School Priority Areas 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 9, Term 3
Mon 7 Sept - Creative Arts Groups
Tues 8 Sept - Scripture & Ethics Classes
  - One Day for Diabetes Type 1
  - Yr 5 Gats Science WHS
  - Spelling Bee Regional Final
Wed 9 Sept - Milo Cup Cricket Day
  - K-2 Soccer Coaching
  - Debate Train-On Pool A
  - Unloaded Writing Workshop
Thurs 10 Sept - Public Speaking Regional Final
  - Executive Meeting
  - Learning Support Team
Fri 11 Sept - Assembly Item - Stage 2 Ukulele
  - Science & Engineering Challenge
  - Yr 5 Gats Photography

Unloaded Writing
Unload is a creative-play based writing and language program for Years 3-6 students. It encourages student’s natural creativity through writing games and activities which harness their imagination in a fun, relaxed and non-competitive environment.

A taster session workshop will run at Dudley PS on Wednesday 9 September at 3.15pm. ( no cost for this session ) parents are asked to list their Yr 3-6 child’s name at the office. If we have at least 10 students who would like to continue with the program it would run for 10 weeks ( 3.15 - 4.15 ) at a cost of $135.

Milo Cup Cricket: Will be this Wednesday 9 September departing Dudley PS at 8.30am and travelling by parent bus for Harker Oval, New Lambton with Jason Horadam.

Principal’s Award - Week 7
Congratulations to Archie Ruks who received his Principal’s Award for great getting along, leadership & sportsmanship skills.

Premier’s Spelling Bee
We have 4 talented spellers who will compete in the Regional final of the Premier’s Spelling Bee Competition this Tuesday 8 September at Hamilton Public School. Mia Chisholm and Liam Lieschke will compete in the Yr 3/4 section and Olivia Sdao and Monet Murray will participate in the Year 5/6 competition. They will compete against the most proficient spellers in the region.

They have been studying the list of incredibly difficult words and we congratulate them on their confidence and ability to represent Dudley Public School.
Regional Public Speaking
This Thursday 10 September, Jacob Gonzales will compete in the Regional Public Speaking competition. Jacob will compete in the Stage 2 competition. This involves those students who won their zone public speaking competitions, coming together from the 12 zones in the Hunter Central Coast.

Congratulations to Jacob on this incredible achievement and best wishes.

Science & Engineering Discovery Day
50 of our Year 5 & 6 students have nominated to attend a special Discovery Day Challenge at Kahibah School hall this Friday 11 September. Students will complete activities ranging from design and build projects to logic, teamwork and task oriented activities. They will be travelling by parent cars departing Dudley PS at 9.00am and will be supervised by Kate Sullivan and Peter Adams on the day. There is the small charge of $2.00 per student.

Calendar Artwork
Dudley PS students have been creating their own art work in class to be used on calendars, notebooks, pillow cases, iphone covers and more. Through Crazy Camel fundraising the artworks or photos turn into unique products and make great Christmas gifts. Order forms have been sent home with each child.

Orders need to be placed by next Wednesday 16 September. Extra forms are available at the office and you can view samples of the products. This is a P & C fund raising activity that we hope all families will support.

A ‘Thank You’ from Maureen Piper
Last week I went shopping at Poppies and spent the gift voucher that was given to me by the wonderful workers at our Creative Arts Day.

I bought an Acacia Cognata - a standard feature for any garden! We will be moving to our new home shortly and will plant this in a prominent position in the garden.

Every time I look at this I will remember the wonderful days at Dudley and especially the beautiful community. Thank you again for the great support and friendship over the years.

Principal’s Award – Week 8
Congratulations to Charlotte Liggins who received her Principal’s Award for a quiet and conscientious effort with all school work and great getting along skills.

K-1-2 Soccer Coaching
All our K-1-2 students will complete the third week of a special soccer coaching program this Wednesday. We received a funding grant through “Sporting Schools” to provide 4 weeks of soccer skills by Football Federation Australia for 45 minute lessons for our K-2 classes.

Onesie Day for Type 1 Diabetes
This Tuesday 8 September our school will join schools across the Hunter to participate in “Type Onesie Day” in support of type 1 diabetes. Students can wear onesie outfits or casual clothes (if they don’t have a onesie) and donate a gold coin. We have been requested to support this day by both our P & C and our SRC group.

International Spelling Competition
Congratulations to the following students for their great results in this very tough competition:

- Distinction – Monet Murray
- Credits- Tristan Clinton-Muehr, Ethan Thompson, Ella Osborne, Cian O’Hagan, Ruby Buckeridge, Sony Jay Skinner & Riley Osborne
- Merit - Jayden Wright

State Athletics
Congratulations to our regional athletes Toby Winter and Matisse Murray in 100m, Zac Hamilton in 100m and 200m Gemma Pollard in long jump, Jake Pappas in High Jump and Finn Todhunter in 800m races.

Matisse Murray placed 3rd in the 100m and will now continue on to the State Athletics carnival, an amazing achievement Matisse.
What’s Happening Next Week

Week 10

Mon 14 Sept  - Creative Arts Groups
- Year 6 Leadership Day

Tue 15 Sept  - Staff Meeting
- Scripture & Ethics Groups
- Yr 5 Gats Science

Wed 16 Sept  - Yr 5/6 Touch Footy Gala Day
- K-1-2 Soccer Coaching Clinic
- Executive Meeting

Thurs 17 Sept - Charlestown Cup
- Learning Support Team
- Canteen Closed

Fri 18 Sept  - Assembly
- Footy Colours Day
- Final Day Term 3
- Cake Day—Canteen

Yr 6 HS Uniform Fitting
Whitebridge HS Uniform shop was to visit Dudley PS this Wednesday 9 September, however with many of our Year 6s involved in the Milo Cup this day, we have changed the date to Term 4, Week 1 on Thursday 8 October from 8.30am. Please return your order form by the end of Term 3.

Year 6 Leadership Day
On Monday 14 September, Kahibah PS will host the 8th annual WCOS Leadership Day which involves all Year 6 students from Dudley, Charlestown, Charlestown East, Charlestown South, Redhead & Kahibah. All Year 6 students have leadership potential, so the day is aimed at all 170 Year 6 students in the Whitebridge Community of Schools.

The purpose of the day is to have students understand their own leadership potential. There will be guest speakers, presentations by Whitebridge High students, video clips, group tasks and games that all highlight the qualities of good leaders.

Our students will be transported by parent cars on the day and will be supported by Jason Horadam.

Touch Footy Gala Day
We have 6 senior teams entered in the Touch Footy Gala Day for next Wednesday 16 September. They will travel by bus to Barton Oval, Belmont and compete in 6 games on the day. We have 3 boys and 3 girls teams and they will be supervised by Jason Horadam, Kate Sullivan and Luke Elsley (intern teacher).

Parents are asked to please send in permission notes this week.

Our talented regional athletes pictured above.

Charlestown Cup Day (Year 3 & 4)
Next Thursday 17 September all our Year 3 & 4 students will participate in the Charlestown Cup day. This will involve the 6 Whitebridge cluster primary schools. While it is being called the Charlestown Cup, the emphasis is on participation and the winning school will be based on sportspersonship. They will travel by bus to St John’s Oval, Whitebridge departing Dudley PS at 9.30am and returning to school by 2.40pm.

Our students will be organized into 7 mixed teams of 10 students and will compete in the following games: Soccer, Oz tag, European Handball, Golf, Cricket and T Ball.

They will be supervised by John Costolo, Rachel Murray, Karen Murphy and Sam Johnson (intern teacher) with Whitebridge High School students refereeing games.

Parents are asked to ensure permission notes are returned by Friday 11 September.

Intern Teacher
Next Friday concludes 10 weeks of great support from our 2 Intern teachers. Samantha Johnson and Luke Elsley. Sam has been completing her internship on Year 3/4CP and Luke on 2B.

They have become valued staff members at Dudley Public. I would like to thank Luke & Sam for their wonderful work supporting our entire school.

Our school has some wonderful creative writers! Stories by three students have been selected to represent our school in the WriteOn 2015 Competition organized by NSW’s Board of Studies. This year students were inspired by a picture of an old hot-air balloon. Congratulations and good luck to Kyla McCracken—Stage One, Eloise Flynn—Stage 2 and Monet Murray—Stage 3.

********CANTEEN NEWS********

The canteen will be closed on Thursday 17 September as the new screens are to be installed on this day.

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Bronze, Silver & Gold Awards

Footy Colours Day
Students are invited to wear their favourite football colours or jerseys next Friday 18 September on the final day of school. They are asked to donate a gold coin towards supporting Jubilee Daphine, a child we sponsor from Africa.

Yr 5 Enrichment Groups
Our Year 5 students have been busy this term attending special enrichment groups at Whitebridge High School. Last week Erin Horvath, Jemma Pollard Emilia Clinton & Bailee Pappas attended a mini drama workshop for 3 days.

This Friday 11 September Shelby Newton and Skye Lyddiard will complete the 2nd Photography workshop at Whitebridge HS from 9.30 - 11.30am (they missed the 1st workshop as an excursion).

This Tuesday 8 September & next Tuesday 15 September a Science enrichment workshop will run from 1.00 - 2.40pm and will involve: Tom Bailey, Ella Cupitt, Tate Coram-Parker, Nelson Anderson & Jesse Wilkins.

School Holidays
Next Friday 18 September will be the final day for Term 3. The Spring holidays will run from Monday 21 September to Monday 5 October. Students return on Tuesday 6 October to commence Term 4.

Our staff would like to thank parents for their continued support and assistance during this term.

From the Library.....

Did you know over 270,000 students across NSW participated in the 2015 Premier’s Reading Challenge!

The Premier’s Reading Challenge is always strongly supported by the Dudley School Community, and this year we closed with 202 completed records – once again a record for our school!

Of these, the following 24 students will be receiving a Gold PRC Certificate for their participation of four years:

The following 12 students will have the honour of receiving a Platinum PRC Certificate for successfully completing 7 years participation:
Tom Bailey, Meg Burton, Ava Campbell (Yr 5), Georgia Chenhall, Annie Croal, Oscar Deamer, Emily-Rose Kington, Monet Murray, Leah O’Hagan, Brayden Park, Mikaylah Stace and Jayden Wright.

We are extremely proud of the efforts of all of our students who participated in, and completed the PRC, but are especially proud of the persistence and commitment shown by the students listed above – they certainly deserve recognition for their outstanding efforts.

All PRC Certificates will be awarded toward the end of Term 4.
Exploring the New Frontier in Parenting

It’s official! Emotions are now part of the parenting and educational mainstream!

For some time they’ve been relegated as a sideshow to the main events of discipline, confidence building, character building, and lately, resilience.

Not now.

The recently released movie Inside Out gives life to emotions in a fun, accessible way. It’s a wonderful demonstration of why we must put emotional intelligence front and centre in our parenting and teaching. The quickest pathway to happiness and success is the acceptance and recognition of feelings.

This is not a new idea. Over 2,000 years ago Socrates reminded his Greek compatriots, “Educating the mind without educating the heart is no education at all.”

Current day muse Dr. Marc Brackett, Director of the Yale Centre for Emotional Intelligence is more expansive. He says, “Emotions matter as they drive learning, decision-making, creativity, relationships, and health.”

This is not to say that we ignore children’s poor behaviour, neglect to set limits or not ask anything of them when they’ve experienced hardship at school. Accepting and recognising emotions is an added layer in our interactions with kids, which may well be the missing link in building cooperation, connection and resilience.

Emotions are messy. They can be loud. They can be hidden. They so often interrupt our well-organised schedules. “What do you mean you’re sad? We’re off to watch a movie. It’s a happy time!” Emotions are hard to control and difficult to see. Like slippery eels swimming in a dam, you know that they are down there somewhere but it’s hard to figure out just what they are doing.

It’s a wonder parents haven’t smartened up to emotions earlier because ‘good parenting’ is hard emotional labour. When your three-year old throws a tantrum in a supermarket and all you can do is grin and bear it (rather than throwing your own tantrum or doing what you really feel like which is disowning your own child!) you’re doing hard emotional labour.

When you console and contain the hurt of a primary school aged child who throws himself at your feet howling that everyone hates him, you are doing emotional labour.

Staring down a teenager who looks you straight in the eye while spitting out “I hate you!” because you’ve denied their request to go out is hard emotional labour. Parents do emotional labour all the time. That’s one of the reasons its so draining.

Accepting kids’ emotions mean we need to listen to them. We need to be mindful of their feelings as well as their behaviours and thoughts, which is what most parents and teachers are conditioned to do. We’ve built a broad vocabulary around behaviour management featuring terms such as consequences, limits and boundaries, and time-out to name a few. And the perennial ‘To smack or not to smack’ question shows we are very willing to have debates about behaviour management methods, but discussions about emotional management are few and far between.

So what is this new frontier of parenting? Emotions are now recognised as an important part of the parenting landscape. Here are five ideas to help you explore the alien landscape of kids’ emotions.

1. Accept and recognise emotions. Emotions are messy and hard to control. It’s important to listen to your child and acknowledge their feelings.
2. Build emotional intelligence. Encourage your child to express their emotions and understand the impact of their feelings on others.
3. Teach empathy. Help your child understand the emotions of others and develop empathy.
4. Promote self-awareness. Teach your child to recognize their own emotions and understand how they affect behavior.
5. Foster emotional expression. Encourage your child to express their emotions in healthy ways.

more on page 2
The limits of many parents’ emotional vocabularies are matched by the limitations in method as well. Most parents when asked can provide plenty of ways to raise a well-behaved child but I suspect many would struggle if asked to name three or more ways to build their children’s emotional smarts. This is not a criticism but an acknowledgement of lack of training in the area.

Ask yourself, “Who taught you how to recognise, manage and regulate your emotions?” If you answered your parents then lucky you. They’ve given you the tools you need to have successful relationships, to maximise your earning potential (I kid you not) and to behave like a champ, not a chump, when playing sport and participating in other competitive or high performance activities. If you were able to identify any adult who taught you emotional intelligence then I suspect you are in rare company. My guess is you probably couldn’t identify anyone, so your emotional intelligence (if you’ve read this far you have the emotional smarts needed for focus, self control and concentration) is unconscious, rather than conscious, making it hard to teach or pass on emotional intelligence skills to kids. So where do we start?

Here are five ideas to help you explore the alien landscape of kids’ emotions, the new frontier of parenting:

1. **Listen first**
   When your child fusses and fumes about some wrong-doing or hurt they’ve experienced clear your mind and listen. Avoid trying to fix the situation just show understanding and compassion. There is no better feeling than being understood.

2. **Contain rather than manage (let your kids do the managing)**
   Children’s behaviour can become tangled up in upsets and disappointments. It’s hard to separate their behaviour from their feelings. Sometimes as a loving, caring adult you just have to soak up their feelings, and give them the time and space to soothe their own souls. We don’t have to do that for them.

3. **Know that emotions can be pleasant and unpleasant**
   We often place value judgements on emotions by saying some emotions are good or positive (happy, motivated, energised) while some are bad or negative (sad, worried, sullen). Avoid passing judgement in such ways. Recognise that emotions are pleasant or unpleasant and that all emotions are acceptable, whereas some behaviours (such as hurting someone when you are angry) are unacceptable.

4. **Build a vocabulary around emotions**
   Just as feelings have names, there are terms for the emotional intelligent parenting method. For instance, I-messages* are a type of communication used by parents and adults who take an emotions-first approach.

5. **Help your kids recognise, then regulate emotions**
   Ever told a child to calm down only to see their emotions escalate? Kids, like adults, need to recognise their feelings before they can regulate their emotional state, and that’s not easy. Emotional recognition is a complex process that takes practice. Even when we are good at it we don’t always get it right. Learning to recognise your feelings is a continuous process that’s best started when young, before the ups and downs of adolescence becomes a reality.

Emotional intelligence is best learned when it becomes part of your family’s culture, or way of doing things. When it becomes part of your family’s DNA then emotional intelligence will be passed down from generation to generation. You’ll know it’s had generational impact when your children identify you as the person who trained them in the skills of emotional intelligence. How cool is that!

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did! When you subscribe you’ll also get my fantastic Kid’s Chores & Responsibilities Guide with plenty of ideas to get your kids to help at home without being paid.

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parentingideas.com.au
Dudley Public School  ~  NEWSLETTER  7 September  2015

Bounce Tennis Academy

Spring Holiday Clinic
Monday 21st to Wednesday 23rd September
Whitebridge Tennis Club
9am till 1:30pm
$90 per child
Booking confirmed upon payment
Ages 4 - 19

Children will learn or improve all aspects of their game through a range of fun & engaging activities.

Competitive games will be run for all skill levels, including a doubles tournament for advanced players.

Bring a hat & sunglasses, sunscreen, lunch & drinks. Racquets can be supplied, but it is preferred children have their own.

Special offer: Bring a friend or family member & receive a $10 discount!

Spaces are limited, so hurry if you wish to book in! Contact us at:
bounce.tennis@hotmail.com
or call
Richard McMurray on 0408 717 199
Anthony Jarvis on 0418 960 231

Spring Fete 2015
Saturday 24th October
Rides, Market Stalls, Entertainment, Food & Drinks

Want a Five Star Customer Experience From Your Mechanic?

Every vehicle service receives:
- 6 months FREE roadside assist
- Same day servicing
- Local drop off and pick up service
- FREE wash, clean and fragrance

Kahibah Public School

Springshole Public School

Dudley Public School

Dudley Public School

Dudley Public School

Dudley Public School
DESPERATELY SEEKING SWIMMERS

Jamie’s Swim Club is a small club focusing on swimmers of every level. It is social as well as swimmers getting experience for school and other swim carnivals.

It doesn’t matter where you TRAIN or IF you train; EVERYONE is welcome at JSC.

Each Season – SUMMER & WINTER we run a club night on TUESDAY and at the end of each season, every swimmer eligible receives a trophy and a gift. These gifts have included a rugby jersey, towel, chair, swimmers, jacket, jumper, hoodie, etc. *Registration is $40 per swimmer (12 months) and one parent gets free membership. It may seem like a big outlay compared to other clubs and sports BUT do you get such fabulous gifts back at the end of the season?

*Swim Club will start TUESDAY 13/10/15 at 7:30 until the weather gets warmer, registrations are available to be taken weekly and swimmers can start.

TUESDAY 6TH OCTOBER 2015 is our FAMILY FUN NIGHT @ 6.30PM
held at Jamie’s Swim School - 141 Floraville Rd Floraville. Please call 49469729 for more INFO

CAKE DAY
Friday 18 September
Cup Cakes, Lamingtons and Finger Buns
all $1 each