Dates to remember:

* Fri 6 Mar - Second hand uniform shop
* Thurs 12 Mar - TPS Swimming Carnival
* Tues 17 Mar - School Board 6pm
* Tues 17 Mar - P & C AGM 7pm
* Sat 28 Mar - Twilight Fair 1pm-6pm
* Tues 31 Mar - iBean Café breakfast

For further dates including a five year school term calendar, please go to our website & look at the School Calendar under ‘Our School’.

Notes & payments due:

* Fri 27 Feb - TPS Swimming Carnival permission & medical note & payment
* Thurs 19 Mar - MANA—Spirit of Polynesia performance note K-6

CANTEEN NEWS

The canteen will be closed on Swimming Carnival Day Thursday 12 March.

Special lunch is next Wednesday 4 March.
Orders due this Thursday 26 February.
Special lunch orders must be paid through the Canteen ordering link not through QuickWeb.

STUDENT BANKING

Winner of bank draw
HAYLEY K.
Congratulations!

Have you tried Netball? Did you know that Torrens Primary have their own teams?

We play at Deakin Netball courts on Saturday mornings and have something for all ages K-6. Contact Leanne 042917185 or Harrigan@grapevine.com.au for more details.
SRC Representatives 2014

Congratulations to all of the following children for taking on leadership roles for their classes:

KT  -  Isla D., Hugo V. (Reserves - Uma L., Oliver R.)
KP  -  Bridgette N., Charlie L. (Reserves - Emily J., Aaron J.)
KK  -  Macey D., Marshall M. (Reserves - Lola V., Lachlan P.)
1T  -  Zoe S., Jack H. (Reserves - Keely D, Ryan T.)
1AM -  Kate F., Corey H. (Reserves - Isla H., Thomas C.)
1Z  -  Emily G., Sebastian M. (Reserves - Cate L., Akira R.)
2D  -  Lilly W., Reece H. (Reserves - Annabelle H., Samuel H.)
2H  -  Cate B., Isaac P. (Reserves - Ann J., Novak D.)
2L  -  Olive H., Hendrix S. (Reserves - Gemma L., Christian W.)
3KT -  Sofia P., Liam G. (Reserves - Caitlin J., Josh A.)
3G  -  Zanie R., Ryan R. (Reserves - Phoebe W., Jati H.)
3R  -  Zara V., Keshera P. (Reserves - Nastazia R., Oliver M.)
4R  -  Tahlia H., Sam L. (Reserves - Jenny H., Seamus S.)
4H  -  Abigail D., Cameron S. (Reserves - Margot F., Damian T.)
5L  -  Yasmin S., Max R. (Reserves - Tiffany H., Flynn L.)
5KT -  Jorja B., Janez Z. (Reserves - Lali H., Jack M.)
6G  -  Maddy B., Caleb C. (Reserves - Alana B., Justin I.)
6R  -  Alice K., Harrison C. (Reserves - Lauren W., Miles B.)
PROPAGATING PLANTS

For the Twilight Fair’s Garden Stall

It’s time to start propagating plants for the Twilight Fair. With only five weeks until the Fair, I will be propagating plants from my garden each weekend to sell at minimal cost and an hour or two of my time. I will put the tips I learn from doing so in the school newsletter each week. I hope you can join me in making as many plants as possible so that we can raise lots of money for our children’s education.

If you would like to bring the plants into school, please leave them outside the new hall near the vegetable patch and scarecrows. I will leave some pots there too so you don’t need to buy any or you can get free pots from Bunnings and other nurseries.

Thanks,
Ros Lockley

YEARS 5 BAND 2015

Thank you to those parents and students who have already accepted the offer of placement in this year’s Year 5 band for 2015. If you are still considering the place rest at ease as we will be having an information morning on Wednesday 4th March – 8.30am in the Performing Arts room. This will be a half hour session to ask questions and learn a little more information about the when, what’s, why’s and how’s of the Year 5 band. I look forward to helping your child through their band experience.

Kirrilee Turner
Performing Arts
Year 5 band teacher.
Dance classes

Place: New hall

Time: Friday 8.30am. Kids will be sent to line up just before the bell.
Dates: Week 4 (27 Feb) until Week 8 (27 Mar)
Cost: $40.00 for 5 weeks
Clothing: school uniform or any comfortable clothing, preferably not dresses
Style: Jazz, Hip Hop, Cheerleading
Contact: Renee Whiter for more information and enrolment forms
admin@sparklesdancestudio.net.au
New starters are welcome!

Due to renovations, dance classes will not be held in term 2.

SOCs

You should have recently received SOC coupons from your children. These are a fantastic way to support local businesses through discount coupons for goods and services while also fundraising for Torrens Primary. Last term we raised almost $700.

This term our sponsors are Southland Quality Meats, Canberra Southern Cross Club Woden and Red Rooster. These generous community-minded businesses have not only sponsored our community but have also given us exclusive deals via our FREE SOCs coupons. All we have to do is use our SOCs coupons — the more our sponsors see their coupons being used, the more they will continue with their support.

There are only three rules to remember:
1. Don't buy them. Don't sell them. Just use them!
2. If you can't use them, give them to someone who will!
3. Say THANK-YOU!

Drop into our sponsors and even if you don't use up their SOCs coupon just say THANK-YOU for supporting our community! …And remember...

Don't forget your SOCs!

If you are a business who would like to be part of our SOCs community, contact info@CommunitySOCs.org or 0403 123 161.
Calling all walkers…

Can you help deliver flyers for the Twilight Fair in your local area?

If you can help... we have maps of the local area at the front office – please nominate 1 sector or more if you can. You can pick up flyers from the front office. Need more? We will have extras at the front office.

Do you have leftover raffle tickets? Money to return?

Please don’t wait to return them – we can give them to others to sell. Please return tickets and money with child’s name and class clearly labelled to the front office.

Queries or want more tickets?
Email Sally Bower phillsal.bower@bigpond.com

Did you know 1st prize of the major raffle features a generous donation from Kirsten Whatson, Word of Mouth Catering?

Thank you for your generosity Kirsten!

Can you help at the Fair???

It is on 1-6pm Saturday 28 March 2015. We have lots of stalls and different ways to help. Please take the time and support the school – PLUS – its lots of fun?

Email torrenspnc@gmail.com
Teach your kids to SHRUG!

The secret to having resilient, confident and optimistic children is to teach your kids to shrug!

It was so irritating, yet so effective.

I'm talking about my boyhood mate Terry's habit of shrugging his shoulders whenever anyone teased him or tried to persuade him to their way of thinking.

'Hey Terry, you're a **&**!'

Shrug.

'Hey Terry, everyone says your........ *&TR!'

Shrug.

'Hey Terry, I'm going to tell on you!'

Shrug.

His nonchalance used to drive everyone nuts!

So much so that he was rarely targeted for teasing despite the fact that he wasn't sporty, he wasn't cool and he was late maturing – all of which back then, as now, would put a boy in the 'to be picked on' category.

I thought of Terry recently when I was coaching a young person about how to respond to some schoolyard taunts.

This young person wore his heart on his sleeve, taking taunts and even vitriolism too seriously for his own good. Unfortunately, some of his so-called mates used to enjoy seeing him become angry.

The best way to break this toxic cycle of taunt-react-taunt was for him to change his reaction.

So we did some coaching in the art of shrugging and before long my young charge was shrugging his shoulders, as if to say 'Whatever', and walking away at the first sign of a taunt.

Eventually he was channelling Terry so well that his nonchalance even began to irritate me.

Some things can't be ignored

Don't get me wrong. Kids cannot and should not ignore all negative comments directed at them.

There are times when they need to stand up and be counted. They don't need to be aggressive about it, but they do need to be assertive from time to time. Sticking up for a friend, rescuing someone who is being taunted or even looking out for a sibling's best interests at school are times when children need to assert themselves rather than shrugging off a problem.

Kids practise on their siblings

Socially savvy kids know that some of the negative peer comments directed at them need to be ignored. However, this is quite a skill.

Ignoring comments and choosing your arguments is something many kids learn in their battles with siblings.

Those noisy sibling skirmishes that annoy the hell out of parents actually toughen kids up for the less-than-pleasant social interactions that take place in the schoolyard.

Interestingly, my boyhood mate Terry was the youngest of four brothers. I guess he would have perfected the art of shrugging out of sheer necessity.

So, if you have a sensitive child who wears his or her heart on their sleeve, or a child who reacts impulsively to both taunts and vitriolism alike, you may wish to introduce the art of shrugging into their repertoire of responses.

How to create a good shrug

Kids can practise shrugging in front of the mirror so that they can see what a good shrug looks like. There are 4 ingredients:

1. A 'whatever' look.
2. A shrug of the shoulders.
3. A simple, non-combative, non-sarcastic line such as 'You may be right', 'Whatever' or 'I hadn't thought of that'.
4. A final breaking of eye contact that indicates that they are in control.

A word of warning

If you teach your kids to shrug, you need to be prepared for them to use this shrugging technique against you when you direct some criticism or constructive feedback their way. If they do, you'll find out how damn infuriating nonchalance (even when it's fake) can be.

Oh, and you'll be seeing a child or young person who is exercising a degree of personal power that, when used smartly, will increase their overall social effectiveness.