2020 School Photo Day
Don’t forget it is School Photo Day next Thursday, 17th September. Students need to bring their envelopes on the day. Should they forget to do this, however, photos can still be ordered and paid for online. If you would like a Family Package, please contact the office so the family envelope can be filled out, or order online before Photo Day. Please see information brochure with all the details attached.

Term 4 Arrangements
At this point in time, all of the current restrictions in place in response to the COVID-19 pandemic remain in place and will continue into Term 4. Should there be any changes during the holidays, information will be posted on the school and P&C Facebook pages as well as the Skoolbag App. All school events for Term 4, including Kinder Orientation, Presentation Day and the Year 6 Farewell are currently being planned in modified versions and the details will be sent home as soon as they are finalised. The canteen and uniform shop will continue to operate on Fridays in Term 4 with orders and payment being made via the Qkr App.

Book Week
The 2020 Book fair will take place in Week 3 of next term (Mon 26th – Fri 30th). This year, this will take place online and more information will be sent home about this event closer to the time. There will be a parade on Thursday, 29th October.

Alison Fittler
Principal
Term 3 Week 6 – Class Awards

Kinder – Reuben P – for improvement and engagement during writing, Charlotte C – for always producing high quality work, Madilyn F – for working hard to learn her sight works. Well done!

K/1 – Talen D – working hard in writing activities, Archie M – working hard in writing activities, James P – being a kind and helpful class member.

2/3 – Aden D – great work with maths mentals, Lasya T – great effort and fantastic attitude to all areas of learning, Grace F – great work on number of the day.

3/4 – Lacy M – working hard in all areas, Charlee S – demonstrating maturity and resilience, Jayden A – conscientious work in Maths.

5/6 - Chloe A – contributing to all class activities, Savannah P - contributing to all activities, Kolbi C – being kind and helpful in class.

Class Awards for Week 6 Term 3
Minmi Public School
2020 School Photos

2020 School Photos can be ordered online.

To view packages and to place your order please visit
www.newcastleschoolportraits.com
and enter your code.

200746

Orders to be done before photo day to avoid late fee.
Payments can be made with any Mastercard or Visa cards.

School Packages

<table>
<thead>
<tr>
<th>City Ordered</th>
<th>Pack</th>
<th>A</th>
<th>$65</th>
</tr>
</thead>
</table>
|              |      | 4 x 6" x 4" with a white or blue border & a script
|              |      | & frame  |     |
|              |      | CD Cover  |     |

<table>
<thead>
<tr>
<th>City Ordered</th>
<th>Pack</th>
<th>B</th>
<th>$45</th>
</tr>
</thead>
</table>
|              |      | 4 x 6" x 4" with a white or blue border & a script
|              |      | & frame  |     |
|              |      | CD Cover  |     |

<table>
<thead>
<tr>
<th>City Ordered</th>
<th>Pack</th>
<th>C</th>
<th>$38</th>
</tr>
</thead>
</table>
|              |      | 4 x 6" x 4" with a white or blue border & a script
|              |      | & frame  |     |
|              |      | CD Cover  |     |

<table>
<thead>
<tr>
<th>City Ordered</th>
<th>Pack</th>
<th>D</th>
<th>$26</th>
</tr>
</thead>
</table>
|              |      | 4 x 6" x 4" with a white or blue border & a script
|              |      | & frame  |     |
|              |      | CD Cover  |     |

<table>
<thead>
<tr>
<th>City Ordered</th>
<th>Pack</th>
<th>E</th>
<th>$22</th>
</tr>
</thead>
</table>
|              |      | 4 x 6" x 4" with a white or blue border & a script
|              |      | & frame  |     |
|              |      | CD Cover  |     |

<table>
<thead>
<tr>
<th>City Ordered</th>
<th>Pack</th>
<th>Photo Album</th>
<th>$25</th>
</tr>
</thead>
</table>
|              |      | 6 x 10" 30 Page Photo Album
|              |      | A great way to store your child's photos over the years.
|              |      | Photo Album is available for purchase without purchasing a photo pack.

Family Packages

<table>
<thead>
<tr>
<th>Family Ordered</th>
<th>Pack</th>
<th>A</th>
<th>$25</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>CD Cover</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Family Ordered</th>
<th>Pack</th>
<th>B</th>
<th>$35</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>CD Cover</td>
<td></td>
</tr>
</tbody>
</table>

Newcastle School Portraits
Capturing your memories for over 30 years

www.newcastleschoolportraits.com
21 Broadmeadow Rd, Broadmeadow 2292
4965 4114
Top five strategies to improve your parenting this year

The start of the year is a great time for making changes and improvements to the way you raise kids. But it’s difficult to know where to begin.

To assist with the change process we’ve carefully selected five practical strategies that will have a positive impact if acted upon. We’ve organised webinars in the first half of the year to assist you to implement each strategy.

1. **Switch on your child’s strengths**

Most of us have been conditioned to focus on what kids can’t do. There is a better way. The Positive Psychology movement lead by US-based psychologist Dr. Martin Seligman showed that when we can unearth kids’ strengths we are, in effect, unlocking their true potential for success and happiness. Three elements come together to make a strength and parents need to be mindful of all three: performance (being good at something); energy (feeling good doing it); and high use (choosing to do it).

[Professor Lea Waters](#), author of the wonderful new book The Strength Switch and current President of the [International Positive Psychology Association](#) will show you how to focus on kids’ strengths in her webinar ‘Switching on your child’s strengths’.

2. **Balance kids’ extra-curriculum activities**

Alongside social media and news events, being busy is now recognised as a major stressor for many children and young people. The choice of activities to keep kids busy after school hours is mind-boggling.

Having so many options is wonderful but it does place a new set of pressures on parents and kids. The cost of loading kids up with scheduled activities is that many don’t get the chance for free play, or simply ‘vegging out’ on the couch.

[Parenting Ideas expert Dr.Jodi Richardson](#) will help you find the right balance of activity for your family in her webinar ‘Balancing extra-curricular activities’.
3. **Focus on friendships**

Friendships are an important part of the road to adulthood for a child or young person. Friendships can also be problematic. Not every child is naturally outgoing and makes friends easily. If your child has difficulty forming friendships and is worried by that, then there are many ways to approach this including: encouraging kids to spend one-on-one time with others, making extra-curricular activities fit their interests, and coaching kids to develop friendly behaviours.

The wonderful Sharon Witt will conduct a webinar ‘Teach girls to build each other up’, focusing on friendship skills especially for parents of girls.

4. **Give kids tools to manage anxious moments**

Currently we have a childhood anxiety problem. A big one! And it’s mostly undetected as community understanding of anxiety is low. It’s our experience at Parenting Ideas that many parents are anxious and they don’t know it, and many children routinely experience anxiety, which goes unrecognised.

Parenting Ideas founder Michael Grose is conducting a webinar ‘Managing your child’s anxiety’ to help parents on this challenging but important topic.

5. **Develop rights of passage**

Community changes have largely eradicated many traditional rights of passage, making it harder for a young person to know when they’ve become an adult.

Fortunately, many families are now creating their own to mark events such as the end of primary school, the move into the teenage years, and mark different stages of adolescence. These traditions are now becoming legitimate rights of passage for young people.

Internationally recognised expert on rites of passage Arne Rubenstein will outline practical ways you can recognise a young person’s important life markers in his webinar ‘Creating 21st century rites of passage’.

6. **Will anything be different this year?**

Change and improvement in anything worthwhile generally comes incrementally rather than in one giant leap. We’ve pointed you in the right parenting to take this year. With our webinars we’ve made it easy to take that vital first step. Have a great parenting year.

---

**Michael Grose**

Michael Grose, founder of Parenting Ideas, is one of Australia’s leading parenting educators. He’s an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.
Cooking at home is not only healthier, it will save you money.

Try these fakeaway recipes:
- Chicken burrito bowls
- Lentil burgers
- Easy pizza

Time to get food smart and start reducing your food waste.

Why not throw your mushy tomatoes into a pasta sauce, your floppy zucchini into a fritter and soft carrots into fried rice.

For these recipes and more visit: healthylunchbox.com.au