

Ashmont Public School

Bulletin

*To Dream. To Inspire.
To Succeed.*

Yindyamarra



Term 4, Week 10



A Message from our Principal

Welcome to the final Bulletin for 2018. The term has certainly whizzed past in a whirl of activities and there has never been a dull moment.

Infants Christmas Concert

Last week K-2 held their Christmas concert and I was so impressed with the number of families who turned up to enjoy the performance with us. It means so much to our students when they look out into the audience and spot the most important people in their lives smiling back at their efforts. They all won the award for cuteness! A big thank you to the teachers, especially Mrs McKenzie for getting them ready for the spotlight and to Santa Claus who took time out of his busy schedule to wish the children Merry Christmas. It was a fantastic morning for everyone involved.

Reports

Reports went home last Friday. If you wish to speak to your child's teacher about their progress, please ring the office to make an appointment.

Farewell to our Year 6

After seven years of primary education, our Year 6 students are moving on to High School. They all looked wonderful at our Graduation Dinner last night. Who would have thought those cute little Kindy students, all anxious about being in big school, would have developed into the mature young people they are today. They are probably anxious about this next stage in their lives as well, but we know that they can do anything that they put their minds to and succeed with style. We will be wishing them well when they walk out after a brief assembly tomorrow afternoon at 2:20pm.

Staff Moving On

We would like to wish Mrs Apps, who is moving to Queensland, Mrs Whittaker leaving for Victoria, and Miss Kent and Ms Smith who will be working in Wagga, all the best for their future in delivering high quality education to the students in their care. They will be missed by the staff and students of Ashmont Public. Also Mrs Toukley who assisted in the library has made the move to Forest Hill Public School while Mrs Fisher in the office is heading to Matong Public School for the first term, thank you and good luck.

Merry Christmas

Finally I wish you all a Merry Christmas and a happy New Year. All students from Kindergarten to Year 6 return to school on Wednesday, 30 January. Have a safe and happy holiday.



WAGGA WAGGA COMMUNITY OF
PUBLIC SCHOOLS

Term 1 – 2019 Begins - 30 January 2019

**Canteen Closed Week 10
Monday, Tuesday, Wednesday
(17th to 19th December)**

Due to circumstances beyond our control and lack of volunteers, the canteen will be closed in Week 10. Please pack a nutritious lunch for your children on those days.

Breakfast Program

Mondays, Wednesdays, Fridays
Finishes on Friday, 14th December 2018
Recommences 4th February 2019

K-2 Christmas Concert

Christmas Around the World





Parent Line NSW

Parent Line counsellors are available to help with any of your parenting issues.

Parent Line is a telephone counselling, information and referral service for parents of children aged 0 to 18 years who live in New South Wales. We can also provide support and information for professionals working with families.

Our counsellors can help with problems relating to young babies and children:

- Settling and feeding newborns and babies
- Toddler taming
- Managing child care and school transitions
- Support during family separation
- Managing stress and anxiety

Through to issues relating to teenagers:

- Teen mental health
- School and study issues
- Managing technology use
- Alcohol and drug use
- Strategies to build positive relationships

Help when you need it.

Monday - Friday, 9am - 5pm
Saturday - Sunday, 4pm - 9pm

Parent Line NSW
1300 1300 52
Parentline.org.au



10 Tips for Surviving School Holidays

While school holidays are a welcome break from the busyness of school routines, there is never a break from parenting. The following tips will help you have fun and connect with your kids as you make the most of the school holidays:

1. Plan

- Get your kids involved in making a list of activities that they would like to do
- Plan for good and bad weather
- Schedule down time and time out as well as time for one-on-one and family group activities

2. The best things in life are free

- Make sure the list includes plenty of free activities such as picnics, bike rides, trips to the beach, the local library and the great outdoors

3. Boredom is good

- Unstructured time and time away from electronic devices is good for young minds

4. Use opportunities to teach new skills and self reliance

- Not having the pressure to rush out the door in the morning can allow for kids to develop new skills such as getting their own breakfast and lunch, taking the dog for a walk or going to the shops by themselves

Parent Line NSW
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Parentline.org.au



5. Ask for help

- Don't be afraid to ask for help to share the load. For example, asking friends or family to help care for children or to provide assistance in other ways

6. Accept that things may not always go to plan

- Even the best made plans may need to be discarded at the last minute due to unforeseen events such as illness or accidents. Whilst stressful, these unforeseen events often teach us and our kids valuable life lessons and may even become the source of family bonding or stories down the track

7. Don't forget self-care

- Look after yourself and take time out to relax, even if it's half an hour whilst you have a cuppa and read a book. Remember, happy and relaxed parents make for happy children

8. Support and company

- Having a support system can be crucial to any parent. It also gives parents the opportunity to interact with other parents whilst giving the kids a bit of play time

9. Consider your child's mental health and wellbeing

- Whilst it may be a family tradition to go on an annual family holiday or attend a family dinner, maybe your teenager is too depressed or your child with ADHD will be labelled by judgemental relatives. Consider if it's really worth maintaining the tradition when it may be at the cost of mental health and wellbeing

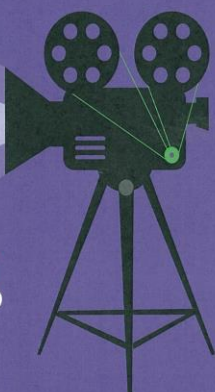
10. Holiday connections help us the rest of the year

- School holidays provide unique opportunities to connect with, listen to and get to know your kids. Use the time to spend one-on-one time with each family member
- Parent Line can also provide over the phone support throughout the holiday period if you need some extra help. Our counsellors are here for you seven days a week, 9am to 5pm weekdays and 4pm to 5pm weekends (closed public holidays)

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Parentline.org.au

intereach

MOVIE DAY



19TH DECEMBER | 4PM
ASHMONT NGURRA YOUTH HUB
16 BLAKEMORE AVENUE
SNACKS AND DRINKS PROVIDED

ROAR is not a crisis service. If you are worried about your own, or someone else's safety, phone the NSW Mental Health Line 1800 011 511 or 000

ROAR
#reuschoutandrelax
Intereach Family Mental Health Support Service

ABILITY LINKS
NEW SOUTH WALES



**Collingullie
Glenfield Park**
Junior Football Netball Club

REGISTER NOW FOR THE 2019 SEASON

We are seeking any interested junior footballers and netballers aged between 5 and 15 to join our club for the 2019 season. The season will begin on April 28 2019, training will start late March/early April.

ActiveKids \$100 vouchers will be available January 1 from Service NSW. Each child is entitled to one voucher which can be used towards their registration fees

Payment will be required to be paid online at time of registration, if you have any issues or require assistance please contact the club.

ALL NEW PLAYERS WELCOME

*No previous playing experience necessary.
All players guaranteed a game each week.*



To register go to
cgpfn.org.au
you can use your Active Kids voucher
CGPFNC is an approved provider



For more club information and news follow us on facebook at
facebook.com/GullieJuniorDEMONS

Year 6 Graduation Dinner



K – 2 Rewards Day at Junee Pool



ASHMONT PUBLIC SCHOOL

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