STUDENT PRAYER

Eternal and gracious God.
Help me to be curious about the world around me.
Help me to be prepared for the challenges I face each day.
Help me to be open to difficult tasks.
Help me to be determined to complete my work.
Help me to be responsible in all I do.
Help me to be accepting of people’s differences.
Help me to be kind in my thoughts and words.
Help me to be aware of my talents.
Help me to be myself – to be the best that I can be. Amen

DATES TO REMEMBER......

Monday 6th Feb  
Kinder students commence (half days first week 8.45am-12.30pm)

Tuesday 7th Feb  
Year 2 First Confession Parent Information Night, 6.30pm Infants Room 10

Thursday 9th Feb  
Beginning School Year Mass (Yrs 1-6), 10.00am MHOC Church

Saturday 11th Feb  
Year 2 Sacrament of Confession Enrolment Mass, 5.30pm MHOC Church

Sunday 12th Feb  
Year 2 Sacrament of Confession Enrolment Mass, 9.00am or 5.30pm MHOC Church

Monday 13th Feb  
PRIMARY Parent Grade Information Night (refer article page 2 for times)

Wednesday 15th Feb  
INFANTS Parent Grade Information Night (refer article page 2 for times)

Friday 17th February  
St Ed’s Swimming Carnival for Yrs 3-6 & selected Yr 2 students, 9.30-2.00pm, City Pool, Kable Ave

Wednesday 22nd Feb  
St Ed’s School Board & Parent Association AGM, 7.00pm Primary Library

Tuesday 28th Feb  
Year 2 Liturgy, 11.40am Infants’ Hall Catholic Schools’ Week

Tuesday 14th March  
Year 1 Liturgy, 11.40am Infants’ Hall

Tuesday 21st March  
Kinder Liturgy, 11.40am Infants’ Hall

Wed 29th March  
Yr 2 Sacrament Confession, 4.00pm

Sunday 2nd April  
Family Mass Years 1 & 4, 9.00am MHOC Church

Friday 7th April  
Last day of Term 1

New Students

A special warm welcome to all our new Kindergarten students and their families who commenced today. We trust you will settle in quickly to the various routines and enjoy your time with us in our St Ed’s community.
We would like to also welcome other new students and their families who recently commenced at St Ed’s: Charlie Cox (6U), Billy Cox (3R), Noah Targett (6C), Mackenzie Lett (5K) and Isla Lett (3L).

Beginning of Year School Mass - this Thursday

Our Beginning of Year School Mass will be celebrated this Thursday 9th February at 10.00am in Mary Help of Christians Church. Year 1 – 6 students will be attending. We hope that many parents and friends will be able to join us for this special celebration.

VALUE OF THE WEEK: “INTEGRITY”
St Ed's Swimming Carnival – Primary students (Yrs 3-6) & selected Yr 2 students
Once again our annual School Swimming Carnival is being held during the school day, in place of our traditional Twilight Carnival. The Carnival will be for all PRIMARY students (Yr 3 – 6) and any Year 2 student who is 8 years old, or turning 8 in 2017, and able to swim 50m. **It will be held on Friday 17th February at Tamworth City Pool (Kable Avenue) commencing at 9.30am and finishing at 2.00pm.** PLEASE NOTE the Swimming Carnival is part of our school sports program and ALL Primary aged children are expected to be there. A Permission Note and a Parental Assessment Swimming Ability Note, went home last Monday, and we ask parents to complete and return by no later than this Friday 10th February. Mrs Hardaker will also be very appreciative of any parent helpers who are able to assist at the Swimming Carnival.

**Parent Grade Information Night Times**

**PRIMARY CAMPUS - WEEK 4 - Monday 13th Feb**

6.30pm - 7.15pm
Yr 3 (Miss Lowe’s Room 4) & Yr 4 (Miss Croaker’s Room 9)

7.15pm
Yr 5 (Mrs Quayle’s Room 11) & Yr 6 (Yr 6 Collaborative Learning Space)

**INFANTS CAMPUS - WEEK 4 - Wednesday 15th Feb**

6.30pm - 7.15pm

Yr 1 (Miss Purdy’s Room 1) & Yr 2 (Mrs Scott & Mrs Browsmith’s Room 10)

7.15pm

Kinder (Mrs Barry-Cuppes’ Room 5)

**UNIDENTIFIED FEE PAYMENT**

A fee payment of $552 has recently been deposited to the School Bank Account with the Reference 'St Edward's School'. When paying fees by Bank Transfer we ask that the reference be your 4 digit Account No. which is found to the right of the statement under the date, followed by the surname of the fee payer e.g. '9999Smith'. Should you believe the above payment is yours, please see either school office and provide a copy of the bank confirmation so we can receipt your account accordingly.

**Homework and Eddies Endeavours Survey**

Thank you to the many families who took the time to provide your feedback on our Homework/Eddies Endeavours Survey that went home last week. We are currently collating the data which will be presented in next week’s newsletter and from there a plan for homework in 2017 will be developed. More information about what homework will look like at St Edward's in 2017 will be communicated at the Grade Information Evenings in Week 4.
First Aid Policy

In response to the needs of our students we have adopted a policy of harm minimisation in regard to food allergies. This specifically relates to peanuts and nut products. An allergy to these foods is life threatening and can be triggered by touch alone. The policy outlined below, is the most responsible course of action.

- NO peanut butter, nutella, or products containing nuts will be sold through our Canteen.
- No child can bring these products to school in any of their forms. These items are totally banned!
- We recognise parental choice in determining their children’s diets, however we stress that this allergy is LIFE THREATENING and therefore requires a strong and dedicated strategy to minimise the risk.

We urge all parents who have identified their child as having an allergy of any type to clarify with their child’s teacher the exact nature and severity of their allergy. We also ask that you provide clear information regarding any or all treatment protocols, particularly if an antihistamine or other medication may need to be administered at school. Medical Action Plans have been sent home from the administrative staff to all families who have children with Asthma, Seizures, Diabetes and Anaphylaxis. Parents are asked to check/update these forms and where necessary, signed by their family Doctor. If your child has recently been diagnosed with a medical condition, please contact either school office so a Medical Action Plan can be sent home. We continue to evolve in our understanding of the changing needs of the children in our care and policies such as these are vital. We thank you for your support in assisting us to keep all of the children in our school safe and happy.

Child Protection

As part of our school policy in keeping our children safe, we need to ensure that any person who takes care of the students of St Edward’s school has their Working with Children Clearance. This includes volunteers on an excursion, reading groups in the classroom or coaching a sporting team. If you already have this clearance, please send a copy into the school or email it to admin@stedwardstamworthcatholic.edu.au so we can keep it on file. If you don’t have this clearance this is what you need to do: Go to the RMS (Roads and Maritime Services), and simply ask for the working with children clearance. More information can also be found by clicking here. Make sure you say that you are volunteering at the school for whatever the reason; otherwise there will be a charge of $80. If you volunteer it is free! The school will need a copy of this information which will be given to you by the RMS.

Surname:
First Name:
WWC number:
Type of clearance: Valid for unpaid work only
Expiry:
This may take a couple of weeks, so please ensure the school has this before the intended interaction with the students. Thank you for your understanding and keeping our students safe.
Cars at the INFANTS

PLEASE NOTE that Council Parking Rangers are doing regular patrols and were witnessed at the Infants Campus last week issuing hefty parking fines to parents of our school who were not following the correct procedures.

We would like to remind all Infants’ parents of the procedures for parking in and around the Infants School. Children at the Infants who come to school by car should be dropped off and picked up in Thompson Crescent or David Street. Cars are not allowed in the school car park as it interrupts the flow of traffic in Robert Street, as well as being dangerous to the children. Staff cars only are allowed. The Eastern Side (near Hall) of David Street is a “No Standing Zone” which means children can only be dropped off and picked up in David Street on the school side. If you park in Robert Street, please set a good example to your children and use the pedestrian crossing at all times.

Today some parents were witnessed parking in the ‘Bus Zone’ adjacent to the Infants’ Staff Carpark. Please note cars are NOT to drop off or park here.

A parking bay exists in Thompson Crescent. This bay is to enable parents to pick up and drop off children. You are allowed to reverse park only in the lined spaces provided for a period of 15 minutes only during the school zone time: 8.00 - 9.30am and 2.30 - 4.00pm. Please take the first available parking spot, and not wait for your preferred park. As a safety precaution, please alight from the car when parked and then assist your child out of the car and ensure that they are safely on school grounds. We remind parents that the Pick-up/Drop Off Area at the rear of the Infants Campus is very busy before school so please just drop your children and leave quickly as cars bank up and hinder the flow of traffic. When leaving the pick-up area, you are requested to turn left only and proceed around Thompson Crescent. Some parents have been witnessed doing the incorrect thing and turning right against the flow of traffic (instead of left) and causing near misses and great distress to other drivers. Parents are also reminded to hold your child’s hand when stepping off the roadside kerb. ALSO, PLEASE DO NOT PARK UP ON THE COUNCIL PARK AREA AT THE REAR OF THE INFANTS CAMPUS. We appreciate your help in these important safety matters.

Infants’ Carpark – OUT OF BOUNDS

Infants’ parents are reminded to not walk through the Staff Car Park when dropping off or leaving the school with your child/children. The pedestrian gate and yellow path is to be used at ALL times.

Security at the Infants

For the security of the children parents need to be aware of the following procedures:
• At 8.15am the Hall gate, the Library gate and the small pedestrian gate near the staff carpark will be opened;
• At 9.00am the Hall gate, the Library gate and the small pedestrian gate near the staff carpark will be locked.

Parents please note after 9.00am the only access will be via the gate at the front office entrance;
• At 2.45pm the Hall gate, the Library gate and the small pedestrian gate near the staff carpark will be re-opened.
Pick Up at the Primary Campus

Last year our school improved the pick up procedure at the Primary Campus and made waiting time faster for parents. We remind Primary families who collect children by car to place your surname on your vehicle’s sun visor as per the example shown. This way the teachers on pickup duty will be able to identify the car more easily and be able to call your child to the front ready for collection. We anticipate this process minimising waiting time in the line. If you would like a sign made for you, please send a note to your child’s classroom teacher with your child’s name and class and it will be made for you. Please attach this sign with rubber bands (suggestion only) to your visor. Remember to make them for grandparents too! We appreciate your enthusiasm and cooperation with this improvement.

Qkr! THE EXCITING NEW SCHOOL APP!!

We would like to remind our families that St Ed’s has Qkr! This mobile App allows fast and easy payments with the flexibility to pay your School Fees, Activity Levy and Excursion money wherever and whenever you like. Simply download the Qkr! App from the app store (iPhone) or Google Play (Android). Register your child’s details on the App and away you go!! It’s so simple and saves you, your child’s teacher and admin staff so much time counting and sorting money for those various miscellaneous payments.

Bakers Delight

When purchasing any products from Bakers Delight in Shopping World and Kmart Tamworth, all you need to do is tell the staff when making your purchases that you are supporting St Edward’s School and they will kindly donate 5% of your purchase of ANY product back to our school.

Tamworth Train Station Works

Our school has been advised that from this week the Tamworth Railway Station school bus-bay area will be undergoing re-paving and other various works. This will continue for approximately 6 weeks. During this time students will not have access to seating and shade as they usually would. We have been told that there is a large shady tree in the park area, but permanent shade areas will be fenced off whilst works are completed. Any questions, please contact Tamworth Railway direct on 6701 9054.
Hannafords Bus Service - Important News

1) Please note that if your child is ineligible for free bus travel, Hannafords Bus Service offers discounted Term and Yearly Passes. Please contact our office on 6765 1900 to find out the cost for your child to travel on our school buses throughout the Term or Year - a Term or Yearly Pass saves you money and the hassle of paying every day for bus travel.

2) If you wish to track your child’s school bus with Hannafords Bus Service, you can do so through the free transportme™ passenger app. You can download the app from both the Apple App Store and Google Play Store - look for ‘Hannafords Bus Service’ and then your child’s Route Name, and track the bus in real time!

LIBRARY NEWS

Congratulations to the children who completed the NSW Reading Challenge in 2016. They received their certificates on Friday during Assembly.  
**Year 1:** Maeve Black, Lara Cartan, Annabelle Doyle, Cooper Garnett, Ella Hertslet, Thomas Jefferys, Evelyn Kendall, Grace Munn, Mia Muzyczka, Abigail Smith, Abigail Weber, Lachlan Williamson. 
**Year 2:** Francine Baga, Rubie Cathro, Olivia Dau, James He, Matthew Jackson, Riley Jones, Lachlan Murray, Caitlyn Morton, Brenden Petterson, Charlotte Sowden, Keiran Stead, Ariana Tuckey, Ella Walton, Jasmine Williamson. 
**Year 3:** Chelsea Ashford, Annabelle Collins, Haydon Hunt, Matthew Sullivan. 
**Year 4/5:** Georgia Finlay, Charmaine Smith, Blake Hutchinson.

**2016 Gold Awards for Premier’s Reading Challenge**
The following students received a very special Gold Certificate as they have completed the NSW Premiers Reading Challenge for four years in a row!!!

<table>
<thead>
<tr>
<th>Ethan Allen</th>
<th>Wyatt Allen</th>
<th>Claudia Cartan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Charlotte Collins</td>
<td>Caitlin Jackson</td>
<td>Hannah O’Toole</td>
</tr>
<tr>
<td>Grace Palmer</td>
<td>Jake Salvestrin</td>
<td>Sam Salvestrin</td>
</tr>
<tr>
<td>Hallie Scott</td>
<td>Gavril Tan</td>
<td>Ella Walton</td>
</tr>
</tbody>
</table>
SHERPA KIDS ST EDWARD’S
Before & After School & Vacation Care
Primary & Infants Campus
Monday to Friday 7.00am – 6.00pm
Breakfast & Afternoon Tea Included
This Week’s Theme: **Chinese New Year**

Martha Ferris enjoying Harry Potter and Magic Day in our Christmas Vacation Care

NEW ENROLMENTS WELCOME!
For enquiries, please call or email Angie – 0481 373 883
stedwardstamworth@sherpa-kids.com.au
## ST EDWARD’S SCHOOL ASSEMBLY AWARDS

<table>
<thead>
<tr>
<th>Class</th>
<th>Student of the Week</th>
<th>Curriculum Award (Religion)</th>
<th>Value of the Week Award (Friendship)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1H</td>
<td>Jade Marsh</td>
<td>Jacinta Hoffman</td>
<td>Jett Lewis</td>
</tr>
<tr>
<td>1P</td>
<td>Angus Tait</td>
<td>Ruby Swan</td>
<td>Lailarni Sands</td>
</tr>
<tr>
<td>1S</td>
<td>Todd Colley</td>
<td>Emily Mallon</td>
<td>Savannah Campbell</td>
</tr>
<tr>
<td>2A</td>
<td>Mia Bradley</td>
<td>Noah Dau</td>
<td>Izayah Simmons</td>
</tr>
<tr>
<td>2B</td>
<td>Seth York</td>
<td>Luca Johnson</td>
<td>Olivia Murray</td>
</tr>
<tr>
<td>2P</td>
<td>Abigail Weber</td>
<td>Jayden Howe</td>
<td>Kadie Lewis</td>
</tr>
<tr>
<td>3G</td>
<td>Amber Smith</td>
<td>Caitlin Refalo</td>
<td>Lachlan Murray</td>
</tr>
<tr>
<td>3L</td>
<td>Jack Gaynor</td>
<td>Molly Taylor</td>
<td>Chayse Johnson</td>
</tr>
<tr>
<td>3R</td>
<td>Paige McMillan</td>
<td>Lily Stacpoole</td>
<td>Benjamin Cunningham</td>
</tr>
<tr>
<td>4C</td>
<td>Bailey Bower</td>
<td>Cooper Cramp</td>
<td>Aiden McMillan</td>
</tr>
<tr>
<td>4L</td>
<td>Joseph Barber</td>
<td>Alexis Masters</td>
<td>Kodie Pollock</td>
</tr>
<tr>
<td>4W</td>
<td>Mackenzie Freeman</td>
<td>Jack Poole</td>
<td>Samuel Salvestrin</td>
</tr>
<tr>
<td>5K</td>
<td>Gabrielle Miller</td>
<td>Charlotte Leonard</td>
<td>Mitchell Scott</td>
</tr>
<tr>
<td>5S</td>
<td>Sophia-Rose Markham</td>
<td>Makayla Hoffman</td>
<td>Isaac Fensbo</td>
</tr>
<tr>
<td>5Q</td>
<td>Tayla Johnson</td>
<td>Tarnee Ingram</td>
<td>Tessa Thomson</td>
</tr>
<tr>
<td>6C</td>
<td>Caitlin Jackson</td>
<td>Jake Salvestrin</td>
<td>Katelin Abra</td>
</tr>
<tr>
<td>6M</td>
<td>Wade Lye</td>
<td>Brayden Boonstra</td>
<td>Chloe Bateup</td>
</tr>
<tr>
<td>6U</td>
<td>Sian Austin</td>
<td>Nicholas Driscoll</td>
<td>Cy Sweeney</td>
</tr>
</tbody>
</table>

**HOUSE AWARD:**

Primary: **Chisholm Red**

Infants: **Therry Blue**
RESPECT RULES AWARD:
Primary: Congratulations to Hayden Rogers (4L) for being respectful during our Captains Induction Liturgy last Wednesday.
Infants: Congratulations to William Tomlinson (1S) for always taking the time to stop and greet teachers by their name. You always brighten our days. Thank you!!

Congratulations to the following Year 2 students for taking on these important roles and responsibilities in Term 1.....

<table>
<thead>
<tr>
<th>Class</th>
<th>Infants Leader</th>
<th>Recycling Team</th>
<th>Green Team</th>
<th>Sport Monitors</th>
</tr>
</thead>
<tbody>
<tr>
<td>2A</td>
<td>Charlie Benjamin</td>
<td>Noah Dau</td>
<td>Beau Briskey</td>
<td>Lara Cartan</td>
</tr>
<tr>
<td></td>
<td>Mia Bradley</td>
<td>Matilda Lace</td>
<td>Chelsea Hayman</td>
<td>Logan Jordan</td>
</tr>
<tr>
<td>2B</td>
<td>Thomas Jefferys</td>
<td>Olivia Murray</td>
<td>Logan Masters</td>
<td>Haydon Allan-Saunders</td>
</tr>
<tr>
<td></td>
<td>Juliet Mettam</td>
<td>Toby Ferris</td>
<td>Halle Swan</td>
<td>Grace Dietrich</td>
</tr>
<tr>
<td>2P</td>
<td>Tom Mallon</td>
<td>Kody Sylvester</td>
<td>Taylah Evans</td>
<td>Jayden Howe</td>
</tr>
<tr>
<td></td>
<td>Mia Muzyczka</td>
<td>Bella Masters</td>
<td>Blake Ward</td>
<td>Abi Weber</td>
</tr>
</tbody>
</table>

CANTEEN ROSTER

<table>
<thead>
<tr>
<th>Date</th>
<th>Primary</th>
<th>Infants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues 7th Feb</td>
<td>HELP NEEDED</td>
<td>HELP NEEDED</td>
</tr>
<tr>
<td>Wed 8th Feb</td>
<td>Natalee Leonard</td>
<td>Jade Swan</td>
</tr>
<tr>
<td>Thurs 9th Feb</td>
<td>Wendy Lee</td>
<td>HELP NEEDED</td>
</tr>
<tr>
<td>Fri 10th Feb</td>
<td>Jim Newlan</td>
<td>Melanie Carroll-Williams</td>
</tr>
<tr>
<td>Mon 13th Feb</td>
<td>Sophie O’Neill</td>
<td>Sophie O’Neill</td>
</tr>
<tr>
<td></td>
<td>Sarah Berlyn</td>
<td></td>
</tr>
</tbody>
</table>

CANTEEN NEWS

Parents PLEASE NOTE there will be NO INFANTS LUNCH ORDERS on Friday 17th February, due to the Swimming Carnival being held for Years 3 - 6 students (and selected Year 2 children who can swim 50m).
RE NEWS

IMPORTANT DATES
First Confession Information Night
The First Confession (Reconciliation) Information Night will be held at the Infant's Campus (Room 10) tomorrow, Tuesday 7th February, commencing at 6.30pm. Parents of those students preparing for the Sacrament are encouraged to attend.

All candidates wishing to receive the Sacrament of Confession are required to attend an Enrolment Mass on either Saturday 11th February at 5.30pm or Sunday 12th February at 9.00am or 5.30pm in Mary Help of Christians Church.

Offertory
The roster for those wishing to take up the Gifts on a weekend Mass is currently under construction! If you would like your children/family to be rostered on for this very important ministry, please contact Mrs Clarke: sclarke@stedwardstamworth.catholic.edu.au. You will need to nominate a Mass time, Saturday at 5.30pm, 9.00am Sunday or 5.30pm Sunday. Thank you!

Children's Liturgy
Each Sunday at the 9.00am Mass, our Parish runs "Children's Liturgy". This involves taking a small group of children and discussing the Gospels and how they relate to our own lives. Children have an opportunity to draw, pray and talk with each other. We have a few parents and teachers involved in this ministry in our church. If you are interested in being put on the roster (we usually roster in pairs), please contact Mrs Clarke: sclarke@stedwardstamworth.catholic.edu.au

Opening School Mass
Students from Years 1 - 6 will attend Mass at Mary Help of Christians Church this Thursday 9th February at 10.00am. All parents are welcome to celebrate the beginning of a new school year. We hope to see you there!

Sally Clarke & Tess Lewis

Notes Home Today

1. Canteen Helpers Note (all families)
2. St Ed’s Drug Policy (new families only)
WISE WORDS FOR FAMILIES - “Four Parenting priorities for 2017” By Michael Grose

www.parentingideas.com.au

Like the earth’s crust the parenting landscape is constantly shifting always bringing new challenges for parents. Not only are children and young people constantly growing and developing, but societal trends evolve and change at such rapid rates that it is hard to keep up. It’s also hard to differentiate between the significant and the frivolous when it comes to trends and changes.

The following four priorities are both current and significant, deserving to be top of mind for parents as the 2017 school year begins.

1. Time to tackle technology
Want to travel along Parenting Easy Street? That’s easy. Make tackling this parenting game-changer your priority. It’s no point being all doom and gloom about technology because tablets, mobile phones and smartphones are here to stay. They connect us, educate us and entertain us like nothing has before.

But the jury is still out on the impact of digital devices on children and young people. Currently there are studies being conducted on the effects of technology on children’s brains, as well as studies on gaming addiction, social media addiction, attention-related issues, obesity, decision-making, hand-eye coordination and sleep to name a few.

The technology genie maybe out of the bottle, but we need to bring some sanity into the area. Children and teenagers, (and yes technology, primary school and secondary school kids can be mentioned in the same sentence as first-time smartphone users become younger by the day) who use communication technology need constant parent vigilance and diligence, a flexible approach and the ability to say a loud and clear “NO you can’t have/use that now.”

It takes a lot of parental backbone to swim against the current all-encompassing technology tide. You can’t hold it back, but you can slow it down. You can suggest it sits on the metaphorical shelf for a while or at least while you eat dinner together. You can insist that social media isn’t the only way to stay in touch with friends and show them that Dr. Google may be clever but he/she only knows so much and that accurate and current information can be found offline. When it comes to kids and technology, don’t be an onlooker. Make this a year for getting in the game with kids, tech boots on and all.

2. Promote physical and mental health
Finally, good mental health habits are top of mind in Australian schools. A focus on student wellbeing is now a well-established pathway to academic success for children and young people.
But kids’ levels of physical activity need a boost. Recent research tells us that children’s physical activity peaks at around four years of age in Australia and gradually decreases every year from there. It makes a mockery of the image of Australian childhood spent in the great outdoors.

Remember the old ‘healthy body, healthy mind’ maxim that past generations so fondly spruiked? Well, it’s true. Physical and mental health are inextricably linked.

So this year while we encourage our kids to practise mindfulness; get a good night’s sleep and ensure they relax and unwind, let’s also make sure kids get plenty of physical activity, preferably outdoors.

3. Put the spoon back in the drawer
I’ve hidden the controversial part in the middle of the article. Ready for it? I think that parents currently do too much for kids. We spoonfeed them. We make life to easy and don’t demand enough from them. Not all parents, but enough that we should be worried that our kids may grow up to become risk-averse, fearful adults who have difficulty making decisions lest they make a mistake. That is, if they ever do grow up? As reported in Fairfax Media recently, “In 1970’s only one in five under-30’s in Australia lived with their parents but now it’s one in two.” This high dependency of children and teenagers on adults is the exact opposite of what adults have done in the past, which is develop their children’s independence and achieve the most important parenting outcome of all – their own redundancy.
In 2017 remove the spoon, put it back in the drawer and make independence building a high priority in your family.

4. Put integrity top of the pedestal of character traits
Every parent wants their child to have the strength and fortitude to do the right thing and not follow the crowd. This is easier for young children because the pull of the group and the allure of the media doesn’t have such a strong hold as it so often does in adolescence. Strong-willed children and those who like to have their own way can also find doing the right thing less of struggle. But the development of integrity and related traits such as respect, honesty and fairness is an important part of a child’s moral compass that will help him/her make smart decisions when you’re not around. Generally, integrity is developed in childhood and put to the test in adolescence.
In 2017 put some focus on developing a sense of integrity in your kids – the rock star of character traits.
Special note: I’m thrilled to announce that my latest book ‘Spoonfed Generation: How to Raise Independent Children’ is available at www.parentingideas.com.au

CURRICULUM HELPFUL LINKS FOR PARENTS

Success with Maths: TIPS FOR PARENTS

https://engagingmaths.co/2017/01/13/setting-your-child-up-for-success-with-maths-tips-for-parents/
Share your Australia
Host an Exchange Student in July 2017!

WEP AUSTRALIA IS A NOT-FOR-PROFIT ORGANISATION OFFERING AUSTRALIAN FAMILIES THE OPPORTUNITY TO VOLUNTARILY HOST AN OVERSEAS HIGH SCHOOL EXCHANGE STUDENT.

CHOOSE A STUDENT FROM ARGENTINA, BELGIUM, FRANCE, GERMANY OR ITALY! WEP STUDENTS ARE WONDERFUL ROLE MODELS, HAVE THEIR OWN SPENDING MONEY AND ATTEND SCHOOL FULL-TIME.

ENRICH YOUR FAMILY DYNAMIC AND MAKE 2017 FUN FOR THE WHOLE FAMILY!

Request a free information pack at
WEP.ORG.AU
Or SMS 'HOST'
0428 246 633

1300 884 733 WEP.ORG.AU INFO@WEP.ORG.AU
The simplest way

...to make packing lunches easy.

School is back in session after an extended holiday and packing lunches is again on the household to-do list.

Make the task easy with *Eat It To Beat It*’s inspiration and ideas for healthy lunch boxes.

Why not try this combination:

* Lebanese bread with beef kofta and tabbouleh;
* Tzatziki;
* Cheese sticks;
* Chopped watermelon and blueberries;
* Water.

For more ideas and recipes check out the [eatittobeatit.com.au](http://eatittobeatit.com.au) “for parents” section.

For more information visit
or join us at [facebook.com/eatittobeatit](http://facebook.com/eatittobeatit)
Newcastle Permanent’s
**cinema under the stars**

**Free!**

Friday 10 February
Bicentennial Park, Tamworth

**Zootopia** *(PG)*

Entertainment from 5.30pm, movie from sunset

Visit newcastlepermanent.com.au/cinema or ‘like’ us at facebook.com/newcastlepermanent