Message from the Principal …

Dear Parents and Caregivers

I hope you have all been enjoying the first four weeks back at school. Just a couple of reminders if you are not already aware:

- The new bitumen road on Pattinson Close will be completed between Thursday, 25 February and Friday, 4 March. There will be no on street parking between 6:00am-5:00pm. We advise that if you drive to school for either pick up or drop offs that you drop your child on Jenkins Avenue, Centrals Football Club car park or Fisk Street and they can walk into the school grounds from those drop points.

- There is a pupil free day for Fisk Street Primary School students on Monday, 26 February. Please be advised that there will be no school for students on this day. Staff will be undertaking some training and development in writing, comprehension and supporting students with disabilities.

Unfortunately no community members attended the AGM. However, if you would like to be part of decision making in the school there is still time to join the School Governing Council. Please come and see me if this is something that interests you.

Mitchell Ollington

**Award winners: Doing your best**

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Upcoming Dates:

- Pupil Free Day 29/2/16
- Adelaide Cup Public Holiday 14/3/16
- Good Friday Public Holiday 25/3/16
- Easter Monday Public Holiday 28/3/16
- Last day of Term One, early dismissal at 2:05pm 15/4/16

0407 619 351

Please contact us via the school phone for any of your child’s absences.
Fun in Room 6

We have had fun so far this term getting to know each other and learn new things!
7 Hints for Setting Boundaries with Your Kids
By Debra Manchester MacMannis, LCSW

“The most important thing parents can give their children is love. The second most important thing is discipline.” - T. Berry Brazelton, M.D.

Many parents today could use some serious coaching on how to create healthier boundaries with their kids. Just spend some time at a park where lots of families hang out and you’ll know what I mean.

You will notice mums and dads asking kids to do something (or stop doing something) ten times with no obvious results. You will observe others screaming in frustration as the child does the opposite of what was requested. It is easy to be judgmental, but how many of us grew up in families with healthy boundaries? Where was the instruction manual that should have come with the baby blankets?

Since we know that a lack of clear boundaries often results in behavior problems, it is crucial to begin creating healthy boundaries when they are still little. Children naturally experiment and push boundaries as they test their wings, develop their own sense of self, and learn about how the world works. It’s what they are supposed to do. So don’t judge kids for pushing back or take it personally. There is really no reason to be angry at them when they do so—they are just doing what kids do.

Here’s some practical tips on setting boundaries…

**First, you need to be clear about what your boundaries are.** Some are obvious. Things like no hitting, kicking, or name-calling. Some are different according to your schedule but should be obvious: Bedtimes. Behavior expected at mealtimes. Cleaning up after yourself. How much time is allowed watching TV or playing video games. Getting exercise.

**Next, start early and hold firm.** In a classic example, most parents have appropriate bedtimes for their kids, at least until they are old enough to begin sleeping in (usually at adolescence). These same parents often waiver or ignore their own boundaries when there is a sleep-over, or “because it’s a weekend” or “because it is summer,” etc., etc., and then reap the negative consequences. If you are consistent, your life will be easier, and your child will know the limit is non-negotiable.

When setting a specific boundary, **kneel down to your child’s level, look them in the eyes,** and tell them in simple words what you expect. This way, it is crystal clear that your message has been calmly sent and received. For example, before entering a store, explain that you are going in to get a sandwich, not candy, and you will picnic in the park if there is no fussing in the store. Don’t buy candy when asked. **Calmly say no each time,** and perhaps change the subject or look away.

It is crucial to **follow through with whatever consequence you have spelled out.** Therefore, don’t ever threaten anything that you will be unable to carry out. Kids learn very quickly when their parents say what they mean and mean what they say, versus when an emotional parent makes an idle threat. Take a deep breath instead.

**Lead with a positive statement** whenever possible, and request the behavior that you want from your child rather than what you don’t want. An example of this might happen around an expectation that your child help with household tasks. “You are such a good helper. As soon as we both clear the table and put the dishes away, we can play a game.” A natural consequence of this boundary would be that you would not play the game if your child refused to help you.

**Set boundaries and follow through with as little negative emotion as is possible.** When you communicate calmly and clearly, there is far less likelihood of defiance. Our kids are impeccable mirrors, unfortunately reflecting back both positive and negative emotions, more commonly doing what you are doing (mirroring your state of upset) rather than what you are saying.

When parents consistently do a good job of setting clear boundaries and then holding to them, then kids are more apt to learn to have respect for others, build greater self-control, develop the ability to tolerate frustration, and become more responsible for their actions. Wouldn’t you rather side-step the ongoing power struggles, find yourself nagging less, and enjoy more of the time spent with your kids? And just think about how much more fun the parks would be if everybody did it,
Keep your kids smiling
SA Dental Service

Have you received a letter from Medicare about the Child Dental Benefits Schedule? The School Dental Service is a Child Dental Benefits Schedule provider.

Dental care is FREE for ALL babies, pre-schoolers and most children under 18 at the School Dental Service.

Please call now for an appointment.
Whyalla Dental Clinic
Phone: 8645 2377

TABLE TENNIS
THE SPORT FOR ALL AGES
VETERAN’S -- JUNIORS
EXPERIENCED -- BEGINNERS
MEN & WOMEN -- BOYS & GIRLS

The Whyalla Table Tennis Association Inc
Invites interested persons to attend our:

**Competition Registration Evening**
At our CLUBROOMS- Whyalla Showgrounds, JUBILEE PARK
FRIDAY, March 4, 2016
7.30pm

Proposed Competition Nights-- depending on registered numbers:
Seniors -- Wednesdays 7:15 pm & Friday's 7:30 pm
Juniors U18 -- Friday's 6:00pm
Coaching / Training ---- Monday 7:30 pm
Competition generally runs from mid March to September.
See our website for Registration forms & further details:
http://sites.google.com/site/whyallatta/
Or phone Bob Morris 0419864749
“Shift workers catered for- we need fill in players”