Dear Parents and Carers

Learning Self Control

Many of the problems between students arise because some of our students have simply not learned how to control themselves. You, the parent/carer, have responsibility to develop this characteristic in your children.

All children need to learn self-control; it needs to be taught and reinforced. Children need to learn to deal with frustration and to control their disappointment when they do not get their own way or what they want. Managing these times can be very frustrating and challenging for parents, but there are positive and effective ways to help children learn self-control.

Children learn self-control when parents use effective discipline to manage misbehaviour that is consistent, immediate, and decisive. Set out below are a number of strategies that assist in developing self-control within children:

1: Establish Clear House Rules:

Children require limits to learn what is expected of them and how they should behave. A few basic house rules that are fair and easy to follow are important to establish ‘baseline’ expectations. The rules should tell children what to do rather than what not to do. eg. Speak in a pleasant tone, keep your hands and feet to yourself.

2: Rule Breaking Learning:

When a child occasionally forgets a house rule it is important that you use it as a learning opportunity. Discuss with your child why their actions are not appropriate or acceptable, then describing or getting your child to suggest the correct behaviour. The correct behaviour can then be practised.

3: Deliberately Ignoring Some Misbehaviour:

Sometimes minor attention seeking behaviour is best ignored. The child does not get a reward for the behaviour. As soon as they stop the misbehaviour, reward them for doing this! This usually sends a very powerful message about what is acceptable and what is not. Of course, do not ignore more serious misbehaviour; act quickly and decisively.

4: Give Clear and Calm Instructions:

The way you give instructions influences whether children cooperate or not. The following steps are important:

a/ Get close and gain your child’s attention.
b/ Tell your child what they are to do (John, it is time to come inside, please wash your hands.)
c/ Give your child time to cooperate (Pause briefly to give your child time. eg. 5 seconds)
d/ Praise cooperation.
e/ Repeat the instruction, but only once!

5: Back Up Your Instructions with Logical Consequences:

If your child does not comply, then choose a consequence that fits the situation.

We have two weeks of term left with reports going home on the last Thursday. Please contact the class teacher at the beginning of term 3 if you’d like an appointment to discuss your child’s progress.

Reminder about Kindy, Pre Primary & Year 1 enrolments - closing date 29th July 2011

Cheers, Marg
**Library News**

The 8th June was World Oceans Day. Hannah Dunlop, Briana Devereux, Kate Steer, Brennahn Mullins, Taylor Stephenson, Aleisha Brown, Tia Robinett and Joseph Butler made some great collage posters to celebrate this day and they were on display in the library, with the book display. From the girls research they found out:

1. During winter, the Arctic ocean is almost completely covered in sea ice.
2. 70% of the earth is covered in water
3. The male sea horse carries the females' eggs.
4. Cuttle fish can change their colour to match their environment.

Well done to these children in A6.

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**Bookclub**

Please take orders to the office before this Friday 24th June. Books will be delivered first week of July.

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**Canteen News**

It has been a very busy and wet term and a lot of children are forgetting to put their recess and lunch orders in to the canteen at the beginning of school.

It is very time consuming to organise late orders so please make sure that you have put your order in before 9am to avoid disappointment.

We are still in need of volunteers, so if you can spare any time please contact me on 9294 3347.

Thank you

Teresa

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**HONOUR CERTIFICATES**

**Congratulations to all of the following students who received honour certificates.**

**A Block recipients**

- A1 Yazzmin Geldert
- A5 Alex Seymour
- A6 John Gibson
- A7 Samantha Downing

**B Block recipients**

- B1 Jason Boranelli
- B2 Callum Davidson
- B3 Chaise Durnin
- B4 Olivia Wijtowycz
- B5 Levi Moana
- B6 Ethan Toki

**C Block recipients**

- C1 Bree Hancock
- C4 Lisa Maravanyika
- C5 David Thomson
- C6 Georgia Gibb

**Additional recipients**

- Leah Thomson
- Nicole Garner
- Hannah Dunlop
- Matt Groves
- Alethea Winkwork
- Katisha Musarri
- Lauchlan Donaldson
- Jayden Haddon
- Nate Cross
- Michael Caputo

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From the girls research they found out: 70% of the earth is covered in water.
YEAR 7 FUNDRAISING NEWS

Our first sausage sizzle for the term was held on May 23rd and was a great success making a profit of $300.75. Thanks to all members of the school community who supported this fundraiser and special thanks goes out to Vicky Harvey, Karen Green, Nancy and Micky Jones and Tereza Elzer who helped cook sausages on the day.

Our second sausage sizzle for the term will be held on Monday June 20th. Order forms will be sent out early next week. Please make a note of this date in your diary.

Music News

We are once again invited to be part of the W.A Primary Schools Massed Choir festival. This event will be held at University of Western Australia on September 7th. We are only allowed to take 50 students, a note will go home shortly inviting your child to participate. The first 50 students to pay their $15.00 will be going, so get in quick!!!

Around the Rooms

Thank you Mr Durant of A6 for organising the demonstration of skippers from Inglewood Primary School. We enjoyed the display on Monday afternoon.

Staff and students have settled into the new Early Childhood Unit and thanks for the help of mums, dads and friends the rooms are looking cheerful, colourful and packed with learning opportunities.

Mrs Olga Hogan has the most wonderful Science Program set up for the children in the early years. They are so lucky to come to know so much about nature and how to work scientifically.

The Life Skills Program continues three afternoons per week under the direction of Mrs Ankie Van and Mrs Ros Myles. Our students from A5 learn a great deal of useful information related to everyday happenings... sewing, cooking, grooming, craft, reading, planning and so on.

I saw some beautiful art work in Ms Tonya McGlew’s A7 room the other day, they were working in the area of symmetry and their work was full of careful detail. Well done Year 7’s, Ms McGlew was very proud of your work.

Jump Rope for Heart

Hopefully by now you have collected all of your sponsorship money and have handed it to the office. If you need another sponsorship form ask at the office.

All money is to be in at the office by Wednesday 6th July. This is our Jump Off Day. Years 1 to 7 will partake in 1 hour of activities to celebrate all the hard work done by teachers and students. To assist the students we would like donations of oranges or mandarins as a treat to be shared. Please bring your fruit to A6.

Happy Jumping, Andy Durant

P & C News

It has come to our attention that the crosswalk may be moving to Fairfax Rd instead of being straight outside our school gates. The P & C and school are urging the support from parents, carers, grandparents and students on using this crosswalk as we feel that it is a much safer crossing than having to cross at Fairfax Rd.

Sometimes the crosswalk attendant is sick and has days off and our lovely principal or someone else steps up to the plate. So if we have the children crossing in one spot then it is much safer for all.

The safety of our children is the most important thing and we would like you to use it or lose it.

Swan View Primary School Fete

We are chasing some medium/tall plastic garden pots for Sue Smith in the office so that she can start potting some plants for the fete.

We are also after some volunteers who can help us with some organising of stalls or craft ideas.

We would like to make this fete bigger and better than the last one so the more volunteers we have the more we can do.

Also if you have a business that could help us with any donations for prizes or sponsorship deals please contact the fete co-ordinator, Amanda Kerrison, on 0438 911138
**Community News**

**Wanted and Needed**

Thank you very much the to parents who have donated their old uniforms but we are still in need of your old uniforms for any sick or wet children who come to the office. If you have any old uniforms at home that you no longer need please bring them to the front office.

Thank you, Mrs Bray.

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**Swan Park Junior Soccer League**

Saturday from 9am  
Starts 30th July 2011  
Divisions:  
Silver League: Ages 9 to 12  
Gold League: Ages 13 to 15  
Only 5 players per team!  
Cost: $7.50/player/game  
Teams & Individual nomination Welcome  
Enter your team now at 9250 2120  
No nomination fees!  
Swan Park Leisure Centre  
Gray Drive Midvale (Just off Morrison Rd)  
Ph: 9250 2120

**Hook in 2 Hockey**  
**Where stars are born!**  
Club:  
Old Guildfordians Mundaring Hockey Club  
Contact: Naomi Jennings  
0408 116 517  
Location: Lilac Hill, West Swan Rd  
Email: n-njennings@bigpond.com  
Web: www.ogmhc.com.au

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**IGKS (INTERNATIONAL GOJU KARATE SCHOOL)**

We have karate classes for ages 4 and up close to your school and are offering ALL of your students 2 weeks of free lessons with us to come on down and try it out. No obligations, just fun and fitness, confidence and discipline! Please contact Paul Newton on 0439 092 799 for your closest classes and times.

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**GOVERNOR STIRLING HIGH SCHOOL**

Applications for Governor Stirling High School are due in as soon as possible for the following specialist programs:

- Football
- Netball
- Music
- GATE
- Dance

Trials and Interviews for specialist programs will be posted out to parents on receipt of the application form.

Application forms are in the front office.

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**Midland Hills Junior Rugby 2011**

**Nothing to do over the winter months?**

Come down and play some Rugby!  
New players are always welcome.  
Training has started at Stratton Oval (at the back of Farmer Jacks, Stratton) between 5.30 & 6.30pm Thursdays, come and join the fun. We have places available for Under 11s & 9s.  
If you have any queries please feel free to contact Herbie on 0404 208 363  
(Club President) for further details.