

Kareela Courier

Penrose Public School

Penrose Road Penrose NSW 2579 Ph: 02 4884 4238 Fax: 02 4884 4493

Website: www.penrose-p.schools.nsw.edu.au Email: penrose-p.school@det.nsw.edu.au

Term 2 Week 4

Friday 18th May 2012

Potatoes, Potatoes and More Potatoes



The children enjoying the harvesting of potatoes.

As we come into the colder months, the children have been able to harvest the potatoes they planted last year. With potatoes now in plentiful supply baked potato wedges are on the menu for everyone to enjoy. The students took great delight in eating what they had sown.

In its 122nd year Penrose Public School encourages confidence, responsibility, awareness and adventure.

Diary Dates For Next 4 Weeks

Week 5	21-May	22-May Music Baby Clinic ICAS Computer	23-May	24-May Gymnastics	25-May Olympic Day @ Eridge Park	26/27 Mar
Week 6	28-May	29-May Music Tuition	30-May	31-May Hansel & Gretel Aust. Opera @ Exeter PS	1-Jun Gymnastics Library	2/3 May
Week 7	4-Jun	5-Jun	6-Jun	7-Jun	8-Jun Library Gymnastics	9/10 May
Week 8	11-Jun No School Queen's Birthday	12-Jun Music Tuition Baby Clinic	13-Jun	14-Jun	15-Jun Gymnastics Library Goulburn Eisteddfod	16/17 May

David Gillis Tells What he Does When Not At School?

I have started to play soccer for the Bundanoon Football Club and I play mainly defence. AJ's dad is our coach and I really like playing. Ruben, on our team, kicks a lot of the goals. When I can after school, I go and kick the ball around at home or at the local Penrose Park. Soccer is really lots of fun.



David, in action on the soccer field

Energy Efficient Lighting Installed. Another Step Towards Sustainability.

The second phase of the National Solar Schools Program was completed at Penrose School recently. All the lights in the school were replaced with energy efficient lighting. Sensors attached to the ceilings ensure energy is not wasted as they turn the lights off in the rooms when not occupied.

Penrose School has been very fortunate to have been one of the few schools in this area to have secured funding under the National Solar Schools Program.

Brendan Balk Talks Spuds

Before I started school the others in my class planted potatoes on the other side of the vegetable garden (on the sport shed side). We dug up the potatoes with our hands. I was lucky to find a few big ones. On Tuesday, Mrs Irvine and Mrs Mabbutt baked in the School Kitchen potato wedges served with sour cream. They were very nice.



New Year 6 student, Dominic Luke



May Kaczerepa and Thomas Gillis

Our District Cross Country Representatives (May Fills Us In On The Event)

Thomas and I met up at the event. My race was first and there was about 40 in my age group. I came 20th. Before the race we walked the track so we knew where to go. I had butterflies in my tummy before the race started. When running the race, I found the bumps and stuff a bit of a challenge on the track. It was a hard race and I did not feel too well after it, so mum took me home. This meant that I missed Thomas's race where he came 6th which was really good. Thomas and I got to wear special shirts to show we were part of the Bong Bong Small School's team.

Dominic Luke Joins Penrose

A Kareela Interview

KC: I heard that this is the second time you have attended Penrose School? Dom: Yes, I came here when I was 7 and Mrs Darling was the Principal. My Pop has always lived here.

KC: Where did you come from and what did you think about coming back to Penrose? Dom: I came from Marulan Public School. I was a bit cautious at first as I didn't know what to expect from such a small class. But the people are friendly; there is a lot of friendliness here at the school. Everyone who walks into the school welcomes me and I am really enjoying being here. I feel I really fit in, so I guess that means I'm meant to be here.

KC: I saw you riding your bike to school, do you like to ride? Dom: It's great riding to school, but a bit harder at the end of the day, but it doesn't really bother me. I just think how fit I will get.

KC: What do you think about the school garden? To be honest, before I was not keen on gardening, but now I really like it. Yes, I enjoy it.

Tissues Please

To cover the winter months we are asking each family to donate a large box of tissues to keep the sniffles confined to a tissue and not a shirt sleeve.

Thank you.

Working Together With Our School Community

ANNUAL BIG MORNING TEA

@ Penrose Hall

Friday May 25th

@10.30am

The event is supporting cancer research with a gold coin donation.

Any queries or contributions to Jill Blackman 4884 4445.

- 30th June - Youth Forum (more details to follow)
- 28th July at 2.30pm - Wood Auction followed by the Mid Winter Party at the Hall.
- 31st July - Penrose Hall Committee AGM
- August - Penrose Community Association AGM

You may notice the first of the "50 Ahead" signs has been erected on the southern end of town. The northern signs should be in as we go to print. This is the best that we have been able to achieve at this stage.

INSIGHTS

by Michael Grose – No. 1 parenting educator



Keeping kids safe in a cyber world

Social media sites have taken cyber bullying and harassment to a new level. Here's how to keep your kids safe when online.

Cyber bullying is one of the biggest, safety issues facing young people today. Bullying and harassment online is now commonplace. For instance, over a third of teenage girls have been sexually harassed via the Internet.

The emergence of social media sites has seen cyberbullying go to a new level. Messages and images can now spread like wild fire reaching a huge potential audience in the time it takes to upload an image or shoot off a text message.

Once the family home offered young people an escape from schoolyard bullies. Now the cyber world is so invasive that their bedrooms offer no guarantees of safety any more.

The cyber world is enticing. Young people have always wanted to escape from their parents' world. In the past they hung out in shopping centres and pool halls. Parents tried their best to keep an eye on where their children were and what they were doing.

The online world is now the shopping mall of the 21st Century. Parents have the same responsibility to help kids stay safe in the online world as they do in the real world. 'Stranger danger' and accompanying safe behaviours are just as relevant in the online world as they are in the real world.

Parents should use the same offline preventative strategies to maximise their children's online safety as they've always used. These strategies include: teaching children about the right way to behave online; don't let them spend all night in the cyber world; and ask questions about what they are doing and where they go when they're online.

Parents need to remind kids that things in the online world can spin out of control very quickly. A written message or an image can be circulated electronically so rapidly that the scope and scale of cyber bullying can be greater than any other form of bullying.

The following seven key messages form the basis of an online safety strategy for kids. They should be taught to kids so they become second nature, just as the messages about stranger danger were absorbed by an earlier generation.

1. Respect others. Make kids aware that what they send can offend. Discuss with kids the types of messages and images that can cause harm to others when sent. Teenagers often walk a fine line with what they do and say to each other offline, yet it's relatively harmless. The same type of behaviour online however can be a different story.



2. Think before you send. Remind kids cyberspace is a very public and permanent forum. A text message or image sent to just one person can be passed to a potentially unlimited number. Once they are sent they're almost impossible to erase and take back.

3. Treat online passwords like your house key. Teach kids to keep passwords guarded at all times. Young people can be incredibly trusting of each other, which is to be encouraged. However there are some things, such as online passwords that they don't share, not even with their best friend.

4. Block bullies. Teach kids to block bullying messages. They can filter out messages and addresses online. Similarly, they can block text messages from bullies as well.

5. Don't reply to harassment. Bullies can retain proof of your response, which can further be spread around. Besides responding to bullying behaviour often simply encourages the bully to continue.

6. Save the evidence. If kids are bullied they should keep the pictures and offending messages. These can be used as proof if the bullies are brought to justice.

7. Tell someone. The insidious part of bullying is that kids on the receiving end often don't seek help, as they think there's something wrong with them. Talk with kids about going to a trusted adult, when they feel their rights or safety have been violated. They should with your help report online bullying to the appropriate service provider.

Sticking the proverbial head in the sand regarding kids' use of communications technology is no longer an option for parents. Savvy parents need to learn as much as they can about children's and young people's online lives so they can respond to situations appropriately.

parentingideas.com.au parentingideas.co.uk parentingideas.co.nz

Michael Grose Presentations

PO Box 167 Balnarring Vic 3926 p + 61 3 5983 1798 f (03) 5983 1722 e office@parentingideas.com.au

All rights reserved. For more ideas, support and advice for all your parenting challenges please visit our website.

© 2012 Michael Grose

facebook.com/michaelgroseparenting

twitter.com/michaelgrose

In its 122nd year Penrose Public School encourages confidence, responsibility, awareness and adventure.