Dates to remember:

* Fri 13 Feb - Second hand uniform shop
   8.45am - 9.15am
* Tues 17 Feb - P & C AGM 7pm
* Tues 17 Feb - Parent Information Sessions
* Fri 20 Feb - Book Club due
* Wed 25 Feb-Fri 27 Feb - Yr 5 Cooba camp
* Thurs 12 Mar - TPS Swimming Carnival

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 13 Feb - Yr 5 Cooba camp notes
* Fri 20 Feb - Yr 5 Cooba camp payment

Just a reminder that the last day for sizing Year 6 jackets is Tuesday 17 February 2015

REMINDER TO ALL PARENTS

If your child has a medical condition, please ensure you have filled out the appropriate form (available from the Front Office) and provide an action plan and medication, if necessary.

Thank you,
Front Office staff.

Book Club

Welcome to another year of Scholastic Bookclub.

Each term your child will be sent home with 2 issues of Book Club brochures. By purchasing books from these brochures, our school library and classrooms are rewarded with free books and resources for the whole school to use. Over the past few years this has amounted to well over $4000 worth of wonderful resources. Of course there is no obligation to purchase items through Book Club.

If you would like to order from Book Club, please keep an eye out in the School newsletter for details regarding payment and due dates, as outlined below.

Issue 1 of book club is out now and due back on Friday 20th February. Please remember, all orders must be in by 9:30am as orders will be processed first thing in the morning. Late orders will not be accepted.

**Please note that as of 2015, cash payment is unable to be accepted for Book Club orders**

Please ensure:

* Orders are returned to the Front Office by the due date
* The order is placed in a sealed envelope with your child’s name and class on the front of the envelope
* Your child’s name and class are on the top of each order form completed;
* Cheques are made payable to ‘Scholastic Book Club’, with your name and address on the back of the cheque;
* If you are paying by credit card please make sure you have paid by phone or online and recorded the receipt number issued by Scholastic on the order coupon, before returning your order to school.
* If you wish to order for a gift please include your name and contact number with your order and we will contact you when the order arrives.

Thank you,
Melanie Godfrey

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PARENT INFORMATION SESSIONS

Tues 17 February 2015

<table>
<thead>
<tr>
<th>TIME</th>
<th>YEAR LEVEL</th>
<th>LOCATION</th>
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</thead>
<tbody>
<tr>
<td>5.15 - 5.45</td>
<td>Kindergarten</td>
<td>Ms Pickering's Room</td>
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| 5.45 - 6.15| Years 1 and 2  | Year 1 – Mrs Maidement & Ms Allan’s Room  
              |                             | Year 2 – Ms Ludovici’s Room  |
| 6.15 - 6.30| All teachers go to the New Hall to be introduced to the parents.  
              | P & C representatives will say a few words. |                       |
| 6.30 - 7.00| Years 3 and 4  | Year 3 – Ms Gunning’s Room     
              |                             | Year 4 – Ms Honner’s Room  |
| 6.30 - 7.00| Years 5        | Year 5 – Mrs Lawless & Mrs Holmes’ Room |

From 3:00 | Year 6 | A detailed information pack will be sent to parents. Parents should ring the front office to make individual appointments with the Year 6 teachers on Tuesday from 3pm onwards should they wish to convey to teachers any special information about their child. Interviews will be held in the Year 6 rooms.

All parents are invited to our information sessions Tuesday 17 February. Teachers will be sharing how the classrooms are run, the curriculum they will be teaching in 2015 and how parents can support their child’s learning.

Come to the New Hall at 6.15pm where all the teachers will be introduced. Stay and have a drink and meet other parents. The P & C will be there, along with a second hand uniform stall and a school banking stall. The information sessions will be followed by the P & C meeting at 7pm. Please stay and join us for the P & C meeting in the library.

Rachel Matthews
Deputy Principal
**School Board Elections**

Under the *Education Act (2004)*, the Board has the following responsibilities:

- deciding on school policies within Departmental guidelines
- approval of the school budget
- overall direction of the school curriculum and development of the School Development Plan
- presenting an annual report to the Department and community

The Torrens Primary School Board has two parent vacancies for 2015. The vacancies are for two years.

Nominations open Monday 2 February 2015 at 11.00am and close Monday 16 February 2015 at 11.00am

**Nomination forms are available at the Front Office**

Assistant Returning Officer
Deanne Hetherington

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**Messages from the Front Office**

* Office hours are from 8.30am to 3.30pm.

* Money **must** be given in at the Front Office, in an envelope, first thing in the morning please.

* Envelopes should be labelled with name, class and payment purpose.

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**Come and Learn the Funky Traditional Rhythms of West Africa on Djembe.**

This ADULT only opportunity begins on Friday 13 February (each Friday morning of term 1) from 8:30am — 9:00am in the Performing Arts room. Please make other arrangements for your toddlers and school age children. Drumming is a great way to connect with people, relieve stress, and challenge the brain and the body - all while learning a musical instrument!

Thank you,

Kirrilee Turner.
PHOTO AND VIDEO GUIDELINES

SCHOOL – PARENTS/CARERS

Torrens Primary School Photo and Video Guidelines provide a framework for students, their families and other community members when undertaking photography or video recording of students at school events.

The right to privacy is one of the rights protected under the ACT’s Human Rights Act 2004. Parents and carers, and children, have a reasonable expectation of privacy under the Act. These guidelines support the right to privacy of students in relation to photographs and video recordings taken of students at school events.

The Torrens Primary School community believes that families who wish to record their child’s participation in school events through photography or video recording should be able to do so in a manner that is mindful of the welfare of children and respectful of the privacy concerns of the school community.

Photography and video recording of students and student activities will be permitted at the following school functions:

- School assemblies
- School concerts
- Sporting events and carnivals, excluding swimming carnivals
- Graduation and award ceremonies
- Dramatic and cultural events and performances
- School excursions
- School special events eg. Learning Journeys

Parents and carers, and family members should limit their photography or video recording to events where their child is participating, although it is acknowledged that on occasion parents and carers will ask others to photograph their child at an event where they themselves cannot be present. In this situation parents and carers should ensure that any photographs or video footage are distributed only to the parents or carers of those children they have been requested to photograph or take footage of.

Once photographs or video recordings have been made of an event, many families are concerned about how the images will be used or disseminated. We actively discourage the distribution of video footage or still images of children from other families through printed or electronic media, and in particular social media. Parents and carers are obviously free to treat photographs or video footage of their own children as they see fit. Images of children from other families, including images of your own children where other children are incidentally included, should NOT be distributed via any medium, including, but not limited to:

- Social media – website uploads, blogs, Facebook, Myspace, Twitter, Instagram, Snapchat, email, etc
- Newspapers and magazines or journals or other printed media such as hard copy photographs
- CD-ROM, DVD or video cassette, or USB flash drive

We encourage all families to enjoy their children’s time at Torrens Primary School and record significant occasions and events through photography and video recording. We ask that the privacy concerns of other families are considered and respected by adhering to these guidelines.

Developed: November 2014

Approved by School Board
Next P&C meeting
Come along to our next P&C meeting, on Tuesday 17 February (Week 3). Please note that this is NOT the AGM (which will be held in Week 7). It’s a great way to find out what’s happening at the school and to meet other members of our school community.

Second-hand uniform shop
The second-hand uniform shop will be open this Friday (13 February), between 8:45 and 9:15am. It is located near the entry to the junior side playground and Year 5 classrooms.

Have you read the P&C plan for 2015?
It lists proposed community and fundraising activities for 2015. You can request a copy by emailing torrenspnc@gmail.com and we will be discussing it at our meeting on Tuesday 17 February from 7pm in the school library. Come along and have a say.

Key dates
* General P&C meeting
  Tues 17 Feb 2015  7pm
* Second hand uniform shop
  Fri 13 Feb 2015 (Week 2)
  Fri 6 Mar 2015 (Week 5)
* AGM Tue 17 Mar 2015 7pm

We need you!!!
6 weeks until the Twilight Fair
1-6 pm Saturday 28 March—the biggest event on the school calendar
Can you help out for ½ to 1 hour on the day? Have a question?
Email torrenspnc@gmail.com
Did your child perform at the talent quest last year?

Would your child be interested in showing his or her talent at the Twilight Fair?

The P&C invites your child to perform at the Twilight Fair. We are unable to provide a direct invitation due to privacy considerations but would like to offer the opportunity for your child to showcase his or her talent.

To nominate or for more information email the P&C: torrenspnc@gmail.com

Donations for the Crockery Smash can be left at the Front Office.

A BIG thank you to Megan Gallagher and her father for their generosity towards the Fair. Megan’s father has painted a number of beautiful paintings available for sale on the day.

Have an idea or something you can offer for the Fair?

Email torrenspnc@gmail.com and let us know.
10 research-backed tips for raising happy kids

I have just returned from a research trip to the Yale Center for Emotional Intelligence near New York. The Yale Center is home of the RULER Program, the world’s best emotional intelligence program for children and families. I visited the Center in preparation for the introduction of the RULER Program tools to all ParentingIdeas Club members. We’ll be doing that soon – and I can’t wait!

The thing that I love about the RULER Program is that it’s totally evidence-based. Its effectiveness is backed by mountains of scientific evidence, so credibility is assured. But that’s all I can tell you about the program now – you’ll just have to wait.

In the meantime, there are plenty of other evidence-based tips for parenting that I can share with you. Here are 10 research-backed tips for raising what most parents want: happy, successful kids.

1. Birth order matters

Birth order is something parents need to work with. If you disregard the birth order of your children you are overlooking a vital piece of your parenting puzzle. For instance, research has shown that eldest children tend to experience greater mental health problems, particularly anxiety, than children in any other birth position. Happiness can be elusive for this group so they require a parenting style that is cognisant of their drivers, and that releases pressure rather than placing extra pressure on them.

2. Positive peers matter

Your child’s friends impact heavily on their wellbeing and frame of mind. When peer relationships are smooth, children seem to be happier, more content and even learn better. Recent research I was involved in demonstrated that the wellbeing of teenage girls is highly influenced by their peer groups. A positive peer group usually equated with high life satisfaction regardless of what other factors were at play.

3. Parent mental health matters

If you want happy kids then you need to get yourself happy. Parent anxiety and depression is linked to behavioural problems in kids; it also makes our parenting less effective.

4. Sibling relationships matter

Research shows that over the long haul healthy relationships makes kids happier. But how do you go about teaching kids to get on? Start by encouraging children to build small acts of kindness, which builds empathy. Help them mend relationships that have broken down. Start this with siblings first. With only-children, make sure you build these skills through plenty of interactions with peers.

5. Developmental matching matters

A number of studies have shown that much of what is considered ‘poor parenting’ has more to do with poor developmental matching. Put simply, parents who raise an eleven-year-old like they did their eight-year-old may find that conflict and resistance become their constant companions, and unhappiness accompanies their child.

6. Good parenting matters

Permissive, laissez faire, autocratic or authoritative parenting? These are parenting styles most parents use at some point.

more on page 2
If you want your child to be happy and succeed over the long term, then extensive British research shows the way. The links between authoritative parenting (a mixture of firmness, warmth and family participation) and children's happiness and wellbeing are well drawn.

7 Family dinners matter
Yes, you've got to eat. But you need to eat together. Significant research links family strength and children’s wellbeing with regular family mealtimes. Importantly, there is a high correlation between teenagers who eat with their family at least five times a week and good mental health.

8 Fun matters
Many kids get too little unstructured time these days. Play that is not initiated by adults is more than just mucking around: kids learn and grow through such play. Researchers believe that the dramatic drop in unstructured play time is in part responsible for slowing kids’ cognitive and emotional development. Unstructured play helps children learn how to work in groups, to share, negotiate, resolve conflicts, regulate their emotions and behaviour, and speak up for themselves.

9 Helping others matters
The Positive Psychology movement know what they are talking about when they put volunteering at the forefront of an individual’s wellbeing. Helping others makes you happy over the long term. The same applies with kids. Just don’t let their grumpiness put you off when you expect them to help.

10 Emotional Intelligence matters
Emotional intelligence is a skill, not an inborn trait. Believing that your kids will just naturally come to understand their emotions (let alone those of others) doesn’t set them up for success or happiness. Kids learn best when they have concrete tools to assist their learning, whether learning to read (books come in handy), playing sport (a ball and some goalposts helps) or learning to dance (some suitable music helps). The wonderful tools in the RULER Program toolkit make learning emotional intelligence accessible for kids.

So let’s recap – to raise happy, successful kids:
1. Birth order matters
2. Positive peers matter
3. Parent mental health matters
4. Sibling relationships matter
5. Developmental matching matters
6. Good parenting matters
7. Family dinners matter
8. Fun matters
9. Helping others matters
10. Emotional intelligence matters