From the Principal...

What a wonderful three weeks it has been settling students back into school. The buildings are again full of laughter and learning, smiles and singing, as we all return to a new normal. We have reinforced both school wide and classroom expectations, as students have returned to school requiring some support in this area.

Contact with Class Teachers
We appreciate the desire by many parents to have a personal conversation with their child’s teacher either in the morning or afternoon, however due to restrictions currently in place, this can be difficult. If you have a message for the teacher we ask that you use existing communication channels, such as Class Dojo, or call the school office and leave a message.

Picking Up and Dropping off Your Child
Thank you to parents and carers for continuing to drop off and pick up from the front gates. This has been running very smoothly and we get the chance to say good morning and good bye.

Current School Practices for Health and Hygiene
Thank you to all our families for your support in helping us maintain a high level of health and hygiene at school. We are continuing to closely monitor the health of our students and anyone who displays any flu like symptoms will be sent home to recover or seek medical care - both students and staff. Our toilets and high touch surfaces such as handrails, door frames and door handles receive enhanced cleaning daily. Families are still only able to access the office via entering our main pedestrian gate. Hand sanitiser is available in all classrooms (including the library) and staff areas such as the office, and appropriate health and hygiene practices are encouraged daily.

Dates to Remember

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri, Jun 26</td>
<td>Pyjama Day</td>
</tr>
<tr>
<td>Fri, July 3</td>
<td>Last Day Term 2</td>
</tr>
<tr>
<td>Mon, July 20</td>
<td>Term 3 Commences Staff Development</td>
</tr>
<tr>
<td>Tues, July 21</td>
<td>Students return</td>
</tr>
<tr>
<td>Mon-Wed, Dec 14–16</td>
<td>Year 5 &amp; 6 Camp</td>
</tr>
</tbody>
</table>

Department of Education COVID-19 Response Protocols
Information for parents and community members regarding the department’s protocols for responding to a confirmed case of COVID-19 is available on the public website: https://education.nsw.gov.au/covid-19/response-protocol

Take care and enjoy your week.

Janelle Radke - Principal
The Department of Education is slowly relaxing the constraints placed on schools regarding the COVID 19 virus. As from this week schools can hold an assembly for a period of up to 15 minutes and outside providers can implement programs in schools. This is exciting as this means that our planned Gymnastics program can go ahead. This is an excellent program implemented by professional gymastics teachers which will commence in week 2 of term 3. It is an integral component of the PD/H/PE key learning area. Further information will be sent home with next week’s newsletter.

Again, just a reminder that staff are currently working on modified student reports, as per the Department’s guidelines, and these will be sent home on Friday 3rd July.

Julie Hickman

Awards Presented Friday 12th June, 2020

**Starfish Awards:**

**KH:** Ace P

**K/1B** Ariana R & Kai Z

**1H:** Georgia L, Deegan N, Levi J, Hollie S, Hunter Q, Willow Mc, Caleb H, Noah L, Leevi A, Sarah T & Saxon F.

**2N:** Katie D

**4/5B:** Zhyon T, Rory K & Kaylee A


**5/6R:** Brandon H & Tyson C
Pyjama Day
On Friday 26th June we will be having a pyjama day at school. If you would like to wear your pyjamas, onesies, or dressing gowns or even bring your slippers and teddy bear to join in this fun mufti day all you have to do is bring a gold coin donation. All money raised from gold coin donations will go to Stewart House Children’s Charity.

P & C News - Uniform Shop
The uniform shop will be open on Tuesdays 3.00pm - 3.30pm and Thursdays 8.30am - 9.30am. P & C have long sleeve polo shirts available size 6 to 12 - $20.00.

Canteen News
Canteen will be operating this week – Wednesday, Thursday and Friday as normal with a full menu.
WHAT SORT OF START IS YOUR CHILD GETTING?

Just a little bit late doesn’t seem much, but...

<table>
<thead>
<tr>
<th>He/She is only missing just...</th>
<th>That equals...</th>
<th>Which is...</th>
<th>Over 13 years of schooling that’s...</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 minutes/day</td>
<td>50 minutes/week</td>
<td>Nearly 1.5 weeks/year</td>
<td>Nearly <strong>half a year</strong></td>
</tr>
<tr>
<td>20 minutes/day</td>
<td>1 hours 40 minutes/week</td>
<td>Over 2.5 weeks/year</td>
<td>Nearly <strong>1 year</strong></td>
</tr>
<tr>
<td>Half an hour/day</td>
<td>Half a day/week</td>
<td>4 weeks/year</td>
<td>Nearly <strong>1 and a half years</strong></td>
</tr>
<tr>
<td>1 hour per day</td>
<td>1 day/week</td>
<td>8 weeks/year</td>
<td>Over <strong>2 and a half years</strong></td>
</tr>
</tbody>
</table>

**Did you know your child’s best learning time is the start of the school day?**

That’s when every minute counts the most!

Every day, every moment counts in the life of every child at our school.
Collaborative parenting style wins the day during COVID-19

The close quarter living that most of us have experienced during the COVID-19 pandemic has tested the patience and communications skills of even the most assured parent. The constancy of family members living together is a test of family management skills, revealing any flaws or limitations that exist.

Those that rely on a coercive (“do as I say”) approach probably discovered that dominance works well in small doses, but fails miserably over the long-term, with family harmony severely impacted.

Parents who use a laissez-faire (“she’ll be right”) approach may have found that one or more children struggled with a lack of structure. In the absence of positive leadership, a child more than likely stepped up to fill the void, rendering parents with limited influence.

Those who used a parallel (“you go your way, I’ll go mine”) approach may have experienced a relatively quiet parental existence, but this will more than likely come at the expense of group cohesion and children’s mental health.

Collaborative family leadership

Life in the family cocoon has suited parents that use a more inclusive, collaborative parenting style. This is a style that gives children a voice, commensurate with their developmental stages, in how the family conducts itself.

Features of a collaborative family

Parents who adopt a collaborative approach impact family culture in positive ways, so that their family becomes a collaborative unit. Here are some features shared by collaborative families:

Respect is a key value

This style of leadership treats kids with respect but importantly, expects respectful, considerate behavior from children in return. When kids fail or forget to practice respectful treatment of others they are respectfully brought into line and reminded of their responsibility to others.

Kids contribute

Kids in collaborative families generally help out without being paid. A jobs’ roster is the preferred method for ensuring kids contribute as authority is diverted from parent and rests with the group instead.

Language is cooperative

Parents who adopt a collaborative approach generally use language that invites children to cooperate. They also use the word “We” a great deal. “We’re relying on you to set the table before dinner” reminds a child or teenager of their contribution to the family good.

Rituals are strong

Collaborative families also use rituals such as mealtimes, special days and the like to build strong family bonds. These structured get-togethers are balanced with plenty of informal, fun activities where members can enjoy each other’s company.

Decision-making is shared

Most parents who successfully adopt a collaborative leadership style have a process that engages kids in family decision-making and resolution of conflict between siblings. A regular family meeting or council is a common forum used by collaborative family leaders. These meetings may take time to get right and some effort to convince all family members of their benefits, however once they’re embedded they become an invaluable part of a family’s culture.

There are many ways and methods you can use to successfully raise a family, however not every method stands up to the scrutiny close of quarter living we’ve been encountering. With more time at our disposal, a wonderful opportunity exists to implement a collaborative leadership style that will bring benefits well after the COVID-19 pandemic.

Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia’s leading parenting educators. He’s an award-winning speaker and the author of 12 books for parents including Spoonfed Generation, and the bestselling Why First Borns Rule the World and Last Borns Want to Change It. Michael is a former teacher with 15 year’s experience, and has 30 year’s experience in parenting education. He also holds a Master of Educational Studies from Monash University specializing in parenting education.
Lunch Boxes
WHAT TO PACK

Crunch & Sip
→ Pack some veggie sticks or fruit & water for a quick refuel

Morning Tea
→ Fresh fruit
→ Wholemeal crackers with cheese
→ Yoghurt tubs
→ Homemade muffins
→ Air popped corn
→ Boiled egg

Lunch
→ Pick & mix with veg sticks, hommus & tzatziki
→ Sandwiches & wraps with lean meats & salad fillings
→ Leftovers

Drink
→ Always pack water
→ Light milk

QUICK TIPS:
✓ Involve kids in packing their lunch box.
✓ Keep it simple and fresh.
✓ Use left overs.
✓ Plan ahead and save.
✓ Provide healthy afternoon tea and some time outside to play.

Health
Illawarra Shoalhaven
Local Health District