School Strategic Directions 2015
- Consistent, high quality student learning.
- Consistent, high quality teaching and leadership.
- Cultivate consistent, high quality collaborative processes within the Whitebridge Community of Schools to enhance the quality of teaching, learning & leadership.

What’s Happening This Week
Week 7
Mon 1 June
- Commence Public Speaking
- P & C Meeting 7pm
- Art Exhibition
Tue 2 June
- Staff Meeting
- Scripture & Ethics Classes
- Art Exhibition
Wed 3 June
- Executive Meeting
- Yr 5 Debates
- Science Competition
Thurs 4 June
- Learning Support Team
- Teacher Accreditation Inservice
Fri 5 June
- Assembly Item KW
- Yr 5 Photography Enrichment

Creative Arts Day
Our Creative Arts Day was a hugely successful day that was thoroughly enjoyed by all our students. We all view this day as a definite highlight of the year. The diversity of activities and the incredible preparation that parents put into each activity was superb. This day always highlights the very creative talents of our parents and grandparents.

I would like to thank Maureen Piper for the wonderful coordination of this day and her thorough planning ensured success. Special thanks also to our Canteen mums for supplying the fantastic morning tea and lunch.

We had 95 parents assisting on the day, too many to list! However we would like to thank all these incredible parents for their outstanding support of the day.

Congratulations to Annie Croal who received her Principal’s Award for amazing academic work, excellent school citizenship and outstanding debating.

P & C Meeting
Our P & C group will hold their next meeting tonight, Monday 1 June in Yr 5/6H Classroom commencing at 7.00pm (Art Exhibition in Library).

The agenda of this meeting will include:
- Finalising School Uniform
- Father’s Day Planning
- Kids Matter Program Outline
- Upgrading Fixed Equipment
- Discuss Wireless Internet in School
- Healing Hands BBQ Coordinator
- Committee reports

Our P & C are very keen to gain the support and input of new parents as well as our continuing parents. Please come along and help support your children’s school through the fantastic efforts of our P & C.
Creative Arts Exhibition
Following on from our Creative Arts Day there will be an Exhibition at the school this week to display all the wonderful items produced by our students. Maureen Piper devoted many hours setting up this wonderful display which will be open to our school community this week. Please find following the dates and times that the exhibition will be open:
MONDAY 1st June to Tuesday 2 June in the School Library from 8am to 4pm each day. The exhibition opened last Friday with classes keenly viewing this.
Our students are always very excited to show their family and friends the items they have created.

Public Speaking Competition
At Dudley Public School, public speaking is highly valued and all students are encouraged to participate in a supportive environment. Students are encouraged to participate in self and peer assessment in order to build capacity for self reflection to strive for self improvement.

This week all classes K - 6 will continue with public speaking activities. Students will be asked to select any topic of interest and to create a short talk to present to their class. Time lengths are:
K - 2 classes 1 - 2 minutes
Yr 3 - 6 2 - 3 minutes

Students will present their prepared talks in class as part of a school public speaking competition. We will then hold a further competition between classes to select 2 students from each stage to compete in a district competition in Term 3.

These 8 school public speakers will receive support in preparation for the District competition. We hope to have some of the prepared talks presented at Friday assemblies also.

Principal Award - Week 6
Congratulations to Jonah Finlay who received his principal’s award for excellent efforts in class and great getting along, persistence and organizational skills.

Debating
Congratulations to our Year 6 debating team who debated Belmont PS last Monday and had a strong win. Well done to Annie Croal, Monet Murray, Leah O’Hagan & Ruby Buckeridge.

Our Year 5 teams will debate this Wednesday 3 May in the Fairleigh Hall. Our Pool A Team will debate Cardiff South at 10.30am this includes Ruby Buckeridge, Jemma Pollard & Baillee Pappas.

Pool B debate New Lambton at 11.30 and includes Emilia Clinton, Joseph Gillard, Ella Osborne & Maggie Croal.

Science Competition
We have 15 students from Years 3 - 6 who have entered the Science Competition. This will be held this Wednesday 3 June. Students will complete 30 multiple choice questions in the 45 minute session in their year papers. Good Luck to: Kaman Pappas, Brodie Wright, Oscar McGill, Eloise Flynn, Sam Bloomfield, Maggie Croal, Joseph Gillard, Bailee Pappas, Ruby Buckeridge, Ella Osborne, Nelson Anderson, Tristan Clinton-Muehr, Annie Croal, Money Murray & Jayden Wright

Year 5 Enrichment
This year our Whitebridge Community of Schools ( WCoS ) have organised enrichment groups each term for Year 5 students. We have two Year 5 students who will participate in a photography workshop at Whitebridge HS this Friday 5 June and Friday 19 June.
**What’s Happening Next Week**

**Week 8**

- **Mon 8 June** - Queen’s Birthday Holiday
- **Tue 9 June** - Staff Meeting
- **Wed 10 June** - Star Struck Rehearsal
- **Thurs 11 June** - Learning Support Team
- **Fri 12 June** - School Assembly
- **Sat 13 June** - Star Struck Matinee & Night

**Practicum Teachers**

We have three 2nd year practicum teachers from Newcastle University who will assist on classes for the next 3 weeks at Dudley PS. Remy Spillane on 1/2S, Dara Vanderberg-Mitchell on 1H, and Ebony Morgan on 5/6H will provide extra support on these classes.

**Star Struck 2015**

This week the tireless efforts and hours of rehearsal by our dancers comes to a head with the spectacular Star Struck performances. 3500 students from public schools throughout the Hunter combine at the Newcastle Entertainment Centre to celebrate and demonstrate what can be achieved when we work together.

The Dudley Star Struck dance groups will rehearse and perform at the matinee and night performances throughout the week. This is an incredibly big week for students, teachers and parents involved. They have been working very hard towards this musical extravaganza. Special thanks to Sonja Wild for her wonderful efforts and time.

Next week’s timetable includes:

- **Wednesday** - Rehearsal
- **Thursday** - Dress Rehearsal
- **Friday** - Matinee Performance 10.30am
- **Friday** - Night Performance 7.00pm
- **Saturday** - Matinee Performance 2.00pm
- **Saturday** - Night Performance 7.00pm


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**Bronze & Silver Awards**

**Kinder Enrolments**

Families, who have not already done so, with students to commence Kindergarten in 2016 are asked to contact the school office this week. We need to determine the number of Kinders for next year, so that planning can commence.

Parents are asked to help contact new families to Dudley who have Kinders for 2016.

**Ukulele Play Day**

On Sunday morning ( yesterday ) Dianne Murray ran a “Ukulele Play Day” for our 3 groups Yr 2, Yr 3/4 & Yr 5/6 and parents. This was held in our Old Hall from 11am and was to allow students to “show off” their skills gained in Ukulele. The morning was well attended with about 100 students and parents. A special thank you to Dianne for her wonderful work with our Ukulele groups.

Parents are requested to send in the $20 per term fee for students attending Ukulele for Term 2 thanks. This is obviously the cheapest musical
From the Library

Volunteers are needed to help with book covering in the Library—Wednesday afternoons from 2.00 to 3.00pm beginning 10 June. No experience necessary, full training provided. Looking forward to seeing lots of willing helpers.

Uniform Shop

Liz Divall our Uniform Shop coordinator, would like another parent who can assist occasionally on Monday mornings in the Uniform shop from 8.30 - 9.30am. If interested please contact Liz on 0417 684 121.

Healing Haven Markets

Every 3rd Saturday the Healing Haven markets are held in the grounds of our school. This market promotes health, harmony, well being, spirituality and holistic health. The markets operate from 9am to 2pm and our P & C would like to operate a BBQ as a P & C fundraiser at these markets, perhaps twice a term. If you can assist in any way, please contact: Kathy Sloss on 0433 516 777.
Here are 15 healthy ways to manage your emotions that you can pass on to your children:

**Breathe deeply**
The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight) count to 3 quietly while breathing through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little ‘heady’, which indicates deep (and low) breathing.

**Find a favourite relaxation exercise**
There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for 3 seconds and then relax. Repeat this a number of times and you can’t help but feel calmer. You can isolate part of your body such as your shoulders and arms to release the tension around your neck. There are plenty of quick techniques you can use to relax. Choose one or two and use them.

**Use a positive reappraisal**
Sometimes known as positive reframing, positive reappraisal is a simple technique you can use to help you look at a situation or event in a different light. Emotions are caused not by an event, but by the way we look at an event. A wedding speech to one person is a chance to strut your stuff (so they feel excited), while someone else may see it as a nightmare (so they feel anxious). Change the way you view something and you’ll better be able to manage your emotional response. “This is a challenge, not a problem” is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

**Use positive, REALISTIC self-talk**
Ever talked yourself out of doing something exciting, new or challenging before you’ve even started? Maybe you’ve said something like: “I’ll never be able to do that.” “This will stress me out big time.” “I’m no good at…” I know I have. I talk myself into feeling stressed out.

Next time you catch yourself talking yourself or something down replace the negative with something realistic but more positive. Something like “I’ve done it in the past and I survived. So I should be able to do it again.” Repeat this a few times and your emotional state will shift to a better one. You may not exactly be jumping over the moon with confidence but you will feel less stressed. That’s what emotional management is about.

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of scenarios can be exhausting robbing you of brain that never seems to close down, or at least will offer you the relief you need. Living with thoughts that race through your brain, then meditation is one solution, but not necessarily healthy. ParentingIdeas recommends meditation as a life skill that will help you balance to your emotional state.

5 Exercise
Exercise releases endorphins; nature’s feel-good chemical, which will move your mood to a better state. The paradox is that we often don’t feel like exercising, when we really need it. Let’s face it, when you come home from work tired and stressed, exercise is the last thing on your mind. BUT going for a run, walking the dog or even a playing a game outside with the kids is the very thing you need to feel better.

6 Distract yourself
A healthy distraction such as phoning a friend, reading a novel or watching a comedy is a way many people use to manage difficult emotions. It’s a highly recommended strategy for natural worries! It’s amazing how much better a situation will seem after a short break.

7 Have constructive habits and hobbies
One of the tenets of good emotional health is that a person needs hobbies and interests that lift them up, making life enjoyable. Single-tracked lives— all work and no play – are recipes for emotional disasters. If you can relate to this, then I suggest you take the time to find a hobby or interest that juices you up.

8 Make physical activity a habit
How much do you move during the day? 10,000 steps a day is related to good physical and mental health. This was relatively easy to do before modern transport made walking largely redundant as a mode of transport. Now we have to purposefully exercise if we are going to get anywhere near to close to the amount we need for optimum mental and physical health. Daily walks, regular swims, playing team and individual sports are all great mood shifters we need to incorporate into our lives.

9 Meditate to stop those thoughts
If you struggle to close down the thoughts that race through your brain, then meditation will offer you the relief you need. Living with a brain that never seems to close down, or at least never stops ruminating and examining all sorts of scenarios can be exhausting robbing you of huge amounts of emotional energy. Alcohol is one solution, but not necessarily healthy. ParentingIdeas recommends meditation as a life skill that will help you balance to your emotional state.

10 Let me entertain you!
Fun is an antidote to poor mental health. People who have no fun in their lives have no mechanism for pushing their moods into a positive direction. Music, television, and video games are all great forms of entertainment that help change moods. It’s unhealthy though to use entertainment as a permanent escape from the situation that caused unpleasant feelings in the first place.

11 Find spirituality or something bigger than you
It’s no coincidence that most sustainable cultures have an aspect of spirituality present—that is, there is something or someone bigger than us present. As Western cultures have become more prosperous the place of religion specifically, and spirituality in general, has diminished. We are the poorer for it as we’ve become insular as individuals. If religion whether organised or unorganised is not your bag, then find a cause that inspires you and makes you feel significant through your contribution. Adding meaning to your life will help you make sense of difficult feelings, and importantly, keep the blue moments in perspective.

12 Modify the situation
Ever lay in bed stewing over a problem or situation and worked your self into a real knot. Suddenly you feel overwhelmed. ‘I’ve done this often. The best solution for me is to get to work on the problem, rather than stew over it. Plan that talk, make that difficult phone call, have that difficult conversation. Action is a great antidote to worry.

13 Change your goal
Sometimes our emotional state is giving us a message— that is, we are not on the right path. There are times when we set ourselves targets or aspire to goals that are unrealistic and unattainable. The result of our honest efforts is that we continuously feel overwhelmed, swamped and stressed. If this is the case, then it maybe time to reassess what you are trying to achieve so that you can more easily manage your emotional state.

14 Get support from others
Asking for help takes many forms. It may be simply having someone at work you can offload your worries to when needed through to joining a specific support group (such as a parent group of children on the spectrum) so that you can share your experiences and get validation for the frustration, stress or anxiousness you maybe experiencing.

15 Seek professional counselling
We all get stuck from time to time by aspects of our lives, such as experiencing loss, transition or trauma. When this happens we need a professional who can help us take the steps needed to become ‘unstuck’. A well-known song by US singer Kenny Roger song went, “You’ve got to know when to hold ‘em, know when to fold ‘em and know when to walk away.” I’d like to add another line— “You’ve got to know when to get some help.” Seeking help is something we are getting better at as a community, but we still have a long way to go until it accepted and normalised.

Check out how many of these healthy emotional management techniques you currently practice. My guess is that you do many of these intuitively, but you weren’t aware that they are emotional management techniques.

What would you like your kids to say?
There are plenty of healthy ways to regulate our emotional states, but often we simply default to unhealthy, unhelpful ways out of habit or because we know no other ways.

If someone asked your children in thirty years time to articulate the lessons they learned from you, hopefully they’ll be able to recount some of the right ways outlined above rather than pull out strategies from the 7 wrong ways list.