

MOLOG CENTRAL SCHOOL

Providing Opportunities for Personal Achievement

White
Ribbon
SCHOOL



Issue 7
24th May 2018

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COMMUNITY NOTICE BOARD





FROM THE PRINCIPAL'S DESK

WHITE RIBBON THOUGHT OF THE WEEK **'I VALUE OTHERS OPINIONS'**

YEAR 12 REPORTS

I am pleased to advise that the Year 12 reports were posted to parents last week. The report comments will give the students feedback about what more they can do to achieve their goals as they approach the Higher School Certificate and most Year 12 students have been working consistently well. Year 12 have four months of study left and it is important during this time to use teacher feedback to maximise results. Some students may struggle as other issues that come with being a teenager distract many students. It is important that parents recognise when their children need support and seek advice if required. If you are concerned about your child, please contact Tony Taylor the Year 12 Advisor. We can organise a meeting to offer suggestions to help support your child and allow them to finish school with the best possible outcome. The smaller class sizes and year groups allow students to benefit from a more personalised approach.

RURAL CUP

Last week ended with the final leg of the Rural Cup against Canowindra for Secondary students at Molong Central. It was an extremely cold and miserable day but to the staff and students' credit from both schools, this did not dampen the spirit of the day. Molong Central students continue to edge closer to a victory in the Rural Cup with many successes to talk about. The competition, which focuses on participation and sportsmanship, continues to be a highlight on the sporting calendar. Many teachers were involved in the coaching and organisation of teams and other staff supported the event by organising hospitality for the visiting teachers and the supervision of students. The event required a modified timetable to account for the weather conditions and Mrs Jane Quigley who was the organising teacher seamlessly developed this. Please see photos on the following pages

FEEDBACK FROM VISITORS

In the past two weeks we have received, two complimentary emails regarding our student's behaviour and communication skills. The contractors who laid the artificial turf and the photographers from Advanced Life took the time to write emails about our wonderful students and wanted to share this feedback with the school community. Whilst our staff work tirelessly to ensure high expectations of student behaviour I would also like to acknowledge the role that parents play in supporting their children in developing communication skills and good manners. Employers also comment on these features when our students engage in our Work Experience Program and the reason why so many of our students are successful at gaining opportunities at Universities through Early Entry Programs, which require students to attend an interview. These skills are nurtured from Kindergarten and ensure that we develop students who will be successful when they leave school.

SCHOOL HALL UPDATE

Last week we were made aware of some maintenance issues required in the school hall. Due to safety concerns and tradespeople needing access to the hall, it will be necessary to cancel upcoming assemblies and to find alternative spaces for exams and other activities that require the use of the hall. Our Primary teachers will endeavour to catch up with class presentations at the Primary assemblies in Term 3 and Secondary examinations will be moved to another appropriate place in the school.

Michelle Barrett, Principal



NEWS FROM THE ENGLISH DEPARTMENT

In recent days Year 12 students were offered the opportunity to travel to Parramatta (starting with the 4:55 am bus from Orange) to experience a performance of Shakespeare's *The Tempest*, one of the texts they have to write about in their HSC examination, at the Riverside Theatre. It was presented by the Sport For Jove Theatre Company.

Additionally they were able to learn from a Symposium which followed where the director and the actors took the students through the relevant meanings by performing scenes and discussing what the students could write in the HSC. This was a significant learning experience for our students.

On the following day the Western Region Plain English Speaking Competition was held at the school. We were asked by the Performing Arts Unit in Sydney to host this event for all senior students, whether from public or private schools, west of the Blue Mountains. Our competing students spoke informatively and effectively. We are very proud of **Mercades Oste** and **Sharna Campbell** for their achievement in the competition and thank you to Claudia Thorne, Victoria Norton, Bronte Chown, Madison Treacy & Hannah Williamson for their assistance.

Mr David Eccleston, English faculty



Back: Amy Wilson, Caitlyn Watts, Sarah Hobbs, Jacob Davis
Front: Janita Stapelberg, Lauren Crowley & Matthew Beuzeville



Mercades Oste & Claudia Thorne



Sharna Campbell



YEAR 11 PHYSICS

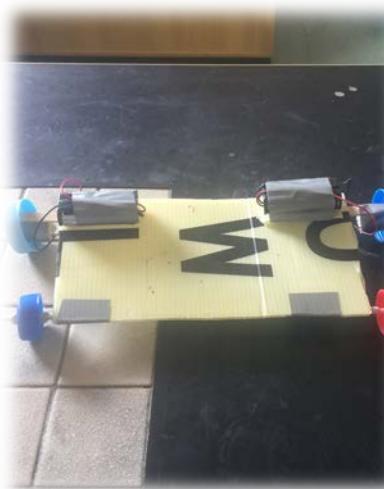
Year 11 Physics have spent the first few weeks familiarising themselves with Physics skills, and understanding the need to successfully demonstrate scientific skills for the Stage 6 Physics curriculum. Late last term, as part of their depth study analysis, students designed, built and modified a speed racer that can travel in a straight line. Once they were successful in this process, the next step was to make an even faster speed racer.

Students worked together as a team of three, however each student completed their own report. Students were provided with a speed racer kit, consisting of three 1.5 volt motors, 3 fan blades, 4 plastic wheels, battery packs with batteries, 10 paddlepop sticks, 2 kebab sticks, 4 straws, a piece of core flute and a hot glue gun with 2 hot glue sticks.

Students should be commended for their engagement with the investigation and how they refined and redesigned their chosen procedure. They also learnt that unexpected results are to be welcomed to refine methodologies and to generate further investigation. Through this practice of science, students acquired a deeper knowledge and understanding of the concept. The outcome was successful for each student as each group made a speed racer that can travel faster in a straight line.

In the photograph, Caitlin, Amber, Pedro, Josh and Charlie are seen working on their speed racer.

Mrs Deb Chaudhuri, Science Faculty



EXCELLENT TIMING!

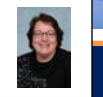
Year 9 STEM have just completed a unit on Time. They looked at the history of clocks, designed and built their own sundials using timber, donated by **Mr Leonard Punch**, and wire. **Jed Gibson**, **Marlee Nixon** and **Dustin Wood** showed excellent practical skills, while **Holly Klein** and **Myra Whiteley** were great team leaders. Most groups came up with very creative and surprisingly accurate sundials.

The students then explored characteristics of pendulums and experimented with how to make the pendulum swing for exactly one second, so it could be used to make a timing device for a clock. Students had fun with working in teams to have timed races to put together a functioning clock from a kit. For some, this really tested their abilities to work effectively as a team and follow instructions!

Mrs Cate Loud, Science Faculty



MCS STUDENTS BECOME MATHS ROCKSTARS!



The Mathematics Faculty at Molong Central School has recently purchased a subscription for the innovative, interactive, online platform program Times Tables Rock Stars.

This highly successful program allows students to practice and reinforce their multiplication and division skills in a fun learning environment. Fluency and automaticity in the use of multiplication tables has been shown to be a key component in students developing understanding in many areas of Mathematics, as well in everyday life.

Times Tables Rock Stars provides students with a high level of motivation to develop their speed with multiplication as they practice specific tables, before attempting to improve on their own speed and accuracy. They then have the choice of competing against members of their own class (referred to as Their Band) or in Stadium competition where they can take on students from all around the world in timed rounds, with the ultimate aim of reaching the status of **Times Table Rock Star!**

All students from Stages 2, 3, 4 & 5 will have access to this program and can use this as a way of practicing their tables at home or during their class time.

Please contact your child's teacher or Mr Costa in the Mathematics faculty if you have any further questions.

Mrs Virginia Dale, Mathematics Faculty



Amy, Janita & Lauren



Jacob & Matthew

NEWS FROM 3/4 AQUA

3/4 Aqua hit the ground running in Term 2. We had some amazing literacy and science units to get stuck into as well as an assembly item in week 2. There was no time for smelling the roses in 1/2's gardens! We've been working our way through a novel by Evan McHugh titled 'Black Sunday' which touches on several themes, including men and women's roles in society. In week 2 we performed an item based around what we want to be when we grow up, as well as a dramatic re-enactment of events that occurred on Black Sunday, back in 1938. Critics reviews have surfaced revealing comparisons of the 3/4 Aqua students to that of Academy award winning actors. The comparisons are vague, unsubstantiated and potentially fabricated, but in 3/4 Aqua, we're not letting that get us down. We had fun and Black Sunday is a great story.



In Science, we've been studying HEAT as a topic. There are many facets to HEAT and many cool experiments.... ENTER High School. Yes, following the efforts of Miss Ebert (4 Navy) and Mr Bruton (High School) 3/4 Aqua were able to inhabit the high school science labs for an afternoon to learn about heat. Mr Bruton WOW'ed our class with Exothermic and Endothermic

reactions, behind the security of safety glasses. Heat, made very cool.



We then had our own battle against friction, with students failing dismally to separate two magazines – the only thing holding them together was friction. Friction in Better Homes and Gardens seems to be more powerful than the muscles of 3/4 Aqua students. Here Sam and Dewk fail to pull apart a couple of magazines held together with the friction of their pages. It was a great privilege to be in the high school science labs, and a little bit exciting too! Thanks to Mr Bruton and Miss Ebert's efforts, we're hoping to be a regular visitor to high school.

3 / 4 AQUA

Back in our classroom and with a big focus on literacy we've been busy with our writing. Our Year 3 students have been caught up at times with NAPLAN but, regardless, as a class we've been charging back in our classroom and with a big focus on literacy we've been busy with our writing and creating imaginative texts based on a range of stimuli. From old work boots to metal chickens to dead possums we've been letting our imaginations go wild as we seek to create texts that captivate the reader from go to whoa. Incorporating direct speech and indirect speech into these texts adds richness. What better way to practice quotations than with paper bag puppets!!



Molong Central School is a great place to learn, and in 3/4 Aqua we're providing personal opportunities for achievement.



RURAL CUP vs CANOWINDRA PHOTOS



MCS AWARDS

STUDENT OF THE WEEK – Week 2 T2

Class	Student
K Orange	Dominic Fitzsimmons – For applying himself to everything he does
K Yellow	Hunter Osborn – For wonderful improvement in Writing
1/2 Pink	Emma Fuller – For being helpful and a supportive class member
1/2 Gold	Lily-Jade Duncan – For great descriptive writing about a bushwalk
1/2 Blue	Sonnie Gersbach – For his contributions to class discussions
2/3 Green	Emily Goff – For amazing creativity displayed during writing sessions.
3/4 Aqua	Jack Burgess – For working hard at his sizzling starts
4 Navy	No Award
5/6 Red	Eden – For thoughtful contributions to class discussions
5/6 Silver	Dash Jones – For amazing creative work in writing
5/6 Purple	Hunter Chown – For being a kind and considerate class member
Library	Zoe Strahorn – For an outstanding presentation of her Library task

STUDENT OF THE WEEK – Week 3 T2

Class	Student
K Orange	Ruby Oste – For excellent news on Blue Tongue Lizards
K Yellow	Xena Power – For being a kind and thoughtful helper in the classroom
1/2 Pink	Rosemary Quilty – For outstanding effort in Reading
1/2 Gold	Jocelyn Bunting – For a creative and colourful emu mask construction
1/2 Blue	Natalie Fowler – For trying hard in reading groups
2/3 Green	Naomi-Rae Power – For persistence and excellent effort in Spelling
3/4 Aqua	Jocelyn Behan – For consistently giving her best
4 Navy	Evan Kizana – For excellent improvement in Reading
5/6 Red	Kelsey Quinn – For efficient work habits
5/6 Silver	Locklann Griffith – For great discussion during classwork
5/6 Purple	Claire Miller – For excellent effort and enthusiasm in all areas
Library	No award

Primary Uniform Award

Stage 1 Molly Whyburn

Stage 2 Benjamin Brazier

Stage 3 Declan Linde

Draw Date: 17/05/18

Congratulations to you all!



Molly Whyburn



Benjamin Brazier



Declan Linde

MCS AWARDS

Primary Awards

Principals Banner

Milly Olsson
Hannah Wilson
Jake Rodger

Principals Badge

Priscilla Power
Cooper Kelly
Demelza Lee

SECONDARY AWARDS

Merit

Ryan Bridge
Daniel Callan
Katie Fulwood
Charles Dover
Allie Fieldus
Jake Murray

CLUB 200

Club 25

Marlee Bunting Bella-Maree Thew Mackenzie Mitchell Memphis Hall

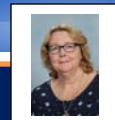
Club 50

Lilah Hiller Noah Ripps Braxton May Jacob Petrie Stella Mitchell
William Bloomfield Jim Bloomfield Robert Heath Romano Sandeman
Ellie Gerdes Cassandra Clayton Elizabeth Clayton Olivia Greenwood
Boyd Packham Alice Barnard Robert Barnard Ryland Gibbs Myah Brouff
Hunter Chown Ruby Oste Connor Riches Hannah Wilson Emma Wilson
Jack Bone Arthur Weir Natalie Hunt Taimana Watene Natania Watene
Elizabeth Harris George Davis Bree Chown

Club 75

Amelia Harper Thomas Harper Zoe Strahorn
Indigo Armstrong Zahra Ellis Juliette Mills Olivia Hobbs Tengis Meiklejohn
Patrick Thorne Henry Lee Demelza Lee Daniel Seiler Violet Armstrong
Harley Brouff Lillian Ford Minnie Whittle Layne Mills Mahayla Donner
William Kirby Annii Fowler Alby Fowler Banjo Fowler Fergus Whittle

FROM OUR LIBRARY



Week 4 Term 2

JUNIOR FICTION

Dog Man A Tale of Two Kitties – by Dav Pilkey

Funny Kid for President – by Matt Stanton

The Girl, the Dog and the Writer in Rome – by Katrina Nannestad

The Land of Stories: An Author's Odyssey – by Chris Colfer

Our Australian Girl: Pearlie's Ghost – Gabrielle Wang

JUNIOR NON FICTION

Best Ever Pranks and More – by Peter Helliar, illustrated by Drew Bird

Exploring Soils: A Hidden World Underground – by Samantha Grover and Camille Heisler

Noah's Ark and other Bible Stories – by Hayley Down, illustrated by Dawn Machell

Star Wars Rogue One: Secret Mission – by Jason Fry

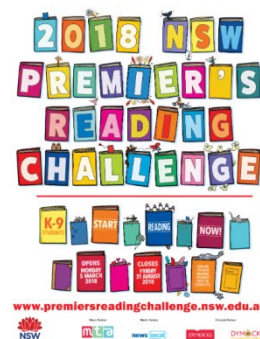
SENIOR FICTION

The Boy Book – by E. Lockhart

Horizon Book 3: A Warp in Time – by Jude Watson

Hot Cocoa Hearts – by Suzanne Nelson

This is My Song – by Richard Yaxley



Ellie Olsson

Hi Everyone,

This week sees more changes in the Library with the delivery of new chairs and a large storage unit. The Library staff are very busy continuing to weed the collection and in the weeks to come there will be more books for students to look at and take home. The boxes of books that were placed outside the doors proved very popular. It has been pleasing to see the books go to new homes.

Scholastic Book Club orders have arrived and were delivered to students on Monday afternoon. We have been notified by Scholastic that a few students are awaiting back orders. If this is the case your child would have received a sheet of stickers with a message on the back. As soon as these items arrive they will be delivered to students in their classrooms.

Due to NAPLAN testing in the Library at present some classes have been moved to alternative times during the week. Could you please ensure that if your child has books to return this week they have them packed into their bags? Thank you to all those wonderful families that are providing a plastic bag inside their children's Library bags to provide extra protection to our books. The following changes have been made to the Library timetable:

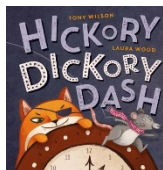
- * Wednesday 23rd May - 3/4 Aqua & 4 Navy
- * Thursday 24th May – Kinder Orange & Kinder Yellow

All other lessons will remain the same.

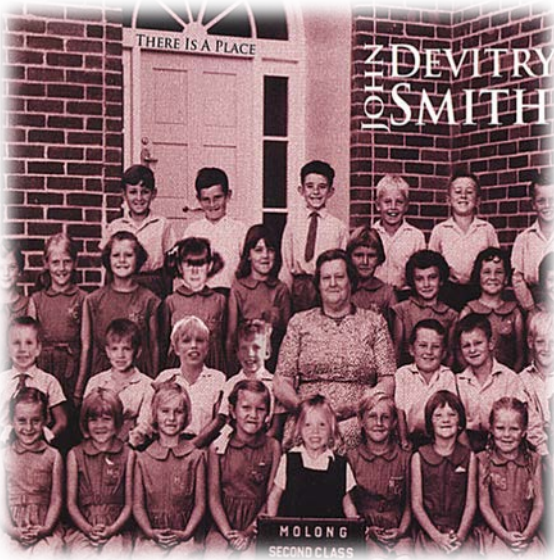
Exciting news on the Premier's Reading Challenge front. This week we can congratulate our first student to complete the Challenge for 2018. **Ellie Olsson** has been conscientiously borrowing all year and I commend her determination and dedication to complete the PRC having read 20 books. An amazing effort Ellie over the past two months! 'The Premier's Reading Challenge' for each student can be accessed at: <https://online.det.nsw.edu.au/prc/home.html>.

In the next issue of the newsletter we will feature photos of the students in K-2 participating in the National Simultaneous Storytime which will be held this Wednesday 23rd May at 11:00am. Students will be able to borrow the featured book, "Hickory Dickory Dash" by Tony Wilson next week.

Mrs Hall



WHERE ARE THEY NOW – JOHN DEVITRY-SMITH



I attended Molong Central School from Kindergarten to 4th form, (now called Year 10). I presently work as a Research Fellow at the Center for Space Engineering at Utah State University. I also taught Mechanical & Aerospace Engineering classes here for 10 years, while working as the CAD Administrator at Space Dynamics Laboratory, the research arm of the university. My online classes have over 12,000 students enrolled from over 135 countries around the world. Please follow the link if you would like to see what I do <https://www.udemy.com/user/johndevitry/>

I cannot understate how important my formative years at Molong Central School were to me. While the years turn to decades and much of the past is forgotten, what do I remember? I remember a teacher who let us sit on the large wooden steps outside the classroom on a beautiful spring day and taught me to read. The teacher, Mrs. Slone, received front and center billing on the cover of my last CD: *There is a Place* (see image above). Molong Central School is where I learned about discipline and focus & also the meaning of fear- and never to show up to Kevin Hoolahan's Math class on Monday morning, forgetting to do my homework, especially if he had a hard match playing football the day before.

As a student I could not wait to get out of Molong; now I cannot wait to return. It's not New York, London, Paris, Hong Kong or the Great Wall of China I choose to revisit, but the beauty and simplicity of Molong. Going for a walk around town, walking down the street, sitting out on the sidewalk or finding a nice log to sit on along the creek and reflect on life. This is where I keep coming back to and where I bring my children and wife. (see images below). After so many years, the few people I still keep in contact with are my friends I met at MCS. Friendships that have continued throughout my lifetime, wonderful down to earth people of substance, like Jenny Barrow, (3rd row from front, 4th from left in photo above). At Molong Central School, I always felt equal and secure with a strong sense of belonging, learning about the things that matter, with principles that are etched into my character, making me the person I am today. PS. I used my school photo above on my music CD cover: *There is a Place*. <https://store.cdbaby.com/cd/devitry>

John Devitry-Smith



Me, my daughter in law Olivia, son Addison and daughter Sally sitting along Molong Creek in Christmas 2017



My family - L-R: my son Parker, his wife Marisa & baby Jack, daughter in law Olivia, son Addison, my wife Jennifer, myself, daughter Sally, sons Lance & Jacob. We have also been blessed with another grandson Carson since this photo was taken.

DATES FOR YOUR DIARY

DATE	EVENT
30 th May	Early Stage 1 Excursion to Orange – Yo Diddle Diddle
30 th May	Under 16 Boys and Girls Touch Football CHS Knockout
31 st May	Open Boys and Girls Touch Football CHS Knockout
6 th June	Stage 3 Field trip to Molong Creek
7 th June	Primary Rugby League Gala Day in Orange
13 th June	Primary Western Cross Country in Geurie
15 th June	Primary Boys Softball Gala Day

CANTEEN ROSTER 25/5/18 – 8/6/18

HELP IS DESPERATELY NEEDED ON THIS ROSTER. Please give one morning per month to the Canteen-that is all it takes. Ring the Canteen on 6366 9009 from 8.30am-1.45pm. If you can't work on your day just call me. Thank you, Tina McGovern, Canteen Manager.				25/5/18 4 th FRIDAY
				Help Needed
28/5/18 4 th MONDAY	29/5/18 5 th TUESDAY	30/5/18 5 th WEDNESDAY	31/5/18 5 th THURSDAY	01/6/18 1 st FRIDAY
Help Needed	Help Needed	Help Needed	Help Needed	Help Needed
4/6/18 1 st MONDAY	5/6/18 1 st TUESDAY	6/6/18 1 st WEDNESDAY	7/6/18 1 st THURSDAY	8/6/18 2 nd FRIDAY
Help Needed	Help Needed	Help Needed	Help Needed	Help Needed

COMMUNITY NOTICE BOARD



CANTEEN NEWS HELPERS DESPERATELY NEEDED

- Would you like a free lunch?
- Do you have 1 or 2 spare hours per month?

If this sounds like you, our school Canteen could use your help. Our Roster is looking very sad and your help would be greatly appreciated. For organisational purposes, we would love you to commit to a monthly roster, however, we will also be advertising on our P&C Facebook site for casual on call helpers when the need arises. **FREE** volunteers working with children checks must be obtained from the RMS and is current for 5 years. You will also need to complete a volunteer's declaration form available from the Main Office. Any further interest or enquiries contact Tina McGovern on 63669009.



Hey Mum and Dad
Our school is participating in the Jump Rope for Heart program. You can help your child support valuable research into heart disease by registering them online. It's easy, safe and secure.
Jumprope.org.au
Send emails to family and friends asking for sponsorship.

Heart Foundation

Jump Rope for Heart

CALLING EX STUDENTS OF MOLONG CENTRAL SCHOOL "WHERE ARE THEY NOW"

Our Newsletter segment "Where are they Now", is a way to highlight the achievements of former Molong Central School students, after leaving school. If you are a former student, or know a former student who would like to contribute, please email jeanette.barrow@det.nsw.edu.au with a document detailing these achievements and please attach a photo. All enquiries to Jen Barrow at the Main Office 63668224.

GEORGE'S MARVELLOUS MEDICINE

Stage 1 Excursion

On the 4th May, Stage 1 went to the Orange Civic Theatre to watch a performance of Roald Dahl's 'George's Marvellous Medicine'. After the performance we went to the Adventure Playground, and then walked around the Botanic Gardens, using our senses to see, hear, feel and smell all the different animals and plants. Even though it was a bit cold (and wet for a little while) we had a great day.

On Friday we went to see George's Marvellous Medicine. My favourite was when Nugget turned into nuggets. We went to the Adventure Playground for a play. We had lunch there. After lunch we had another play. We caught the bus back to school.
Mackenzie
1/2 Gold



On Friday we went to George's Marvellous Medicine. It was funny because the Grandma got squashed. Also the Ninja goat kicked the dad.

Ongkar
1/2 Gold

by
Harry

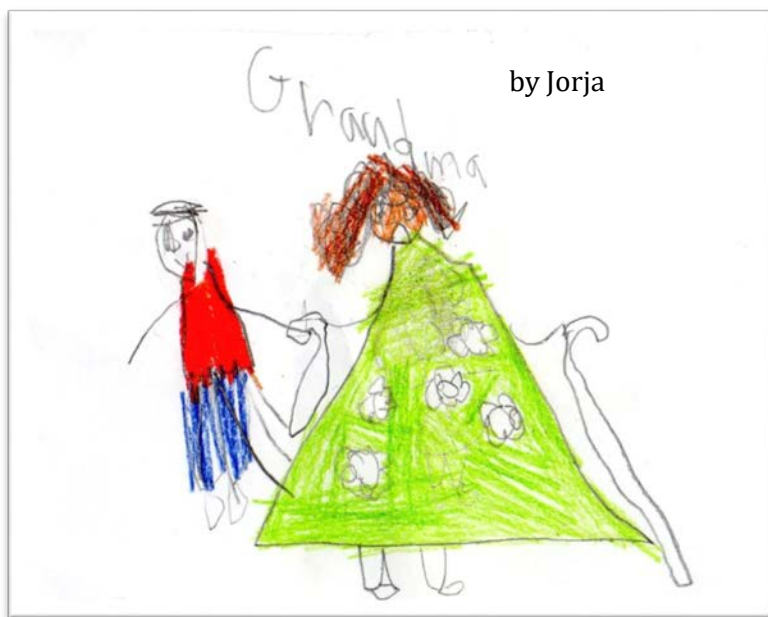
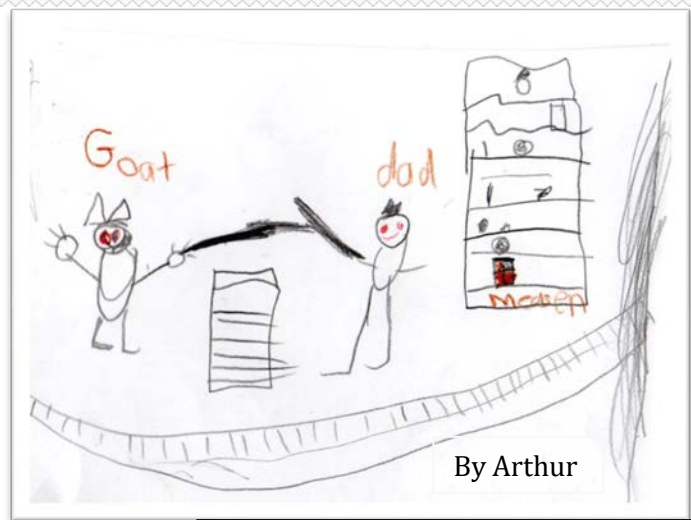


On Friday we went to see George's Marvellous Medicine. Grandma was evil because she wasn't very nice to George.

Jocelyn 1/2 Gold

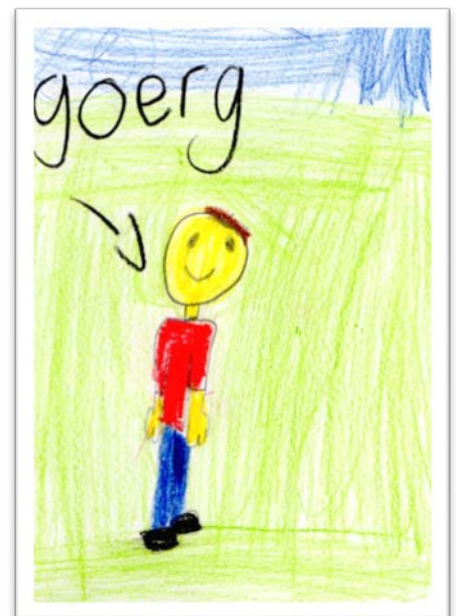
On Friday we went to see George's Marvellous Medicine. It was very good because George got up to mischief. He made some medicine for Grandma and Grandma was very cranky.

Alby 1/2 Gold



On Friday I saw George's Marvellous Medicine. The gran got squashed. I went to the Adventure Playground. I went on the tyre. It was fun. I played with my friends.

Victoria 1/2 Gold



Favourite Parts of the Day

Jack: When the grandma got squished.

Patrick: climbing up the wall with the rope

Kora-Rose: the big run in the gardens

Bree: when George made the medicine

Rosie: when Grandma drank the medicine and it made her go crazy and grow really tall

Ayden: pushing the kids really fast on the tyre swing

Frankie: looking in the mirrors at the playground

Jorja: going through the secret garden with Mr Ruming

Hannah: when Grandma burped and popped off

Marlee: when Grandma turned into a little doll

Adelaide: when Nugget kept pecking dad on the bottom



1/2 Gold and 2 Green on the bus.



Mahayla, Jocelyn and Makenzie on the bus.



Dylan and Ron the bus driver.



Cassandra, Abbey, Sam and Harriet





Makai and Sonnie



Looking at the sundial



On the tyre swing



Getting a helping hand

Ayden, Natalie, Abbey and Marli eating lunch.



Mackenzie and Frankie showing Frankie's creativity.

In the Botanic Gardens



Amelia & Lillian



Marli and Makai rock climbing.



Year 1 and 2 at the Adventure Playground.

ANORAK COAT ORDER

Fencing1

92 Packham Way
Molong, NSW, 2866

Ph- 63669208
E-mail- fencing1@outlook.com.au



Fencing1 will now be taking orders for the new and approved School jacket.
Our business and the Molong Central SRC have been in contact regarding the new jacket for years 7-12.

On this page you will find size specifications and coat design, and instructions on how to
All orders will need to be in to Ms Vis by the 24th May 2018, with a completed form
(found on the next page and order deposit or sale total paid.

PLAIN BASECAMP ANORAK

- Nylon ottoman shell | Showerproof | Self coloured anti-pill polar fleece lining | Classic fit | Full front zip with Velcro external storm flap | Two zippered front pockets | Draw cord on hem | Velcro adjustable elasticated cuffs | Hidden tuck away hood | Branding access pocket.
- This Jacket will also have the Molong Central school emblem embroidered into Left hand side breast pocket.



Sizes:	4XS	3XS	XXS	XS	S	M
½ Chest (cm):	51	54.5	58	61.5	64	66.5
Sizes:	L	XL	XXL	3XL	5XL	
½ Chest (cm):	69	71.5	74	77	82	

Order forms will be given out at school; if you haven't received an order form or need another please contact 63669208 and we will send out a new order form.

Sample sizes will be held and available at the school please make sure to try sizes within the order dates, as cut off dates will not be moved.

Please contact Fencing1 on 63669208 regarding anything relating to the order process, size, or general information.

Order DUE DATE

24th May 2018

By 1pm -

Drop to Ms Vis office or
Fencing1 Molong.

Order Eta

4th June -11th June

Name of contact will be notified
when items are in, as well as a
school notice.

Order pick up from

Fencing1 @ Eden décor & Gifts
92 Packham Way
Molong, NSW, 2866
Phone -(02)63669208



1-2-3 Magic: Effective Discipline for Children and Emotion Coaching

WHEN: Three consecutive Thursday sessions: 31st May, 7th June and 14th June 2018

TIME: 10.00 am to 12.30pm **COST:** FREE (\$10 resource book optional)

WHERE: Orange Family Support Service. 211 March Street, Orange

PRESENTERS: Kristen Brooking and Sue Brown

TRANSPORT: Available for those who live locally and would otherwise be unable to attend.

MORNING TEA: Provided

TO BOOK IN: Telephone Kristen on 63611004

1-2-3 Magic: Effective Discipline for Children from 2 to 12:

- Is a parents-in-charge program that eliminates arguing, yelling or smacking. Emotional turmoil and excessive talk do not make for good discipline. In fact, you might say *1-2-3 Magic* is the only discipline program we know based on the fact that *parents talk too much!*
 - The Emotion Coaching aspect gives parents information and strategies to help children manage their emotions.
- Is a behaviour management program for parents and carers of young children.
- Is easy to learn and it works.
- It's gentle, but action-oriented.
- Parents like it because it reduces marital stress and helps them feel better about themselves as parents.
- Parents can learn the program one day and start the next. The basic logic and simplicity of the method means that it is easy to remember for both parents and kids, especially under conditions of emotional stress!

According to *1-2-3 Magic*, the job of parenting consists of three tasks:

1. Controlling obnoxious behaviour (arguing, whining, fighting, tantrums);
2. Encouraging good behaviour (going to bed, homework, eating);
3. Strengthening your relationship with your child (praise, active listening, shared fun).

Is 1-2-3 Magic evidenced based?

- Yes. The 'Hospital for Sick Children' in Toronto conducted a large controlled study using the *1-2-3 Magic* video to train parents of 3 to 4-year-olds.
- At a one year follow-up, not only were the kids much better behaved, but the mums and dads also experienced a significant reduction in parental stress and depression (J. Am. Acad. Child & Adolescent. Psychiatry, 2003).
-

What do kids say about 1-2-3 Magic? Many children say, "I like it because Mum and Dad don't yell so much."

Next group will be running: 23rd August to 6th September 2018, to book contact 63611004



Positive Parenting

This is a three-hour interactive seminar on positive communication and parenting techniques. Parents will learn to help their children grow and develop to the best of their abilities.

Parents will learn:

- how to acknowledge each child as an individual
- about the power of focusing on what children are doing well
- to help their children have better relationships with themselves and others

Thursday, 31st May

5:30pm - 8.30pm

Cost: \$25 per person (\$15 concession)

Venue: Interrelate Orange

Address: 108 McLachlan Street

Bookings essential — phone 6363 3650

GIVING BLOOD FEELS GOOD

Every donation can save three lives.

Mobile Blood Service visiting:

Molong

Railway Station Carpark, Mitchell Highway

Thursday 14 June

8.45am – 2.00pm

Drink up! Have 3 or 4 glasses of water or juice in the hours before you donate

Eat! Have a good sized breakfast or lunch

Please bring photo I.D. with you

To make an appointment call **13 14 95**
or visit **donateblood.com.au**

 **Australian Red Cross
BLOOD SERVICE**