North News

Principal’s Message

The district swimming carnival will be held on Tuesday, 23 February. Parents are welcome to come along as spectators, however, competitors must remain with the school team throughout the day. I wish all of our swimmers the best of luck and I know they will be great ambassadors for our school.

It is inevitable when you have over 300 students in one place that there are conflicts between children from time to time. Occasionally we have parents, with good intentions, contacting other parents to resolve playground squabbles. It is not appropriate to deal with issues that occur at school in this way. Please contact me or your child’s class teacher if you feel there are problems that haven’t been resolved or problems we are not aware of. Sometimes children have a problem dealt with but they find it hard to let go of the issue and move on, so when they see their parents they let them know of events that may have been sorted out already. A quick call or word to me or a teacher can fill you in and avoid conflict between parents.

Thank you to those parents who are helping in the canteen. I have seen many new faces which is great to see. Don’t forget, if you have some free time and you can help out, we would love your help.

Leonie Pearson

Discouraging Methods to Avoid… If You Want to Build Confidence

Confidence is central to achievement no matter what age you are, but it’s especially important for children and young people. Encouragement is a powerful confidence-builder and is something every parent can learn. However, before we are to truly encourage kids we first need to eradicate any discouraging practices and techniques. These include:

1. Fault-finding

   In the past teachers and parents used fault-finding methods to improve performance. In school, spelling errors were always pointed out, maths mistakes were marked in red and poor speech corrected. The number of students who simply gave up rather than improved is testament to the fact that constantly having your faults highlighted is disheartening as a learner. Far better to give positive feedback that aids learning than constantly highlight what you cannot do.

   Continued on Page 2

Important Dates

- **District Swimming Carnival**: 23 Feb
- **GCOPS Choir Rehearsal**: 2 Mar
- **Athletics Carnival**: 14 Mar
- **Fireworks Mtg & P&C**: 14 Mar
- **Easter**: 25, 28 Mar
- **Term 1 ends**: 8 Apr

Important News

- **Volunteers needed for reading**—see Mrs Hamilton
- **Canteen roster in this publication**
- **Updated contact details needed**
- **District Swimming Carnival coming up.**
Discouraging Methods to Avoid…. If You Want to Build Confidence

(Taken from Michael Grose’s Parenting Ideas—9 February)

2. Conditional acceptance

Sometimes we accept children’s efforts only if they reach our lofty adult standards. Accept their genuine efforts as good enough for their age and stage of development. For instance, if your seven-year-old child makes his bed but he forgets to tuck the corners in, avoid the temptation of fixing it up. Be thankful that he is doing it and as he gets older and more skilled he can fix his bed more to your liking.

depressedly, we can compare children to their friends with comments like, “Jai is doing really well at school. He is more self-motivated than you. He does his homework straight away.” I am not sure if such comments are ideal ways of motivating kids!! Better to use their own previous performance as a yardstick than compare with siblings or friends.

3. Comparing

Parents often compare one sibling with another as we wish to offer one as a model to emulate. “Why don’t you keep a neat bedroom like your sister?” or “Look how well your brother behaves. You should be more like him.” Such comments not only inflame sibling rivalry but also deeply discourage children. Similarly, we can compare children to their friends with comments like, “Jai is doing really well at school. He is more self-motivated than you. He does his homework straight away.” I am not sure if such comments are ideal ways of motivating kids!! Better to use their own previous performance as a yardstick than compare with siblings or friends.

4. Labelling

Labelling, whether positive or negative is a shortcut to discouragement. “You’re a star!” can be just as discouraging as “You’re a dope!” The latter impacts negatively on self-belief. After all, it’s hard to disagree with a trusted adult. But being told you’re wonderful all the time can give you lofty standards to live up to, which places unwanted pressure on some kids. Kids who are placed on pedestals often avoid tackling activities where they know they’ll struggle. Real self-confidence is revealed when kids risk failure. They’ll have a go because failure doesn’t reflect on them. Better focus on behaviours that lead to success such as effort and persistence than on the results or even the performer himself.

Children with healthy self-esteem and self-confidence learn more, achieve more and are generally happier than those with low confidence levels.

Reading Volunteers Needed

We are in desperate need of volunteers to help with our reading program at school. The children get great benefit from the tutoring you provide, and help in their future learning.

If you are able to help please contact the office on 4821 3838, leave your name and contact number and Ms Hamilton will phone you back and arrange the day and time to start.

Your help will be greatly appreciated.
CLASS KM

The children in class KM have been working very hard with Mrs McGuire on their book work and are learning to write sentences.

The students got to show Ms Pearson their fantastic work.

It is hard work learning to write!
Commonwealth Bank School Banking 2016 rewards
These fun rewards are a great way to keep children motivated and demonstrate the value of saving:

- Flying Snake Tail – now available to order
- Wildlife Writer Set – now available to order
- Mud Splat Handball – Released in Term 2
- Outback Pat Bag Tag – Released in Term 2
- Backtrack Eraser Pen – Released in Term 3
- Jump and Skip Rope – Released in Term 3
- Bush Fly Fan – Released in Term 4
- Wriggly Glow Worm – Released in Term 4

**Outback Savers can go wild at Australia Zoo**

Rewarding regular savers with a chance to win

The School Banking program can help put your child on the path to good savings habits. And it might even put them on a path to Australia Zoo, where they’ll meet Bindi and Robert Irwin (not to mention koalas, wombats and wallabies) as part of the wildest family adventure you can imagine.

**How to enter**

Every student who makes 15 or more School Banking deposits by the end of Term 3, 2016 will automatically go into the draw to win a family trip for two adults and three children to meet the Irwins at Australia Zoo.

**The Grand Prize**

**Full day Platinum Zoo Adventure Tour at Australia Zoo, Qld where you’ll:**

- Travel around the zoo in style with your own personal zoo guide
- Get up close with the animals
- Meet Bindi and Robert Irwin on part of your tour
- Enjoy morning tea, lunch and afternoon tea while watching crocodiles and koalas in the open-air Feeding Frenzy Food Court
- Have your own personal photographer to capture every moment with Bindi, Robert and the animals.

**Return domestic flights to Brisbane or Sunshine Coast, Qld (airport destination subject to flight availability)**

- 4 nights’ accommodation at the Oaks Oasis, Sunshine Coast in a two bedroom villa with breakfast included
- 5 days’ car hire
- $1,000 spending money
## GOULBURN NORTH
### Canteen Roster
#### Term 1  2016

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<th>Monday</th>
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The Canteen is in need of HELPERS this term. Please check the roster and if you can help please let us know ASAP. If we need to close the canteen because we don’t have volunteers to run it, a note will be sent home warning you that the closure will take place. Please check your child’s bag for these notes.