Dear Parents, Carers and Grandparents,

I hope you had a very enjoyable long weekend and if you went to the Darwin Show that you enjoyed all the activities there. I went to Kakadu for the weekend and did all the touristy things out there which was very enjoyable. We would like to welcome Georgina Barbour to our Preschool. Georgina has transferred from Alice Springs and we wish her a very enjoyable time at our wonderful Preschool. We also welcome two new tutors—Sui Isaako and Mellisa Birch.

Congratulations to Zoey Prance who has completed 48 Reading Eggs activities this year; Sarita Armstrong has completed 39 Reading Eggs activities and Annie Mae Rizaldo has completed 35 Reading Eggs activities this year. Keep up the great work students.

Reading is a skill that helps students access the rest of the curriculum and become independent learners. If students cannot read the instructions it slows them down in Maths, Science and Computers. Reading is therefore the most important subject at school and at home. Students need to not only be able to read the words but also to understand what they have read to the extent that they can explain exactly what they have read.

Parents are the child’s first teachers and we would like to invite parents to attend our “Reading is as Easy as ABC” free workshops so that you can understand the importance of oral conversations with your child and how you can start them on a journey of being a successful reader. Our first workshop will be held on Tuesday 6th August at 9.30am in the Library. Everyone is welcome.

A reminder for Early Years students about paying for the swimming program.

A reminder for all families that Tuesday 20th August is School Photos.

Have a wonderful week.

Sue Beynon, Principal and Sharon Chin, AP

Road Safety

The Police will be targeting school zones over the next few weeks. Remember school zones are 40km between the hours of 7am and 5pm.
Change in School Dental Clinic Number

The Northern Territory Oral Health Services has introduced a single contact phone number that will offer parents a greater choice of location and time when booking dental appointments. When you/ if you have received a reminder letter to arrange an appointment, please inform reception staff if you have other children that may need a check-up.

For any dental enquiries, to arrange an appointment or for dental emergencies, phone our New number on 8922 6466

OHSNT continues to provide free dental services to all eligible children in the NT between the ages of 0-18 years old.

BOOK FAIR IS COMING - WEEK 5

‘READING ACROSS THE UNIVERSE’

The countdown for 2013 Book Fair has started. Be prepared for the amazing space reading adventure with Gray Primary School’s Library Book Fair.

Costume ideas for the Friday Dress Up Day – spaceman/astronauts, aliens, Star Wars characters, Star Trek characters, Jetsons characters, rockets, planets or come along as your favourite book character.

BOOK CLUB - ISSUE 5

ORDERS DUE BACK FRIDAY AUGUST 2nd

Please ensure students name and class is on order form and correct money is enclosed. All orders to be taken to Library.

EXPRESSIONS OF INTEREST

Gray Primary School has been approached by ‘Outside School Care NT’ to provide after school and holiday care options for our students with the program being based at Gray School.

We are currently seeking expressions of interest from our families for your child/ren to register for this service.

The commencement of this service will be dependent upon suitable numbers to run the program.

For more information about the Gray School ‘Outside School Care NT’ service visit our website at http://www.grayprimary.nt.edu.au or contact the front office via email at admin.graysch@ntschools.net or phone 08 8932 1700.

Please register your expression by Friday 2nd August direct with the school

CANTEEN NEWS

This semester should be very exciting for the kids as we have added pizza’s and fruitoala (Cola flavour) slushie to our menu.

It’s that time of year again where we have a slight increase in our prices.

We would like to take this opportunity to thank our families for supporting our Canteen and we look forward to your continued support.

Lisa & Nat

New Flavour!

Try our new and improved pizzas!
Family Yarn—Learning Together

Come and join us for a fun small group workshop
Parents learn about helping your children with school

Wednesday 7 August 2013
5.00—7.30pm

Gray Primary School
Family Centre

“It was nice knowing that I am not alone and that other parents are having the same issues as me.” Parent Yarn 2012

“Everyone had a say about the topic and everyone’s voice was heard.” Parent Yarn 2012

Child-minding
Delicious food
Fun activities
Transport available
Everyone welcome

Contact: Kylie Grainger
8932 1700 or 0412 465 071

Funded by the Commonwealth Department of Employment, Education and Workplace Relations

Before School Care Wanted

Before school care wanted for 6 yo
Between 7am—8am
If interested please contact the school
Ph: 8932 1700

Good Beginnings Australia is a National charity, building better outcomes for children in vulnerable communities through a range of early intervention programs for families.

These programs include: Play2 Learn, Family Support, Community Connections and Toy Library

Play2Learn

Play2Learn is a supported play session where play based learning is designed around what the children are interested in, to help their development. The sessions are facilitated by an Early Childhood worker and Family support worker.

At Play2Learn we believe that by providing children with a secure and happy environment, where they are supported to develop their intellectual, social, emotional and physical skills, they will become confident and competent individuals.

Children and parents can participate in experiences together, strengthening relationships between children, parents and caregivers.

Good Beginnings will support you to build on your existing knowledge, skills and the resources that are available to you. Create connections and relationships in the community, both with other parent and community supports and services.

Monday: 9am — 11am Moulden Primary School (OSHC Building)
Play2Learn Birth—4yrs (Please bring a piece of fruit to share)

Tuesday: 9am—11am Gray Primary School (Good Beginnings Demountable)
Play2Learn Birth—4yrs (Please bring a piece of fruit to share)

Wednesday: 9am — 11am Gray Primary School (Good Beginnings Demountable)

Baby Play2Learn which is run in conjunction with Maternal Health Nurse, who will answer any questions you may have in regards to your Childs health and development Birth—12 months.
(Morning tea provided)

Toy Library

Thursday: 9am —11am

The Toy Library aims to provide a service to families and children in the Palmerston area, by providing a mobile and outreach support service/s. Parents will be able to borrow toys from a mobile toy library that operates from at least 2 locations, including but not limited to, parks and the Gray Op Shop with the flexibility to adapt locations depending on the needs of families.

Friday: 9am —11am (Dream Time Kids) A Play2Learn group for Indigenous families with children Birth—4yrs
Venue: Gray Primary School Good Beginnings Demountable.
(Morning tea provided)

All Good Beginnings programs are provided free of charge

For more information please contact the office on 0889327022 Mobile 0417200170

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Inpex transport impacts on schools

Ichthys Project—related truck and bus movements will be increasing along the Arnhem and Stuart highways, Tiger Brennan Drive, and at the Howard Springs intersection and Palmerston.

Rock for the gas export pipeline will be moved by road trains from the Mt Bundy quarry to East Arm Wharf, travelling along the Arnhem and Stuart highways. The vehicles will operate from Monday to Saturday, performing about 18 round trips each day for approximately 73 weeks. The vehicles will move through the communities of Humpty Doo, Coolalinga and Palmerston.

After the opening of the first stage of the Howard Springs Accommodation Village on Howards Springs Road, about 24 buses will be deployed to transport workers to-and-from Blaydin Point. The buses will largely skirt Palmerston. Bus routes have been chosen to avoid schools where possible. Schedules have been developed to minimise the impact of buses at school drop-off and pick-up times.

Parents are encouraged to visit the Ichthys Project website www.ichthysproject.com and subscribe to the regular e-newsletter to get updates on the project.
Families that work well

The family that children grow up in is one of the most important parts of their life. It has a big impact on how well they will cope with life. A loving, caring family can help create a happy child with good self-esteem, but an unhappy family can lead to low self-esteem and a range of problems for children.

It's important that families have ways of doing things that make family life easy and happy. Here are some ideas for helping your family to work well.

Make time for talking and listening

- Make time to talk to all family members as often as you can.
- Talk about what each person has done for the day. Talk about each other's interests – be excited and encouraging.
- Make it possible for family members to express a wide range of feelings such as joy, excitement, anger and fear – as long as they do it in a way that is safe for everyone.
- Listen to what children say. Be sure you understand what they are thinking and feeling behind the words.
- ‘Put down’ messages, threats, interrogation and blame can make children feel bad or hopeless.
- Couples need to spend quality time together without the children so they can support each other. When couples work well together, this flows on to the whole family and children feel secure and happy.

Accept the differences in each person

- Let it be known that each family member is special in their own way – whatever their differences.
- Don’t pressure children to be the same as each other or to hide their differences. Let them feel proud to be themselves.
- Allow each person to be excited about their own interests – show respect and tolerance.
- No one should be left out or made to feel the odd one out in a family.

Make family time

- Plan time together to talk about things that affect the whole family, including children. Maybe family meetings would be useful.
- Make time to spend together as a family – even simple outings to the beach or park will help.
- Have meals together if you can, without TV or phone calls. If this is difficult in a busy life, try having a regular family meal together, say once a week.
- Have fun together as a family – play cards or games, go camping, play sport, or share hobbies. Family holidays often create important special memories for children – make them enjoyable for the whole family.

Helping parents be their best

Sports can be a big part of some families’ lives. Parents and children being involved together in playing or watching sport are important family activities.

Be affectionate, caring and kind

- Everyone in the family will feel good when you’re encouraged and appreciated.
- Let your children know that you love them. Tell them all the things you like and love about them. It will make them feel proud.
- Show affection, give hugs, be thoughtful and kind.

Share the power and the chores

- Let all family members, including children have a real say in what happens in the family – it’s important people feel listened to and valued.
- Use adult power wisely. Try to use humour and encouragement in your parenting, not punishment or threats. An ongoing fight for control is not helpful to children. The use of violence or intimidation is destructive and makes all family members unhappy.
Spiritual values and beliefs
Many families have spiritual beliefs which give meaning and direction to daily life. They can also add strength and hope in hard times. Attending cultural or religious services and events can help the family bond together and feel part of a bigger community.

Resilience
Strong families have a positive attitude and know they will help each other when things are tough.

Reminders
> Create a safe place for talking, listening and expressing feelings.
> Value the differences in each family member.
> Be quick with praise and slow with criticism.
> Sharing power promotes trust and caring.
> Develop friendships for support and be part of a community.
> Make time to be together and celebrate important occasions.
> Hold on to your beliefs.

Contacts
Parent Helpline: Tel 1300 364 100
24 hours a day, 7 days a week for advice on child health and parenting
Child and Family Health Centres: Tel 1300 733 606
9am-4:30pm, Monday to Friday to make an appointment at your local Centre

Websites
www.parenting.sa.gov.au
For other Parent Easy Guides
www.cyh.com
For parenting and child health information
www.raisingchildren.net.au
Information and resources on raising children
www.familyrelationships.gov.au
Family Relationships Online has information on issues ranging from building better relationships to dispute resolution.

For more information
Parenting SA 1300 364 100
Children, Youth and Women’s Health Service
Telephone (08) 8303 1660
Internet: www.parenting.sa.gov.au
Revised 12/10
Parent Easy Guides are free in South Australia

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Parenting SA
Helping parents be their best