

# THE BULLETIN

## Nowra Hill Public School

382b BTU Road Nowra Hill NSW 2540

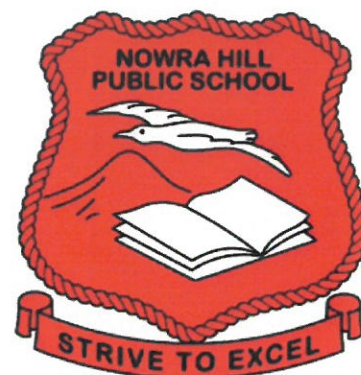
Tel: 02 4421 5671

Email: [nowrahill-p.school@det.nsw.edu.au](mailto:nowrahill-p.school@det.nsw.edu.au)

CANTEEN: Wednesdays

UNIFORM SHOP: Friday 2.30pm – 3.15pm

ASSEMBLY: Fridays - 9.00am



Term 4, Week 7 – 22nd November 2016

### Dear Parents and Carers

Week 7 already, wow! Tomorrow we have students from 1/2B, 2/3B, 4/5V and the year 5 students from 5/6PB heading to the Parachute School for a visit. Classes will walk to the school shortly after 9:00am for a 9:30am start, it should be lots of fun!

Also tomorrow, our Year 6 kids will be heading to the University of Wollongong Nowra Campus for the Kids In2Uni program. Students will have the opportunity to tour the Campus and take part in a number of activities offered by the different faculties, should be a great chance to start thinking about what they want to do when they leave school.

Our annual School Presentation Evening will be held in our Hall on Thursday, 8<sup>th</sup> December, starting at 6:30 pm. We are very conscious of the duration of the evening and in the interest of time management, students will be presenting items in stage groups and the performances are really starting to take shape. Rehearsals for the evening will also ensure the event runs on time and smoothly.

This year we are also introducing some new awards for every class, while each student will receive a book award. Several extra awards will be given for special purposes in each class.

### DATES TO REMEMBER

<i>Wednesday</i>	<i>23<sup>rd</sup> Nov</i>	<i>Yr 6 – KidsIn2Uni Visit</i>
		<i>Yrs 1-5 Parachute School - HMAS Albatross</i>
<i>Thursday</i>	<i>24<sup>th</sup> Nov 1<sup>st</sup> Dec</i>	<i>Kindergarten Transition Days</i>
<i>Monday</i>	<i>28<sup>th</sup> Nov</i>	<i>Future Care Mobile Dental Service</i>
<i>Thursday</i>	<i>8<sup>th</sup> Dec</i>	<i>Presentation Night</i>
<i>Thursday</i>	<i>8<sup>th</sup> Dec</i>	<i>Combined Scripture Service Albatross Chapel</i>
<i>Friday</i>	<i>16<sup>th</sup> Dec</i>	<i>Last Day of Term 4 for students</i>
<i>Mon/Tues</i>	<i>19/20th Dec</i>	<i>Staff Development Day</i>

I would like to ask all our families to support the P&C Christmas Raffle. Tickets are attached to the Bulletin and your help in selling these will be greatly appreciated. There are some fabulous prizes that Mrs Muller has been busily securing from local businesses. Thanks Katrina!

This Thursday, sees the third of our Kinder Transition mornings. Over the coming 2 Thursdays, students and parents starting at NHPS in 2017 are continuing to come along to playgroup and information sessions.

This week new Kindies will be able to stay for part of recess and mums and dads will join us for another information session and morning tea.

I hope you have a great week.

Regards  
Mr Gordon Parrish  
Principal

## MERIT AWARDS

- Kinder - Jonah Davidson Danny Elters, Chelsea Lee**  
**K/1 - Landon Usher-Woods, Riley Gough, Charlie Salway**  
**1/2 - Cala Stubbs, Abigail Dezentje**  
**2/3 - Oscar Hawkins, Khallen C, Riley Ball**  
**4/5 - Malakai E, Oscar Goley**  
**5/6 - Adrien Griffiths, Adam Viney, Scott Van Hoven**

## PRINCIPAL'S AWARD

- Kinder - Madeline Oke**  
**K/1 - Caitlyn Burney**  
**1/2 - Skye DeBrett**  
**2/3 - Aimee Lamb**  
**4/5 - Tyson Douglas**  
**5/6 - Mitchell Clark**

## HAPPY BIRTHDAY

Happy Birthday and best wishes to Charlie Manwaring, Scarlett Pridgeon and Cooper Shaw who celebrate their birthday this week.

## DENTAL FORMS

Forms from Future Care Mobile Dental Services were handed out to students last week. The Mobile Dental Services will be attending the school on Monday, 28<sup>th</sup> November. Please return all forms by this Friday.

## YEAR 3 – 2017 BUS FORMS

Year 2 students moving into Year 3 next year who are eligible to catch the bus in 2017 will receive an email from NSW Government Transport. Please fill in the form and return to the office so your bus pass can be issued at the start of the year.

## KIDS CREW ROOM ENROLMENTS AND VACATION CARE

Flyers for vacation care and enrolments for Kids Crew Room are available from the front office if you require them. They are also on show on the schools notice board near the office.

## GREENWELL POINT FISHING WORKSHOP

Fishing workshops for children 8-14 years are being held on Saturday, 5<sup>th</sup> November, Tuesday, 10<sup>th</sup> January and Wednesday, 19<sup>th</sup> April. If you are interested in attending please call Stephen Thurstan on 0438 245 190. Cost is \$40.00 per child.

## SOCCER HOLIDAY CLINICS

Shoalhaven Soccer are holding holiday clinics for Under 6 – 13 year olds as follows:

Ulladulla	Jan 17, 18	9am – 12 pm \$70.00
Shoalhaven Heads	Jan 19, 20	9am – 12 pm \$70.00
South Nowra	Jan 23,24,25	9am -12pm \$100.00

Please contact Mark Johnston on 0488 034 500 or email [mjonno1@bigpond.com.au](mailto:mjonno1@bigpond.com.au)



## Sorting out conflict together

Van's friend Eli had come over to play. They played outside for a while and then decided to play a new game on the computer. From the other room Van's father could hear the sounds of the computer and the boys. They were obviously enjoying the game.

But after a while something changed. Eli was starting to get frustrated. "It's my turn, Van," said Eli. "Come on! It's my turn," he said again. "Stop being such a pain. You've already had a turn," Van replied. "But you've had more. You're hogging it!" said Eli. "No I'm not," said Van. "Anyway you always hog the games at your house." "I do not!" yelled Eli.

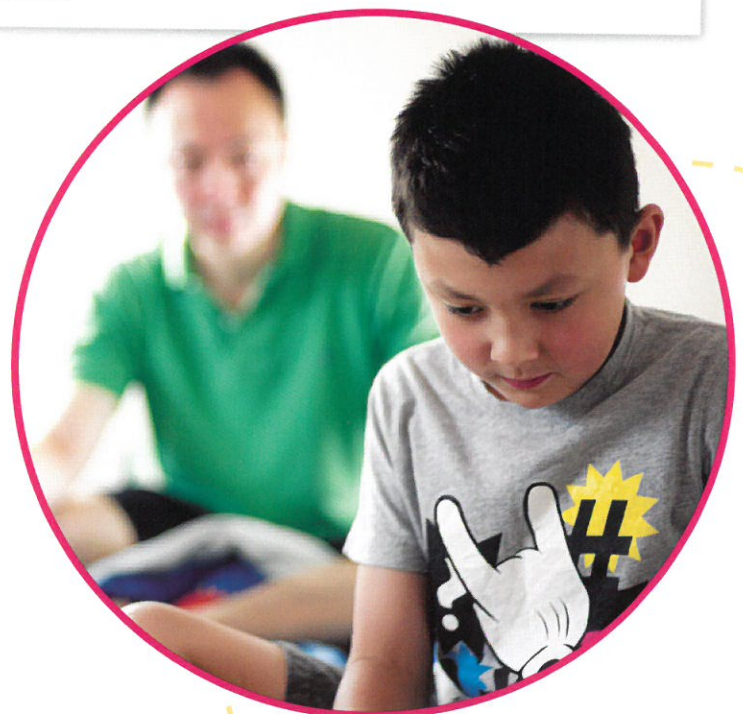
It was getting serious, and Van's father decided it was time to help them sort it out. "What's going on, boys?" he asked them. "Nothing," said Van. "Van won't let me have a turn," said Eli. "I'm sure if we talk about this we can work it out," said Van's father.

Whether they get into an argument over a game, what to watch on TV, or whose turn it is to clean up, conflicts are common in children of primary school age. Conflict is a normal part of human relationships. Sometimes conflicts blow over, but sometimes they don't.

Adults may believe it's best to let children sort things out by themselves. The problem with this is that often children get into conflict because they don't have the skills to solve it themselves. If left alone the conflict gets bigger. Usually then the person who is louder, stronger or more aggressive wins.

Children do need adult help to solve conflicts. The best way to help them is not to simply tell them what they should do. It works better to act as a 'coach' and help children find a solution that suits everybody. When children work out solutions this way, they learn valuable skills that can help them resolve conflicts more effectively. With good coaching they can learn to use the skills of conflict resolution even when you're not around.

The things that children get into conflict over may seem minor to adults but they are real issues for children.





## Skills for conflict resolution

The skills needed for effective conflict resolution include skills for managing emotions, as well as thinking skills for problem-solving and communicating with others.

The key conflict resolution skills are:

- being able to control angry or anxious feelings
- learning to listen even when you disagree
- understanding the other person's opinions and feelings
- being able to think of different solutions
- exchanging ideas with the other person
- finding 'win-win' solutions.

## How parents and carers can help

Using the steps of conflict resolution to coach children to come to their own solutions helps them learn the skills they need. Learning to resolve conflict successfully takes good coaching and lots of practice.



Unresolved conflicts can spoil friendships and affect children's confidence. When conflicts are left simmering they can negatively affect children's mental health and wellbeing.

## Coaching children to resolve conflict

### Step 1

Help children see conflict as a problem they can sort out fairly, with help, for example: "It looks like there's a problem here. I'm sure if we talk about it we can sort it out."

### Step 2

Get each child to explain how they see the conflict. Get them to focus on what they want or need, and what their concerns or worries are, rather than blaming the other person.

### Step 3

It is often helpful for the coach to then re-state the concerns of both parties, for instance: "So, Eli, you're worried that you won't get a turn; and Van, you're trying to make it to the next level of the game and you're worried that if you stop now you won't get to it."

### Step 4

Get children to suggest at least three different solutions, such as: "What are some ways to solve this so you can all feel okay about it?" If they can't think of any, offer some ideas for them to think about.

### Step 5

Help children agree on a solution that will work and put it into action.

### Step 6

Praise them for sorting it out.

This resource is part of a range of KidsMatter Primary information sheets for families and school staff. View them all online at [www.kidsmatter.edu.au](http://www.kidsmatter.edu.au)



Australian Government

Department of Health and Ageing



Principals  
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