**Principal’s Message**

**Bullying Fact Sheet**

Included with this newsletter is a fact sheet compiled by the Australian Government on bullying. Bullying is a serious issue and should be treated as such. If you have any concerns in regards to your child please contact the school for assistance.

**Pre-Loved Book Sale**

Due to the conversion of the Library administration system this year we have taken the opportunity to stocktake our resources. A number of books both fiction and non-fiction have been removed from the collection. These books will still be useful to assist children to practise their reading or may be related to topics of interest to them. We intend to sell the books for 20c each immediately after the Crazy Hat Parade on 24 March 2016.

**Student/Parent/Teacher Interviews – Three Way Conferences**

**Tuesday 22 March or Thursday 31 March**

Three way conferences are scheduled twice each year. Teachers and students are now busy preparing their reflections and progress made towards their goals to share with you.

We are conducting our first three way conferences for 2016 in Term 1 and then again in Term 3. Remember that you only need to attend one of the following dates for Term 1, either **Tuesday 22 March** or **Thursday 31 March**.

Please Note: Three way conferences for classes KL and 1T only will be held in Term 2. A separate note has been sent home to these classes.

Your child needs to be present with you at the conference. Three way conferences involve the teacher, parents and student. During the three way conferences, everyone has a role to play. Students demonstrate what they know as they share their accomplishments and set new learning goals. Parents find out about their children’s learning, have the opportunity to ask questions and express their ideas and help make plans to support their children’s learning at home. Teachers facilitate the three way conversations. They support the learners and the parents by clarifying, elaborating and responding to specific questions and concerns.

The three way conferences are part of the assessment and reporting procedures and focus on personal learning. They give students the opportunity to articulate and reflect on their learning.

Linda Green – Principal

**The Tell Them From Me Student Feedback Survey**

I am delighted that this term, our school, like many others in the state, will participate in a Department of Education initiative: the **Tell Them From Me** student feedback survey. The survey aims to help improve student learning outcomes and measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.

More information about the survey is available at:

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**!!!SAFETY FIRST!!!**

Please let children in and out of the car **KERBSIDE**

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**DISCLAIMER:** RTPS wishes all readers to be aware that the inclusion of an advertisement in this newsletter in NO WAY signifies the school’s endorsement of any particular product or service.
The survey is a great opportunity for our students to provide our school with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the *Tell Them From Me* survey to help improve how they do things at school.

I want to assure you that the survey is confidential and school staff will not be able to identify individual students from their responses. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between 14 March and 8 April. Participating in the survey is entirely voluntary.

A form and a list of frequently asked questions (FAQs) for parents/carers about the survey is being sent home with students. If you do not want your child or children to participate, please return the form to school by 11 March. The FAQs and copies of the form, including translated forms, are available from the website above.

Sue Hasler – Relieving Deputy Principal

*Zone Swimming Carnival*

25 students from Years 2-6 attended the Zone Swimming Carnival in Week 6. We were very successful winning the junior girls and senior boys relays, our remaining relays squads both finished third. We had 8 competitors and 2 reserves attend the Friday night finals. Robert Townson finished first or top 3 in many races and will be placed well in the overall standings.

Congratulations to Caitlin Demeary (Junior Girl) and Andrew Salian (11 years boys) aged champions for the Zone Carnival. Also congratulations to Caitlin who broke the Zone record for 50m freestyle.

16 of our swimmers have qualified for the SSW area carnival and will represent our zone in Week 8 at Gordon Fetterplace Aquatic Centre.

<table>
<thead>
<tr>
<th>Girls</th>
<th>Boys</th>
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<tbody>
<tr>
<td>Caitlin Demeary</td>
<td>Andrew Salian</td>
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<td>Anoushka Salian</td>
<td>Joshua Halls</td>
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<tr>
<td>Ivy Powell</td>
<td>Nathan Williams</td>
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<td>Allyse Keating</td>
<td>Ryan Amador</td>
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<td>Leyla Tupkovic</td>
<td>Joshua Taprell</td>
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<tr>
<td>Maddison Craddock</td>
<td>Blake Demeary</td>
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<tr>
<td>Sharni Rangaiya</td>
<td>Simon Mansfield</td>
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<tr>
<td>Gemma Olling</td>
<td>Jared Cooper</td>
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*Colouring Competition Winners*

Congratulations to the following students who were the winners for our PBL Colouring competition:

**Early Stage 1** - Tazman Grant-Thorogood KR
Chanel Houang KR

**Stage 1** - Lachlan Yelverton 2R
Chelsea Herborn 2C

**Stage 2** - Jafar Khan 3/4V
Emily Keenan 3/4S

**Stage 3** - Maddison Craddock 5/6M
Hunter Tredwell 5/6C

Jennifer Masters - PBL Co-ordinator

*Student Parliament Fundraiser for the Year 6 Farewell*

April Fools Mufti Day (Odd socks and Crazy hair) – 1 April 2016
Students come to school in their *normal school* uniform. For the price of a *gold coin donation* they can wear *crazy or odd socks and crazy hair*. Thank you for your support.

‘Bread Tags for Wheelchairs’
Student Parliament is supporting the ‘Bread Tags for Wheelchairs’ charity. We ask all families to please collect the small plastic clips that come on loaves of bread and other products and every few weeks send them in to your child’s teacher. Student Parliament will collect them at the end of each term. We are running a competition to see which class can collect the most tags in Term 1. Once the tags are collected they are donated to the ‘Bread Tags for Wheelchairs’ charity which sells them to a recycling company and uses the money to purchase wheelchairs for people with a disability in Africa. Thank you for supporting this initiative.

Student Parliament and Year 6 Team

*Positive Behaviour for Learning (PBL) Refresher Assembly*

RTPS held our PBL Refresher Assembly in Week 5 where we learnt all about our school values of ‘Be Safe’, ‘Be Respectful’ and ‘Aim High’. We met the Townson Tiger, announced competition winners and had a fabulous performance by our 3-6 Vocal Ensemble. Thanks to our parents and carers who joined us on the day for our assembly and visited our classrooms.

**30 Years**

As some of you would already know, this year marks 30 years since Robert Townson Public School has been in operation. We are looking forward to
celebrating this achievement on numerous occasions throughout 2016.

Can you help us? Do you know any past staff members or students? Are you one yourself? Can you give us their contact details so we can include them in our celebrations? Do you hold any old photographs, newsletters, clippings or paraphernalia that span any of the 30 years?

If so, we would love to hear about it or see it. Please let the school know and forward anything you think might be useful to me, to be passed on to the 30th birthday planning committee.

Let’s make these celebrations unforgettable!

Mrs Marchetta

From Robert Townson High School

Families of Years 5 and 6 are invited:

Year 6 into 7 Information Evening

Where: Robert Townson Public School
When: Tuesday 15 March 2016
Time: 5:30 pm
Venue: Library

From the P&C

Wrapping Mother’s Day Presents

Any parents who wish to help wrap presents for the Mother’s Day stall are welcome to join us in the staff room (in the office) on Wednesday mornings from 9:00 am to 11:00 am, volunteers need to sign the visitors book. Please note that anyone working or assisting on a P&C function must have provided the office staff with a copy of their Working With Children Check and date of birth.

Easter Egg Raffle

Tickets have been distributed to all students for the P&C Easter Egg Raffle. Tickets are 50 cents each or 5 for $2.00. The raffle will be drawn at The Crazy Hat Parade on Thursday 24 March. Additional raffle tickets are available from the office.

Christine Wright – P&C President

Locking of Gates

Just a reminder that we are trialling locking of gates. All external gates will be locked at 9:15 am and be re-opened at 2:30 pm. On Tuesday afternoons the gate will be opened at 2:00 pm to allow Robert Townson High School students to depart and pick up siblings.

During these times access to the school will only be via the main gate near the front office.

Thank you for your support.

Paula Clements – WHS Co-ordinator
Jen Masters – PBL Co-ordinator

Fact Sheet: Bullying

The Issue: Bully-proof your children

Bullying and harassment can happen anywhere to anyone, for any reason. It can occur at school, at work and even at home. The good news is, you can bully-proof your children by being aware of when and how it can happen and knowing what to do about it.

What is bullying?

Bullying is a form of abuse and is intentional, repeated intimidating behaviour by an individual or group that causes distress, hurt or undue pressure. In most cases there is a power play within the bullying, with the target been seen as weaker than the perpetrator(s).

The four bullying behaviour styles

- Verbal: Name calling, teasing, abuse, humiliation, sarcasm, insults, threats.
- Physical: Hitting, punching, kicking, scratching, spitting.
- Social: Ignoring, excluding, ostracising, alienating, making inappropriate gestures.
- Psychological: Spreading rumours, glaring, hiding or damaging possessions, malicious SMS and email and misuse of camera phones.

Take it seriously

Bullying is a serious issue. It can devalue, isolate and frighten young people. It can have long-term effects on everyone involved and research shows it can lead to low self-esteem, self harm and even suicide.

Signs to Look Out For

Is your child being bullied?

Young people who are being bullied or harassed might not talk about it with their teachers/school counsellors/parents or other adults because they are afraid that it will only make things worse. It’s important to be aware of the danger signs that bullying is happening.

Signs of bullying

- Unexplained cuts, bruises or scratches.
- Damaged or ripped clothing.
- Damaged or missing belongings.
- Vague headaches or stomach aches.
- Refusal to go to school.
- Tearfulness or depression.
- Lack/loss of confidence and anxiety.
- Negative personality changes.
- An unwillingness to leave the house.
- Aggressive or bullying behaviour towards other family members.

What if your child is the bully?

It can be hard to accept that our child is the bully but if this is the case, know that bullies operate out of a place of low self-esteem, inadequacy and feeling of powerlessness and this can often be changed with help and understanding.
Six indicators that a child might use bullying behaviour

They...

- Are impulsive, hot-headed and dominant.
- Can be easily frustrated and have trouble reigning in feelings.
- Show a lack of empathy or compassion.
- Have difficulty following rules.
- View violence in a positive way.
- Show little remorse or refuse to take responsibility for their actions.

Tips – What to do if your child is being bullied

- Listen and be supportive – acknowledge their hurt feelings.
- Get the facts: Who/What/Where/Why/When – In a caring, interested manner.
- Try to find out your kids perception about why they're being bullied and explain it's not their fault.
- Teach them to deal with bullying by walking away, making new friends and talking to people they trust like friends, teachers, parents and carers about what’s happening.
- If the harassment is serious then take the issue to the head of the school, or to the police.

Helping the bully – breaking the cycle of intimidation

If your child is bullying another you can...

- Help your child understand the damage their actions are causing.
- Put healthy boundaries in place and consequences if they are broken.
- Consider whether they have learned this behaviour from someone else, such as friends or siblings. Bullies have often been bullied themselves or think it’s cool to copy people they admire.
- Talk to the school (or organisation where the bullying is happening) and work out an action plan for dealing with it.

Help Is a Phone Call Away

If you feel you need some advice or support call the confidential 24 hour helpline 1800 200 526 to talk with experienced counsellors.

For more information check out www.bullyingnoway.com.au

What can I expect when I call the helpline?

Your call will be answered by a person, no answering machines, no recorded messages. The person who answers your call will be an experienced counsellor, not the police, not a government department.

You will not have to give your name, you can request a male or female counsellor. They can also help connect you to other support services as needed.

Translating and Interpreting Service (TIS) phone 13 14 50.

Hearing Impaired or Deaf Callers

Phone the National Relay Service 13 36 77 and quote 1800 200 526.