FROM THE PRINCIPAL’S OFFICE

School Assembly – Congratulations to the Year 1 class for running a great assembly. This Friday’s school assembly will be run by the Year 4/5 class and will start at 11.00 am. We do hope to see you there.

Southern Riverina Athletics Carnival – Well done to all the students who competed last Thursday, on a very cold day indeed. All of the students can be very proud of their efforts and we had many fine achievements. I’m still waiting on the full list of final placings and who made it onto Riverina, so that will be in next week’s newsletter. Congratulations to Amelia Hearn, who was named Junior Girls Champion. It is a fantastic achievement. Thank you to the large number of parents who supported the students on the day, especially Sarah King (team manager) and Kylie Durant (discus official) who volunteered to help out on the day.

Amelia Hearn, Year 4/5

Riverina Dance Festival – This was held last Friday and, although it was a very big day, our dancers can again be very proud of themselves as they performed brilliantly on the big stage! I received many positive comments back from our parents, parents from other schools, other principals and teachers on just how impressed they were with our dance, the level of it and how talented the students are, considering their young age.

Mrs Preston has done a wonderful job getting everything organised since the start of the year and it paid off on the night. A big thank you to Anna Watson, Marcia Walsh and Margot Pitzen for their amazing work with the students all day Friday. They did a lot of hair and make-up and made sure the students looked their best when performing.

All of the students can be very proud of their achievements, their behaviour and effort. The school is very proud of the way they have represented our school and congratulate them on the great role models they are!

Congratulations Billabong High School – I just wanted to congratulate Billabong High School, in particular, their dancers, who I thought were fantastic as they performed in the matinée performance of the Riverina Dance Festival for the very first time. It was great to see all the dancers really enjoying themselves.
and I know a lot of people were really impressed by their talented performance. I'm very confident that this is the start of many bigger and better things to come in dance for Billabong High School. A great achievement!!

**School P&C Meeting** – This will be held this Wednesday in the school library starting at 6.30 pm. Everyone is welcome!

**Riverina Cross Country Carnival** – will be held this Thursday in Gundagai. We wish Olivia King, Will Satchell, Claire Cottrell, Tia Charles, Ewan Mackinlay and Henry Gulliver all the very best as they compete and do their best.

**Creative Catchment** – Our team will be working with Miss Peterson this Thursday as they start their project. I’m sure they will find it very enjoyable.

Jason Weaven  
Principal

**CANTEEN ROSTER**

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
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</thead>
<tbody>
<tr>
<td>Friday 12 June:</td>
<td>Chrissy Capell</td>
</tr>
<tr>
<td>Monday 15 June:</td>
<td>Sarah King</td>
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<tr>
<td>Friday 19 June:</td>
<td>Tracy Swan</td>
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</tbody>
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**HOLBROOK LANDCARE LUNCHEON**

A massive thank you to all our amazing Holbrook Public School P&C mums (and dad Sam Pincott) who helped out last Wednesday to make the Landcare Ag forum catering job a HUGE success. Thank you to our guide leaders, Sarah King (Food by Sarah King) and Abby Paton, who together pulled off another great gig. There were wonderful comments made about the food for both the morning tea and lunch. Thank you also to Phoebe Gulliver and Landcare for giving the P&C the opportunity to cater for this luncheon. Finally, we would like to say a big thank you to all the parents that helped in the kitchen; Maricar Lieschke, Bec Cardile, Phoebe Bull, Chrissy Capell, Leonie Mathie, Trudy Jenkyn and Cassie Young, and also to all the parents that made the delicious slices for the morning tea. We are so, so appreciative. Thank you everyone!!!

**CANTEEN VOLUNTEERS NEEDED FOR TERM 3**

If you have some free time in your calendar in Term 3 to help with the canteen on Monday and/or Friday mornings, please email Georgie Millard on georgy2@tpg.com.au. Not only is the process simple, it only takes around 45 minutes out of your day and your child loves to see you there.

**P&C News**

**THANK YOU**

Firstly, thank you, thank you, and thank you to everyone that has volunteered their time to help with the Landcare luncheon. We have had an amazing response and are very appreciative.

**P&C MEETING**

Next meeting is at 6.30 pm Wednesday 10 June 2015. We would love to see you there!

**VOLUNTEERS REQUIRED**

We are now looking for parents of footy players that can help in the canteen for the Tony Lockett Shield Gala Day on Thursday 25 June 2015.  
**Morning Shift:** 9.00 am to 12.00 pm  
**Afternoon Shift:** 12.00 pm-3.00 pm  
We will also need a few slices for the day.

Please contact Margot Pitzen for more information on 0407 658 401.

**FOR SALE**

Two barbecues for sale. Please make a donation to the P&C.

**SPARE LAPTOPS WANTED**

We are asking for donations of spare laptops for Meg's Children Nepal. Meg's Children Nepal is an Australian, not for profit charitable trust, which supports and enhances the lives of 20 Nepalese children who do not have family to cater for their basic needs.

**LOST PROPERTY**

With only three weeks until the end of Term 2, please take the time to have a look through the lost property
box, located in the library. Any items that remain unclaimed by the end of the term will be either taken to the Op Shop or placed in second hand clothing.

FROM THE UNIFORM SHOP

PRE-LVED UNIFORMS IN STOCK NOW!

<table>
<thead>
<tr>
<th>Season</th>
<th>Item</th>
<th>Sizes</th>
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</thead>
<tbody>
<tr>
<td>Summer</td>
<td>Short Sleeve Polo Shirt</td>
<td>4, 8, 10</td>
</tr>
<tr>
<td></td>
<td>Girl’s Summer Dress</td>
<td>6, 8, 10, 14</td>
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<tr>
<td>Winter</td>
<td>Long Sleeve Polo Shirt</td>
<td>4, 10, 12</td>
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<tr>
<td></td>
<td>Fleece</td>
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<td></td>
<td>Windcheater</td>
<td>6</td>
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<td></td>
<td>Boys’ Trousers</td>
<td>4, 8, 12</td>
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<td></td>
<td>Tartan Pants</td>
<td>6, 8</td>
</tr>
<tr>
<td>Sport</td>
<td>Sport Shirt</td>
<td>6</td>
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<tr>
<td></td>
<td>Track Pants</td>
<td>4, 6, 8</td>
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<tr>
<td>Other</td>
<td>Library Bags</td>
<td>One size</td>
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</tbody>
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$5 ea

AUSSIES OF THE MONTH

Ben Williams, Year 1
Always being happy and smiling

Rohan Jepson, Year 5/6
Being an excellent role model

STARS OF THE WEEK

Archie Gunn, Year 3/4
Angus Swan, Year 5/6

AWARDS

Miss Mills
Ryder McKillop – Thoughtful contributions during class discussions
Aiden Walmsley – For his great understanding of money during maths activities

Miss Luff
Cheyanne Chattaway – A consistent effort in literacy
Primrose Heriot – A terrific understanding of patterns

Miss Murphy
Cooper Bower – For terrific effort during our writing tasks this week
Ella Lieschke – For being an excellent helper and a kind friend
Charlotte Young – For wonderful reading and writing this week

Mrs Preston
Lucy de Steiger – For being a helpful, thoughtful, friendly student
Amelia Tepper – For being a self-motivated learner who thrives on the challenges of school
Mr Preston
Will Satchell – For working very well with 2D shapes
Amelia Tepper – For writing an excellent procedure on “How to tie your shoelace”

Miss Lavis
Ella Cheshire – Working hard to complete her poetry
Cordelia Clarke – Extra effort practising for our assembly item

Miss Peterson
Hamilton Black – Attention to detail in his writing
Seth Maclauchlan – Perseverance in maths tasks

Mrs Wedgwood
Harrison Black – Fantastic work in spelling
Seth Webb – Excellent creative writing

Mrs Ross
Zaydan Feltrin – Excellent work in his Reading Recovery lesson in Albury
Beau Meyers – Making a great start in Reading Recovery
Mathew Mulloy-Ellison – Trying his best at all times in Reading Recovery

VALUES AWARDS - CARE
Junior: Ella Cheshire
Senior: Lachlan Kingston

STAR CARD WINNERS
Yellow Playground Star Cards
Tyron Heritage x2
Blue Classroom Star Cards
Digby Gulliver and Audrey Lieschke

25 NIGHTS READING AWARD
Liz Holt

50 NIGHTS READING AWARD
Tayleah Flewin, Laycii Freund, Liz Holt, Amelia Pincott

75 NIGHTS READING AWARD
Miriam Coats, Lucy de Steiger, Tayleah Flewin, Liz Holt, Wil King, Ryder McKillop, Amelia Pincott, Eli Toll, Olivia Toll

100 NIGHTS READING AWARD
Isobel Atkinson, Harry Capell, Daniel Grunow, Holly Hall, Liz Holt, Maggie Jamieson, Jack Pitzen, Reuben Wilton

150 NIGHTS READING AWARD
Annabelle Bickley

SPORTSMANSHIP AWARD
Liz Holt, Wil Jenkyn, Mahleigha Jolly, Taylan King, Lachlan Kingston, Jezabella Wheeler, Ben Williams

SPONSORSHIP:
The following businesses of Holbrook sponsor our newsletter. Please support them when you can.
COMMUNITY NEWS

**Private Music Tuition**

Lessons on offer: • All Brass • All Woodwind • Piano/Keyboard • All Guitars • Singing

$28 per lesson

at the old Convent opposite the Holbrook Bakery

Wednesdays and Thursdays
Phone: (02) 6947 1193
email: ramosmusic.tumut@gmail.com

**Billabong High School**

Excellence and success in a supportive community

At Billabong High School...
We provide a quality education for all students in a very caring environment while offering a broad range of academic, sporting, cultural, community and extracurricular activities.

Junior Curriculum and Electives on Offer:
• Agriculture • Child Studies • Commerce • Drama • English • Food Technology • Geography • History • Industrial Technology • Information and Communication Technology • Japanese • Maths • Music • Personal Development, Health and Physical Education • Technology • Science • Sport • Stud Management • Technology • Textiles • Visual Arts

For more information contact:
Mr Phillip Carroll, Principal
Address: Gordon Street, Culcairn NSW 2660
Phone: 02 6029 8377 Fax: 02 6029 8633
E-mail: billabong.h.school@det.nsw.edu.au Website: www.billabong-h.schools.nsw.edu.au
You can also follow us on Facebook at Billabong High School

**Auskick News**

With the football season is well under way, we need to start planning for the annual Football Carnival at Rand. This is to be held on Sunday 26 July at Rand Sports Ground. We will be fielding three teams again this year in the 8 and under, 10 and under, and 12 and under. Parents are required to let the Auskick team know if they are available to participate on the day.

Nutrition Snippet

**The simplest way**

...to get your kids eating more fruit and veg.

Fruit and veg are one of the most important parts of a healthy diet. They're full of nutrients, fibre and vitamins – and should be part of every meal. If you have a fussy eater, try:

- Cutting fruit and veg into small pieces – some kids prefer their food in smaller pieces
- Serving raw vegies – young children often prefer raw to cooked vegies
- Being patient – kids take an average of eight times to try something new!
- Be a role model – children like to copy their parents, so make sure you're eating plenty of fruit and veg
- Get your kids involved – ask your children to pick their fruit and veg out each day, so they feel in charge of what they eat.

Remember! Aim for two serves of fruit, and five serves of vegetables – every day!

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit
Ten year-old Elly liked to be active, but one weekend things got out of control. A jazz ballet concert, a game of netball, and a family visit to her cousin’s house meant no time to herself.

And she let her parents know it with constant moaning, as well as a tantrum or two.

Her father held his tongue for most of the weekend, but couldn’t help but give her some fatherly advice on Sunday night. “You’ve spent the whole weekend moaning about how busy you are. Maybe you need to drop one of your activities, if they are stressing you out so much!”

A tantrum followed...from Elly.

Elly’s mum took a different tack. She had a hunch that something was bothering her daughter. “You sound like something is bothering you big-time. What’s up?”

“I’ve got to give a talk at school on Monday in front of the whole school and I haven’t time to prepare. It’ll be awful and everyone will laugh.”

Her mum replied, “You sound like you might be pretty nervous. That makes sense. Giving a talk in front of others can be nerve-wracking.”

Elly dropped her shoulders, smiled and said, “You bet!” She was relieved because her mum understood how she felt. In fact, her mum had unlocked the problem for her and reflected back how she felt.

Elly’s dad focused on her behaviour and responded in kind (with well-meaning advice about her future behaviour), while her mother focused on the feelings that acted as a possible driver to her daughter’s behaviour. She took an emotionally smart approach, which turned out to be the right one in this circumstance.

Emotionally intelligent parents don’t dismiss children’s behaviour and allow kids to do as they please. There are times that we need to focus on a child’s behaviour. A child who is rude in public should be reminded in no uncertain terms that poor manners are inappropriate.

However, there are times when smart parents need to look beyond the obvious behaviour to get an understanding of what’s happening to their child, and to help a child better understand and manage their emotions.

So what does an emotionally intelligent parent look like? And importantly what is the impact on kids, parents and families of this approach?

Emotionally intelligent parents have the following five attributes in common.

They will usually:

1. **Listen more and judge less**

There is nothing better than being understood. Parents who operate from an emotionally-smart mindset are more likely to listen to their kids when emotions are high, trying to access what may be going on, rather than clamping down their behaviour or closing them down with well-meaning advice.

**IMPACT:** Better, more open relationships.

2. **Accept strong emotions**

Anyone who lives with teenagers will know that emotions can run very high. They can say the worst possible things to each other and, at times, to you. Ten minutes after delivering a hateful tirade they can be cuddling up to the person who was the butt of their anger, frustration or anxiety. Emotionally intelligent parents know that feelings need to be expressed rather than bottled up, and allowed to foster. They also believe there is nothing so bad that a child can’t give voice to in a family, however there are behaviours that are not unacceptable.

**IMPACT:** A healthy expression of emotions.

... What it means to be an emotionally intelligent parent ...

Focus on the present
Most parents are rightfully future-focused. We focus on the homework that needs to be handed in tomorrow; the washing that needs to be done; the meal that needs to be cooked. That's part of everyday life. Children generally focus on the here and now. That of course can be frustrating to a task-oriented future-focused mother or father. However, when we lower our gaze we are more likely to pick up how kids are feeling, and importantly help them understand and manage their moods and emotions.

IMPACT: Happier families and less stress felt at home.

Develop a language around feelings
A family develops a vocabulary around the things that are important to them. Kids in a sport mad family will inevitably have a rich vocabulary around their chosen sport. The same holds for emotional intelligence. Families that truly value building emotional smarts will develop in kids a rich palette of words that will help them describe how they feel. This vocabulary will inevitably stay with them for life.

IMPACT: Better relationships later in life at work and in their own families.

Use rules rather than their moods to determine discipline
Some parents discipline according to their moods. If they feel good then they give children plenty of lenience. If they are feeling bad then they pick their kids up on every little thing. It's better to stick to the family and house rules; that makes you more predictable, which kids really crave.

IMPACT: More consistent parenting

Michael Grose


parentingideas.com.au
Preserving the Environment Crossword Puzzle

There are hundreds of ways you can make a difference in preserving our environment. A few simple ideas are listed below. Fill in the crossword puzzle with the words you use to fill in the blanks. Use the WORD BANK to help you.

CLUES

Across

3. Request paper instead of ________ cups.
7. Take glass and ________ to recycling centers.
9. Pick up ________ at home and school and along highways and beaches.
10. Use ________ pens and markers.
11. ________ six-pack rings; they are hazardous to marine life.
12. Use both sides of scrap ________.
13. Plant ________.

Down

1. Hold onto ________ balloons; do not release them into the atmosphere.
2. Save water by taking ________ instead of baths.
3. Instead of incandescent bulbs, use compact ________.
4. Turn off the ________ while you are brushing your teeth.
5. Use rechargeable ________.
6. Put a weighted plastic bottle in your ________ tank.
8. Recycle ________; use them as packing material.

WORD BANK

showers
waterbased
aluminum
toilet
paper
newspapers
trees
water
foam
litter
fluorescent
snip
batteries
helium