Dear Parents and Community Members,

It is hard to believe that we are nearly half way through the term. Last week I was excited to attend the Snowy Mountains District Swimming Carnival with our team of talented swimmers. During the day several staff and parents from other schools stopped me to comment on the exemplary behaviour of our children. I felt very proud to witness their commitment to supporting each other as well as the strong level of sportsmanship they displayed with, and amongst other competitors. Congratulations swimmers.

Last week we held our first Parent/Teacher information evening for the year. Thank you to those parents who came along to hear the teachers present an overview of teaching and learning in their classrooms. During the meeting we shared some useful handouts regarding reading and how you can work with your child at home; and twenty five ways in which to help your child develop resilience. Please keep a close eye on the newsletter as we will be including many other useful items to guide you in understanding how your child learns and how you can be an active participant in this journey.

**What skills are you hiding?** As mentioned in previous newsletters, the partnership between home and school is extremely important in developing children to become lifelong learners. I am sure there are many people in the community who have skills or areas of expertise they could share with students and staff alike. Already, from our meeting last week, we have had parents and community members volunteer to assist with an individual reading fluency program and a gardening program. If you have skills, talents or even a little expertise that you would be willing to share and put to good use, please let us know. We would gladly welcome you into our school!

**Homework** is another age old issue that seems to raise its head during the school year. **Homework is a valuable part of schooling.** It allows for practicing, extending and consolidating work done in class. Homework provides training for children in planning and organising time; and develops a range of skills in identifying and using information resources. Additionally, it establishes habits of study, concentration and self-discipline. Homework can also help to solidify a sense of belonging and autonomy. It gives kids a sense of control over their lives. Sometimes homework can be the cause of many screaming matches and thousands of grey hairs. As parents you can feel like you are going through school a second time as you sit down each night and help your child with their homework. Some parent involvement is good, however it is important to remember not to let helping become stressful for you or your child. If your child does not understand what they are being asked to do in their homework, chat to their teacher and reduce the burden of the tasks. Homework should be a sharing time for all involved.

Until next week

Kind regards
Upcoming Events

Assembly
Friday 27th February
K/1, 2/3 & 3/4

Stewart House Week 5

Cooba Excursion Year 5
Wk 7 9th—13th March

Year 5/6 Excursion Anne Frank 16th March

Quiz Question

Madame Tussaud's waxworks museum in London have cloned politicians, film stars and pop idols, including two waxed music groups. The first was the Beatles in 1964. What group was second?

THIS WEEK’S QUOTE

“The power to question is the basis of all human progress.” ~ Indira Gandhi

Health Warning

Please be aware that there has been a reported case of Impetigo (school sores)
Time from exposure to illness: 1 to 3 days.
Symptoms: Small red spots change into blisters that fill with pus and become crusted; usually on the face, hands or scalp.

Do I need to keep my child home? Yes, until treatment starts. Sores should be covered with a watertight dressing.
How can I help prevent spread? Careful hand washing.

Does anyone have any spare goldfish “FLOATING AROUND” for Mrs Crawford???
25 Ideas For How You Can Teach Your Kids Resilience

by Chelsea Lee Smith

The list below is not your typical “do and don’t” list but rather a set of prompts to begin reflecting on ways you can teach your children resilience through simple interactions every day.

1. Give your child independence to try new things they initiate, such as climbing at the playground or opening a container, even if you think it is “too hard” for them.
2. Encourage your child to serve others or let others go first when sharing food.
3. Give your child the opportunity to wait patiently when it is required (such as in a restaurant or during a car ride); do not always provide entertainment.
4. Show your child that it is worth making a good decision for the long run even if it’s not the easiest, such as choosing healthy foods over junk foods even if they take longer to prepare.
5. Do not give your child every single physical thing they desire (toys, food, clothes, etc) even if “everyone else has it.”
6. Enable your child to give toys and clothes away regularly to charity, and teach them that material possessions are simply tools and not answers to happiness.
7. Give your child opportunities to help others younger than them, starting with simple ways such as showing the other child pictures in a book.
8. Teach your child to identify struggles as challenges to overcome, not tests to avoid, and teach them phrases such as “this too shall pass” or “every challenge makes you stronger” to spark this outlook.
9. Encourage your child to maintain a positive attitude about chores or homework by teaching them creative ways to find fun in work.
10. If your child is older, give them the chance to wait for family meals instead of snacking any time they want.
11. Remind your child to be patient with a younger sibling’s interference with their toys; teach them that relationships are more important than *things*.
12. Help your child learn self control regarding electronic mediums and entertainment by demonstrating your own restraint.
13. Allow your child to experience the extremes of temperature by dressing accordingly, not hiding away from the weather.
14. Resist the urge to run to your child’s rescue immediately, such as when you see them having trouble putting on clothes or feeding themselves.
15. Do not allow your child to interrupt when adults are speaking to one another; set up an age-appropriate method for them to practice taking their turn.
16. Give your child many opportunities to share their belongings and their food, by inviting guests over and setting up ways they can be generous.

17. Introduce new experiences to your child which will help them step outside their comfort zone, such as playing with children who speak another language and trying new foods.

18. Do not give in when you have set a limit, such as an amount of TV they can watch or how much dessert they can have.

19. When your child wants to find something, let them look for it.

20. Teach your child how to be responsible for their own clothes as early as possible: to sort and wash and put them away – including washing clothes by hand and hanging them out to dry.

21. Remind your children to do their best on school work, even if it means taking longer than they would like or staying up a bit later than normal.

22. Require that responsibilities be completed even when your child does not feel like it, such as making beds, taking a bath, feeding the pets, and brushing teeth.

23. When your child really wishes they had something, teach them to be grateful and find the best in whatever situation they are in.

24. Let your child own their feelings, even if they are challenging, by not belittling the emotions but giving them a way to maintain perspective through phrases such as “Every challenge makes me stronger” or “A rainbow will come after the storm.”

25. Enable your child to gain perspective about their reality by volunteering for charitable organizations that serve people who do not have the same life circumstances.

To read the full article this list was posted with, visit: 
http://creativewithkids.com/25-ideas-for-teaching-your-kids-resiliency/

Chelsea Lee Smith is the mother of two boys and blogs at MomentsADay.com sharing activities, ideas, and resources for families to connect, build character, and make a difference. She believes in using small moments throughout the day to help children learn how to use their head, heart, and hands to make the world a better place.

Follow Chelsea on Facebook – Pinterest – Twitter – Instagram – Google+
Choose Books That Are At An Appropriate Reading Level For Your Child

Use the five finger rule. Open the book to any page and ask your child to read. Put up a finger every time your child does not know a word. If you have put up more than five fingers before the end of the page, this book is too hard for your child.

Choose books that match your child’s likes and interests.

Make Reading A Part Of Your Family Time!

Family time is so important... Why not make reading part of this valuable time with your kids? Here are some tips for integrating reading into our daily family activities:

- Read bedtime stories
- Play a board game
- Visit your local library
- Read a recipe and cook something yummy together!
- Create a comfy reading space in your home.
- Put your child in charge of reading the grocery list at the store.

Keep plenty of reading materials in your home: books, magazines, newspapers, and comic books. Children enjoy having a variety of reading materials!
How To Read With A Beginning Reader:

- Encourage your child to use his/her finger to point to each word.
- Read a sentence and have your child repeat it.
- Take turns reading a sentence each or a page each.
- Talk about the story as you read it. What do you think will happen next? What does this story remind you of? How do you think this character feels?
- Don’t be afraid to read the same book again! Repeated reading helps build reading fluency!

Check For Understanding

- Start the book by making predictions. What do you think will happen in this story?
- Ask questions and make comments during the reading process.
- After reading a book, have your child tell you the events from the story in the correct order.
- What was the problem in this story?
- How did the character feel when...?
- Encourage your child to make connections. Does this story remind you of another book you read, an event in your life, a movie?

Read Books Online!

There are many fun and interactive websites for literacy. Here are a few FREE online resources:

www.starfall.com
www.speakaaboos.com
www.spellingcity.com
www.wegivebooks.org
http://interactivesites.weebly.com
Bombala Public School Performs Well at the Zone Swimming Carnival In Cooma

Due to the excellent performances of the Bombala Public School students right across the board at the Bombala and District Carnival a large squad of quality swimmers travelled to Cooma on Thursday 19th of February to compete for the right to go on to the Regional Swimming Carnival in Dapto. Here all swimmers were very competitive and many swam personal bests, which was very pleasing. Some also had very gruelling race schedules, swimming in almost every stroke event in their age division.

Notable results were: Zara Badewitz 1st in 11 year girl’s breaststroke; Larissa Ponsford 2nd senior girl’s breaststroke; Hannah Feilen 2nd 11 year girl’s butterfly; and Heidi Brownlie 2nd junior girl’s backstroke and 3rd in the 9 year girl’s freestyle. The Senior girl’s Relay team- consisting of Larissa Ponsford, Dakota Miles, Zara Badewitz and Tilly Yelds also swam a creditable 3rd in their race only missing out on a place at the next level by a couple of metres.

As a result of the competition in Cooma we have four swimmers who will be competing at the regional level on Friday the 6th of March. These swimmers are: Zara Badewitz, Larissa Ponsford, Hannah Feilen, and Heidi Brownlie. We wish these girls the best of luck at this next level of competition. Congratulations to all the students for their usual outstanding efforts and who, as always competed with excellent sportsmanship and did themselves, their parents, their school and their community proud. Also a huge thank you to all of the parents, grandparents and friends who came along to Cooma to transport and support the children and whose ever willing help with timekeeping was invaluable.
Dear Bombala Public School Community, friends & family,

This year I am teaming up with Kristy Nicholls, ex-physiotherapist at Bombala Hospital, to take on a challenge. I’m making a difference and fundraising for Monaro Committee for Cancer Research Incorporated, a cause that is close to my heart. Kristy and I will be performing at this year’s MCCR Strictly Musical Performance in May.

I have set myself a goal to raise $1,000.00 and I need your help with a donation, big or small. Simply follow the link below to view my fundraising page and donate.

Please visit my fundraising page now:

All donations to this site are sent directly to Monaro Committee for Cancer Research Incorporated and you'll get a receipt automatically via email.

Help do even more by 'liking', leaving a 'comment' and 'sharing' my page too. Every little bit helps to reach my target of $1,000.00. So please dig deep for this great cause and help make a difference.

Thank you for your support
Maree Coates


Gotcha Award

Winner for Term 1 Week 4 is Ashley Lloyd
Well done!

YEAR 6 MELBOURNE MEETING

There will be a meeting for all parents of Year 6 Students in the school library on Tuesday 3rd March at 6.30pm. The meeting will discuss, update and review ideas for fundraising during 2015. We hope to see you there.