



National Day of Action against Bullying and Violence

The sixth National Day of Action against Bullying and Violence is being held on Friday, 18 March 2016.

This annual day is Australia's key anti-bullying event for schools, and encourages all students to 'take a stand together' against bullying and violence in schools, the classroom and beyond.

Bullying Definition

Bullying is unwanted, aggressive behaviour among school aged children that involves a real or perceived power imbalance. The behaviour is repeated, or has the potential to be repeated, over time.



In order to be considered bullying, the behaviour must be aggressive and include:

An Imbalance of Power: Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.

Upcoming Events

March 7

P & C MEETING – 2.30PM

March 10

Stage 3 Enrichment – Whian Whian PS

March 21

1.30pm Easter Scripture Presentation

March 23

My First Year Photos (The Northern Star)

March 25

GOOD FRIDAY

March 28

EASTER MONDAY

March 31

FROG SPOTTING NIGHT & BBQ

April 8

Last Day TERM 1

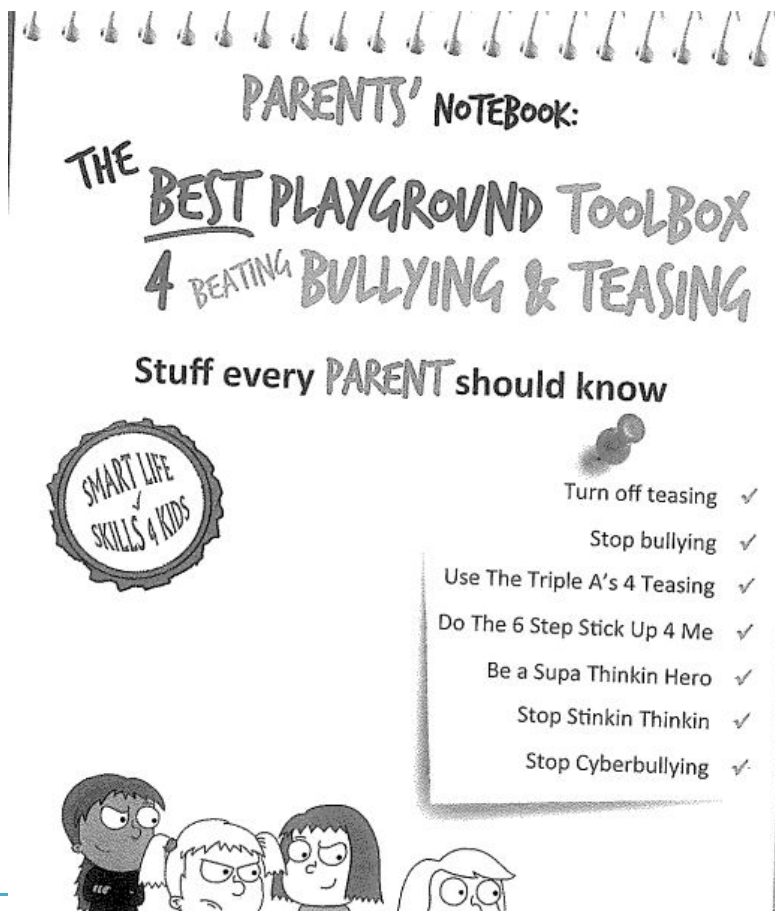
April 27

TERM 2 – Students return

Repetition: Bullying behaviours happen more than once or have the potential to happen more than once.

Bullying includes actions such as making threats, spreading rumours, attacking someone physically or verbally, and excluding someone from a group on purpose.

Over the next few weeks we will be focusing on this with our playground toolbox for beating Bullying and Teasing. I will include snippets from the parent handbook in the newsletter over the next few weeks. The website <http://www.bullyingnoway.gov.au/> is an excellent resource for all –parents and students- to look at.



Did You Know?

In NSW, most children (90%!) do not eat the recommended amount of vegetables.

Some ideas to try:

An important first step if you want your child to eat their vegies is to make sure they see YOU enjoying your vegies on a regular basis at home. Children are quick to pick up if you don't like something or are avoiding eating some-thing, and may often imitate your eating habits! Offer vegies in a positive, casual way and believe your child will enjoy them. They may not of course, but it's best to start out by thinking positively!

Children's food preferences can change very quickly. Keep offering small amounts of disliked vegies, as the more familiar it is, it may lead to them accepting it. Serve bigger quantities of their favourite vegies. Cook vegies just until tender or crisp by steaming, microwaving or stir-frying them. Don't overcook them so they're soggy. Over-cooking can make vegies' taste, texture and smell unpleasant, and makes them lose their goodness.

Raw vegies like capsicum strips, peas in the pod, cucumber, bean sprouts and tomato wedges are often the most popular with younger children as they make great finger foods.

TEASING OR BULLYING?

It is important to understand the difference between bullying and teasing. The word 'bullying' strikes fear into the hearts of children and parents – and there's a sense of 'catastrophe' associated with the word. Using the word and categorising experiences as being bullying can often lead to lots of Stinkin Thinkin and perhaps an over-reaction.

The child who is able to label 'teasing' as 'teasing' - and not 'bullying' - immediately has a more empowered mind-set for dealing with it.

Words are important – they scale experiences and change the way we think about and deal with experiences. Encourage your child to choose their words carefully, so that teasing gets tamed and bullying gets acknowledged and given the intense focus it deserves.

ALL ABOUT BULLYING

No longer regarded as being a 'normal part of growing up', bullying is a topic that has increasingly come under the spotlight and its link to poor mental health outcomes has become aligned in the public's mind.

It's now generally acknowledged that bullying occurs in playgrounds, online, workplaces, families, sports clubs, and even in venerable and revered



organisations. In fact, it occurs potentially anywhere that people of all ages collectively gather, occupy or reside in one form or another. Not a heart-warming thought, but a reality that is better addressed than not. Yes, bullying is a 'FORL' - a 'Fact of Real Life.'

So it's also a reality that many children will experience and witness bullying at school and elsewhere - particularly as their peer network expands and there's less adult supervision.

What can be done about this? We think that the following are a good start:

- ✓ Acknowledge that bullying occurs.
- ✓ Recognise that action is required for change.
- ✓ Upskill children to identify and deal with bullying in an empowered way, as early, positively and assertively as possible.
- ✓ Give importance to school-wide initiatives that deter bullying.
- ✓ Provide parents with guidance and effective resources so they are partners in deterring bullying.
- ✓ Help parents to help their kids to develop both the attitude and the skills to deter bullying.



Flying Veggie Pizza Recipe

10-12 minutes preparation + 15-20 minutes cooking

Serves 4

Ingredients

- 1 small onion
- ½ small green capsicum
- 2 mushrooms
- 1 tomato
- 1 small zucchini
- 1 large pita bread
- Dried oregano & black pepper
- 1-2 tablespoons reduced salt tomato paste
- 100g grated reduced fat cheese

Method

Pre-heat oven to 200°C. Wash onion, capsicum, mush-rooms, tomato and zucchini and pat dry with paper towels.

Slice the onion into rings, slice the capsicum into strips. Cut the mushrooms into thin slices. Cut the tomato into slices. Cut the zucchini into rounds.

Spread the pita bread into tomato paste, place on a baking tray and cover evenly with the vegetables. Sprinkle with the cheese, oregano and black pepper.

Bake in oven until vegetables are cooked and the cheese is golden brown (15-20 minutes).



The 6 components of a Bullying and Teasing Plan:

1. Awareness of the common bullying and teasing scenarios that kids come up against.
2. Upskilling your child to try to **prevent** those situations occurring in the first place.
3. Upskilling to **deal with** the problems if or when they do occur.
4. Being able to **recognise the signs** that your child is experiencing difficulties. In this case, being the target of bullying or cruel teasing, or over-reacting and mis-reading situations.
5. **Knowing the actions** you need to take to address bullying and cruel teasing should they become regular events.
6. More and continued upskilling of your child to **protect** them from, and to help them to deal with future incidents.

The 8 common difficulties that parents experience:

1. "Oh, no, not that again!" Children - particularly those under 8 years of age - may misinterpret any criticism or negative observations as being bullying or teasing - and they make continual complaints to parents and teachers. These 'false positive' responses wear down the patience of adults and can have the opposite effect of bullying being not recognised when it does occur. We call it 'heightened awareness overload'.
2. Missing the signs that their child is being bullied.
3. Recognition that their child is being targeted and wondering and worrying about what to do.
4. Being told that their child is the bully.
5. Feeling emotionally overwhelmed about this and not knowing what to do.
6. Feeling 'inter-generationally challenged' by their child's cyberspace world, so turning a blind eye.
7. Being falsely optimistic that their child was safe online.
8. Feeling overwhelmed about protecting their child online.

The 12 common difficulties that children experience:

1. Not being able to recognise both types of bullying – physical and psychological.
2. Having no other course of action, beyond ignoring the bullying.
3. Body language that communicates they are a target.
4. Being unaware how to stand up to a bully – both with words and body language.
5. Confusing an assertive with an aggressive response to bullying and teasing.
6. Being too scared to tell anyone about bullying because they think it will make it worse.
7. Knowing what the safe choices are for a bystander.
8. Not knowing how to address cyberbullying.
9. Being caught up in cyberbullying and being too scared to tell anyone.
10. Being confused about whether teasing is meant to be nasty.
11. Having effective responses to milder teasing.
12. Knowing how to respond to nasty teasing so that it stops.



TUNTABLE CREEK PUBLIC SCHOOL STAGE 3 (YRS 5 & 6) BIG SCRUB INTEREST DAY – ART @ WHIAN WHIAN PUBLIC SCHOOL THURSDAY 10 MARCH 2016

Four students from each of the Big Scrub Schools (Dunoon, Corndale, Modanville, The Channon, Whian Whian & Tuntable Creek) Stage 3 (Years 5 & 6) have been invited to attend an ART Interest Day at Whian Whian Public School on Thursday 10 March 2016.

Students from Tuntable Creek will travel to and from Whian Whian Public School by private vehicle with Mrs Kathleen McMahon. There will be no cost associated with this excursion.

Students will be required to wear full school uniform, covered shoes and have a packed lunch/recess and water bottle. School hats can be taken.

The session will be from 9.30am – 2.00pm.

Students will return for normal afternoon bus times.

TUNTABLE CREEK PUBLIC SCHOOL STAGE 3 (YRS 5 & 6) BIG SCRUB INTEREST DAY – ART @ WHIAN WHIAN PUBLIC SCHOOL THURSDAY 10 MARCH 2016

I _____ hereby give permission for my son/daughter _____ of Stage 3 Tuntable Creek Public School to attend the Big Scrub Interest Day at Whian Whian Public School on Thursday 10 March 2016.

I give permission for my son/daughter to travel to and from Whian Whian PS by private vehicle with Mrs Kathleen McMahon.

Signed: _____

Dated: _____