Dear Parents and Carers,

Professional Learning
All staff completed two afternoons of professional learning in nonviolent crisis intervention. This was held on Monday, 4th and Tuesday, 5th May from 3.30pm until 6.30pm. The course focuses on early intervention and the safe management for preventing or managing disruptive behaviours. It is based on “Care, Welfare, Safety and Security” for all. This replaces the last School Development Day for the year which would have been on Friday, 18th December. This would have been a day when students would not have normally been at school. The last day for students for Term 4 will still be Wednesday, 16th December, 2015.

Southée Cross Country
A perfect autumn afternoon allowed all students to compete so well in our cross country. The golf course is the perfect setting for this greatly anticipated event. I was near the end and students were still running, jogging or walking quickly and the participation was very positive. Student fitness is very important and the level of fitness shown by our students was very pleasing. The first five competitors will compete in the school team on Monday, 25th May here in Cootamundra. The following children were the successful participants who will now represent EA Southée in the District Cross Country.

10 Girls: Alexandria Oliver, Ashlee Moss, Tori Craw-Reid, Madilyn Robinson and Odessa Tregear.
10 Boys: Tyler Vivian, Bailey Slater, Caleb Hefren, Joseph Hutchinson and Alex Clark.

Zita McLeod, Principal  www.easouthee-p.schools.nsw.edu.au  Phone: 02 6942 1166
11 Girls: Samantha Graham, Brianna Foster, Penny Khoury, Tahlia Collins and Emma Palmer.
11 Boys: Ryan Nicka, Stephen Whicker, Bailey James, Preston Harrison and Michael Perry.
12/13 Girls: Tussi Randall, Millie Perry, Chloe Campbell, Courtney Hampton and Jessica Gatto.
12/13 Boys: Lachlan Webb, Hayden Penrith, Jai Glover, Jye Hefren and Jake Tregear. Thank you to the many helpers, Mrs Lawson and Mr Wing for all the time and organisation that went in to make it such a success.

Jye Hefren, Aaron Fuller, Jai Glover and Jaiden Duncan are off to Wagga this Friday for Riverina Rugby Union Trials. Best of luck boys!

Whole School Assembly
Next week the whole school assembly will be held on Wednesday, 20th May at 1.55pm in the school hall. This change has been made due to sporting commitments by a number of students in 5/6G. This will allow them to now take part in the class item. We invite all members of our Southee community to attend.

NEW DATE - Athletics Carnival
New date THURSDAY, 21ST MAY - (next week). Information and permission notes are going out to all students. It is very important to return these notes to classroom teachers with the information about end-of-day arrangements. If students leave the carnival before the end of the day the adult must see the classroom teacher to have the student’s name marked off.

Are you able to help?
We are looking for parent helpers who may be able to assist on Monday, 25th May at the District Cross Country. Please contact the office if you are able to help on the day.

After months of perseverance Amelia Sheather finally succeeded in finishing Miss Hipwell’s hardest puzzle.

Mothers’ Day Stall
I hope all mothers had a wonderful day on Sunday. I had my first “Grandmother’s Day” and spent it playing with my granddaughter and enjoyed spending this time with my family. The stall organised by the P&C was a great success with the presents being reasonably priced with presents the students were very happy to spend their money on. Thank you Mrs Armstrong and her helpers for the wonderful job they did organising and running the stall.

Great start to the Cross Country!

NAPLAN for Years 3 and 5 students
Our students are completing NAPLAN assessments and have been told that it is to see how much they know and, as with any assessments, to just do their best. Our students have many assessment tasks they complete during class time and, with our HOW2Learn skills being taught, the
students understand how to do their best when completing learning and assessment tasks. NAPLAN is based on learning which is a part of normal classroom programs. We will use the results, along with the other assessments we do, to give us more information on each student and on the school’s teaching and learning programs.

Gemma Fuery, Lara Basham, Emma Palmer and Tori Craw-Reid figured out how working together as a team makes things so much easier during their visit to the Field Study Centre last week.

Lunches
A healthy lunch is very important and when it is so cold everyone burns up more energy just to keep warm! Please check that your child is bringing enough, but not too much, food each day. Fruit and vegetables for fruit break, a healthy snack for recess and a sandwich/bread roll/salad/pasta etc and fruit for lunch will keep children going during the day. Lots of water is also very important, even in winter. Breakfast of cereal, toast, yoghurt and fruit is always a good start for the day. Please keep processed, packaged food as a treat. Sending too much food can be hard for students as they already make many decisions during the day and a simple lunch box is best.

Food Allergy Week 17-23 May
Did you know that 1 in 10 babies born in Australia will develop a food allergy? The Food Allergy Week website has lots of great information, ideas and resources to help you be more allergy aware. Find out more: http://www.foodallergyaware.com.au

Mastering spelling
Are you checking your child’s weekly spelling homework? Try talking to your child about how you spell, and what you do when you don’t know how to spell a word. Here’s some advice about how to help your child master spelling. Find out more: www.schoolatoz.nsw.edu.au/homework-and-study/english/english-tips/getting-your-child-used-to-writing

The kindergarten children are having a wonderful time singing “Going on a Lion Hunt” with Mrs Thorburn while Mrs Frilay is on leave.

2014 Perpetual Trophies
It would be appreciated if the recipients of the 2014 perpetual trophies awarded at Presentation Night could be returned to the Front Office as a matter of urgency.

Riley Meale, Tegan Hutchinson and Toby Hefren are hard at work learning spelling and grammar rules.

For Sale: Brand New Maroon V-neck school pullover. $25.00. Size 12. 65% polyester 35% cotton. Please phone 0488426970.

Zita McLeod, Principal

www.easouthee-p.schools.nsw.edu.au

Phone: 02 6942 1166
Lachlan Webb and Jake Tregear trialled for the PSSA Soccer team last Friday down at Mitchell Park. Unfortunately they were unsuccessful in making the team but their effort on the day was outstanding.

Brianna Foster and Emma Palmer were testing the strength of the sun on solar panels.

Murrumbidgee Local Health District is encouraging interested people from across the district to “Stand Up! Stand Out” at the Mental Health Consumer Forum which will be held on Wednesday, 20th May, 2015 at the Cootamundra Ex-Services Club. 9am - 2pm. Suitable for all ages. Free to attend (includes lunch, morning/afternoon tea. Register your attendance by contacting Yvonne Graham on 0260237168.

Supporting Elouera School Yellow Day
Next Tuesday, 19th May, 2015
Wear something yellow (but warm!)

Gold coin donation.

All funds raised will be donated to Elouera School so they can purchase very much need shade sails.

Check out our website
E A Southee Public School
Putting a high quality education front and centre

Scan the above code with a QR scanning app on your smart device, or alternatively you can checkout our website with the URL www.easouthee-p.schools.nsw.edu.au/

Taking it easy down 'McLeod Mountain".
### Wagga Wagga

**123 Magic & Emotion Coaching - MA Training Room**

- Wednesday 1 April, 9:30am to 3pm

**Parenting your child with ADHD - MA Training Room**

- Session 1: Monday 4 May, 12:30pm to 3pm
- Session 2: Monday 11 May, 12:30pm to 3pm
- Session 2: Monday 18 May, 12:30pm to 3pm

### Albury

**123 Magic & Emotion Coaching - MA Office**

- Session 1: Tuesday 5 May, 10:30am to 1pm
- Session 2: Tuesday 12 May, 10:30am to 1pm
- Session 3: Tuesday 19 May, 10:30am to 1pm

### Tumut

**Parenting your child with ADHD - OOSH Tumut DNC**

- Session 1: Wednesday 3 June, 10:30am to 2pm
- Session 2: Wednesday 10 June, 10:30am to 2pm
- Session 3: Wednesday 17 June, 10:30am to 2pm

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### 1-2-3 Magic & Emotion Coaching

A group-based behaviour management program. Simple methods and an easy-to-remember technique. This program aims to eliminate arguing, yelling, and smacking.

### Parenting your child with ADHD

Targets parents who have a child with Attention Deficit/Hyperactivity Disorder. How to manage behaviours, medication, how to deal with schools, and how to prevent problems from arising.

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For general information & RSVPs please contact the Riverina Parenting team ParentingRiverina@missionaustralia.com.au  
Stacey (Customer Service Officer) 02 6942 8001  
For detailed information about programs please contact Jayne Halls (Parenting Co-Ordinator) 0428 162 559
Parenting Riverina Programs
ParentingRiverina@missionaustralia.com.au

1-2-3 Magic & Emotion Coaching
A group based behaviour management program. Simple methods and an easy to remember technique. This program aims to eliminate arguing, yelling and smacking.

Parent As Teachers (PAT)
Born To Learn helping parents to positively impact their children’s development. The program offers activities that promote healthy development, stronger relationships and help your child reach their potential in the areas of language, social/emotional, intellectual and motor skills.

Triple P
Group program is parents/carers with children aged 18 months-10 years of age that suggests simple routines and small changes that can make a big difference to a family.

Managing the Bull
A strength based, solution focussed program that empowers young people with the skills to manage bullies. Teaches social resilience.

Engaging Adolescents
What teen behaviours need to be addressed as adolescents’ transition towards independence? Helps parents assess adolescent behaviour and to engage their adolescent in a ‘tough conversation’ when it is required.

Parenting your child with ADHD
Targets parents who have a child with Attention Deficit/Hyperactivity Disorder. How to manage behaviours, medication, how to deal with schools and how to prevent problems from arising.

Keeping Children Safe
A program which aims to assist parents/carers to have greater awareness of child abuse and neglect and its effects and how to protect children and become more committed to creating a safe environment for children and young people.

Gaining Control of Ourselves
A group based program that is designed to assist participants to recognise and manage their anger. It teaches acceptable ways of expressing anger, techniques for stress management, enhancing emotional intelligence and improving communications.

Rent It, Keep It
A skills program designed to equip participants to obtain and sustain a private rental property. Topics covered include: money matters, rights and responsibilities, repairs and cleaning, neighbours and visitors.

7 Steps to Safety
A group based program that looks at home safety and security for children aged 0-12 years. Steps include make your home safe, having family rules, feeling safe with people, preparing for emergencies and more.

Circle of Security
A group based parent education program that looks at the needs beyond your child’s behaviour. Aims to promote secure attachment between you & your child, by giving your child opportunities to explore the world knowing that they have the security of your protection, comfort and support.

Parenting Young Children
Comprehensive training and support program for parents with learning difficulties, who are the main caregivers of children 0 to 6. Program focuses on child care skills and parent-child interactions.