Dear Parents/Carers and Grandparents

Well it is hard to believe that we only have one more week of school. Students are still working hard in class and will continue with their usual program until Wednesday next week. They will then do all the clean up and tidy up of their class and their desks.

Wednesday next week we have the Awards Assembly starting at 8.30am sharp in the hall. This is a great time to celebrate the wonderful achievements of our students. If your child is receiving an award you will be advised by phone. The Christmas Raffle will be drawn on this day also. If you have not got raffle tickets ring the office or see Kylie in The Gray Family Centre.

Our staffing for 2014 is nearly completed. Classes are now finalized and everyone will receive a letter in with the school report and the attendance certificate to let you know what class your child is in next year and who the teacher is. Reports will be sent home on Wednesday 11th December. If your child is leaving the school at the end of this year and you are able to donate any school shirts to the office we would gratefully appreciate them.

There are quite a lot of items in the lost property box in the office and these will be on display every afternoon outside the office. Please take anything that belongs to your family. At the end of the school year all remaining items will be donated to Red Cross.

On behalf of the staff I would like to thank all parents, carers, grandparents, families for the amazing support you have given to the school this year. The school cannot operate effectively without the support of families and we thank you for helping us out in so many ways.

Just as important as parents are our PEGS partners—Good Beginnings, The Smith Family, Somerville, COPAL, Early Childhood Australia, FAST, YMCA and our wonderful Kylie Grainger in The Gray Family Centre. This group of partners works tirelessly in our school to encourage, support and empower the Gray School Community to access quality school and community services. We thank each of them for the wonderful work they do to help families, students and the staff be stronger and wiser.

Have a wonderful week

Sue Beynon, Principal and Sharon Chin, Assistant Principal

A big Thank You to all the Gray students for their gold coin donation.

We raised $150 for this worthy cause.

NSW Bushfire Appeal

Every Child, Every Day - improving student enrolment, attendance and participation is everybody’s responsibility and everyone’s business.
OUR LOST PROPERTY BASKET WILL BE ON DISPLAY OUTSIDE THE FRONT OFFICE EACH AFTERNOON.

If you have misplaced something please come and check the basket as all unclaimed property will be donated to the Red Cross at the end of the year.

BORROWED SCHOOL SHIRTS

Due to Mandatory School Uniforms we have a stock of uniforms that can be borrowed if needed under certain circumstances. Our stock is currently very low due to shirts not being returned. If your child has borrowed a uniform we would greatly appreciate their return. Thank you.

Vacation Care Starts Soon!!

Book now for vacation care, please remember to complete your enrolment form. 4 weeks jam-packed with fun activities and exciting excursions!!

Dates are from Friday 13th December - Friday 20th December
Monday 6th January - Friday 24th January.

Email Jade on gray@outsideschoolcare.com.au or call on 0499975048 for the programs or for more information.

SCHOOL UNIFORMS

Black shorts are now part of Gray School’s compulsory uniform. Please ensure that your student/s comply with our uniform policy, per the Parent Handbook (below).

“School Uniform is mandatory for all NT schools. Uniforms support self-esteem, promote school team spirit and are designed for economy and convenience. Uniform items are sold at the Front Office. When representing the school, and on excursions, uniforms must be worn. If this presents difficulties, they can be borrowed from the school for the day under special circumstances. The uniform consists of a royal blue polo knit and crew neck shirt and black skirt or shorts. Covered shoes must be worn.”

Shirts $25.00
Hats $10.00
Shorts $12.50

Year 5/6 B have been selling ice cups this term to fundraise for the Philippine’s Disaster relief, the staff also had an afternoon tea to help fundraise. Combined we have raised over $300 with more to come.
Wearing tie dye shirts the children help make, the children performed three songs before being presented with their portfolios. They have worked hard all year, progressed well and now ready for transition next year. Well Done!
Helping kids manage anger

Kids need to learn that anger can be expressed in ways that are not hurtful to anyone including themselves.

Managing anger is one of the biggest emotional issues that children face. Children who can learn to manage their anger have a head start on handling fears and other emotions.

Currently, our community is undecided about how to handle anger. In fact, anger is discouraged as we see no place for it in homes, schools or community. “Civilised people don’t get angry” seems to be the accepted wisdom so we tend to encourage children to bottle up anger rather than let it out.

Anger needs to be managed, rather than simply avoided. Bury anger deep-down and it will go away is the attitude! This doesn’t work for many children as bottled up emotions don’t always dissipate. They simmer away, eventually spilling over into physical violence or hurtful verbal abuse, which so often backfires on the angry person.

Kids need to learn that anger can be expressed in ways that are not hurtful to anyone including themselves. Here are six steps that parents can use to help kids of all ages keep their emotions under check, and respond safely when emotions run high:

1. **Understand it**: Help kids understand the events and situations that trigger angry responses. These situations will vary, but may include, playing rough games, not getting their own way and being teased by others. Help kids to reflect on the events that trigger a “wobbly”, so they can take preventative measures. This type of self-knowledge is really helpful for older primary school children and teenagers.

2. **Name it**: Help them recognise the physical signs of anger, such as clenched fists and teeth, tension around their shoulders and heavy breathing. Then assist them to develop a vocabulary around anger. “Mad as a snare”, “about to lose it”, “throwing a temper” are some possibilities. Children can probably generate more! Naming emotions promotes good emotional literacy in kids.

3. **Diffuse it**: You need some strategies to diffuse anger and bring down emotional levels in kids. Distraction and time out can be effective for toddlers with short fuses, and even shorter attention spans. For older children, parents should use diplomacy rather than discipline. You may need to give some kids some space on their own before attempting to talk. Listening to their story, validating their right to be mad and focusing on feelings are some ways to diffuse anger. Sometimes knowing that someone else knows how you feel is enough to make anger go away.

4. **Choose it**: Help children understand that they do have a choice about how they respond to their anger. They may feel like lashing out, but they don’t have to get physical or verbally aggressive when they get angry. Let kids know in clear terms that slamming doors, throwing things and refusing to cooperate are the wrong ways to display anger. Help them understand that while you are on their side, as they mature they need to choose socially acceptable ways of handling anger.

5. **Say it**: Encourage children to express how they feel verbally, rather than bottle things up or become aggressive. The use of I statements is one way of letting others know how they feel. “I feel really mad when you say nasty things to me. I really don’t like it!” is one way of being heard and letting the anger out.

6. **Let it out safely**: Boys, in particular, need physical outlets to pent up anger. They may go for a run, belt a pillow or play a physical game to let their frustration out. Some kids may even pour their anger into a letter, some work on a productive activity. Help children find legitimate outlets for their anger.

Parents need to role model healthy anger management so children see firsthand how adults handle anger in mature ways. That means parents take time to listen to each other, talk things through and find healthy physical ways to let off steam when you feel yourself getting to boiling point.

The maxim for families who want to learn to manage anger in healthy ways should be: “There is nothing so bad that we can’t talk about it. However there are behaviours that are not acceptable.”

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For more ideas, support and advice for all your parenting challenges visit: www.parentingideas.com.au