I would like to welcome Adrian Robinson who will take on the position of Relieving Principal as of next term as I am going back to my substantive school. Adrian comes to us from The Aboriginal Education and Community Engagement Unit. He has lived and worked in Aboriginal communities for many years. Adrian is looking forward to working with the students, parents, community and staff at La Perouse Public school. I am sure Adrian will be delighted to learn of the fabulous things that have occurred at La Perouse PS in term 3. Students have visited the Powerhouse Museum, experienced the Tribal Warrior, represented us in Bondi Showcase, had the opportunity of the Footy Clinic with Souths Cares and went to Rugby League Central for the NRL Tackle Bullying program in term 3. Our students have also thoroughly enjoyed the Fitness circuit every morning and are certainly becoming extremely fit.

It has been an absolute pleasure working with such wonderful students, staff and the wider community this term. I have had so many memorable experiences and will treasure them all.

Well Being

Working It Out Program

Preparing children for today’s world involves teaching them a broad range of skills. In addition to academic skills, they must working well with others and settling their differences peacefully. To help students develop these skills, our whole school in term 4 will participate in ‘Working It Out’, a conflict management program in which children learn to:

- also learn the skills for Communicate and work well with others.
- Express feelings in constructive ways.
- Treat others fairly
- Resolve disagreements peacefully

Since conflicts naturally occur when children are together, there are many opportunities at school to teach them how to handle these conflicts – from deciding who is first in line to agreeing on a topic for a group project – in positive ways. As the children improve their abilities to get along and work together, they are also creating a supportive environment for learning.

There are many different topics in the program. Recognising different points of view, recognizing peoples feelings, engaging in constructive conversation, predicting consequences, calming your own anger, expressing anger constructively, dealing with someone else’s anger, dealing with bullying and respecting diversity are the different areas teachers will be examining weekly.

NRL Tackle Bullying Excursion

On Monday 7 September our students attended the NRL Tackle Bullying Excursion at Rugby League Central in Moore Park. Mario Fenech talked to the children about bullying and our students were given a Tackle Bullying prompt.

The staff at La Perouse have been extremely busy this term examining various programs and revising the Anti-bullying policy.

Please see www.bullyingnoway.gov.au for further information on Bullying.

CALENDAR

HAPPY HOLIDAYS

SCHOOL RESUMES TUESDAY 6TH OCTOBER
The Tribal Warrior excursion on Wednesday 9th of September gave students the opportunity to learn about tribal fishing methods, the didgeridoo and bush tucker. The day was enjoyed by all. Our thanks goes to Mr Shaun for organizing the excursion as well as Ronald from Maroubra Police Station who helped our school connect with local police officers.
The Deadly La Pa Skipping Crew DVD Launch

Mr Jarius was interviewed by Lola on Koori Radio last Thursday about the DVD launch night. Mr Jarius gave Lola a recount of our Deadly La Pa Skipping Crew’s journey in creating the wonderful DVD. Our thanks goes out to Kane from the Heart Foundation and Mr Jarius for their combined efforts in coaching such an amazing team. Each member of the skipping crew was given their very own DVD. Guests were treated to a spectacular performance on the night. We are so very proud of our skipping team and all their efforts.

It has been an honour to be Relieving Principal at La Perouse PS during these exciting times and I would like to thank the students, staff and community for their warm welcome, cooperation and support.

Warmest regards,
Elizabeth Markovski
Relieving Principal
In Magadaang this week

This week in Magadaang we have been making cardboard arcade games. We were inspired by ‘Caine’s Arcade’, a video where a young boy makes a successful cardboard arcade. We had to design our game, work out how many tickets it would be worth and what materials we would need. Then we have been constructing our games. We have had a blast!
STUDENT OF THE WEEK—Weeks 9 and 10

This fortnight’s “Bondi Pizza” voucher is for “Being Respectful”.

Congratulations to Ashanti and Jermane!

The Deadly La Pa Skipping Team’s DVD Launch Night

On Thursday 10th September the school hosted a launch night for the Deadly La Pa Skipping Team’s DVD release. In Term 2, the team travelled to schools in regional NSW to preform and run workshops with students. A DVD of the journey was created and has been made available to other public schools all over NSW. Since our visits and the DVD release, two other schools have created their own demonstration skipping teams to perform in their local areas. Some of the DVD can be found on the Heart Foundations youtube channel, just type in ‘The Deadly La Pa Skipping Crew’ to find it. Congratulations to Jermane, Carmen Lee, Iesha, Shauntai, Lateia, Lakeisha, Kiani, Maui, Cruiz, Christine, Ashanti, Tori and Coolalia for being a part of the DVD and being in the very first La Perouse Jump Rope for Hearts Skipping Team.
In Girawaa this week

This fortnight we have been learning about the “Wright Brothers”. We have been learning how and why they invented the aeroplane. We decided to make paper aeroplanes and see how they would fly in the wind. We also made aeroplanes that fly in todays environment.

In maths we have been comparing, categorising and graphing information for our investigation this week.

Optometrist Visit to La Perouse

The Brian Holden Vision Institute Optometrist will visit La Perouse Aboriginal Community Centre on

- Monday 28th September
- Friday 9th October
- Friday 27th November
- Friday 18th December

Please ring 8347 4800 to make an appointment.
Leigh Hobbs
Wrote and illustrated
OLD TOM

Magaloo students brainstormed descriptive words for Old Tom.

angry mostly unusual
confused rude fat
hurt embarrassing worried
bizarre yellow mad
taffy one-eyed untidy
hairy weird
frustrated injured psychotic
WHAT TO DO IF YOU ARE BEING BULLIED

You have a right to feel safe and be safe. If you are being bullied here are some ideas about what you can do.

Talk to someone about it. Find a trusted friend, teacher or carer who will listen to how you feel, be supportive, and perhaps even help you work out what to do.

- Talk to your friends - they can help you tell a teacher or your parents or just to feel better.
- Talk to your parents - tell them all about what's been happening.
- Talk to your teacher or another staff member - tell them all about what's been happening. If you don't want to do this in public, make an excuse to see the teacher about something else, for example your homework.
- If you can't talk to someone face-to-face go online at Kids Helpline http://www.kidshelp.com.au/ or call a Kids Helpline counsellor on 1800 55 1800.

Try a few of the strategies that have worked for others. Only try these strategies if you are not in any immediate danger of being physically hurt and you feel confident you can do them.

- Ignore the bullying - turn your back and walk away.
- Act unimpressed or pretend you don't care what they say or do to you. You could say 'okay, whatever' and walk away.
- Use strong, assertive statements, starting with the work 'I'; tell the other person 'I want you to stop that' in a strong confident voice. Practice this with your friends.
- Use 'fogging' which means making a joking or funny comment that makes the other person think you don't care about what they say.
- Ask your friends to speak up for you. And remember to do the same for them!

Try to stay positive. Focus on all the things that you do well, the people who like you and care about you. Write down your thoughts and feelings about the bullying to help you think clearly about what you can do.

Hang around with your friends and be with people who help you feel good about yourself. Good friends respect, encourage and support you. They care for your wellbeing and are fun to be around. You'll make new friends by respecting, encouraging and supporting others.

Try to sort out the problem behind the bullying. If you feel safe to do so, talk with the other people involved and ask them how you might be able to sort out the problem together.
HOLIDAY FUN DAY

Looking for the perfect FREE Family Outing?

* BBQ  * Kids Activities  * Playgroup  * Crafts
* Parent Cooking Class  * Raffle  * Prizes

10.30am - 12.30pm
Tuesday 22nd September 2015
LA PEROUSE PUBLIC SCHOOL
Yarra Rd, La Perouse NSW

For more information contact Family Programs
P: 9349 8200 E: familysupport@jnc.org.au

Facebook: Junction Neighbourhood Centre  www.jnc.org.au