From the Relieving Principal’s Desk

Dear Parents and Caregivers,

We have reached the final week of Term 1. What an exciting and busy term it has been. I am in such a privileged position as the principal of this great school.

Welcome to our new students; Haneen, Rawan, Miaa, Mia and Orfeas.

Congratulations to Marina and Natalia
I am so pleased to announce that the “swimming sisters”, Natalia and Marina represented our school at the State Swimming Championships in Homebush last week. It has been many years since we have had two participants in the State Championships. We are very proud of the girls for this great accomplishment. Natalia represented the school in 50m freestyle and 50m butterfly finishing 27th and 33rd respectively and Marina finished 29th in the 50m backstroke. Congratulations girls! We are so proud of you!

The Premier of NSW – Mike Baird
At the time of writing, our current NSW Premier Mike Baird visited our school last Monday to visit the before and after school child care centre, the Cubbyhouse. He was very impressed with our school and met lots of the teachers, even posing for photos. He was impressed that our school offered a child care facility and he enjoyed talking with the great staff from Cubbyhouse.

Child Protection
Next term students in K-6 will be participating in Child Protection lessons. These lessons will occur weekly with your child’s teacher. The topics covered include rights and responsibilities, NO GO TELL, body parts and protective strategies. Child Protection is a **MANDATORY** part of the school curriculum. Permission is not required for students to participate in the lessons, however, if you would prefer your child not to, you must put it in writing to your child’s teacher.

Parent Forum
Thank you to the 25 parents that attended the Maths Parent Forum last week. In Term 2 we will be having two parent forums. One based on the new merit award system and the second one will be about L3 Stage 1. Mr Field will also be looking at a parent information session on BRING YOUR OWN DEVICE for Year 6 parents. Parent forums are usually held on a Friday in Weeks 4 and 8 of each term.

Cross Network Creative Arts Project
Our School is involved in the 2015 Cross Network Creative Arts Project. Auditions for Girls Dance have been held and over 130 dancers from Years 3-6 auditioned...
across many schools. Congratulations to Risha Singh and Crystal Frugone for being selected and to Mrs Ellison for her nomination of the girls. A culminating concert will be held in early August.

Easter Hat Parade
This Thursday students in Kindergarten to Year 4 will participate in the Easter Hat Parade. This begins at 9.15am in the hall/COLA area. Parents are most welcome to attend and take photos of the students. We would love to see as many students as possible wearing an Easter hat. The teachers will be wearing one too! During the Easter hat Parade, the P&C raffle will be drawn. It is not too late to sell tickets, please return to school by this Thursday.

While we enjoy the Easter Hat Parade our senior students and their teachers will be attending the Easter Show. We have over 160 students going along and thank you to the parent helpers that are assisting on the day.

Harmony Day
Last Wednesday we celebrated Harmony Day at Casula. We had a fantastic day, beginning with a lovely assembly, Harmony Day activities and a beautiful multicultural lunch. The students looked wonderful in their National Costume or in orange. We took some great photos.

The theme for Harmony Day 2015 is celebrating cultural diversity. We celebrate that every day at Casula PS. Did you know that:
- 81% of our school population are students from non-English speaking backgrounds
- There are 54 different languages spoken at Casula
- Our largest cultural group is Arabic

School Photos
School Photos will be happening this WEDNESDAY. Please ensure that your child is wearing correct SUMMER uniform and black shoes on the day. Their hair should be done neatly and ribbons and scrunchies should be BLUE and YELLOW only. It takes about 6-7 weeks for the photos to arrive back at the school. Payments can be made up to and including WEDNESDAY morning.

Voluntary Contributions
Each year we ask families to pay voluntary contributions that help our school provide quality learning experiences for all students. We try to keep the contribution as low as possible each year and ask that you contribute $40 if you have one child and $75 for families with more than one child. Thank you to the families that have already paid. We really appreciate it.

Meet Marcelo Montoya - our teacher’s aide
We are so lucky at Casula Public School to have Marcelo Montoya from the Under 20s Bulldogs team working with some students at our school. He is a hard working, determined young man that we know will have success not only on the football field but also in his sporting career. Here are some important facts about Marcelo that you might not know;
- He was born in Fiji
- He plays fullback and winger
- His hobbies include fitness, music and socialising
- His middle name is Edwardo
- He loves listening and singing to Miley Cyrus
- He has always been a Bulldogs fan and cried last year when they lost the grand final
- Mrs Lloyd was Marcelo’s trainer for a few years.
- His motto is - always have a positive belief and family comes first!

If you see Marcelo around our school, please say hi and you might like to ask for his autograph. He will be VERY FAMOUS one day.
It has been a very busy fortnight at Casula with so many great things happening. Below I have attached some photos and comments. Enjoy 😊

**Western Sydney Wanderers and Year 5 students enjoying Harmony Day in Bigge Park**

*Paddock to Plate – Our Kindergarten students are learning that milk comes from cows. They enjoyed some yummy milkshakes.*

*SWOT (students without technology) time is available in the school library every Tuesday and Thursday to allow students to work on MATHS ONLINE or to complete homework assignments.*

*Currently we are working on turning classrooms into 21st Century learning spaces. The students in 6L planned a design for their classroom, and then worked in groups with their peers and families to put the furniture together. The result is a bright, group based, ideas classroom where great thinking and learning occurs. We are doing this across the school. Feel free to check out 6L after school and see the great changes they’ve made.*
Oliver Phommavanh visited our school to promote his new book – Stuff Happens: Ethan! He was so funny and the students bought his new book. He kindly signed copies for the students.

I would like to wish all families a very Happy Easter and we look forward to seeing you all back in Term 2.

SCHOOL RETURNS in TERM 2 on TUESDAY 21st APRIL

Mrs Diamond

The Wholehearted Parenting Manifesto by Brené Brown

Above all else, I want you to know that you are loved and lovable. You will learn this from my words and actions—the lessons on love are in how I treat you and how I treat myself.

I want you to engage with the world from a place of worthiness. You will learn that you are worthy of love, belonging, and joy every time you see me practice self-compassion and embrace my own imperfections.

We will practice courage in our family by showing up, letting ourselves be seen, and honoring vulnerability. We will share our stories of struggle and strength. There will always be room in our home for both.

We will teach you compassion by practicing compassion with ourselves first; then with each other. We will set and respect boundaries; we will honor hard work, hope, and perseverance. Rest and play will be family values, as well as family practices.

You will learn accountability and respect by watching me make mistakes and make amends, and by watching how I ask for what I need and talk about how I feel.

I want you to know joy, so together we will practice gratitude.

I want you to feel joy, so together we will learn how to be vulnerable.

When uncertainty and scarcity visit, you will be able to draw from the spirit that is a part of our everyday life.

Together we will cry and face fear and grief. I will want to take away your pain, but instead I will sit with you and teach you how to feel it.

We will laugh and sing and dance and create. We will always have permission to be ourselves with each other. No matter what, you will always belong here.

As you begin your wholehearted journey, the greatest gift that I can give to you is to live and love with my whole heart and to dare greatly.

I will not teach or love or show you anything perfectly, but I will let you see me, and I will always hold sacred the gift of seeing you. Truly, deeply, seeing you.
My name is Mrs Mann and I have the wonderful opportunity of teaching 2D this year. This year would mark my fourth year teaching at Casula Public School.

2D have been very busy learning about mood represented in a variety of texts and writing fabulous descriptions about book characters and monsters.

Piggy Bank
By Noah

Piggy bank has two sharp short horns and two large ears. He has a lime eye in the middle of his face. On top of his eye, he has a red eyebrow. In his large mouth there are three white teeth and a huge red tongue.

He has a pink bellybutton and two short hands.

Piggy Bank has a brown reflection and a pointy tail that looks like an arrow.

During mathematics, we are consolidating our addition and subtraction strategies to solve problems.

We look forward to learning more as the year goes on!
4N have been learning about the relationships between the Earth, the Sun and the Moon. We used torches and balls to show how these relationships cause day and night.

“As the Earth rotates, half of the Earth has sunlight and half of the Earth is in shadow.” - Melina

“The part of the Earth that is in shadow has night, while the part of the Earth facing the sun has day.” - Roukaya

“As the Earth spins, different parts of the Earth have day and night.” - Stanley
Library Corner

The Hub of our school is our Library. We are committed to share the love and enjoyment of literature. At Casula we have a great number of students who are very keen readers. These are some of the popular books that never stay on the shelves.

The Pigeon constantly pleads, wheedles, and begs his way throughout the books which the children absolutely love.

Andy and Terry live here, make books together, and have a series of completely nutty adventures. Because: ANYTHING can happen!!!!!
## PSSA RESULTS

### WEEK 4

#### OZTAG

<table>
<thead>
<tr>
<th>Class</th>
<th>Game</th>
<th>Opponent</th>
<th>Score</th>
<th>Player of the Match</th>
</tr>
</thead>
<tbody>
<tr>
<td>JUNIOR A</td>
<td>GAME 1</td>
<td>Vs Wattle Grove</td>
<td>3-0</td>
<td>Taj O'Shana-Brookbanks</td>
</tr>
<tr>
<td>JUNIOR B</td>
<td>GAME 1</td>
<td>Vs Dalmeny A</td>
<td>0-6</td>
<td>Yash Swamy</td>
</tr>
<tr>
<td>JUNIOR A</td>
<td>GAME 2</td>
<td>Vs Chipping Norton</td>
<td>7-1</td>
<td>Lavinia Tan</td>
</tr>
<tr>
<td>JUNIOR B</td>
<td>GAME 2</td>
<td>Vs Wattle Grove</td>
<td>1-3</td>
<td>Kavi Janardan</td>
</tr>
<tr>
<td>SENIOR A</td>
<td>GAME 1</td>
<td>Vs Wattle Grove</td>
<td>2-1</td>
<td>Faith Tofa-Lualua</td>
</tr>
<tr>
<td>SENIOR B</td>
<td>GAME 1</td>
<td>Vs Dalmeny A</td>
<td>0-5</td>
<td>Jeremy Evans</td>
</tr>
<tr>
<td>SENIOR A</td>
<td>GAME 2</td>
<td>Vs Chipping Norton B</td>
<td>7-0</td>
<td>Dennis Pilarinos</td>
</tr>
<tr>
<td>SENIOR B</td>
<td>GAME 2</td>
<td>Vs Wattle Grove</td>
<td>1-3</td>
<td>Merna Abbas</td>
</tr>
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</table>

#### AFL

<table>
<thead>
<tr>
<th>Class</th>
<th>Game</th>
<th>Opponent</th>
<th>Result</th>
<th>Player of the Match</th>
</tr>
</thead>
<tbody>
<tr>
<td>JUNIOR</td>
<td></td>
<td>Vs Dalmeny A</td>
<td>Loss 33-3</td>
<td>Cody Taprell</td>
</tr>
<tr>
<td>SENIOR</td>
<td></td>
<td>Vs Dalmeny A</td>
<td>Loss 18-8</td>
<td>Jacob Kralinger</td>
</tr>
</tbody>
</table>

#### NEWCOMEBALL

<table>
<thead>
<tr>
<th>Class</th>
<th>Game</th>
<th>Opponent</th>
<th>Result</th>
<th>Player of the Match</th>
</tr>
</thead>
<tbody>
<tr>
<td>JUNIOR</td>
<td>GAME 1</td>
<td>Vs Sackville Street A</td>
<td>Loss 2 sets - 0</td>
<td>Pareesae Shahzad</td>
</tr>
<tr>
<td>SENIOR</td>
<td>GAME 2</td>
<td>Vs Numarra</td>
<td>Loss 2 sets - 0</td>
<td>Sanjli Vig</td>
</tr>
<tr>
<td>SENIOR</td>
<td>GAME 1</td>
<td>Vs Sackville Street A</td>
<td>Loss 2 sets - 0</td>
<td>Rowan Rostom</td>
</tr>
<tr>
<td>SENIOR</td>
<td>GAME 2</td>
<td>Vs Numarra</td>
<td>Loss 2 sets - 0</td>
<td>Christina Nguyen</td>
</tr>
</tbody>
</table>

#### GIRLS T BALL / SOFTBALL

<table>
<thead>
<tr>
<th>Class</th>
<th>Game</th>
<th>Opponent</th>
<th>Result</th>
<th>Player of the Match</th>
</tr>
</thead>
<tbody>
<tr>
<td>JUNIOR</td>
<td></td>
<td>Vs Dalmeny</td>
<td>Loss</td>
<td>Monique Kostovski</td>
</tr>
<tr>
<td>SENIOR</td>
<td></td>
<td>Vs Dalmeny</td>
<td>Win 12-7</td>
<td>Annaleise Feltham</td>
</tr>
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</table>

#### CRICKET

<table>
<thead>
<tr>
<th>Class</th>
<th>Game</th>
<th>Opponent</th>
<th>Result</th>
<th>Player of the Match</th>
</tr>
</thead>
<tbody>
<tr>
<td>JUNIOR</td>
<td></td>
<td>Vs Wattle Grove</td>
<td>Loss</td>
<td>Stanley Vanu</td>
</tr>
<tr>
<td>SENIOR</td>
<td></td>
<td>Vs Wattle Grove</td>
<td>Win</td>
<td>Yashwant Pillay</td>
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### WEEK 5

#### OZTAG

<table>
<thead>
<tr>
<th>Class</th>
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<th>Opponent</th>
<th>Result</th>
<th>Player of the Match</th>
</tr>
</thead>
<tbody>
<tr>
<td>JUNIOR A</td>
<td>GAME 1</td>
<td>Vs Casula B</td>
<td>Win 4-0</td>
<td>James Kasovski/Lavinia Tan</td>
</tr>
<tr>
<td>JUNIOR A</td>
<td>GAME 2</td>
<td>Vs Dalmeny C</td>
<td>Win 5-0</td>
<td>Chris Kasovski</td>
</tr>
<tr>
<td>JUNIOR B</td>
<td>GAME 1</td>
<td>Vs Casula A</td>
<td>Loss 0-4</td>
<td>Yash Swamy</td>
</tr>
<tr>
<td>JUNIOR B</td>
<td>GAME 2</td>
<td>Vs Chipping Norton B</td>
<td>Loss 2-3</td>
<td>Radhwaaan Allam</td>
</tr>
</tbody>
</table>
SENIOR A  GAME 1  Vs Casula B  Win 2-0  Roni Rifai
SENIOR A  GAME 2  Vs Dalmeny C  Win 7-0  Faith Tofa lua lua
SENIOR B  GAME 1  Vs Casula A  Loss 0-2  Tehillah Vaeluaya
SENIOR B  GAME 2  Vs Chipping Norton B  Win 5-0  Merna Abbus

CRICKET
JUNIOR  GAME  Vs Prestons  Loss  Phoebe Stalman
SENIOR  GAME  Vs Prestons  Won  Vyom Nanavati

NEWCOMEBALL
JUNIOR  GAME 1  Vs Marsden Road A  Loss 0-2 sets  Alexandra Stojenovska
JUNIOR  GAME 2  Vs Liverpool West (White)  Loss 0-2 sets  Daphne Ah-ki
SENIOR  GAME 1  Vs Marsden Road A  Loss 0-2 sets  Jarryd Farmer
SENIOR  GAME 2  Vs Liverpool West (White)  Loss 0-2 sets  Sophie Vasic

GIRLS T BALL / SOFTBALL
JUNIOR  GAME  Vs Sackville Street  Win 22-11  Maimona Alhawari
SENIOR  GAME  Vs Sackville Street  Win 17-6  Britney Phillips

AFL
JUNIOR  GAME  Vs Dalmeny B  Loss 28-9  Royce Walasek
SENIOR  GAME  Vs Dalmeny B  Win 14-13  Anthony Da Costa
What bullying isn’t, and what to do when it happens

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.

Bullying is a word that’s wrapped in emotion. For many people, bullying is associated with bad childhood memories. It’s been estimated that around 40% of people have experienced some type of bullying in the past.

Bullying is an insidious behaviour that transgresses children’s natural right to feel safe and secure. It can adversely affect their learning, emotional well-being, further peer relations and their sense of self.

Bullying takes many forms and guises including physical, verbal and emotional abuse, intimidation, harassment and exclusion. It now has a well-publicised cyber dimension which has moved the goalposts for many kids. In the past, children could escape bullying behaviours they may have experienced by being at home. Cyberbullying now means that kids can escape the bully like they once could.

Bullying is not the domain of one gender. Girls bully just as much as boys but they do it in less physical ways. While boys use physical intimidation or verbal abuse to withstand power, girls are more likely to use exclusion or verbal sarcasm to assert themselves.

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.

Bullying is about lack of power as one person is powerless to stop the teasing or physical abuse. Bullying is the selective, uninvited, repetitive oppression of one person by another person or group.

1. If you think your child is being bullied then handle with care as children often don’t want to admit that they are on the receiving end of bullying. Some kids keep it to themselves and their parents so help them by being on the lookout for warning signs such as being withdrawn, changing the route to the school and withdrawing from usual activities.

2. If your child is being bullied:
   a. Listen to their story
      Children who are bullied need someone to believe their story. Take them seriously and avoid dismissing complaints as typical. Use common sense to differentiate between bullying and more random, non-selective teasing or social stirs. Kids can be nasty to each other, yet this doesn’t constitute bullying.
   b. Deal with their feelings
      A child who is bullied probably feels scared, angry and sad. Boys are more likely to display anger and girls display fear. The degree of emotional intensity is an indicator of the amount of bullying. Recognise and validate their emotions. Let them talk about how they think the bully feels. Remember boys respond better to ‘think’ language and girls feel normal to feel sad, scared or just plain confused.
   c. Get the facts
      Get a clear picture of what happens, including who is involved, the frequency and what happens prior to any bullying. Get your child to be specific as possible by asking good questions. An accurate picture will help you determine your next course of action.

3. Give them coping skills
   With a clear picture you can start giving your child some help about how he or she may deal with bullying including using avoidance strategies, being more assertive and changing poor communication skills.

4. Get the school involved
   Bullying is best handled when parents and teachers are involved. Approach your school through the appropriate channels, make yourself aware of your school’s anti-bullying procedures and programs, and be willing to work within these guidelines.

5. Help build your child’s support networks
   Kids need a group of friends to support them when they experience bullying so look for practical ways to broaden friendship groups.

6. Build their self-confidence
   Provide children with systematic encouragement. Let them know through your words and treatment of them that they will get through this period.

It’s worth remembering that children who experience some form of bullying often come out stronger and more resourceful because they have experienced difficulties and they know they can defeat them.


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CASULA HIGH SCHOOL UPDATE

This week at Casula High:

- The school cross country carnival was another amazing day. Staff and students alike were active and competitive leading to some really close finishes. It was wonderful to see all our school community coming together for sport, health and fitness.
- Some of our staff have recently completed training in the ‘STEM’ project. Another exciting gifted and talented project for the school, we have heard it is out of this world.
- Casula closed the gap between knowledge and understanding as we celebrated Close the Gap day recently. Community spirit is alive and well at Casula.
- The Homework Centre will be operational in the near future. It is wonderful to see our students pushing themselves to do better.
- Past students and interested community members are invited to buy memorial pavers. What a great chance to leave your legacy at our school. See the website for details.
- For more updates on our exciting achievements why not like us on Facebook? Find us at www.facebook.com/casulahighschool

If you have any queries please contact the school on 9602-4270. Simon O’Donnell, Relieving Transition Co-ordinator

AUSTRALIAN TAE KWON DO GROUP

LEARN MARTIAL ARTS

Visit us at www.oztakedown.com.au

Tae Kwon Do is a sport for the whole family, visit us at any of these locations below and try Tae Kwon Do for yourself.

- Self Control
- Co-ordination
- Mental Attitude
- Physical Attitude
- Self Defence
- Flexibility
- Reflexes
- Respect

For further information please contact - 0413 146 301

MARDON CLASSES

LOCATION: PRESTONS
Dalmary Public School
Cnr Dalmary Drive & San Marino Drive, Prestons.
Classes held in School Hall
TIME: 6.15pm - 7.00pm

TUESDAY CLASSES

LOCATION: CHIPPING NORTON
Chipping Norton Public School
Central Avenue, Chipping Norton.
Classes held in School Hall
Class 1: 5:15pm - 6:00pm
Class 2: 6:00pm - 6:45pm

WEDNESDAY CLASSES

LOCATION: HINCHINbrook
Hinchinbrook Community Centre
Cnr Whiteford Ave & Partidge Ave, Hinchinbrook.
Class 1: 6:15pm - 7:00pm
Class 2: 7:00pm - 7:45pm

THURSDAY CLASSES

LOCATION: PRESTONS
Prestons Public School
Cnr Kumming Rd & Box Rd, Prestons.
Classes held in School Hall
Class 1: 6:15pm - 7:00pm
Class 2: 7:00pm - 7:45pm

FITNESS WITH PURPOSE

- Learn Self Defence
- Develop Self Discipline
- Increase Focus & Concentration
- Build Strength, Coordination & Fitness
- Generate Positive Self Esteem & Confidence

BEGINNERS GROUPS STARTING NOW

Casula Public School, Casula
Monday: 6:30-8:00pm Tuesday: 6:30-7:30pm
$12 per session
Pay as you go
No lock in contracts

$95 Registration Promotional Offer for a 4 month trial

FREE Karate Uniform* (valued at $55)
First 20 students
FREE Upgrade to Gold (lifetime) Membership (valued at $25)

For more information, or to ask about our family discounts:
Lachlan Carr
0438446385

HOW TO BOOST YOUR CHILD’S MOTIVATION AND LEARNING AT SCHOOL

Prepared by Dr. Andrew Martin

Dr. Martin, a Registered Educational and Child Psychologist, describes the essential parts of academic realization and engagement at school. The well-rounded student is not only motivated and engaged, but is also able to bounce back when the going gets tough in schoolwork.

Dr. Martin will discuss the key issues relevant to realizing the full potential of students, and practical ways that parents and caregivers can help build their child’s academic success, resilience, academic interest, resilience, persistence, reduce fear of failure and anxiety, and emphasize academic opportunities (RFA).

This seminar is for primary school aged children.

Bookings are essential and places are limited.

Please call 0407 708 536 to book your place.

Families Together is a parent group based in the Rockhampton area of Rockhampton.

*Parents must be present for their children to attend. Children are not permitted to attend alone.

DATE: Thursday, 8th April 2015
TIME: 6:30 - 9:00 pm
PLACE: The Stanley Room and Lounge
Fairfield HSL
5A Anzac Avenue
FAIRFIELD

Childcare is not available for this event. Children are not permitted to attend alone.

Families Together is a family of Education and Communities and sponsored by the Department of Community Services.
Stepping Out School of Dance

Unit 9/45-47 Whyalla Pl, Prestons NSW 2170

www.steppingoutdance.com

e-mail: rain.drops@bigpond.com

Christine PH: 96057472
Mobile 0409548396

Jazz Hip Hop Tap Ballet Irish Drama Singing
Acrobatics/Tumbling