Dear Parents/Carers and Grandparents

It is hard to believe that we are now in November and there are only a few weeks left at school. This is the busiest time of the year for teachers as they complete the student learning for this year, write school reports, organize end of year excursions, organize end of year awards, prepare classes for next year, order resources for next year and pack up their classrooms! However, I encourage our teachers and all our staff to “Finish Strong”. At Gray Primary we are a great team and great teachers and people make great teams.

Please remember the storm weather policy at Gray School. If a storm hits on bell time students will remain in classes until the storm passes over. If parents are waiting in a car out the front or in the car park please be patient, or come into the school to collect your child. If there is a lot of lightening office staff will not answer the phones. Please help us to keep yourself and your child safe.

If you have a request for your child’s class placement for 2014 and have not submitted that request to Sharon Chin please do so by the end of this week as classes for next year are currently being created.

All students attending their class end of year excursion will need to meet the Gray School Behaviour expectations in order to participate. This means students will need to earn a certain amount of points. If your child does not meet this requirement the class teacher will be in contact with you before the excursion. Please ask your child on a weekly basis how their behaviour is going at school. This also shows students that parents expect good behaviour from their child not just at home but also in other settings like school and at a friend’s house. When we all work together on our expectations of safe and respectful behaviour we will see changes in our children. Being a parent is probably the hardest job any of us have but it is also the most important job as we help our children become respected citizens in our world. This means we have to be the adult and say NO when we believe this is appropriate. We are the protectors and the guidance people for our children and it is up to us to ensure that our children understand and show respect for themselves, their family, their culture, their school, their community.

I am currently Principal at Moulden Park Primary School but will be back at Gray on Monday 18th November. In the meantime I am floating between the two schools.

Have a wonderful week.

Sue Beynon, Principal, and Sharon Chin, Assistant Principal

Change in School Dental Clinic Number
New number on 8922 6466
Good Beginnings Australia is a National charity, building better outcomes for families in the community through a range of early intervention programs.

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

All Good Beginnings programs are provided free of charge.

For more information please contact the office on 08-89327022 Mobile 0417200170

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**NEW After School & Vacation Care SERVICE**

**OPENED—Mon 07 Oct 2013**

Together with the Outside School Care NT—Gray Primary School will offer its own on-site afterschool and vacation care services from the start of the new term (subject to regulatory approvals)

**WHAT IS OFFERED?**

High quality after school care program and snack menu from 2.30pm—6.00pm each school day. Vacation care from 7.30am—6.00pm through the school holidays.

**HOW DO I ENROL MY CHILDREN?**

Pick up an Enrolment Pack from reception or download from the Website: www.outsideschoolcare.com

OR CALL JANET on 049994158 or JADE on 0409976228

OR email: Gray@outsideschoolcare.com.au

**WHAT DOES IT COST?**

From less than $9.00 per day depending upon your CCB/CCR entitlements. Full session daily fee is $23 - but every family will be entitled to discounts and CCB/CCR credits.

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**CHRISTMAS RAFFLE**

WE ARE RUNNING our Christmas Hamper raffle again this year. The raffle will be drawn during the last week of school. We are asking for donations of items suitable for the hampers, and hope each family will support us to make up wonderful hamper prizes. Please treat the table below as a suggestion only; all donations will be greatly appreciated. Donations can be given to the class teacher or left at the front office.

| Presch | Crafty items – stickers, glue, tape, colour pencils, colouring in books, simple craft activities, books, play-dough |
| Tran | Christmas Items – bauble, tinsel, cellophane, Christmas paper, shiny things stocking fillers. |
| Year 1 | Around the house – cleaning stuff, sponges, detergent, toilet paper, paper towel, tea towels. |
| Year 2 | Packets – biscuits, rice crackers, popcorn, cereal, flour, sugar, cake mix, nuts, dried fruit. |
| Year 3 | Personal care – toothpaste, soap, band-aids, dental floss, sunscreen, deodorant. |
| Year 4 | Cans – baked beans, spaghetti, veggies, fruit, pet food, spreads, tuna. |
| Year 5 | Long-life items – Rice, pasta, 2 minute noodles, soup, gravy mix, casserole mix. |
| Year 6 | Treats – chocolate, sweets, jellybeans, poppers, juice, chips |

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**Gray Primary School (Family Centre Building)**

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

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**Vacation Care Program**

16th –20th Dec 2013 13th– 17th Jan 2013

6th– 10th Jan 2014 20th–24th Jan 2014

Programs are available at the office.

* Subject to whether there are enough numbers.

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**Outside School Care NT**

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Preschool enjoyed a visit from the Firemen. We learn’t about being safe in the community.

We have had fun being fireman at preschool.

We had a look inside the fire engine.
OUR LOST PROPERTY IS OVERFLOWING IF YOU HAVE LOST SOMETHING PLEASE COME INTO THE OFFICE AND CHECK OUR BASKET

No/Low Cost Play Therapy Sessions

Behavioural Change by Christmas!

Play Therapy Sessions at low or "No" cost* are available:

Session fees between $0, $40 and $80* pending on student experience.

Josephine Downs.

Senior practitioner rates are $150.00

Level 2, Suite 4,
59 Smith Street, Darwin

www.playtherapy.com.au

Phone 0411118620
Email: jodowns@playtherapy.com.au

*All students have allied health, undergraduate degrees. And have completed Play Therapy Training and 100 pro bono hours of Play Therapy. This does not mean that all client sessions are at these rates. Initial interviews and follow up parent appointments will incur the $150 fee. At that appointment it will be assessed if the level of therapeutic support required can be undertaken by a student and therefore at no or low cost to the client/family. Details as at Oct, 2013.

Palmerston Community Garden

Calling all green thumbs!

Our vision: Gray Community Garden inspires healthy and sustainable growth – in the garden, the gardeners and the whole community.

Palmerston's first community garden is being developed at Conflonieri Park in Gray and we’d love your help.

The Community Garden Working Group is ensuring the garden supports the wants and needs of the community.

This group meets fortnightly and new members are welcome.

2013 Meeting Dates

24 October 4-5pm Gray Hall
7 November 4-5pm Gray Hall
21 November 4-5pm Gray Hall
5 December 4-5pm Gray Hall

8935 9929 | palmerston@palmerston.nt.gov.au | www.palmerston.nt.gov.au
Are you interested in learning about PEGS (Partners Engaging Gray School)?
Do you have suggestions that could inform PEGS in 2014?

Encouraging, supporting and empowering the Gray School Community to access quality school and community services

We would love to hear your thoughts and ideas!

Joanne Forrest (Good Beginnings) and Kylie Grainger (Gray Family Centre) invite you to join us for lunch and participate in an informal focus group to have your say and assist the PEGS Partnership plan for 2014.

Friday 8th November 2013
Gray Family Centre
12:00pm – 1:30pm
Lunch Supplied

Places are limited - You must RSVP for catering and child minding.

RSVP to Kylie at the Gray Family Centre or call/text 0427 113 071

Enjoy Breakfast with:

- Somerville Community Services on Wednesday 23rd October
  - Toasted bacon and egg sandwich
- The Smith Family on Wednesday 30th October
  - Pancakes with berries and cream
- Healthy Palmerston on Wednesday 6th November
  - Fruit smoothies and fresh tropical fruit
- Good Beginnings on Wednesday 13th November
  - Scrambled eggs, grilled tomatoes and mushrooms on toast
- Early Childhood Australia on Wednesday 20th November
  - Bacon, egg and cheese muffins
- FAST – Families and Schools Together on Wednesday 27th November
  - French toast with a twist
- COPAL - City of Palmerston on Wednesday 4th December
  - Fresh fruit compote with yoghurt and honey

Each breakfast will start at 8:00am in The Family Centre.
Please see attached dates for each organisation

A Delicious breakfast each week.
Children Welcome
Resisting kids’ pester power

Kids have a way of getting under your skin when they really want something.

“Mum, can you buy me a treat?” “MUUUMMMM, can you get me some new clothes?” “It’s not fair. You never let me have any fun.”

Sound familiar?

Kids have a way of getting under your skin when they really want something. You can refuse their request for a treat, some extra time up out of bed or some new clothes and they can keep at you until you give in.

Some kids when they receive a knock back from one parent, will try the other parent. “Okay, mum said no to an ice cream, I’ll just check to see what dad says” is the type of tactic I’m talking about here.

Solo parents can easily become worn down by pester power as there is no one to share the burden with.

There is no doubt that kids’ pester power is alive and well and living in Australian homes right now. In these times of small families the voice of one child resisting can be the only voice a parent hears.

Currently, kids are seen as fair game by marketers and advertisers that use increasingly sophisticated tactics to stimulate consumerism in kids. This makes life increasingly difficult for parents.

Pester power hasn’t always been a problem for parents. In the days of large families, when four or more children were common, not only was there less propensity to give kids what they wanted but siblings had their own way of dealing with rebellious or prima donna type behaviour.

If your kids don’t take no for an answer, particularly when they want you to buy, buy, buy consider these well-tested resistance strategies:

1. Avoid getting into too many negotiations with kids. It’s worth remembering that it’s okay to say no...without always having to explain yourself.

2. Make yourself scarce, either physically or psychologically when they don’t take no for an answer. My wife was an expert at the latter method when my kids used to argue the point with her. She would ignore attempts to change her mind, going about her business as if they weren’t there. They soon realised that arguing was futile.

3. Differentiate between a want and a need. Kids want many things including the latest gadget, more free time and lots of treats. But they don’t necessarily need these things. Understanding the difference between a need and a want helps you resist pester power.

4. Communicate with your partner. Teenagers are adept at putting pressure on parents to acquiesce to their demands, particularly when it comes to going out. Get into the habit of bringing your partner into the picture. “I’m not sure about that. I’ll check with your father and get back to you” is a handy response.

5. Draw strength from a friend. It helps, particularly if you are on your own, to phone a friend to check if you are being reasonable. It’s easy to doubt yourself, and your sanity, when you are on your own.

6. How can you make this happen? Sometimes it’s best to put the onus on to kids, particularly when they pester you to buy them things. “Sure, you can have a new mobile phone. Have you got enough money to buy it now or do you have to save for it?” is the type of response I suggest for kids who just love you to be their automatic teller machine.

Resisting kids pressure for parents to purchase items for them is a challenge that comes with living in more affluent times. But it’s a challenge that’s worth meeting, not just for our peace of mind, but to promote some restraint and self-discipline in kids.

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

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