the tennis court there will be an obstacle course for smaller children to ride around. If you have a few small bikes, trikes or scooters at home that you are willing to lend out for the day, please contact Donna on 0428 255 944.

Our school will have a cake stall on the day. If you are able to bring in some goodies to sell we would greatly appreciate it.

This event has been a great day for our school in the past. It is a fun day out and we have all our fingers crossed for fine weather. FREE face painting, a FREE jumping castle/slide and Paddy Platypus from the SES will be visiting too! Come along and enjoy the fun!

Uniforms

A uniform order will be placed this week. Order forms are available from the office. Contact Donna for more information 0428 255 944.

Library -
Remember your Library Bag on Thursdays to protect the books you borrow.



The next P & C meeting:
Monday, 15th August 2:00pm (Primary Classroom)
Everyone welcome!



Cartoon Heroes Celebrate Education Week



Good for Kids good for life

HEALTHY LUNCHBOX PICK & MIX

For a healthy lunchbox pick and mix, just choose something from each category, 1 – 6!

1. FRUIT Fresh, frozen or tinned	2. VEGETABLES Includes legumes and beans of different types and colours
3. MILK, YOGHURT & CHEESE Reduced fat options are best	4. LEAN MEAT & ALTERNATIVES Meat, poultry, fish, eggs or seeds.
5. GRAIN (CEREAL) FOODS Choose wholegrain and high fibre varieties	6. WATER! Tap, spring, mineral, soda and sparkling!

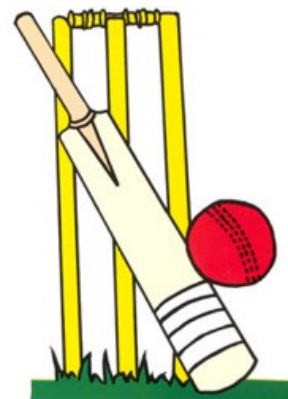


Source: Healthy Together Victoria



Health
Hunter New England
Local Health District

PHONE 4924 6499



CLARENCE TOWN CRICKET REGISTRATION

- DATE:** Thursday 1 September 2016
- TIME:** 3pm-5.30pm
- WHERE:** Clarence Town Football Field
- CONTACT:** Brad Winchester PH: 0448923887
- JUNIOR PLAYERS FROM 5-14yrs.**



Autism Advisory & Support Service

The Autism Advisory and Support Service is a not for profit charity run by parents of children with Autism for children and adults with Autism and their families.

The Autism Advisory and Support Service (AASS) provides a range of services to support, advocate, help, educate and guide families who have a family member with Autism as well as the greater community. Currently operating on donations and grants, AASS have proudly accomplished the opening of an Autism Community House in Liverpool, a 24 Hour Autism Hotline, Support Groups, Social Groups, Parent Workshops and lots more. We understand firsthand, how difficult it can be navigating a diagnosis, services, education and social events for our beautiful children. When you contact AASS, you are speaking to a parent who understands and will never turn you down for support and information.

Ph: 9601 2844

Email: info@aass.org.au

Web: www.aass.org.au

AN INVITATION TO CARERS

Do you provide care and support to another person?

You are invited to Carer Connections
Take the Opportunity to Connect with other Carers
and listen to our Guest Speaker!

Carers are usually family members or friends who provide support to children or adults who have a disability, mental illness, chronic condition or who are frail aged.

Guest Speaker: Celeste Bond
Clinical Nurse Consultant, Dementia Advisor
Hunter New England Local Health District

Topic: "Dementia"

WHERE: Singleton Hospital
Dangar Road, Singleton

TIME: 10.00am – 12.00pm

COST: FREE - includes Morning Tea

WHEN: Thursday 1 September 2016

RSVP: Thursday 25 August 2016



RESPIRE AVAILABLE
by contacting Commonwealth
Respite Centre on 1800 052 222

For more information or to Register Contact
HNE Carer Education & Support Program – Hunter

on: 4924 6146 or 1300 887 776

or Email: hnelhd-EducareAdmin@hnehealth.nsw.gov.au

(We ask that you RSVP for catering purposes)



Health
Hunter New England
Local Health District



Learning
Difficulties
Coalition NSW Inc.

July
2016

LDC Regional,
Rural & Remote
Schools E-Update

JULY ARTICLE

ADHD and Social Media

When teenagers interact socially with others they take notice of the other teenager's body language, their facial expressions and their tone of voice to gauge their understanding, interest and responses. Teenagers with ADHD often have trouble recognising these social cues and therefore often have difficulties with friendships due to the consequences of misreading signals, being impulsive, unintentionally offending and more. Once social media is introduced to this scenario the problems can escalate.

Social media - whether it be Facebook, Instagram, Email, Twitter, etc - moves quickly, responses are fast, there is little time to think before you reply and there are no body language or facial expression cues to read. For teenagers with ADHD it can be very challenging. According to the Australian Bureau of Statistics. In 2009, 48% of 12-14 year olds used social media, 11% of 9-11 year olds and 3% of 5-8 year olds. Regularly remind your teenager of the following points regarding their use of social media:

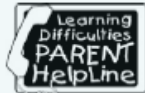
- Everyone sees your comments. A good suggestion is to remind them if they wouldn't say the comment to the Principal or Grandma, don't put it online.
- Your comments can't be fully deleted, there is no option to explain that they misunderstood or I didn't mean it.
- Avoid using social media at times of the day when they are most impulsive.
- Delay sending your response immediately - read it twice, count to ten, etc, to provide enough time to process.
- Set a timer to avoid wasting too much time online.
- Social media shouldn't replace actual social interaction with others, encourage them to go and meet friends.
- ADHD teenagers can already have trouble understanding consequences for their actions, explain the implication of online behaviour in terms they understand and have clear boundaries set up.
- Discuss cyberbullying with them (24/7, anonymous, reaches more people, etc) and what to do if this happens.

References: "Did I Just Tweet That?" www.adhd.com.au "Quick Reference Guide for teachers on cyberbullying and cyberbullying" Nov 2011, QLD Government, "Social Media Success With ADHD" by M Wein www.mindfulparent.com "New cyberbullying game for special education students" www.acorn.gov.au

Have you read this article...
Sunshine Coast teen describes rage, fits and unpredictability of Tourette Syndrome: <http://www.abc.net.au/news/2014-05-17/teen-fits-of-tourette-syndrome-for-awareness-week/17404754>

Have you seen this book...
An Asperger Dictionary of Everyday Expressions, by Ian Stuart-Hamilton
Available from www.aspergerdictionary.com.au \$32.99. This dictionary provides explanations of over 5000 idiomatic expressions and their politeness level.
Have you googled this website...
<http://www.copmi.net.au/like-young-people-at-school>
This website is for Children of Parents with a Mental Illness.

The information herein is provided on the understanding that the Learning Difficulties Coalition Helpline is NOT providing professional advice and services. The information herein provided is NOT to be used as a substitute for professional, medical, or clinical advice.



02 9806 9960

PO Box 140 Westmead 2145

F: 02 9689 2871

E: info@ldc.org.au

W: www.ldc.org.au

Please contact the LDC office if you would like Helpline brochures/posters for your school.

MEMBERSHIP COSTS
1 year School M'ship \$55
3 year School M'ship \$150

MEMBERSHIP BENEFITS INCLUDE:

- A Quarterly Newsletter
- Fortnightly Member Updates relating to LD.
- Discount on LDC resources
- Discount on entry to LDC seminars

RESOURCE HIGHLIGHT

Self-Concept & Learning Difficulties

by Dr Christine Andrews

Parental Strategies for Enhancing the Self-Concept of Children with Learning Difficulties.

\$10 for LDC members
\$15 for non members
+ P/H (see website for prices)

See www.ldc.org.au for details

free!

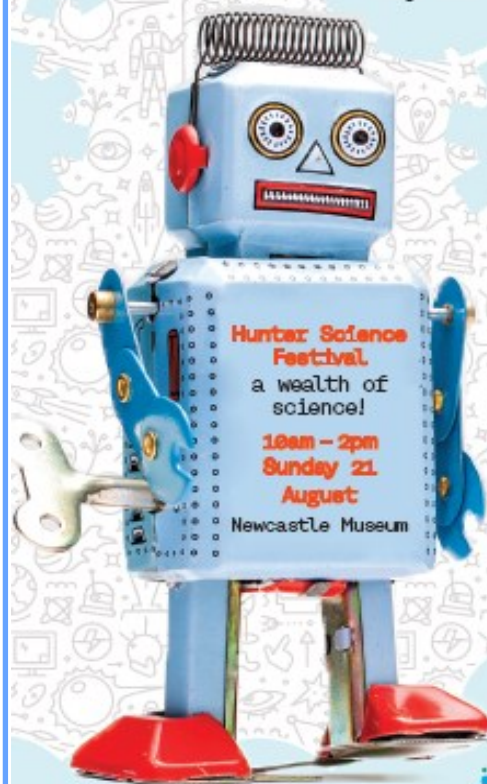
Watch the
Small Acts Big
Change show

Check out the
sensational
Science Shows

Get up
close to
reptiles &
insects

Meet wonderful
Local scientists

plus
heaps
more



**Hunter Science
Festival**
a wealth of
science!
10am – 2pm
Sunday 21
August
Newcastle Museum

For a FULL program visit newcastlemuseum.com.au

Qualitative Learning and Research

As a Service to Government and Industry



AIA Vitality
**MINI
ROOS**
FOR GIRLS

**REGISTER
NOW**

AIA Vitality MiniRoos Kick-Off
for Girls is an introductory
football program for girls aged
5-11 starting October 2016.

Visit the website to find a
location nearest you.

www.northernnswfootball.com.au/miniroosforgirls

