

Herons Creek Public School



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Newsletter

Term 1 Week 11, 8 April

Dates for the Diary

11th April – Small Schools Country Carnival

12th April – Last day of Term 1

30th April – Students return for Term 2

8th May – Alphabet of Awesome Science

13 May-17 May – 3MAPS Aussie Bush Camp

Coastline Credit Union Funding

We were extremely lucky to receive some last-minute funding from Coastline Community Foundation for the production of Dogman: The Musical at the Glasshouse. Due to this, Parents/Carers who had paid for this will notice that they now have a \$20 credit in Sentral. This credit can be used against any future fees/excursions.

The One Who Planted Trees

Invoices are available to pay in Sentral for the school excursion to the Glasshouse to see 'The One Who Planted Trees' on the 5th June. Thank you to the many parents/carers who have already paid. Please note that payment is due by the 26th April.

Small School Cross Country Carnival

Our Cross Country Carnival will be held on Thursday 11th April at Blackbutt Oval in Wauchope. Let's keep our fingers crossed for fine weather. Please refer to Sentral for more information.

3MAPS CAMP

Parents/Carers of our Yr4-6 campers, don't forget to return the medical form and medication/dietary requirements form to the school office by the 10th April.

Uniform Order

P&C will be placing an order for jumpers and jackets tomorrow. If you want to order one for your child, please call the school office Tuesday morning.

Alphabet of Awesome Science

On Wednesday 8th May, **the students in Year 3-6** will be attending the Glasshouse to participate in the Alphabet of Awesome Science. Tickets are \$20 each, however we have been successful in obtaining funding from Coastline Community Foundation which will cover the full cost of ticket prices for you. A BIG thank you to Coastline Credit Union for their generosity. An Activity Permission has been sent out via Sentral for you to action.

Declaration for Child-Related Workers

Please return your Declaration for Child-related workers forms as soon as possible. THANK YOU to the parents/carers who have already returned theirs.

NSW Health Primary School Mobile Dental Program

The Dental Van is coming to our school in May. The NSW Health Primary School Mobile Dental Van visited our school a few years ago. They are the same provider if you were to take your child to the Community Health dentist in Wauchope, Laurieton etc. If you have not received an information envelope, please see Cianne. If you would like your child to see the dentist when the Van comes in May, please complete the enclosed information and return it to the school office before the 3rd May.

AEDC Data Collection for Kindergarten students

From May 2024, our school, along with thousands of others across the country, will participate in the Australian Early Development Census (AEDC).

The AEDC is a teacher-completed census (similar to a questionnaire) which provides a comprehensive picture of how children have developed by the time they start their first year of full-time school. The AEDC is an Australian Government Initiative and is completed nationally every three years.

Children don't miss any class time while the AEDC is completed, and parents/carers don't need to supply schools with any new information.

The data collected through the AEDC is used by schools, communities and governments to better understand children and families' needs, and identify the services, resources and support they need.

AEDC data is reported at a school, community, state/territory and national level. AEDC results for individual children are not reported and the AEDC is not used as an individual diagnostic tool.

Some teachers have found that completing the AEDC made them more aware of the needs of individual children and their class, and that the data was useful for planning for transitions to Year 1 and developing programs.

Participation in the AEDC is voluntary, however the AEDC relies on all schools with children in their first year of full-time school participating in the collection. **Parents/carers don't need to take any action unless they choose not to include their children in the census.**

To find out more about the AEDC and how it is being used to help children and families visit: www.aedc.gov.au. If you have any questions, you can contact the office.



Not every act of meanness is bullying

By Michael Hawton, Child Psychologist (MAPS) and [Parentshop](#) founder.

One of our jobs is to help children and young people to interpret events proportionally. However, in recent times, I have seen a shift involving the wrong application of words like *trauma, depression and bullying*. When these very meaningful words are misused, their misuse can result in unwanted consequences. What might be the 'unkind' behaviour of another may, in fact, not be 'bullying'. In this article we discuss the differences between unkindness and bullying – and how defining the two correctly can teach kids resilience and how to cope with conflict.

Anyone who spends a great deal of time with children or simply remembers their own childhood, would know that children can be downright mean. An experiment by Debra Pepler at York University brought together children from years 1 to 6 who were identified by their teachers as particularly aggressive or particularly non-aggressive. What the study found was that, on average, mean behaviour from the aggressive children was displayed every two minutes and, most revealingly, from the non-aggressive children every three minutes.

Conflict is unfortunately a part of life that we all deal with, no matter what age.

Bullying is, however, way more than that and can have serious and sometimes tragic consequences. Yet the term 'bullying' seems to be readily bandied around these days for all forms of 'mean behaviour'.

According to 'Bullying No Way', the National Australian definition of bullying is:

"an ongoing misuse of power in relationships through repeated verbal, physical and/or social behaviour that causes physical and/or psychological harm. It can involve an individual or a group misusing their power over one or more persons. Bullying can happen in person or online, and it can be obvious (overt) or hidden (covert)... Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying".

The key terms in the definition of bullying is 'misuse of power' and 'repeated'. The key terms in the definition of what is not bullying is 'between equals' and while conflicts or mean and hurtful behaviour may upset a child tremendously, by labelling the mean behaviour 'bullying' we may be disempowering children.

It is important for children to understand the difference between someone being insensitive or mean and what constitutes bullying behaviour because being able to successfully resolve and navigate these situations is a huge step in their emotional growth and maturity. If the situation is deemed to be simply mean or hurtful behaviour it is important not to over-play this through misleading terminology (ie bullying) and offer ways for the child to address and resolve this themselves.

... calling every act of meanness bullying sends an unhealthy message: It says to kids, 'You're fragile. You can't handle it if anyone is even slightly unkind to you.'

Eileen Kennedy-Moore

Teacher and writer Braden Bell spoke in his article for the Washington Post about his own personal experience when hearing about one of his children experiencing negative and disparaging remarks from a co-worker. His initial fury led him to a biased judgement, defining the perpetrator as a bully but when he eventually calmed down, he realised it did not fit the definition (it was offensive behaviour but not bullying) and so he talked with his wife and then teenager to find a viable coping solution, which worked out in the end. A way parents can assist with this is by first acknowledging the mean behaviour, e.g., 'that was mean/rude/unkind of her/him' and then, as Bell suggests, prompting the child to seek some form of resolution or solution by asking "What are your choices?" And, as a follow-up, "What are the likely outcomes of those choices?". This may not be easy because of heightened emotions and the initial responses may not be great.

Parents who react too defensively for their child at every negative encounter with their child's peers may be doing more harm than good. In later years the child may not have the necessary tools to independently handle conflict and may feel 'victimised' in situations that don't go their way, potentially causing social engagement and relationship difficulties in later life.

Further in her article in Psychology Today, Eileen Kennedy-Moore, wrote:

... calling every act of meanness bullying sends an unhealthy message: It says to kids, 'You're fragile. You can't handle it if anyone is even slightly unkind to you.' As these children grow older, they demonstrate less resilience, sometimes publicly. The kids get more easily and deeply upset about perceived offenses, including situations that were unpleasant, but weren't really bullying. Beyond stunting their emotional maturity, their heightened reactions had negative social consequences, as peers responded by disengaging from them.

By defining the behaviour correctly, we are encouraging our kids to assess and respond in a way that with long term practice, creates resiliency and emotional maturity.

Michael Hawton is founder of Parentshop, providing education and resources for parents and industry professionals working with children. He has authored three books on child behaviour management: *The Anxiety Coach*, *Talk Less Listen More* and *Engaging Adolescents*. You can find more information, including his books and self-paced online parenting courses at <https://www.parentshop.com.au/for-parents>



NORTH COAST HERPETOLOGY GROUP PRESENTS...

REPTILE EXPO 2024



SATURDAY 27TH APRIL 2024
10AM- 3PM



ADULTS: \$5
CHILDREN (UNDER 12): \$2
UNDER 4: FREE



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art school

The Seed art school Autumn school holidays



Includes

All creative materials, 3 art projects with qualified artists for 6 hours!

9am-3pm

Use your Creative Kids Voucher for \$50 off!

Prices

Single Day- \$100*
ANY 3 Days - \$275
ANY 5 Days - \$450
*GLOW PARTY \$50

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April
15 - 26

With the school holidays just around the corner, now's the time to secure your child's spot in our School Holiday Program! But hurry - time is running out!

Our program offers an exciting array of creative activities designed to ignite your child's imagination and nurture their artistic talents.

From painting and drawing to crafting and sculpting, there's something for every budding artist to enjoy.

Let's make this school holiday one to remember
with creativity, fun, and new friends!