Dear Plumpton Public School Community,

18 June 2015

I recently saw Michael McQueen deliver a keynote presentation. He is a specialist in demographic shifts, change management and future trends. He has been an authority on the generations X, Y and now Generation Z – the current generation in our schools.

McQueen believes that the generation you are born into has a significant impact on the way you perceive the world around you. He has published a book on this topic called, The New Rules of Engagement. At the conference, he described some shifts that have changed the face of education which need to be considered by us all. I would like to highlight a couple of those;

Affirmation

Michael stated that we’ve been so concerned about ensuring all children have a healthy self-esteem that we’ve gone too far with praise; always telling children they are brilliant, wonderful, special etc.

Older generations were more likely to be motivated intrinsically – gaining satisfaction from doing a job and doing it well. These days, however, personal satisfaction is gained from recognition provided by others. The expectation is to be thanked and congratulated. A recent survey showed that 60% of young employees wanted to be acknowledged once a day and 25% wanted to be thanked two or three times per day just for doing their normal job. For young people, it seems the main motivation for using social media is to see how many ‘friends’ or ‘likes’ they have as this reflects a form of praise and acceptance as well.

McQueen listed 5 unintended consequences of the self-esteem age: depression, fragility, narcissism, dependence and apathy. Of course, children should be praised for efforts and achievement, but this should be balanced with the development of resilience.

Resilience

When older generations faced a disappointment or setback they may have been of the opinion, that life can be a struggle, roll the sleeves up and get on with it! It was a generation that would feel a sense of pride by learning from and overcoming setbacks and disappointments. Younger generations have been told by pop culture, advertisers and reality TV that life is meant to be easy, life is meant to be fair, life is meant to be convenient and life is meant to be exciting.

Parents and teachers over recent decades have also protected children from minor disappointment.
Some examples given, whereby we protect children from disappointment included: the birthday party game, *Pass the Parcel* where everyone gets a prize instead of random prizes. Another example was children’s sport with no scores kept so that nobody will feel bad if they lose. This notion of protecting children from disappointment is believed to have led to less resilience when children grow up.

The challenge for us as educators and parents is to help children build resilience and to teach them that it is a normal part of life to feel disappointed and upset sometimes. Our job is to show them how they can navigate through any challenges they may encounter.

Hopefully, this has provided some food for thought. If you would like further information from the presenter, it can be accessed from Michael McQueen’s website at: [www.MichaelMcQueen.net](http://www.MichaelMcQueen.net)

**HIGH STANDARDS**

We all know that Plumpton Public School is an excellent school, and that it takes our community of children, staff and parents to make our school such a highly successful school.

I congratulate the students and parents for supporting our attractive and functional school uniform. Wearing full school uniform demonstrates a proud affiliation with our school, and it is expected that every child wears full school uniform everyday (apart from mufti days).

I therefore, ask parents to support us in ensuring children come to school wearing the correct school shoes. All school shoes should be black in colour with black shoe laces. As you buy new shoes please ensure you are following our school uniform policy. Thank you for your support.

**SEMESTER ONE REPORTS**

It is anticipated that student reports will be sent home with each child on in Week 10. These reports provide a window into your child’s progress this semester. A note will go home for Parent / Teacher interviews to be held early next term. Teachers will be looking forward to discussing your child’s progress with you.

Next Tuesday is the SRC sports theme mufti day – gold coin donation.

Yours in partnership,

Maureen Larkin
Principal

**LIBRARY NEWS**

Next term is a busy time for our Library, with our annual Book Fair on during Book Week (24/8 - 28/8) this year.

Our Book Fair will start with Grandparents Day and our Book Character Parade on Friday 21st August, more information will be sent home early next term. As part of our Book Week celebration we have a number of performers visiting the school. On Wednesday 19th August, Year 3 - 6 will have the opportunity to listen to and be entertained by Steven Herrick an award winning poet. He will briefly talk about his life as a poet and share some of his poetry. Some of our Stage 3 students have read his award winning book "Pookie Aleera is not my Boyfriend". On Thursday 20th August our K-2 students will have the opportunity to watch this year’s Book Week performance "Shine a Light", a musical that explores the imagination through reading. Notes for these 2 performances will also be sent home early next term.

Due to the Book Fair next term there will be no Book Club catalogues or orders taken next term. The next issue of Book Club will be Issue 7 in Term 4.
Finally, a quick reminder about overdue books. Students have now been given overdue notices if they have any books overdue. If you cannot find the book, please place the stated amount of money in an envelope with the overdue notice into an envelope and return it to the Library as soon as possible. Students with overdue books will only be allowed to borrow 1 book each week for DEAR reading in class until all overdue books are returned or paid for.
Thank you so much for help in this matter
Bronwyn Bailey
Teacher Librarian

SYNERGY DANCE FESTIVAL AT EVANS THEATRE PENRITH - Article written by Emily McAskill
The stage is set, the lights fill the room. We all take a breath, and then we know it’s time to dance. On Wednesday the 3rd June the PEC Gifted & Talented Dance Group performed at the Synergy Dance Festival at Evans Theatre Penrith.
We performed a dance entitled, “Charlie Chaplin” in the evening & then a matinee on Friday.

There are 7 students from our school, Emily, Montana, Aeron, Katie, Jack, Taylor & Elijah & students from Plumpton High, Glendenning & William Dean Public Schools. We had an amazing time & there were many different groups with different styles of dance.

We practised every Monday for 2 hours with Ms Jones at Plumpton High School & we know our hard work paid off when we heard the cheer from the crowd when it was over.

We are still performing & we have just auditioned for the Mt Druitt/Minchinbury Public Education Concert, so fingers crossed!
Consider donating it to your school!

It would be greatly appreciated if you would bring it in and give it to Mrs Buck so that she can set up a tub for students to play with. Thank you in advance!!

DID YOU KNOW:

Washing clothes in cold water with cold-water detergents not only will save energy and money – it also will preserve fabric colour. To save even more energy while washing and drying your laundry, you can:

- **Do full loads of laundry**: Filling up your washing machine with water requires energy, and it’s a waste if done for a partial load.

- **Do not over-wash clothes**: Delicate and gently worn clothes don’t need as long of a wash cycle as heavy weight, dirty clothes.

- **Clean the dryer lint filter after every load**: A lint-free filter improves air circulation and quickens drying, whereas a clogged filter and vent can cause a home fire.

- **Separate light and heavy items before drying**: Lightweight items take less drying time, so don’t waste dryer time by throwing smaller items in with your towels and rugs.

Please help us to make sustainable choices in an effort to make Plumpton Public School a more waste conscious school and keep the planet happy!

**STEWART HOUSE**

**Stewart House Clothing Appeal** - It’s that time of year where we ask you to put aside your old clothes to help the needy. Please send the filled bag in on the morning of the 22 June, as there is limited space to store them before the pick up date. Please do not send any bags in after this date.

Ms Robinson

**PAYMENTS**

All payments for excursions, camp, activities etc must be paid **by the advised closing date** and put into the chute in the office counter.

Please **DO NOT PUT ANY PSSA** money in the chute as this goes direct to the teachers handling the PSSA.

Please ensure you have enclosed the **correct money** (no change will be given) in an envelope clearly marked with child’s name, class, activity and amount. Please use separate envelopes for each activity.
SPECIAL SWIMMING SCHEME
Once again Plumpton will be attending the Special Swim Scheme from 24 August - 4 September 2015 (10 days). There are 60 places available and these have been offered to Year 2 children, they have already taken their forms home, at a cost of $80, with options for an instalment plan. If you are interested please see the office for a new permission form as after the holidays the remainder of places will be offered to Years 3 and 4 children.

POSH
The school is very fortunate to have Plumpton Outside School Hours (POSH) providing care and supervision Before and After school, as well as Vacation Care, from within the school hall.

The service operates within a caring and stimulating environment: providing holistic care for children before and after school. The program is based on the children's needs and interests. The centre is regulated and operates under the National Quality Framework for school aged children – My Time, Our Place.

Before School Care operates from as early as 7am and offers breakfast for students.

After School Care operates between 3pm until 6:30pm and offers a nutritious afternoon snack.

Vacation Care operates 7am – 6:30pm during school holidays and offers a variety of experiences, excursions and incursions.

The centre welcomes permanent and casual bookings, with subsidies available through Centrelink.

For more information please contact Louise from POSH on 0406220055

P&C NEWS

UNIFORM SHOP. MONDAY & THURSDAY ONLY 8.30-9AM AND 2.30-2.55PM. CASH ONLY

HAIR ACCESSORIES

Also a reminder that school coloured hair accessories can be viewed and ordered at the Uniform Shop and at the front office.

If you see anything suspicious on school grounds after hours please phone:

The School Security Hotline:

1300 880 021
Rewarding regular savers with amazing prizes.

We're bringing the exciting news that an intergalactic Piggys Portal has appeared on Piggy Savings, giving students who demonstrate good savings behaviour the chance to win amazing prizes.

- 75 x iPod mini & 16GB
- 123 x Beats by Dr. Dre Solo2 Headphones
- 200 x $50 Booktopia Gift Certificate

Help the Dillarmits activate the Prize Portal for a chance to win
To activate the Prize Portal, students must simply make three or more School Banking deposits during Term 3 and they will automatically be entered into the competition for a chance to win one of hundreds of prizes. Students can also complete a My Money Mission on commbank.com.au/prizeportal to double their chance of winning a prize. Please note, students can start the My Money Mission at any time, but are required to make three deposits by the end of Term 3 to double their chance of winning.

Win books for your school library
We're also giving schools participating in the School Banking program a chance to win one of 75 sets of children's books for their school library, valued at $200.

For more information, visit commbank.com.au/prizeportal

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The simplest way
...to get your kids eating healthily.

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
- 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.

For more information visit www.eatittobeaitit.com.au or join us at facebook.com/eatittobeaitit

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Nutrition Snippet

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info@nadanceco.com.au

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LOVE TO DANCE?

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Performing Arts Centre – Hunter Road, PLUMPTON (Plumpton High)
**Limbs 4 Kids - Australia’s first program for children living with limb loss launched**

As of today all Australian children and young people with limb differences and those who care for them have a website to call their own – [www.limbs4kids.org.au](http://www.limbs4kids.org.au) The Limbs 4 Kids website is an initiative of Limbs 4 Life, Australia’s peak organisation for amputees and persons with limb difference.

The Limbs 4 Kids program and its website is the first of its kind in Australia; providing comprehensive information and resources for parents and healthcare professionals caring for children and young people with congenital and acquired limb differences.

Melissa Noonan, Chief Executive Officer of Limbs 4 Life, said that “the national Limbs 4 Kids program and website will support and resource the thousands of Australian families who care for children born with a limb difference or who have a limb amputated during their childhood”.

In Australia it is estimated that over 2,500 children and young people have a limb difference. A limb difference may be caused by a congenital condition identified during pregnancy or soon after birth, or as a result of a limb amputation due to trauma, infection or cancer. Some children with a limb difference use a prosthetic limb while others may not and use other assistive devices instead.

The Limbs 4 Kids website is a key feature of the new Limbs 4 Kids program; established in response to needs identified by parents of children with limb difference and underpinned by research conducted by Monash University. The Limbs 4 Kids program facilitates connections between parents, offers peer support, provides ‘on demand’ information and resources and is increasing knowledge about limb difference in the wider Australian community.

A key feature of the Limbs 4 Kids website is its Learning Centre. “The Limbs 4 Kids Learning Centre is the first online library of its kind in Australia, containing information about the key physical, social and educational milestones experienced by children and young people with limb difference. This library also covers issues that particularly affect families caring for a child with limb difference and provides tips for how to address these”, said Melissa.

Additional website features include an online Kids-Link Forum, stories, videos, publications, Thrive magazine and opportunities to access peer support or become a trained Peer Support Volunteer.

The Limbs 4 Kids program is generously funded by nib foundation who, like Limbs 4 Life, are committed to ensuring that all children with limb difference and their caregivers receive access to informed and timely support.

Visit the Limbs 4 Kids website at [www.limbs4kids.org.au](http://www.limbs4kids.org.au)
## PENRITH OBSERVATORY
### ASTRONOMY PROGRAMS

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Program</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>2 July</td>
<td>School Holiday</td>
<td>Lots of fun for kids of all ages. Make and launch your own paper rocket and watch water rockets being launched. The program will also include a short presentation, a 3D astronomy movie and SAFE and detailed viewing of the sun through our telescopes (weather permitting). <strong>Cost $15 per person</strong></td>
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<td>10.00 am – 12 noon</td>
<td>Hands-on Science</td>
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<td>Rocket Workshop</td>
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<tr>
<td>Saturday</td>
<td>4 July</td>
<td>School Holiday</td>
<td>The evening will include a presentation, a 3D astronomy movie, a tour of the dome area and an opportunity to view the night sky through the observatory’s telescopes.</td>
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<td>7.00 pm – 9.00 pm</td>
<td>Astronomy Night</td>
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<tr>
<td>Thursday</td>
<td>9 July</td>
<td>School Holiday</td>
<td>The workshop will include hands-on science activities, a short presentation, a 3D astronomy movie, water rocket launches and SAFE and detailed viewing of the sun through our telescopes (weather permitting). <strong>Cost $15 per person</strong></td>
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<tr>
<td></td>
<td>10.00 am – 12 noon</td>
<td>Hands-on Science</td>
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<td>All Kinds of Aliens Workshop</td>
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<td>Saturday</td>
<td>11 July</td>
<td>Special Event</td>
<td>Naidoc Week Special Event Astronomy, Navigation and Science in Aboriginal Australia talk by Professor Ray Norris. The evening will also include a 3D astronomy movie, a tour of the dome area and an opportunity to view the night sky through the observatory’s telescopes.</td>
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<tr>
<td></td>
<td>7.00 pm – 9.00 pm</td>
<td>Astronomy Night</td>
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Our programs will run regardless of the weather.

**Cost:** Astronomy Nights -$18 adult, $12 child/concession and $50 family

**Bookings are essential:** Book and pay online: [www.uws.edu.au/observatory](http://www.uws.edu.au/observatory), What’s On

**Contact:** Tel: (02)4736 0135 Email: penrithobservatory@uws.edu.au