From The Principals Desk
This has been an exciting fortnight and a big term. The students thoroughly enjoying Harmony Day last week. Each student was in the playground during the day flying their kites, dressed in orange and showing that everyone belongs. In the afternoon all classes come out to fly their kites together and as you can see in the cover photo there was a lot of colour. Within this newsletter you will also get to read about our Australia Day clean up and the program for Mind Up which has been running this term in classes.

I'd like to thank the parents in the morning for their cooperation in allowing the classes to make their way to their rooms through clear passages. It has made a significant difference to allowing classes to settle and start work quickly.

I would however like to remind the small number of families that they should not arrive at the school before 9.00 am as there is no supervision of the students before this time. It is therefore unsafe for them to be arriving at school so early.

AWARD recipients

<table>
<thead>
<tr>
<th>Silver Award</th>
<th>Bryan Y</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dylan J</td>
<td>Annie W</td>
</tr>
<tr>
<td>Kiara M</td>
<td>Salma K</td>
</tr>
<tr>
<td>Nate H</td>
<td>Joaneth A-B</td>
</tr>
<tr>
<td>Stewart H</td>
<td>Gold Award</td>
</tr>
<tr>
<td>Lawrence B-H</td>
<td>Stewart Hornby</td>
</tr>
<tr>
<td>Casey B</td>
<td>Annie W</td>
</tr>
<tr>
<td>Ethan M</td>
<td>Ashleigh P</td>
</tr>
<tr>
<td>Brendan F</td>
<td>Joaneth A-B</td>
</tr>
</tbody>
</table>

Blue Slips
During this term I have spent quite a bit of time talking with different classes, parents and teachers about expectations of behaviour in our school and that we will be introducing a monitoring sheet to be known as a “Blue Slip.” This sheet is a means for teachers to record behaviour incidents that occur at school that result in the loss of points and may incur a ½ lunch detention the next day. On the sheet are boxes to show where incidents occurred, type of behaviour, who was involved and notes on investigating the occurrence. Some of these require the executive teachers to look at the behaviour whilst others such as being out of bounds or playing before the school are clear to everyone.

I am quite sure that the students will be able to articulate their behaviour and how it relates to our school rules.

Early Arrivals
Although we are nearly at the end of the term I need to advise parents that several students are arriving at school very early in the mornings. This is quite a concern. Students are not meant to be in the school grounds before 9.00 am as there are no teachers on duty. Please help us keep your child safe.
Upcoming Events
Parent Teacher Interviews have been scheduled for Wednesday 2nd April 2014. All interviews will be held in the Hall with timeslots between 2.00pm and 7.00 pm. Phone interviews are also an option for parents who are unable to make the face to face interviews. Bookings are online. www.schoolinterviews.com.au
Code: QLXK9

Easter Hat Parade
This year the school’s annual Easter Hat Parade will be held on Monday 7th April from 11.25 am. K-2 students will make their hats at school while 3-6 will create an exhibit for the Eggcellent Eggshibition.
The canteen will be open on Easter Hat Parade day Monday 7th April, however will not be taking lunch orders on this day. Please remember to bring your lunch on this day. As well as our usual snacks, drinks and ice-blocks we will also be selling hot cross buns.

Easter Raffle
The P&C will be holding an Easter Raffle. To make up the Easter hampers we are asking for families to donate Easter Eggs or chocolates. These will obviously be prepared into the prize hampers for the raffle. Your support is greatly appreciated. All donations may be left at the front office.

Clean Up Australia Day
Thanks to all students who participated in our Clean Up Australia Day activities. Our school playground and gardens look so much tidier. It is our responsibility to keep our playground neat, tidy and rubbish free. We hope that it continues to stay this way. This is a good way of following our school rules and displaying citizenship. My thanks to parents for supporting this endeavour and sending them so well prepared.

Linda Robertson

Sports Achievements
Congratulations to Mary Alamoti for making the District PSSA Netball Team.
Upcoming District Trials:
Boys & Girls Touch Football
Thursday 3rd April at Peakhurst Park 4pm
Names to Mrs Scanlan by Wednesday 2nd April
MindUP

In the Past 6 weeks we have been beginning our first unit “Getting Focused” The Summary of those lessons and the types of activities you might like to use at home are provided for for the sessions following Week 3. In Term 2 the Newsletter will have the fortnightly focus with Things to do at home.

Week 1 – How our brains work

Children learnt about the three parts of their brains that help them think and respond to stress. Learning how their brains react to emotions.

Week 2 – Understanding mindful attention

Children learnt how to reflect on their thoughts and actions. Enabling them to make better choices when appropriate.

Week 3 – Focused Awareness

Children learnt strategies for calming down and paying attention. Children began to learn ways to help their brains work more mindfully.

Lesson 4 – Mindful listening

Being able to listen in a focused way to what others say and to home in on important words and phrases give a young listener more context for understanding what’s being said and a better idea how to respond. This work helps prepare children for following directions, resolving conflicts through discussion, building friendships, and listening for important details in texts read aloud.

The Listening Game

Gather together several different household items with which to make noise. You could use pencils, marbles, spoons, or coins to rattle. Place them inside a box so that your children can’t see what they are. Ask your children to close their eyes and focus on the sound you’re about to make. Shake the box and have your children guess what made the sound in the box. Repeat with each item. Ask them the following questions.

Could you listen better when your eyes were closed?

Were you able to maintain your focus on the sound?

Did anything get in the way?

Sounds in the Air

Pick a spot outside your house and sit down with your children. Set a timer for two minutes. Ask everyone to close their eyes and really try to notice all the sounds in the air. When time is up, have them open their eyes and ask them the following questions:

Could you hear more than usual when your attention was focused?

Did you notice certain sounds getting louder and then softer?

Was there a beginning or an end to a particular sound?

Point out that those sounds are there all the time, we’re just never aware of them. Only when we pay attention can we hear. With older children, you can explore the concept of mindful listening and talk to them about how it can help them in their relationships with friends, teachers, coaches and family members.

Lesson 5 - Mindful Seeing.

This helps students sharpen their focus by calling on one sense to very purposefully observe an object. As students practice mindful seeing exercises, they become increasingly attuned to observing details by slowing down and focusing their attention. In the area of social emotional learning, these skills can be used tied to reading social cues and acting perceptively in response to the facial expressions and body language of others.

Things to do at home:

Really Looking

Gather together a few pebbles that look much the same and put them in a box or paper bag. You could also use leaves, buttons, flowers, or anything that has a similar appearance. Ask your child to reach into the box or bag and pick one of the objects. Pick one yourself and do the exercise as well.

Encourage your child to be as quiet and still as possible and then study the object. What does it look like? What colours or markings can you see? Is it smooth or rough? If his mind wanders, tell him its ok. Encourage him to bring his attention back to his object and continue noticing everything about it.

Put your object back in the box, shake it up and tip the contents onto the floor. Ask your child to try to find the object again. How easy was it to pick out on the floor? Was it hard to stay focused on it? What did he notice about mindful seeing?

Lesson 6 – Mindful Smelling

Using our sense of smell to be more aware of our environment can help us to keenly observe our world and sharpen our memory. Practising focused awareness with a new sense, smell, continues to broaden students ability to observe and enjoy their experiences. As they slow down to study and take notes on several distinct aromas during this lesson, students practice taking in new information without jumping too quickly to judgement – deciding, for example, that a smell is "gross" without further consideration.

Things to do at home:

The Jelly Bean Taste Game

Gather together some flavoured jelly beans. Have your children pinch their noses with their fingers and close their eyes. Give each a jelly bean and ask them to guess the flavour. Then have them unplug their noses and taste the same flavour of jelly bean again. Make sure you take a turn too. Is it easier to tell the flavour when they can also smell?

Smell and Taste

At the dinner table, ask your children to smell each bite of food before they put it in their mouths. Does mindful smelling change the way the food tastes?
Like us on Facebook

We now have an official Facebook page administered by the school, authorised by the Department of Education. Find us at https://www.facebook.com/#!/PenshurstWestPublicSchool or by looking for our page name: Penshurst West Public School - NSW DEC.

Calendar Updates

We hope that our term calendar has a special place on your fridge. Please refer to the calendar, our website and our new, OFFICIAL FACEBOOK page for regular information about school events and activities.

Week 10

Wednesday 2 April
Parent Teacher Interviews as per bookings

Thursday 3 April
School Cross Country – Olds Park.

Friday 4 April
PSSA round 7

Monday 7 April
Easter Hat Parade and Egg Eggshibition

Friday 11 April
Last Day Term 1

Monday 28 April
Pupil Free Day

Tuesday 29 April
Students retron

<table>
<thead>
<tr>
<th>Love 2 Dance Studio</th>
</tr>
</thead>
<tbody>
<tr>
<td>♥ Dance Simply for the love of it! ♥</td>
</tr>
<tr>
<td>Penshurst</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Discover Dance - Fun – Friendships</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ballet - Tap - Contemporary Jazz /Funk /Hip Hop</td>
</tr>
<tr>
<td>HSC Dance</td>
</tr>
</tbody>
</table>

Happy & Inspiring Dance in a non-competitive atmosphere for Pre-school (3yrs) to Adults

Free trial class- reasonable rates- discounts available for multiple classes

Outstanding reputation for a caring, friendly & safe environment. Quality dance tuition by tertiary qualified, industry professional & experienced teachers.

Call Sue 9580-1596

CLASSES HAVE RESUME