FROM THE PRINCIPAL’S OFFICE

School Assembly – Well done to Mrs Wedgwood and the Student Representative Council (SRC) for their great efforts running the assembly last Friday. We were all very impressed by their confidence and display of leadership skills. It is obvious that teachers work hard to develop the leadership and public speaking skills of students. This week’s assembly will be run by the Kindergarten class. It will be their first assembly and will start at 11.00 am. We do hope to see you there.

Riverina Boys Cricket Trials – Last Monday, Rohan Jepson travelled to Deniliquen to attend these trials. He did very well and was chosen in a squad of 24 to train throughout the winter, before the final selection in early Term 4. That’s a great achievement Rohan. Well done!

Southern Riverina AFL Trials – This was held at Howlong last Friday. Rohan Jepson, Hamilton Black and Logan Wright were all selected to attend the Eastern Riverina Pre-Selection AFL Trials to be held in Coolamon on Friday 18 March. Well done, boys.

State Cricket Knockout Match – Our school cricket team will play their first match against Gundagai Public School, this Tuesday, in Gundagai. The boys have been training hard and we wish them all the best.

Southern Riverina Netball Trials – This will be held at Culcairn this Friday. Good luck Amelia Hearn and Maddie Black.

Year 5/6 Mortimer Shield – Our school boys rugby league and girls league tag teams will take part in the Mortimer Shield gala day this Friday in Albury. Both teams have been training hard and we wish them all the best.

Visitors Sign in Folder at Office – A reminder that all visitors to the school must sign the Visitors Sign-In Book, which is located in the office. This includes everyone who enters the school grounds between the school hours of 9.20 am and 3.20 pm. It includes parents coming to school to pick up their child before 3.20 pm, helping out in the classroom for reading or maths, attending a school assembly, coaching sporting teams at lunch time and on canteen duty.

Change of Student’s Travelling Arrangements – A reminder that if you wish your child to travel home (in the afternoon) a different way to their normal routine, you must inform the school beforehand, preferably by note. This includes being picked up by another parent or person, going to someone else’s place, birthday parties, etc. We are not allowed to let a student go home a different way...
unless we have parental permission first. It is also not our responsibility to make phone calls to parents who haven’t organised things correctly. If we don’t have parental permission for your child’s travel arrangements to vary, they will be sent home in the normal way.

School Fees for 2016 – As decided by the School Council last year, the school fees for 2016 will be $30.00 per child (no family discounts will be available). Envelopes will be sent out in the near future but, if you wish to make payments earlier, these can be done at the office.

Jason Weaven
Principal

CANTEEN ROSTER

Fri 11 March: Sophie Hearn and Kelly Boers
Mon 14 March: Phoebe Gulliver
Fri 18 March: Talayah Dodds

LOST PROPERTY

Size 4, Sport shorts with “Justin Nisbet” on the label. If found, please return to the office.

Easter Crafternoon
Thursday 24 March 2016

This year, students will participate in a variety of Easter craft activities in place of the Easter Hat Parade. Students will be split into small groups and rotate through three different craft activities throughout the afternoon. Once these activities are finished, the P&C will be cooking a mouth-watering barbecue from 1:30 pm – 2:30 pm for friends and family of our school to join us. The day will finish with the Mega Easter Raffle.

We ask that students come dressed out of uniform (nothing too good as we will be painting and gluing!) and bring a gold coin to help cover the cost for the craft supplies being purchased for the day.

We would appreciate it if students could bring a plastic bag to transport their craft between each classroom and home at the end of the day. Please write your child/ren’s name on the bag so that their craft doesn’t get lost or mixed up.

We are looking forward to a day full of fun and genuinely hope that you will be able to join us for the barbecue and raffle.

Kind Regards,
Mrs Preston, Miss Mills and Miss Luff.

On Friday, 18 March our school will be celebrating Harmony Day. Students are encouraged to bring a gold coin donation and to come dressed as a farmer, truck driver or farm animal to raise money for those affected by the drought. There will be lots of fun activities for students in the afternoon.

PREMIER’S READING CHALLENGE

All students from Kindergarten to Year 6 are encouraged to participate in this year’s Reading Challenge, which runs from 7 March to 19
August, 2016. The reading lists and all other information will be available from the school library and can also be downloaded from the website: https://online.det.nsw.edu.au/prc/home.html. If you require any other information, please contact the school.

### P&C News

#### EASTER EGGS
One of the P&C’s major fundraisers for the year is the Easter raffle. We would appreciate donations of chocolate egg to the school office. The raffle will be drawn 24 March.

#### EASTER RAFFLE TICKETS
All children will be sent home with a book of raffle tickets (10 tickets) to be sold. If you run out, there will be more tickets available from the office. Please return sold tickets and money to the office.

#### SCHOOL CROSS COUNTRY
Thursday, 17 March is our annual cross country competition. Come down and support your child. They love to see you there! The P&C will be selling tea, coffee, cakes and slices (for adults) and iced polos for the children. If you are able to make a cake or slice, please contact Margot Pitzen on 0407 658 401.

#### P&C MEETING
Our next meeting is Wednesday, 16 March at 7.30 pm in the school library. We would love to see you there.

### FROM THE UNIFORM SHOP

#### PRE-LVED UNIFORMS
**IN STOCK NOW!**

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<th>Summer</th>
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<td>Boys’ Trousers</td>
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$5 ea

### STAR OF THE WEEK

**Jessica Frana, Kindergarten**

### AWARDS

**Miss Mills**
Ned Dodds – For his enthusiasm towards all activities

**Miss Luff**
Sarah Cattle – Outstanding attention and participation in all learning tasks

Abigail Goforth – Careful listening and attention during learning

**Miss Murphy**
Jasmine Lieschke – For her confident and capable use of computer technology

Aiden Walmsley – For applying outstanding effort in all activities

**Mrs Preston**
Beau Meyers – For fantastic multiplication knowledge and application

Alex Power – For making a brilliant effort to complete set tasks

**Mr Preston**
Rainbow Koppens – For trying her best at all times

Hamish Livermore – For working very well during literacy

**Miss Lavis**
Tyron Heritage – Perseverance with multiplication

Audrey Lieschke – An excellent effort with writing tasks

**Mrs Wedgwood**
Claire Cottrell – Taking pride in the presentation of her book work

Stirling Heriot – Hard work and dedication to improving his literacy skills

**Miss Peterson**
Delaney Emerson – Improvement in creative writing
Riley King – Making connections during comprehension tasks

Mr Weaven
Amelia Hearn – For displaying responsibility and maturity
Jim Henry – For making a great improvement in his times tables test
Jasmine Young – For enthusiasm and perseverance in all areas of maths

VALUES AWARDS - CARE

Junior: Mylee Toll
Senior: Amelia Pincott

BEST CLASS ASSEMBLY AWARD

This award is given to the most attentive and responsible class at assembly. The winner is: Year 4/5

FIRST CLASS READY AWARD

Awarded to that class who has consistently been prompt when lining up at morning assemblies, and after lunch and recess. The winner is: Year 3

TIDY TED AWARD

Awarded to the tidiest classroom. The winner is: Year 1

STAR CARD WINNERS

Yellow Playground Star Cards
Lacey McKillop and Alex Power

Blue Classroom Star Cards
Harriet Bull and Alice Hearn

BRONZE MATHLETICS AWARDS

Harry Capell, Aaron Gamble, Isabella Harrison, Jim Henry, William Mathie, Portia Martin, Amelia Pincott, Annabel Pincott, Alex Power, Anna Pitzen, Molly Pitzen, Amelia Tepper, Nethanael Tepper, Cianna Toll, Jezabella Wheeler

25 NIGHTS READING AWARDS

Isobel Atkinson, Lucy Barr-Smith, Maddie Black, Mia Boers, Crystal Button, Cheyanne Chattaway, Alexis Feltrin, Zaydan Feltrin, Isla Forrest, Ned Harrison, Wil King, Jasmine Lieschke, William Mathie, Mathew Mulloy-Ellison, Matilda Nevinson, Justin Nisbet, Annabel Pincott

SPORTSMANSHIP AWARDS

Maddie Black, Thomas Black, Sam de Steiger, Byron Flewin, Rory Gulliver, Ned Harrison, Aaron Heritage, Liz Holt, Angus Wright

SPONSORSHIP:

The following businesses of Holbrook sponsor our newsletter. Please support them when you can.
DSA MUSIC

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• Vocal Coaching

WEDNESDAYS AND THURSDAYS ONLY

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Holbrook Agency

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Henty Branch (02) 6929 3683

Henty and District
Community Bank® Branch
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LIESCHKE MOTORS PTY LTD

David Lieschke
Dealership Principal

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HOLBROOK, NSW 2644
Phone: 02 6036 2244
Fax: 02 6036 2870
Mobile: 0418 880 700
Email: lholt@agsconnect.net.au
COMMUNITY NEWS

WANTED: SCHOOL CROSSING SUPERVISORS

Two part-time school crossing supervisors (10 hours each per fortnight) are needed to oversee the crossings on Albury and Swift Streets opposite Holbrook Public School. Applicants must apply online at http://iworkfor.nsw.gov.au/job/school-crossing-supervisor-holbrook-22751 and any enquiries should be directed to Rebecca Arnold on 02 8574 3736. Applications close Sunday, 13 March.

NATURE PLAY IN HOLBROOK
INFORMATION EVENING

When: Monday 21 March 2016
Time: 6.30 pm
Where: Holbrook Library Complex
Guest speaker: Fiona Pattinson, Coordinator Wodonga TAFE Nature Playgroup

A group of parents, within the Holbrook community, are keen to get a Nature Play group up and running on the 3rd Friday of each month, 11.00 am start at the Ian Geddes Bush Walk (behind the Anglican Church).

The aim of Nature Play is for children to engage with the outdoors and nature, whatever the weather (the idea being that there is no such thing as bad weather, only bad clothing) and for children to understand the importance of their natural world and outdoor play. It would be a time for the children to explore, imagine, create and have fun, jump in puddles, climb trees, make mud pies, and do all the things that sometimes we have forgotten about in today’s busy society.

If you are interested in Nature Play, for your young family, we encourage you to come along to this information evening. If possible please do not bring children. RSVP by Friday 18th March to Dom Heriot 0437362385

HOLIDAY KIDS’ CLUB

The Anglican Church will be running its annual holiday Kids Club in the first week of school holidays, 9.00 am to 12.00 pm 11 April to 15 April. For more information contact James Coats on 6036 2048.

HOLBROOK AUSKICK

The Holbrook Auskick program will commence on Friday, 29 April at the Sporting Complex. Sessions will start at 5.30 pm and run for approximately 1 hour. Parents need to register and pay for each child online at the Auskick website. Thursday afternoon football will start on Thursday 28 April starting at 4.00 pm. All kids need to be registered with Auskick or Holbrook Football Club to be eligible to participate. For any enquiries, please contact Wes Black on 0437 146 801.
10 ways to promote good mental health & wellbeing in kids

This year make mental health a parenting priority. Kids with good mental health feel better, learn better and are better equipped to handle life’s curve balls.

It seems strange to talk about promoting good mental health in children.

Shouldn’t all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that come hand in hand with adulthood.

Sadly, it doesn’t seem that way. According to the Australian Psychological Society one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common.

Having good mental health doesn’t mean kids don’t experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life’s curve balls that come their way. They also don’t let their emotions overwhelm them. As a result they learn better and have more friends as well.

As a parent it’s useful to reflect on the mental health habits that you promote in your kids.

Here are ten ways to promote good mental health and wellbeing in kids:

1. Model good mental health habits
   If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation exercises. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. It’s worth remembering that kids learn what they live, so make sure they see good mental health habits first hand.

2. Make sure they get enough sleep
   Sleep is one of the building blocks of mental health and wellbeing. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well!

   Children need between 10 and 12 hours’ sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the single most powerful strategies to improve kids’ abilities to cope with stressful or changing situations is to ensure they get enough sleep.

3. Encourage your kids to exercise
   When my mum would tell me all those years ago to turn the television off and go outside and play, she didn’t know she was promoting good mental health. She just knew that physical activity was a good thing for an active growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour’s movement per day seems the minimum for kids. How much exercise does your child receive?

4. Encourage creative outlets
   Kids should practise creativity if for no other reason than it helps them experience the state of ‘flow’. This is the state of getting so immersed in an activity that you forget about time and place. Writers and other creatives understand the concept of flow. It’s energizing and helps take stressed and worried kids out of themselves.

more on page 2

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5 Provide a space of their own
Children of all ages benefit from having some space of their own where they can think. Quiet time and down time give boys the chance to let their thoughts wander around inside their heads. It also helps them get to know, and even like, themselves. Boys will often do their best thinking on their own, so they tend to retreat to their caves (bedroom) when things go wrong at school or in their relationships. They need to go within to find their own answer.

6 Talk about their troubles
A problem shared is a problem halved. Talking about what's worrying you is a great way to remove the burden of worry and reduce anxiety. Some kids bottle up what's inside, while others will catastrophise a situation, which can make matters seem worse.

If your child has a problem let him know that his concerns are important to you. Kids often can't tell you what may be wrong, so be observant and gently ask questions to help gain a clearer picture of how kids may be feeling.

7 Help them relax
Make sure your child has a hobby or activity that relaxes them. The ability to relax and get away from the stresses of everyday life is essential. Some children who have real difficulty switching off may benefit from practising meditation or mindfulness, but most kids just need time to chill out so they can relax naturally. (I personally practise mindfulness and have found it a really helpful way to turn off my brain for a while!)

8 Have two routines – weekday and weekend
Most households are pretty highly scheduled these days. There are routines for getting up, coming home, eating meals and going to bed. These structures are necessary when we’re busy. Families need a second, more relaxed weekend routine that helps kids relax and unwind. It's important to have this release valve if families are flat out busy during the week.

9 Foster volunteering and helpfulness
Social isolation is a huge predictor of poor mental health. Encourage your child to be connected and help others in any way possible. Helping others reinforces social connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition.

10 Bring fun and playfulness into their lives
Kids should be the kings and queens of play; however, some children live such full-on, organised lives that much of the natural fun and spontaneity has been stripped from their everyday life. Mucking around, which is code for having fun, is something many children of this generation don't have time for. If you see your child constantly stressed or overwhelmed by events, change the mood by going to a movie, joining them in a game or seeking other ways to have some fun.

These ideas are basic common sense. However, as kids’ lives get busier these essentials get squeezed out. Here's my recommendation to ensure that mental health habits aren’t overlooked or neglected.

First, see these habits as the building blocks of mental health. Don’t ignore or trivialise them. Talk to your children and tie these activities to their mental health. Do this in your own way and your own time.

Second, assess which of these habits need your attention and make some adjustments over time to push the pendulum back in favour of your child’s mental health.


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