A Great Start!

We have had a great start to 2016! Our students are certainly enjoying being back playing with their friends each day and are engaging in their learning with their new teachers too. Although our Kindergarten students have only just begun this week they already look comfortable and happy at "big school!"

It looks like our classes will remain as they were last week. They are as follows:

- Mr Michael Tunaley – 6T (Assistant Principal)
- Ms Mel Noble – 5-6N
- Mrs Sarah Robinson – 4-5R
- Ms Helen O’Keefe – 3-4H (Assistant Principal)
- Ms Trish O’Loughlin – 3-40’L
- Mr Ben Wills – 2-3W
- Mrs Vanilla Chaffey – 1-2C (Assistant Principal)
- Mrs Patti Turner – 1T
- Mrs Brei Harris – K-1B
- Mrs Lyn Watts – KW
- Ms Meg Davison – KD
- Mrs Deb Hawthorne – KH
- Mrs Lynda Harper – K-6H
- Mr Steven Vella – K-6V

In addition to our classroom teachers we also have:

- Ms Mel Anderson – Reading Recovery & Stage 1 Support Teacher Learning Assistance (STLA)
- Mr Graeme Alcorn – Stage 2 & 3 Support Teacher Learning Assistance (STLA) & RFF
- Ms Alyssa Chapman – Team teaching with Mrs Harris & RFF
- Ms Carmel Evans – Librarian & RFF
- Mrs Beth Brooks – RFF (Wed/Thurs)
- Mrs Shirley Croft – School Counsellor

Supporting students in our classroom & playground:

- Catia McDermott – Student Learning Support Officer (SLSO)
- Michele Waters-Gabrielli – Student Learning Support Officer (SLSO)
- Kerry Makin – Student Learning Support Officer (SLSO)
- Karen Walker – Student Learning Support Officer (SLSO)
- Melanie Bradfield – Student Learning Support Officer (SLSO)
- Kathleen Moulder – Librarian
- Daryl Albury – General Assistant
- Marion Haynes – Cleaner

Supporting students in our school office area:

- Mrs Colleen Lincoln – School Administrative Manager
- Mrs Sharyn Currant – School Administrative Officer
- Mrs Vicki Lasker – School Administrative Officer

Mrs Tanya Bevern – School Administrative Officer
Mrs Vanessa Durrington – School Administrative Officer

As you can see, there are a large number of personnel at Murwillumbah East PS supporting you and your child’s education and well-being. Please speak to any of them if you have queries or concerns and they will assist you in connecting with the most appropriate person.

P&C Meeting

Our first P&C meeting for the year will be held tonight beginning at 7:00pm in our staffroom. I would encourage you to come along and see how this group works, learn more about your school and your child’s education. A special invitation is extended to our new parents, being part of P&C is a great way for you to engage in your child’s education which is one of the largest indicators of a student’s success at school.

We will be discussing, amongst other items, 2016 school fees, directions and events. This is also an opportune time to join P&C as this will enable you to vote in the Annual General Meeting held in Week 6. I hope to see lots of “old” and new faces at our meeting!

Calendar

Please check our school calendar each week in the newsletter for school events. We hope this will keep everyone better informed.

Parenting Ideas - Insights

Michael Grose is the author of 9 parenting books, including ‘Thriving!’ and the best-selling ‘Why First Borns Rule the World and Last Borns Want to Change It’. His popular parenting columns appear in newspapers and magazines across Australia. He appears regularly on television including Channel 10’s The Project.

Michael has an education background and holds a Master of Educational Studies with research into what makes healthy families tick. He has conducted over 1,500 parenting seminars over the last two decades.

In 2016, we will be inserting his “Insights” column into our newsletter. We hope some of his ideas are helpful.

2016 Tweed Junior Dance Ensemble

A fabulous opportunity for our talented dancers will be offered in 2016! A Tweed Junior Dance Ensemble is to be formed for talented dancers in Years 4, 5 and 6 enrolled in public schools in the Far North Coast (Tweed Network). The dance ensemble will give talented dancers the opportunity to further develop their dance skills. Selected
students will be notified of performance opportunities as they arise including the Far North Coast Dance Festival.

The dance ensemble will also be auditioned for both the State Dance Festival (Seymour centre, Sydney) and School Spectacular (Sydney) and if successful will have the opportunity to participate in these events. Parents need to be aware of related costs for these events if selected including travel and accommodation. Purchase of a performance costume will be required but we will endeavour to keep these costs to a minimum.

The ensemble will have an ongoing commitment to attend rehearsals each Thursday at Banora Point High School commencing at 7:30am till 8:30am.

In the first instance, auditions will be held on Thursday 11th February at Banora Point High School’s Dance Studio. The auditions will commence at 7:30am and conclude at 8:30am. If your child would like to audition for this ensemble please see Mrs Rowsell so we can organise further details.

Have a great week!

Samantha Rowsell
Principal (R).

BOOKCLUB
Welcome back to a new school year!

Our school is returning to Scholastic Book Club as the Lamont Book Club is no longer operating in NSW and the feedback from the children was that they preferred the Scholastic items.

For parents who are new to our school – Scholastic Book Club is an opportunity for you to buy books for your child. The books are ordered through our school. Scholastic posts the items to our school and they are distributed to your children, unless you request that I hold the item for you to pick up. If you do not wish to place any orders that’s fine. Our school collects credit points with Scholastic which allows us to order books based on our tally.

Please return all book club orders to our front office by Monday, 15th February, 2016. All orders should be placed into an envelope with your child’s name and the correct money. Please ensure that the book club order form has your child’s name and class on it. There is an option to pay on line which is our preferred option however the order form still needs to be returned to our school by Monday 15th February.

Thank you
Carmel Evans - Teacher Librarian
Building parent-school partnerships

WORDS Michael Grose

Make this year your child’s best ever at school

A new school year means a clean slate for students. Here are 7 ideas to help you make the most of the fresh start and make this year your child’s best year ever at school.

1. Commit to your child going to school every day on time
   One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day – and gets there on time. Kids spend more time asleep than at school, so we need to maximise every day to get full value.

2. Help kids start each day well
   A good night’s sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that kids have plenty of time to get up, eat and get ready for the day.

3. Establish work & study habits
   The most successful students are those that develop regular study habits that suit their lifestyle, their study style and their school’s expectations. Find out the work expectations from your child’s or young person’s school and help them establish a work routine that matches.

4. Make sure your child gets enough sleep
   Many children and young people are sleep-deprived, which impacts on their wellbeing and their learning. A good night’s sleep consolidates learning, as well as assisting future learning. Children need between 10-12 hours of sleep each day, while teens need a minimum of nine hours. Help kids get sufficient sleep by having a regular bedtime and get-up time each day. Have a 45-minute wind-down time each night, and remove screens and mobile phones from bedrooms.

5. Insist kids exercise
   The old saying about ‘a healthy body and a healthy mind’ is so true. Exercise releases the chemicals needed for learning and wellbeing. Yet kids today get less exercise than those of past generations, which is an impediment to learning and mental health. Health professionals recommend a minimum of 60 minutes of exercise per day for kids of all ages. Encourage your child to play sport; promote free and active play and look for ways to make moving part of their daily lives.

6. Focus on being friendly
   Schools are very social places requiring kids to negotiate many different social situations each day. Yet we often only focus on academic learning. There are strong links between social success, and academic success and wellbeing. Encourage kids to be open and tolerant; to be friendly; to be sensitive to others; to be involved in plenty of activities and to be social risk-takers. These are all characteristics of socially successful kids. At the same time discourage anti-social behaviours such as over- competitiveness, self-centredness and lack of sharing.

7. Develop self-help skills
   Successful students are often well organised, self-directed and self-motivated. Personal organisation seems to come more naturally to girls than boys, however both genders benefit from coaching in this important area. You can foster organisational skills and self-direction by developing simple, age-appropriate self-help skills related to their every day lives. Such skills as making lunches, packing school bags, and organising after school schedules can be great lessons that impact on how kids perform at school.

At the start of the school year kids are likely to adopt changes than at any other time. Make the most of the opportunity by focusing on two or three areas to really focus on and you’ll find that the rest will fall into place.