



Panania North Public School

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Principals Awards

The following awards will be presented at our K-6 Assembly to be held on Wednesday **3 July** 2019 at 2.15pm.

Principal's Award: Addison M (Galahs), Amanda Y (Corellas), Riya N (Currawongs), Alex C (Galahs), Tully H (Eagles), Charli H (Currawongs), Kaneisha S (Honeyeaters), Sophie M (Galahs), Tyler A (Green Heron)

Principal's Badge: Noorunisa M (Wagtails)

Notes & Payments

Please be aware of the following payments/notes that are overdue, or that are coming up.

- PSSA
- Stage 2 Excursion (Georges River)
- Athletics Carnival
- Yoga (Kindy, Galahs, Corellas, Eagles and Turtle Doves)

What's coming up

Week 10

Tuesday 2 July

- Athletics Carnival Track events

Wednesday 3 July

- K-6 Assembly (Green Herons)
- Athletics Field events
- Yoga Stage 2 & Lyrebirds

Term 3

Week 2

Wednesday 31 July

- K-6 Assembly (Honeyeaters)

Friday 2 August

- Yoga for ES1 & S1 begins

Week 3

Monday 5 August

- Public Speaking begins

Tuesday 6 August

- Education Day & Book Week

Friday 9 August

- Yoga for ES1 & S1

Athletics Carnival



New PNPS marquee

Donated to the school from our lovely 2018 year 6 students

Reminder that our 2019 Athletics Carnival is next week. Track events on Tuesday 2 July and Field events on Wednesday 3 July. Runsheets for each day have been uploaded to Skoolbag.

Any outstanding permission notes will need to be handed to the office on Monday.

Not Every Act of Meanness is Bullying

by Michael Hawton | Sep 10, 2018 | Adolescent, Children

One of our jobs is to help children and young people to interpret events proportionally. However, in recent times, I have seen a shift involving the wrong application of words like trauma, depression and bullying. When these very meaningful words are misused, their misuse can result in unwanted consequences. What might be the 'unkind' behaviour of another may, in fact, not be 'bullying'. In this article we discuss the differences between unkindness and bullying – and how defining the two correctly can teach kids resilience and how to cope with conflict.

Anyone who spends a great deal of time with children or simply remembers their own childhood or schoolyard days, would know that children can be downright mean. An experiment by Debra Pepler at York University brought together children from years 1 to 6 who were identified by their teachers as particularly aggressive or particularly non-aggressive. What the study found was that the aggressive children were mean to others on average every two minutes and more revealingly, the non-aggressive children also displayed mean behaviour but on average every three minutes.

Conflict is unfortunately a part of life that we all deal with, no matter what age. Bullying is however, way more than that and can have serious and sometimes tragic consequences. Yet the term 'bullying' seems to be readily bandied around these days for all forms of 'mean behaviour'.

According to 'Bullying No Way', the National Australian definition of bullying is:

"an ongoing misuse of power in relationships through repeated verbal, physical and/or social behaviour that causes physical and/or psychological harm. It can involve an individual or a group misusing their power over one or more persons. Bullying can happen in person or online, and it can be obvious (overt) or hidden (covert)... Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying".

The key terms in the definition of bullying is 'misuse of power' and 'repeated'. The key terms in the definition of what is not bullying is 'between equals' and while conflicts or mean and hurtful behaviour may upset a child tremendously, by labelling the mean behaviour 'bullying' we may be disempowering children.

It is important for children to understand the difference between someone being insensitive or mean and what constitutes bullying behaviour because being able to successfully resolve and navigate these situations is a huge step in their emotional growth and maturity. If the situation is deemed to be simply mean or hurtful behaviour it is important not to over-play this through misleading terminology (ie bullying) and offer ways for the child to address and resolve this themselves.

Teacher and writer Braden Bell spoke in his article for the Washington Post about his own personal experience when hearing about one of his children experiencing negative and disparaging remarks from a co-worker. His initial fury led him to a biased judgement, defining the perpetrator as a bully but when he eventually calmed down, he realised it did not fit the definition (it was offensive behaviour but not bullying) and so he talked with his wife and then child to find a viable coping solution, which worked out in the end. A way parents can assist with this is by first acknowledging the mean behaviour, for eg 'that was mean/rude/unkind of her/him' and then, as Bell suggests, prompting the child to seek some form of resolution or solution by asking "What are your choices?" And, as a follow-up, "What are the likely outcomes of those choices?". This may not be easy because of heightened emotions and the initial responses may not be great.

Parents who react too defensively for their child at every negative encounter with their child's peers may be doing more harm than good. In later years the child may not have the necessary tools to

independently handle conflict and may feel 'victimised' in situations that don't go their way, potentially causing social engagement and relationship difficulties in later life.

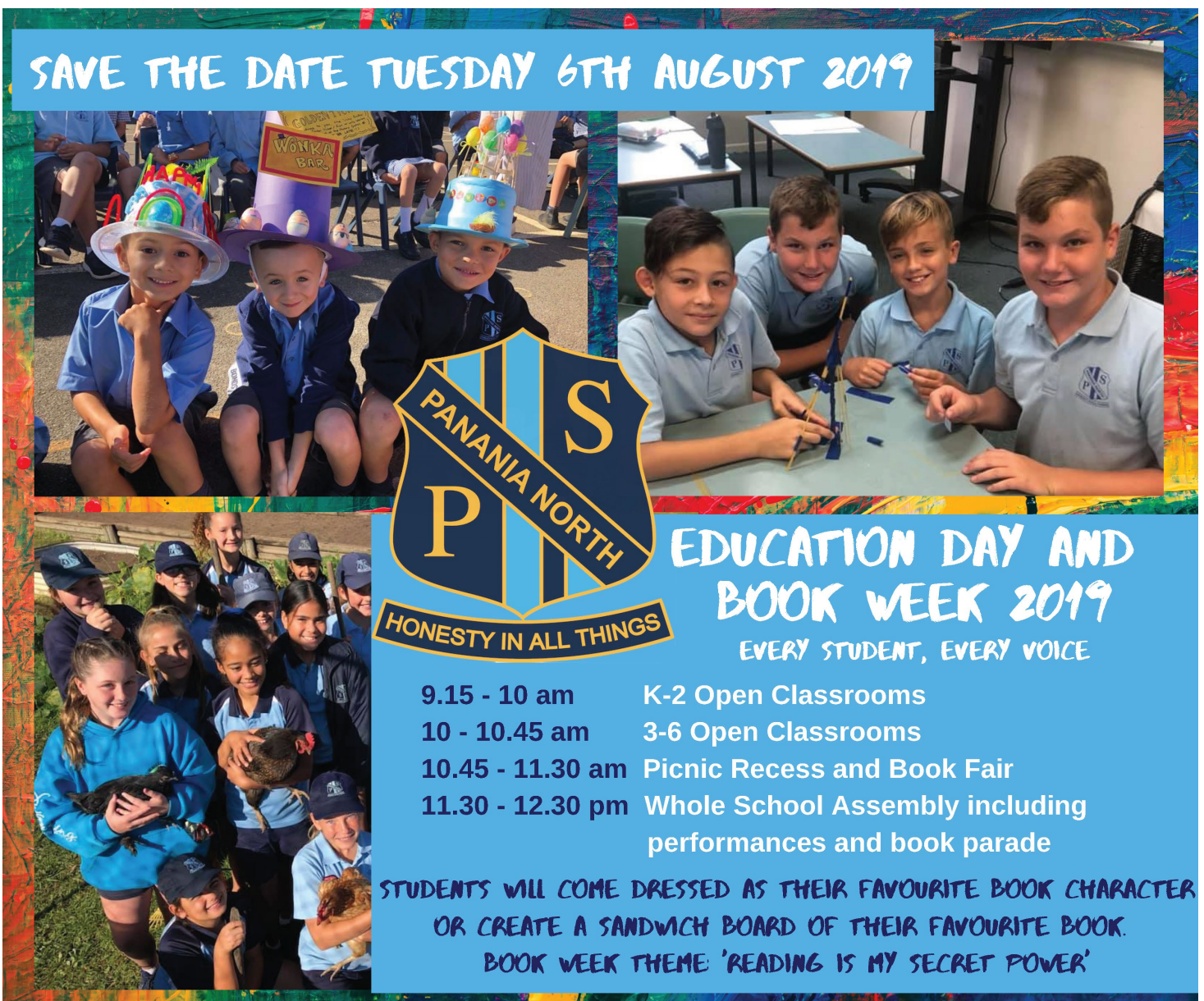
Further in her article in Psychology Today, Eileen Kennedy-Moore, wrote:

... calling every act of meanness bullying sends an unhealthy message: It says to kids, 'You're fragile. You can't handle it if anyone is even slightly unkind to you.' As these children grow older, they demonstrate less resilience, sometimes publicly. The kids got more easily and deeply upset about perceived offenses, including situations that were unpleasant, but weren't really bullying. Beyond stunting their emotional maturity, their heightened reactions had negative social consequences, as peers responded by disengaging from them.

By defining the behaviour correctly we are encouraging our kids to assess and respond in a way that with long term practice, creates resiliency and emotional maturity.

Further reading:

- Eileen Kennedy-Moore Phd, Psychology Today: Is it Bullying...Or Ordinary Meanness?
- Braden Bell, The Washington Post: Not all unkindness is bullying: Here's why we need to teach kids to differentiate.
- Bullying No Way! Australian website for schools bullyingnoway.gov.au/
- Kids Help Line: How to tell if it's bullying.



SAVE THE DATE TUESDAY 6TH AUGUST 2019

PANANIA NORTH S P
HONESTY IN ALL THINGS

EDUCATION DAY AND BOOK WEEK 2019
EVERY STUDENT, EVERY VOICE

9.15 - 10 am	K-2 Open Classrooms
10 - 10.45 am	3-6 Open Classrooms
10.45 - 11.30 am	Picnic Recess and Book Fair
11.30 - 12.30 pm	Whole School Assembly including performances and book parade

STUDENTS WILL COME DRESSED AS THEIR FAVOURITE BOOK CHARACTER OR CREATE A SANDWICH BOARD OF THEIR FAVOURITE BOOK.
BOOK WEEK THEME: 'READING IS MY SECRET POWER'

STAGE 3 TRAVEL EXPO





PANANIA NORTH PUBLIC SCHOOL

KINDY 2020 ENROLMENTS NOW OPEN!

Early Bird Reading

**Kindy, Yr 1 and Yr 2 students
join us for our reading program
on Tuesday and Thursday
from 8:30 to 9:00am
In the Galah's classroom**





PSSA NEWS



PSSA Basketball Scoreboard

Week 3

Jnr boys - won 44-8

Jnr girls - lost 12-6

Snr boys - won 63-38

Snr girls - lost 68-12

Week 4

Jnr boys - won 40-8

Jnr girls - lost 55-2

Snr boys - won 62-6

Snr girls - lost 19-18



PSSA Soccer Scoreboard



Week 3

Jnr boys - lost 4-2

Jnr girls - lost 5-4

Snr boys - lost 3-2

Snr girls - won 4-1



Week 4

Jnr boys - won 4-0

Jnr girls - won 1-0

Snr boys - won 15-0

Snr girls - won 7-0



Advertisements.

The school often publishes information on behalf of Community groups – parents need to decide the appropriateness of activities involving their child. It is the responsibility of each parent to research the bona fides of any organisation, in which you wish your child to be involved.

Winter School Holiday Activities



Check out our school holiday activities for primary school students

Students will receive an interactive presentation on banknote security features and get a sneak peek at the new uncirculated \$20 banknote. They will also be taken on a guided journey through the Museum and learn about the history of Australia.

Sessions for Kindergarten – Year 2

Monday 8th July, 10.00am – 11.30am

Wednesday 10th July, 10.00am – 11.30am

Friday 12th July, 10.00am – 11.30am

Sessions for Year 3 – Year 6

Monday 8th July, 1.00pm – 2.30pm

Wednesday 10th July, 1.00pm – 2.30pm

Friday 12th July, 1.00pm – 2.30pm



Cost: Free

Registrations of interest are now open.

To register your child please visit the
Museum Website

www.museum.rba.gov.au/events

Important Information:

Offers for attendance to School Holiday sessions
will be sent 5-10 business days out from the event.

As this is a highly subscribed event we cannot
guarantee all registrations will be offered a place
for this school holiday period.

Email: museum@rba.gov.au

Phone: (02) 9551 9743

Ground Floor, 65 Martin Place
Sydney NSW 2000



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SALES ENDS JULY 31ST 2019.

*T&Cs apply. Savings off original prices. While stocks last. Cannot be used with any other offer.



Panania Village Market 13th July

The Rotary Club of Padstow Inc. is hosting the Panania Village Markets on Saturday 13th July. Stalls will operate from 9.00 am to 1.30pm, located around the Panania Library Park, corner of Anderson Ave and Tower St Panania. The market offers a wide range of quality stalls including Art & Crafts, Baby & Children's Apparel, Books, Bric a Brac, Candles, Cards, Cosmetics, Essential Oils, Fashion, Gifts, Honey, Jams, Jewellery, Knife & Scissor Sharpening, Organic Food, Plants, Records, Cd's & DVD's, Toys, and more, all at a wheelchair friendly Outdoor Market.

Please come along and support our local market.

A project of the Rotary Club of Padstow Inc.



South Metropolitan Region Scouts &
Southern Sydney Rivers Region Guides
Proudly Present



Kirrawee Gang Show

60 YEARS | 1959-2019

Rockdale Town Hall
448 Princes Highway Rockdale

Tue 9 July 7:30pm

Wed 10 July 7:30pm

Fri 12 July 7:30pm

Sat 13 July 1:30pm & 7:30pm

Tickets

Adult \$30

Child / Concession \$20

Available now at

kirraweegangshow.com.au

