How time flies, Easter already…
I’d like to take this opportunity to thank you all for a very busy and productive Term One. I look forward to another successful term where quality teaching and learning will continue to be our focus. Enjoy the break! Happy Easter to our Canterbury South Community.

**Lost Property**
The amount of lost property is already quite substantial. As the weather cools students are wearing their jackets to school and taking them off throughout the day as the weather warms. This has resulted in several items in lost property. It is vital to write your child’s name on their uniform items, especially hats and jackets. This allows the items to be returned to their owners when lost.

**NAPLAN Testing**
The annual National Assessment Program testing for Years 3, 5, 7 and 9 takes place from 12-15 May. Students are tested nationally in reading, writing, language conventions (spelling, grammar and punctuation) and numeracy. For more information including FAQs, a parent brochure and past results, go to: www.nap.edu.au/

**We Encourage Students to Report It**
Bullying can be described as an ongoing misuse of power through repeated verbal, physical or social behavior that can cause harm. Bullying can happen in person or online and it can be obvious or hidden. The term “bullying” is thrown around a bit excessively these days, and one thing we need to keep in mind is that not every confrontation is an instance of “bullying.” The key component is the power imbalance.

The playground at recess and lunch is a necessary time of relative freedom, play and recreation but it also needs to be a place and time where children can feel safe. For the most part of recess and lunch many students are able to play well and cooperate. When students experience difficulty in the play-ground we encourage them to consider reporting things they cannot solve themselves to a teacher.

You can support your child at home by asking if he/she reported the incident to a teacher on playground duty. More often than not most students do not report things to the teacher on duty which prevents immediate follow up. When students report things to the teacher because they need help from an adult or they are worried about being safe, teachers are able to deal with the students involved in a swift and respectful manner—this usually helps deescalate problems. What helps kids in navigating these kinds of challenges is resilience. Resilient kids are problem solvers. They face unfamiliar or tough situations and strive to find good solutions.

1. **Don’t accommodate every need.**
   Whenever we try to provide certainty and comfort, we are getting in the way of children being able to develop their own problem-solving.

2. **Avoid eliminating all risk.**
   Allow appropriate risks and teach your kids essential skills. Giving kids age-appropriate freedom helps them learn their own limits.
3. Teach them to problem-solve.
Engage your child in figuring out how they can handle challenges. Give them the opportunity, over and over, to figure out what works and what doesn’t.

4. Teach your kids concrete skills.
Focus on the specific skills they’ll need to learn in order to handle certain situations.

5. Avoid “why” questions.
“Why” questions aren’t helpful in promoting problem-solving. Ask “how” questions instead.

6. Don’t provide all the answers.
Rather than providing your kids with every answer, start using the phrase “I don’t know”. Using this phrase helps kids learn to tolerate uncertainty and think about ways to deal with potential challenges.

7. Avoid talking in catastrophic terms.
Pay attention to what you say to your kids and around them. Letting kids mess up is tough and painful for parents. But it helps kids learn how to fix slip-ups and make better decisions next time.

9. Help them manage their emotions.
Emotional management is key in resilience. Teach your kids that all emotions are OK. Teach them that after feeling their feelings, they need to think through what they’re doing next.

10. Model resiliency.
Of course, kids also learn from observing their parents’ behaviour. Try to be calm and consistent.

Resiliency helps kids get through the up’s and down’s of childhood and adolescence. Resilient kids also become resilient adults, able to survive and thrive in the face of life’s unavoidable stressors.

EVERYONE HAS A RESPONSIBILITY
There have been a number of issues recently where students and parents have forgotten their responsibilities when speaking with others. As members of the Canterbury South community:

STUDENTS HAVE THE RIGHT TO:
- Respect, courtesy and honesty
- Learn and to experience regular success in their learning
- Feel emotionally and physically safe in the school environment
- Work and play in a safe, secure, friendly and clean environment.

STAFF HAVE THE RIGHT TO:
- Respect, courtesy and honesty
- Teach in a purposeful and non-disruptive environment
- Co-operation and support from parents and colleagues
- Expect regular student attendance and punctuality
- Participate in policy formulation and implementation
- Expect positive feedback and constructive advice
- Adequate resources, professional development and management support
- Expect cooperative and positive attitude and behaviour.

PARENTS/CARERS HAVE THE RIGHT TO:
- Respect, courtesy and honesty
- Be informed of course and curriculum material, behaviour management procedures and decisions affecting their child’s health and welfare
- Be informed of their child’s progress
- Access a meaningful and adequate education for their child
- Be heard in an appropriate forum on matters

Digital Footprint
Everything you post online combines to make your digital footprint. Remember that what you share with your friends may also be viewed by people you don’t know or expect. Once it’s online, it could be there forever. So think before you post.

Daniela Frasca
Principal
Chess Competition

On Tuesday the 31st of March 2011 ten students participated in a chess competition at Canterbury Public School. It was an action packed day with seven rounds of chess that were played between several schools in the area. Students were presented with certificates at the end of the competition. A great day was had by all.

Mrs Mudaliar

Cake Stall & Plant Sale

The P&C held a cake stall while our Green Team held a Plant Sale last Friday afternoon along with the P&C Uniform Store to raise money for the school.

It was a great success and lots of cake were eaten and many plants sold.

Awards

Congratulations go to Samuel Brewster for receiving the first Bronze award for 2015.

Keep up the hard work and we look forward to handing more out next term.

A few reminders....

- Students return to school, Tuesday 21 April 2015 for the start of Term 2.
- Beginning in Term 2, morning assembly will be held in High Street, (weather permitting).
- CSPS Chatterbox is going paperless.... From Term 2, the CSPS Chatterbox newsletter will be going paperless. It will be available for you to view fortnightly starting Term 2 via the Canterbury South App and website. If you do not have access to either facility, we will have a limited number of copies available in the office for your collection.

Congratulations goes to....

Vaka Aho, on making the senior boys regional rugby league squad. Vaka will now try out for the State Rugby League Squad.

On Wednesday 18 March Tori Hronopoulos and Bejhan Maung participated in the Wiley Park Swimming Carnival at Homebush Olympic Swimming Stadium. Both Tori and Bejhan made our school very proud and are looking forward to participating in many more races.

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Library

If anyone has any overdue library books, could you please return them tomorrow or early next term. Thank you Mrs Bodell.
Crunch and Sip Helpful Hints

Blueberries are little super fruit bombs of juiciness. They are rich in antioxidants and their benefits are said to outweigh all other berries combined! Kids love ’em, so why not pack some for Crunch&Sip?

Did you know the smaller the pod of the snow pea the sweeter it will taste? Snow peas can be washed and eaten raw so pop them in your child’s bag for Crunch & Sip.

Children are more likely to enjoy their Crunch & Sip if their produce is fresh and delicious. Choose fruit and veg that are currently in season and that feel firm, smell nice and look appealing.

Children rarely drink enough during break times at school and often forget to drink unless reminded. Dehydration can cause poor concentration, headaches and irritability. Be sure to pack a water bottle for your child to drink from during Crunch&Sip.

Fresh fruit and vegetables are the best option for Crunch&Sip. Small portions of dried fruit (e.g. 4 dried apricots, 1.5 tablespoons of sultanas) are permitted, but only occasionally, e.g. once a week. Fruit products such as fruit leathers, roll-ups and sticky muesli bars are not permitted, as they are often high in sugar.

Kids can be fussy about eating fruit and vegetables. They might have to be offered a food up to 10 times before they accept and eat it!

P&C News

Easter Raffle!

Get your Easter all wrapped up!
Have you bought and returned your raffle tickets? We have 10 fantastic prizes. Extra tickets available at the office.

Barnados
Due to your fabulous support we have been able to support Barnados as our children’s charity for extra eggs. They are very excited and happy to have support.

Election BBQ
Thank you for all your help. We made over $2000 profit. Fantastic day. Great support from community and parents. Great to see new faces and the Canterbury Boys deserve a special mention!
Support ranged from parents giving their time, baking/donating goods and buying of course! The cake stall was a sell out!

Snap Fitness
We have multi-visit passes for SNAP Fitness (Cooks Avenue) available for sale at $10 each (usually $20). This is a great fundraising opportunity as all proceeds from sale of these cards go to the P&C. Cards available via Sarah, Naz or Lesley.

LJ Hooker Dulwich Hill & Jacks Meats
We owe huge thanks to these organisations for their fantastic support. They are both local businesses who have gone above and beyond donating time and money to support our P&C. Thank you!

Free BBQ!
For all those who missed out on a Jacks Meats sausage or for all those who tried one and discovered how good they taste head down to Jacks Meats this Saturday where they are holding a free BBQ at 10am! 46 Northcote Street, Canterbury

Term 2 – what will be going on?
Events are: Mother’s Day Stall, Bunnings BBQ (16th May – save the date we need an hour of your time), Pizza & Popcorn night.
If you would like to help organise, have ideas, help at the event...then let someone from the P&C know or drop your details in the P&C Box or email the P&C at cspspandc@gmail.com or come to a meeting!