



Swansea Public School

News Bulletin

Tuesday 20 September 2016

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PBL Focus of the Week

Playing by the Rules

Calender

Week 10

- Wed 21/9: Touch Football Gala Day (Stage 3)
Postponed
- Thur 22/9: Farm Day dress-up for Kinder
- Fri 23/9: Last day of term.
PBL Rewards Afternoon

Term 4

- Mon 10/10: All students return to school
- Fri 14/10: Swimming for Sport (Primary)

PBL Rewards Day/Wheels Day

Students have been notified whether or not they can bring their bikes and scooters on Friday. Congratulations to all those students.

K. Brooks

Touch Football Gala Day

The Touch Football Gala Day has been postponed by the organiser and will be rescheduled for next term. A note will be sent home when this has been arranged.

Swansea Public School Adidas Fun Run

Swansea Public School will be holding the Adidas School Fun Run as a major fundraising event on 28 October 2016. Keep an eye out for the sponsorship form and information pack that will be sent home this week.

Swimming for Sport



Payment needs to be received with permission note and swimming ability by Tuesday 11 October.

You Can Do It Too

This performance is for all students and the cost is \$5.00 which needs to be returned with the permission slip to the school office by Monday 17 October.

How to turn requests into problems for kids to solve.

When parents solve all children's problems we not only increase their dependency on adults but we teach them to be afraid of making mistakes. That's fertile ground for anxiousness and perfectionism, which often go hand in hand.

Kids get used to bringing their problems to parents to solve.

Of course, if you keep solving them, they'll keep bringing them. "Mum, my sister is annoying me?" "Dad, can you ask my teacher to pick me for the team?" "Hey, I can't find my socks!"

It's tempting if you are in a time-poor family to simply jump in and help kids out.

Alternatively, you can take a problem-solving approach, cuing them to resolve their own problems and take responsibility for their concerns. "What can you do to make her stop annoying you?" "What's the best approach to take with your teacher?" "Socks, smocks! Where might they be?"

Here are 5 questions you can ask kids to encourage them to resolve their own problems:

1. "Can you solve this yourself?"

Get kids thinking they can do it.

2. "What do you think needs to happen?"

Start kids thinking about solving problems.

3. "What's the first step?"

Sometimes just getting kids started is enough to get them working out issues themselves.

4. "How would you like me to help?"

Get kids considering the type of assistance they need.

5. "What's the best way to do this?"

Get kids assessing and prioritising.

Problem-solving is one of the four major skills (optimism, social skills & independence being the others) that resilient kids share, yet it's the one that many of us aren't equipped to develop. Start by stepping back and asking good questions when kids bring you their problems to solve.



Bathurst/Dubbo Excursion 2016

