

Railway Town Times

Term 2 Week 3



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Tuesday 8th May 2012

What's On?

Wed 9th May – P & C Meeting 7pm

Frid 11th May – PSSA Cross Country

Mon 14th May – Infants Disco K-2

4.00pm-5pm

NAPLAN testing 15,16,17th May

P & C Pie Drive

Railway Town P & C in conjunction with the Broken Hill & District Hearing Resource Centre Inc. are holding a pie drive. Orders and money need to be returned by Wednesday 9th May and will be handed out in the Basement on the 22nd May.



Editorial

Firstly I must thank the staff who assisted on the gates at the AGFAIR. They volunteered their time and raised \$500 which will go straight into the fund raising account for the stage 3 Canberra excursion and thus lowering the overall cost. A great effort, from a great staff.

The Yr 3 & Yr 5 students will complete the NAPLAN tests next week over three days, so it is important if any students are going away in that week could parents please contact the school.

Congratulations to the cross country winners and good luck to all the RTPS representatives who will be running this Friday at the Memorial oval.

A great effort for the Wheel a Thon a very enjoyable, colourful event.

Railway Town hosted a combined Principals' meeting last Friday where all Principals from Broken Hill attended along with Trish Webb our School Education Director. All were impressed with our School and the wonderful students.

Have a great week.

Nigel Sherrard

Principal

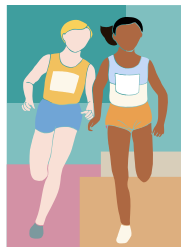
DISCO



K-2 will be holding a Disco on Monday 14th May, 4pm to 5.00pm. It is a gold coin entry and girls to bring a plate and boys a drink.

PSSA Cross Country

The PSSA Cross Country will be held on Friday 11th May at the Memorial Oval. Students competing in the event need to return their permission note and \$3 for the bus.



Mothers' & Others' Day Stall



Railway Town P & C will be holding a Mothers' Day Stall on Thursday 10th May. Prices will range from \$2 to \$7. Please come along and show Mum just how much you care.

Woolworths Earn & Learn

We are sending home Earn & Learn collection sheets for this year's scheme. For every \$10 you spend you receive a sticker to place on your sheet. When the sheet is full please return to the box in the foyer of the school.

CLASSIFIEDS

Assembly Awards

Congratulations to all this week's award winners!

KR/1- Makenzie Hannan,
Connor Eastley

1MS – Trent Fenton, Taiden
Spencer

2/3M – Alexias Dutton,
Jonty Campbell

3/4V – Luke Hall, Kerinda
Lindsay

4/5B – Violet Dixon

5/6M – Jack Burke, Maggie
Dowton

MB – Carlin Eastley

STLA- Axton Carroll

PRINCIPAL –

COTW - *K/1R, 2/3M &
5/6M*

Caught Being Good

KR/1 – Lilli Philp

1MS – Chloe Burke

2/3M – Hailey Oxlade

3/4V – Ethan Halseth

4/5B – Sophie Kennedy

5/6M – Morgan Wheatley

MB – Ryan King



Assembly

Assembly this week will be conducted by Miss Church and the SRC. Assembly is at 12:15 in the Hall on Friday.

Level 5 Awards

Chloe Burke
Byron McGeorge

Ronald Hunter
Steven George

Chenae Scoble
Austin Neate



Home Reading

25 Nights

Porshia Dragut

50 Nights

Trent Fenton

Locke Cole

Ethan Poldrugo

Taiden Spencer

Luke Hall

75 Nights

Logan Ferguson

Shayle Huxtable

Tamara Thomas

Sophie Kennedy



Cooking Classes

As part of the Adolescent Well-being program being run by the Child and Family Centre, community dietitian Heidi Drenkhahn will be running FREE cooking classes for parents and kids. These classes are aimed at improving your child's food knowledge, confidence in the kitchen, willingness to try new foods and improving intake of fruits and vegetables. If you have concerns about any of these issues with your child please come along. As a group we will cook a few different dishes and enjoy them as an early dinner to celebrate at the end of the class.

- Classes will be held in the Food-tech rooms at Broken Hill High school from 3:30-5:30pm.
- Tuesday 22nd May for ages 8-12 yrs
- Wednesday 23rd May for ages 13-18yrs

Bookings are essential and can be made by contacting the dietetics office on **80801397** from 8:30am - 4:30pm.



INSIGHTS

by Michael Grose – No. 1 parenting educator



It's not okay to be away ... nor to be late to school

When kids miss school, not only is their academic progress impeded, forcing them to catch up on missed work (which some never do), they often miss important interactions with their peers which can compound issues of social isolation and low self-esteem.

One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day—and gets there on time.

It sounds simple, but it's true.

The correlation between school attendance and children's achievement levels is well-established. The more time kids spend at school, the more likely they are to experience school success.

Conversely, according to a report from the Victorian Auditor General, students who are regularly absent from school are at the greatest risk of dropping out of school early, and of experiencing long-term unemployment.

When kids miss school, not only is their academic progress impeded, forcing them to catch up on missed work (which some never do), they often miss important interactions with their peers which can compound issues of social isolation and low self-esteem. Also, many teachers tell me, it's often the kids who can least afford to take time off school who are most likely to be serial absentees.

Of course, most people know this intuitively, yet school absenteeism is a huge problem in Australian schools—and much of it is parent-condoned.

It's hard to get an accurate picture across the country but it would appear that Australian students miss an average of between 12 and 15 days per school year, with parent-condoned absenteeism highest among young primary-aged children.

That adds up to a year's lost schooling over the school-life of a child.

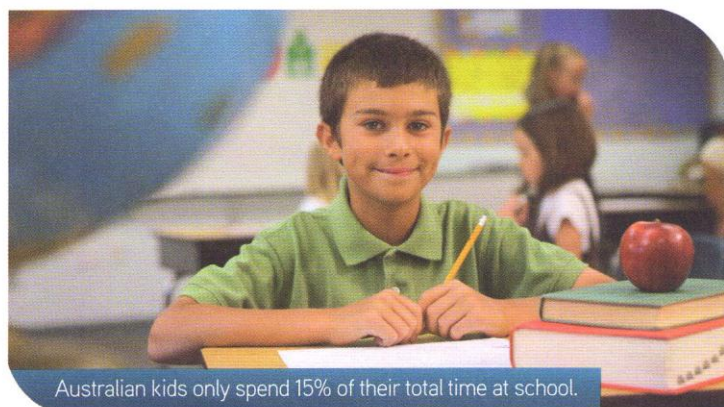
In today's highly competitive world, this rate of absenteeism is alarming, putting our kids at a distinct disadvantage.

That's not a reason to be away!

It's now commonplace for children to stay away from school for reasons that would have been unheard of just twenty years ago. These include staying away to celebrate their own or a sibling's birthday; being absent because they stayed up too late watching television; going shopping for clothes; an extended long weekend; and kids not wanting to take part in a sports day or special school event.

This type of absenteeism sends a strong message to kids that parents don't really value learning or their children's school experiences.

Australian kids only spend 15% of their total time at school. They spend more time asleep than they do at school. So we need to maximise every day to get full value. That means turning up to school every day, on time.



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Being late is not okay either

Missing a few minutes each day may not seem like a big deal but your child may be missing more than you realise if he or she is continually late.

Current research shows that mornings for most children are the most productive time of the day, with 10.00am the peak period for productivity. When children arrive late and take time to settle as they inevitably do, valuable learning time is lost.

It takes strong parenting...

As a parent myself I know how persuasive children of all ages can be when it comes to taking a day off school. It takes a strong will to resist the persistent pressure that kids can bring to bear, particularly if they play the guilt card with comments such as "It's not fair that I have to go school today because Auntie is coming to visit!"

Nice try. But the answer should be "No!"

As parents we need to make a commitment that our kids make the most of their precious time at school. That means that we send them to school every day, on time and ready to make the most of the school day.

Of course, there will be times, such as illness or genuinely extenuating family circumstances, when kids should be away. But these need to be a rarity rather than the norm.

It's reassuring to know that you increase their chances of future success just by making sure they turn up to school every day. And of course regular school attendance also helps kids prepare for the workforce, where it will be expected that they turn up each day work-ready. The real world is unforgiving of those who stay away with NO EXCUSE.

INSIGHTS

by Michael Grose – No. 1 parenting educator



Keeping kids safe in a cyber world

Social media sites have taken cyber bullying and harassment to a new level. Here's how to keep your kids safe when online.

Cyber bullying is one of the biggest, safety issues facing young people today. Bullying and harassment online is now commonplace. For instance, over a third of teenage girls have been sexually harassed via the Internet.

The emergence of social media sites has seen cyberbullying go to a new level. Messages and images can now spread like wild fire reaching a huge potential audience in the time it takes to upload an image or shoot off a text message.

Once the family home offered young people an escape from schoolyard bullies. Now the cyber world is so invasive that their bedrooms offer no guarantees of safety any more.

The cyber world is enticing. Young people have always wanted to escape from their parents' world. In the past they hung out in shopping centres and pool halls. Parents tried their best to keep an eye on where their children were and what they were doing.

The online world is now the shopping mall of the 21st Century. Parents have the same responsibility to help kids stay safe in the online world as they do in the real world. 'Stranger danger' and accompanying safe behaviours are just as relevant in the online world as they are in the real world.

Parents should use the same offline preventative strategies to maximise their children's online safety as they've always used. These strategies include: teaching children about the right way to behave online; don't let them spend all night in the cyber world; and ask questions about what they are doing and where they go when they're online.

Parents need to remind kids that things in the online world can spin out of control very quickly. A written message or an image can be circulated electronically so rapidly that the scope and scale of cyber bullying can be greater than any other form of bullying.

The following seven key messages form the basis of an online safety strategy for kids. They should be taught to kids so they become second nature, just as the messages about stranger danger were absorbed by an earlier generation.

1. Respect others. Make kids aware that what they send can offend.

Discuss with kids the types of messages and images that can cause harm to others when sent. Teenagers often walk a fine line with what they do and say to each other offline, yet it's relatively harmless. The same type of behaviour online however can be a different story.



2. Think before you send. Remind kids cyberspace is a very public and permanent forum. A text message or image sent to just one person can be passed to a potentially unlimited number. Once they are sent they're almost impossible to erase and take back.

3. Treat online passwords like your house key. Teach kids to keep passwords guarded at all times. Young people can be incredibly trusting of each other, which is to be encouraged. However there are some things, such as online passwords that they don't share, not even with their best friend.

4. Block bullies. Teach kids to block bullying messages. They can filter out messages and addresses online. Similarly, they can block text messages from bullies as well.

5. Don't reply to harassment. Bullies can retain proof of your response, which can further be spread around. Besides responding to bullying behaviour often simply encourages the bully to continue.

6. Save the evidence. If kids are bullied they should keep the pictures and offending messages. These can be used as proof if the bullies are brought to justice.

7. Tell someone. The insidious part of bullying is that kids on the receiving end often don't seek help, as they think there's something wrong with them. Talk with kids about going to a trusted adult, when they feel their rights or safety have been violated. They should with your help report online bullying to the appropriate service provider.

Sticking the proverbial head in the sand regarding kids' use of communications technology is no longer an option for parents. Savvy parents need to learn as much as they can about children's and young people's online lives so they can respond to situations appropriately.