**Principal's Message**

This week's thought for the week is focusing on Bullying. Bullying No Way, Take a Stand Together. All students and teachers have been working together to build the capabilities of all students to recognise bullying behaviour and to take a stand, report the behaviour and stand up to bullying.

The Department of Education defines bullying as repeated verbal, physical or psychological behaviour that is harmful and involves the misuse of power by an individual or group towards one or more persons. Cyber bullying refers to bullying through information and communication technologies. Bullying can involve humiliation, domination, intimidation and victimisation. Bullying can happen anywhere: at school, travelling to and from school, in sporting teams, between neighbours or in the workplace.

Bullying behaviour can be:
- * Verbal eg name calling, teasing, abuse, put downs, sarcasm, insults and threats
- * Physical eg hitting, punching, kicking, scratching, tripping and spitting
- * Social eg ignoring, excluding, ostracising, alienating, making inappropriate gestures
- * Psychological eg spreading rumours, dirty looks, hiding or damaging other’s possessions, malicious SMS and social media messages.

Conflicts or fights between equals or single incidents are not defined as bullying. Bullying behaviour is not:
- * Children not getting along
- * A situation of mutual conflict
- * Single episodes of nastiness, aggression or intimidation.

It is not ok for anyone in our school to treat others this way and I have attached some information sheets for parents to enable you to support your children in this area. An invaluable resource for teachers, students and parents is bullyingnoway.gov.au and I strongly recommend this site as an excellent site for all families.

We will be participating in the National Day of Action Against Bullying on Friday 18th March. All classes are making posters to be displayed around our school on Friday. We do not tolerate any form of bullying in our school and we will continue to develop responsible and respectful learners at Luddenham Public School.

Last week, we held our school cross country in very hot conditions and thankfully we were able to finish the cross country by 11:00 am. Thank you Mr
Last newsletter I posted some information on the impact of being positive about your child’s education. This week I’d like to address the importance of developing independence in your child and the benefits stemming from this instruction.

The Kidsmatter website is a great resource in guiding you on how to create an independent child. Parents can firstly encourage self-help skills such as dressing themselves, which will give them lots of confidence in being able to manage things themselves.

Secondly, it is wise to promote a sense of responsibility by encouraging your child to take care of things themselves, e.g., setting the dinner table. This will help them feel useful and build their confidence.

Thirdly, teach your child to care for their belongings which in turn instils a sense of respect for personal items belonging to themselves and others.

Fourthly, it is recommended that you involve your children in making small decisions which will in turn give them confidence in making bigger decisions.

Lastly, develop your child’s understanding of social rules. Discuss how different settings have different rules, e.g., compare the rules of the public swimming pool to the rules at home. Be sure to play lots of games, e.g., board games with clear boundaries in a fun atmosphere.

This should give your children lots of practice following rules so that they have an understanding of the need of following rules at school.

**Lindy Johnson**  
Learning and Support Teacher

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**Principal’s Message (cont.)**

Winterton for your organisation of the day, we greatly appreciate your tireless efforts. We will be presenting the cross country ribbons to all students at our next K-6 assembly on Wednesday 30th March at 2:20pm. Good luck and best wishes to all of 8-13 year olds at the Combined Small Schools Carnival at Wallacia Public School tomorrow.

We will be having our Crazy Hat Parade on Wednesday 23rd March and all families and friends are welcome to attend. Thank you to the many families who have donated eggs for the P&C Easter Raffle which will be drawn at the end of the Crazy Hat Parade.

The school will close on Good Friday, 25th March and will reopen for all students on Tuesday 29th March. Unlike previous years, Easter is not part of the school holidays. Term 1 will finish for all students on Friday 8th April.

**Karen Ellis**

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**Road Safety**

Our students’ safety is of the utmost importance to us. Please be mindful of the road rules around the school to keep our children safe, and do not park in the ‘No Stopping’ zone. It is illegal and you will be given a hefty fine if booked, but more importantly, it restricts the view of oncoming cars and jeopardises the safety of our students when crossing.
Luddenham PS Cross Country

Congratulations to all the students who participated in our school cross country carnival held last Thursday 10th March, and to all the parents and relatives who came along to support. A fun day was enjoyed by all with students and families sharing in a picnic lunch at the completion of the races. A special thank you to Sharen Darmanin, Jasmine Ward and Cathy Haes for their organisation of the sausage sizzle and congratulations to our place getters in the infant races – Matthew Cauchi, Levi Osorio, Lucey Jobson, Scarlett Findlay, Alex Vassallo, Tyler Alexander, Riley Alexander, Lilly Olive, Marissa Cloey, Jasmine Chi, Damian Osorio, Riley Olive, Ryan Cloey, Cody Vassallo, Kiera Johnstone and Lily Anderson. We wish our primary students the best of luck at the Small Schools Cross Country Carnival at Wallacia tomorrow.

Small Schools Cross Country Carnival

On Thursday 17th March (tomorrow) all students turning 8 years and older in 2016 are expected to attend the Small Schools Cross Country Carnival in conjunction with Mulgoa, Wallacia and Orchard Hills Public Schools to be held at Wallacia Public School. Travel will be by bus. A note was previously sent home with more details. If you have not returned the permission note and payment of $7, please do so first thing in the morning or your child will not be able to board the bus.

Classes will be as normal for students in Kindergarten and Year 1, and those students in Year 2 who will not be turning 8 this year.

Crazy Hat Parade

On Wednesday 23rd March, students are invited to bring to school a wacky hat for our Crazy Hat Parade. If you are searching for ideas, type ‘crazy hat’ into a google search and you will see some amazing creations.

Students are to wear normal school uniform and the Parade will be held under the COLA at 10.15 am. Parents are more than welcome to attend.

The P&C Easter raffle will be drawn immediately after the Parade. Don’t forget to return your raffle tickets with money ($10 per book of tickets) to the school office before 23rd March to ensure that you enter the draw. You’ve got to be in it to win it!

PBL Awards

The following students have been recognised for their safe, responsible, respectful and successful behaviour.

Respectful: Marcus (3/4), Shane (K/1)

Responsible: Isabella (4/5/6), Emilio (3/4)

Safe: Lizzie (3/4), Ebony (3/4)
Skoolbag

Did you know there is now an App available for your phone and/or tablet to receive notifications from the school? It is called Skoolbag and is free for you to download. We will be using this App as another way to communicate with parents. If you type Luddenham Skoolbag in the search bar of the App Store, or Google Play, you should be able to find it. Otherwise, go to www.Skoolbag.com.au for more information. We hope this will be a valuable communication tool.

Don’t forget that you can also check out what’s happening on the school website, www.luddenham-p.schools.nsw.edu.au, the school noticeboard in Jamison Street, our Facebook page and of course we will continue to send notes home.

Bandaged Bear Day

Last Friday we held a mufti day in support of the Bandaged Bear Appeal. We were able to raise $94.30 through the generosity of our community which will be forwarded to Westmead Children’s Hospital to help purchase much-needed medical equipment, fund vital research and provide life-saving care and support to families during their toughest times. Thank you!

P&C News

Canteen

The canteen is open every Friday for lunch orders. Please write your child’s order on a paper bag and hand in to the office before school. Please include 10c extra if you need to purchase a paper bag.

Many thanks to the ladies who ran the Sausage Sizzle on the day of the Cross country. I am sure everyone enjoyed their special lunch.

P&C Meeting

The next P&C Meeting will be held in the library on Friday 18th March immediately after the morning assembly. Attending P&C meetings is the best way to find out what’s happening in our school, so come along.

Everyone is welcome

Moving into Year 7

Last week all students in Year 6 were given an information booklet called ‘Moving into Year 7 in a NSW Government School in 2017’. All students should return the booklet even if they will be going to a non-NSW Government (or Private) High School. Forms need to be returned to the office prior to Friday 18th March. Thank you for your co-operation.
In Week 11 the Life Education van will be visiting our school. Students from each class will experience a different program focusing on various life skills and knowledge.

K/1: Harold’s Surprise – Harold’s friend Possum holds a party in the park and invites the class and Harold to come along. Students learn ways to seek help from trusted adults, the benefits of physical activity, how to spot safe and unsafe behaviours and environments and choosing healthy food options.

1/2: Harold’s Mystery Tour – The class take a mystery tour with Harold where an animated video magically introduces them to internal body parts such as the heart and lungs. Students learn to identify the function of vital organs (heart, lungs and brain), recognise that a balanced diet and exercise promotes good health, explore strategies to manage feelings and emotions, safety in public places, recognise the safe use and storage of medicines.

3/4: All Systems Go – Inside a futuristic machine ‘The Venture’, the Captain and his crew take the class on a tour of the human body. Students learn factors that influence the function of body systems such as exercise and drugs, explore ways to manage peer pressure, the effects of second hand smoke, the function of vital organs (heart, lungs, brain and kidneys) and healthy food choices.

4/5/6: bCyberwise – This module focuses on cybersafety, cyber ethics and building positive relationships with friends online and offline. Students learn responsible and respectful behaviour when using communication technology, skills for building positive relationships with friends, keeping personal information safe online, strategies to deal with bullying and cyberbullying and exploring the role of bystanders.

A reminder: please return the note and money to the office by Friday 1st April.

On 3rd March 2016 Harrison Tyler travelled to Bathurst with his family to compete in the Australian National Titles for BMX Racing. He competed in three races alongside 78 other juniors of his age group. Harrison placed 5th in his first race, 5th in his second race and 6th in his 3rd race. Congratulations Harrison on a fabulous effort, we are very proud of you!!!

The Luddenham Legends this week are the 4/5/6 boys for taking the initiative and introducing a new paper plane flying competition in the playground. Your encouragement and support of others in our playground is to be commended.
What's Happening at Luddenham PS

March
17th  Combined Small Schools Cross Country Carnival—8 years and older
18th  Sport in Schools Program
18th  National Day of Action Against Bullying
18th  P&C Meeting
21st  Glenmore Park High School Information Evening
23rd  Crazy Hat Parade and P&C Easter Raffle Draw
25th  Good Friday
28th  Easter Monday
30th  K-6 Assembly at 2:20pm

April
4th & 5th  Life Education
5th  Penrith RSL ANZAC Service
8th  Last day of Term 1
26th  Staff return to school—Staff Development Day

Lost Property

There are a pair of sunglasses and some items of jewellery in the office which have been handed in over the last few weeks. If you are missing any of these items, please come into the office to have a look as I would love to return them to their owners.

Reminders

- P&C Meeting this Friday, 18th March
- Life Education Permission notes and payment due in by Friday 1st April.
- School Banking day is Thursday. If you would like to open an account for your child, please contact Mrs Wilson in the office.
- Please label all your child’s belongings, including clothing, hats, lunch boxes, drink bottles etc.

Student Absence Note

Student Name ……………………………………………………...…………………………   Class ............................
Date of absence  ............................................................
Reason for absence ……………………………………………………………………………………………………………………………………………………..
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Parent/ Caregiver signature .................................   Date .................................
What is bullying?

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 or hidden.

Bullying of any form or for any reason can have long-term effects on those involved, including bystanders.

Some conflicts between children are a normal part of growing up and are to be expected. Single incidents and conflicts or fights between equals, whether in person or online, are not considered bullying, even though they may be upsetting and need to be resolved.

Bullying can happen:

- face-to-face (e.g. pushing, tripping, name-calling)
- at a distance (e.g. spreading rumours, excluding someone)
- through information and communications technologies (e.g. use of SMS, email, chat rooms).

Identifying bullying can sometimes be difficult. Bullying is often conducted out of sight of teachers and children may be reluctant to report bullying.

Online bullying (sometimes called cyberbullying) is bullying carried out through the internet or mobile devices. Children who are bullied online are also often bullied face-to-face.

Examples of online bullying include:

- repeated hang up calls
- sending insulting or threatening text messages
- publishing someone’s personal or embarrassing information online
- creating hate sites or Sterling social exclusion campaigns on social networking sites.

Online bullying is one potential cybersafety issue for children when they use computers and mobile phones. Learn more about cybersafety.
Why does it happen?

Bullying, like harassment, discrimination and violence can occur to some extent in all primary and secondary schools.

Some reasons why children might bully someone include:

- they think it’s fun, or that it makes them popular or cool
- they feel more powerful or important, or they want to get their own way all the time
- they feel insecure or lack confidence or are trying to fit in with a group
- they are fearful of other children’s differences
- they are jealous of another child
- they are unhappy
- they are copying what they have seen others do before, or what has been done to them.

As children get older, peer group relationships are increasingly important in how young people treat each other.

As children get older, they are also less likely to report bullying.

Because bullying often happens out of sight of teachers, it can take time for them to identify that a child is being bullied.

(Source: Australian Covert Bullying Study Executive Summary (PDF, 214 KB) (v. p.001), May 2000, Edith Cowan University)

Most of the time bullying takes place with bystanders present. Bystanders are those who witness or know bullying is occurring. The way bystanders act has a major impact on bullying.

Bystanders who are passive (take no action) or behave in ways that give silent approval (watching, nodding, walking away) encourage the behaviour to continue.

Why don’t bystanders step in?

- for fear of their own safety (now and later) or position in the group
- they think that someone else will help
- they are worried about making things worse
- they don’t know what to do
- they think their actions won’t make a difference
- they think it’s none of their business
- they think the student being bullied deserved it
- they think it’s fun to watch.

When bystanders defend or support the student who is being targeted, often the bullying stops quickly.