North News

Principal’s Message

Congratulations to those children who represented Goulburn North at the District Swimming Carnival. All students were great ambassadors for our school, displaying sportsmanship and respect, and getting in and having a go. A special mention for Emily (5/6W) who will represent our district at the regional carnival. Well done, Emily! Also, our senior boys relay team, Hayden, Jai, Flynn and Trent, who will also go to the regional carnival for placing second in their race. Great effort boys!

We have started a playground buddy system in the K-2 playground. Selected Year 5 and 6 students will be in the K-2 playground before school, during recess and lunchtime to assist younger students who might need a friend to talk to or a friendly word from someone to cheer them up. Those older students will be wearing a flourescent vest so they are very visible to all. It is hoped that all senior students have the opportunity to participate and that all K-2 students get a little more attention from people who care.

Our school leaders and Monitors all received their badges today. Student roles in leadership are a great opportunity for them to develop a sense of responsibility towards their community. Later in the term, some will have the opportunity to participate in the GRIP Conference, a day especially designed for young people in leadership roles in our schools.

Leonie Pearson

Stay calm when chaos hits

Want an easy way to stay calm when all hell is breaking loose at home?

Well the solution is literally a breath away.

Yep, pausing to take some deep, nasal breaths is the key to regulating your emotional state when you’re under duress.

You know the situation — your heart is racing; your thoughts are running haywire and your body is tense.

That’s when you’ve got to breathe.

Breathing affects the heart, the brain and the immune system.

Here’s how breathing calms you (the technical stuff)

It is the only visceral process that overrides conscious thought.

When voluntary, controlled breathing replaces out-of-control metabolic breathing the area in the brain that is in charge shifts to the cortex, which is where self-regulation occurs.

Slow, deep nasal breathing stimulates the parasympathetic nervous system — responsible for calming us down.

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Important News

- Volunteers needed for reading — see Mrs Hamilton
- All clothing, food and drink containers should be labelled
- 5 students are off to the regional swimming carnival

Important Dates

GCOPS Choir Rehearsal 2 Mar
Junior Soccer School Trials 7-11 Mar
Athletics Carnival 14 Mar
Fireworks Mtg & P&C 14 Mar
Easter 25, 28 Mar
GRIP Student Leadership Conference 1 Apr
Term 1 ends 8 Apr
There are three basic breathing exercises that I recommend to regulate your emotional state:

1. **Belly Breaths**: Hold your breath for one, breathe out through your nose for three, hold for one, breathe in through your nose for three, hold for one. Repeat.

2. **Breathe into parts of your body**: Focus on tense parts of your body such as your shoulders and direct your breathing to these parts.

3. **Guided breathing**: Use a simple mantra such as “In/out”, “Calm/ease”, “Smile/release” to guide you into a rhythmic breathing pattern.

It helps in really difficult situations to move away from the trigger to give yourself the space and opportunity to breathe.

*Children have a knack of sometimes knowing which buttons to push. It is important for adults to keep calm.*

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**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.
Assembly Awards

Library Award: 3/4S
Miss Mooney's Award: Henry - 3/4S
Mathletics Award: Max – 1B, Eva – 5/6L
Listening Award: 5/6W

Class Awards

KN: Arliah, Liam
KM: Emily, Reese
1B: Dylan, Amelia
1BB: Katie, Jett
1/2H: Paige, Myla
2OK: Kayla, Jordan
2G: Sean, Caolan
3/4M: Jack, Cooper, Kaiah
3/4A: Sam, Charlotte, Claire
3/4S: Nicholas, Charlise, Ziggy
5/6W: Jennifer, Lachlan
5/6L: Mark, Jordan
5/6T: Clare, Madeline, Flynn

Ribbon Awards


Certificate of Conduct

Caolan – 2G
District Swimming Carnival

Congratulations to all our students who attended the District Swimming Carnival at the Goulburn Pool. Although the weather was extremely hot, all swimmers put in their best efforts and were great representatives of Goulburn North.

Thank you to all the parents, grandparents and other family members, who turned up to support all our swimmers. We particularly enjoyed the enthusiasm from Bianca Weston cheering on the kids!

Here are our results from the day:

Emily - 5/6W
- 11 years District Champion
- 11 years Girls Fly – 1st Place
- 11 years Girls Freestyle – 1st Place
- 11 years Girls Backstroke – 1st Place
- Open Girls 100m – 2nd Place
- Snr Girls Individual Medley – 2nd Place
- 11 years Girls Breaststroke – 3rd Place

Andreas - 3/4S
- 50m Breastroke – 3rd Place

Trent - 5/6T
- 12/13 years Boys Fly – 1st Place

Hayden, Jai, Flynn, Trent
- Senior Boys Relay—2nd Place

We wish all our successful swimmers the best of luck for the Regional Swimming Carnival.

Thank you to the Mulwaree High students who helped make our day run smoothly.

It was also great seeing some of our ex-students!
Newsletter by E-mail

If you would like to receive the school newsletter by e-mail please provide the correct e-mail address below and return it to the school office.

Child’s Name: ____________________________________ Class: ______________

Parent’s or Carer’s: ________________________________

My contact e-mail address is:

Please detach this section from the newsletter and return it to the office.