Dear Parents,

Over the last couple of weeks, you may have heard your child recount what they did in “Bounce Back” at school or talk of what the letters stand for, or describe the “Bounce-backer” they made. (If they haven’t, please ask them!)

In society today, increasing numbers of young people are struggling through school and life with emotional and social needs that adversely affect their learning and challenge schools and welfare agencies. Bullying, anxiety, depression, youth suicide, and substance abuse are major issues.

The BOUNCE BACK! Classroom Resiliency Program provides practical strategies to help students cope with the complexities of their everyday lives and learn how to “bounce back” when they experience sadness, difficulties, frustrations and challenging times.

Once a week, in their BOUNCE BACK! mixed year groups and led by teachers and senior students, the students engage in discussion and activities based around picture books and novels, games, music and art, drama. The program teaches personal skills that underpin resiliency and there is also a strong focus on co-operative learning and opportunities for self-reflection through self-assessment tasks and quizzes.

The BOUNCE BACK! Acronym stands for:

1. **B**ad times don’t last
2. **O**ther people can help if you talk to them
3. **U**nhelpful thinking makes you feel more upset
4. **N**obody is perfect – not you and not others
5. **C**oncentrate on the good and funny bits
6. **E**verybody has set backs sometimes

**Blame fairly**
- **A**ccept the things you can’t change, but try to change what you can first
- **C**atastrophising exaggerates your worries
- **K**eep things in perspective

As an introduction, all students learnt what the acronym stands for and are now doing a letter each week in detail. So far, B and O have been done. Additionally, some well-being information sessions are currently being planned with Leanne Ambrogio and will include the BOUNCE BACK! program for those who are interested in fuller details.

Hoping to see you all at CASINO ROYALE evening next Saturday 23rd – Licenced to party!! It’s going to be another fabulous event and it’s not too late to pick up tickets.

Jeanette Cope
Principal
**Too Sick to Go to School**

Sometimes it’s hard to know if your child is coming down with something or just suffering a bout of Mondayitis.

For safety’s sake, if your child seems unwell you should always keep them home from school and seek medical advice.

However, if they miraculously recover by 11:00am, ready to race around the backyard, keeping them in bed all day may send the message that staying home isn’t nearly as much fun as going to school.

The School A to Z website’s “Too Sick for School?” Chart will help answer your questions about common childhood illness and how long sick kids need to miss school.

**Please note:** This information has been supplied by NSW Health and is not intended to replace a visit to your doctor if anyone in your family is unwell.

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**DATES TO REMEMBER**

<table>
<thead>
<tr>
<th>Tuesday</th>
<th>19th May 2015</th>
<th>Zone Cross Country (wet weather)</th>
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<tbody>
<tr>
<td></td>
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<td>Book Fair</td>
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<td></td>
<td></td>
<td>ICAS Digital Technology Test</td>
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<tr>
<td>Wednesday</td>
<td>20th May 2015</td>
<td>Netball Gala Day</td>
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<tr>
<td>Saturday</td>
<td>23rd May 2015</td>
<td>P&amp;C Social Evening</td>
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<td>Sunday</td>
<td>24th May 2015</td>
<td>Ryde Music Festival</td>
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<td>Monday</td>
<td>25th May 2015</td>
<td>Last day of Book Fair</td>
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**Nepal Fundraiser**

A couple of weeks ago on the 25th of April there was a horrible earthquake in Nepal. Over 8,000 people died, 18,000 injured, and many buildings such as new medical centres that have been donated by other countries in previous years were destroyed. After this devastating event, another earthquake followed on the 12th of May. Many charities, schools and just ordinary people have started to help these people in Nepal by raising money to replace the buildings and any damages that occurred.

Our school, Castle Cove Public, organised a fundraiser for Nepal that took place on the 14th of May 2015. We asked all students to wear a bright scarf to demonstrate their solidarity with the children of Nepal and donate as much money as they and their families were capable of. Almost every student and teacher brought in money to help Nepal, and wore scarves to school. So far we have raised over $1850!.

Hopefully, with enough help from everyone, Nepal will get new supplies which will help them, and after this disastrous event, they will have the money to replace things in need such as hospitals, schools and homes.

If you would still like to donate money to the Nepal Fundraiser you can drop it in to the front office before next Wednesday 20th May. Donations can also be made directly to the Australian Himalayan Foundation by following the link: [http://www.australianhimalayanfoundation.org.au/](http://www.australianhimalayanfoundation.org.au/)

By Amelia Walmsley SA
Book Fair Tuesday 19th May – Monday 25th May

Our school library, with help from Scholastic Book Fairs, will be transformed into a bookshop from Tuesday 19th May to Monday 25th May and all families and friends are invited to purchase books for themselves and the school library. All donations are gratefully received and make up a large proportion of our library collection. We also receive a percentage of the profits which are then used to purchase resources from the fair and/or add to library funds.

The library Book Fair will be open for sales at the following times:

- Tues. 19 May: 3.25pm – 4.00pm
- Wed. 20 May: 9.00am – 9.25am & 3.25pm – 4.00pm
- Thur. 21 May: 9.00am – 9.25am & 3.25pm – 4.00pm
- Fri. 22 May: 9.00am – 9.25am & 3.25pm – 4.00pm
- Mon. 25 May: 9.00am – 9.25am & 3.25pm – 4.00pm
Office News

Kindergarten Enrolments 2016

Enrolments are now being accepted for 2016. To help facilitate the planning of transition and orientation to school events, if you are intending to enrol a student into Kindergarten in 2016 kindly contact the school office to arrange for an Enrolment Application.

Term Accounts

If you are paying your term account with cash please put in the correct change. The office does not keep money for change on hand and it is not always possible to provide change to parents.

Term 2 Account payments were due on 15th May. If your account is outstanding please forward your payment and any permission notes to the office as soon as possible.

Community Notices

On behalf of the Baha’i community of Willoughby you are warmly invited to attend an evening of prayer followed by informal discussion on a selected theme. The dates and topics are listed below:

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Topic</th>
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</thead>
<tbody>
<tr>
<td>Sunday May 3rd 2015</td>
<td>7.30pm</td>
<td>Baha’i perspective on education</td>
</tr>
<tr>
<td>Sunday May 17th 2015</td>
<td>7.30pm</td>
<td>Importance of prayer</td>
</tr>
<tr>
<td>Sunday May 31st 2015</td>
<td>7.30pm</td>
<td>Baha’i concept of evolution</td>
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<tr>
<td>Sunday June 14th 2015</td>
<td>7.30pm</td>
<td>Baha’i and the environment</td>
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<tr>
<td>Sunday June 28th 2015</td>
<td>7.30pm</td>
<td>Who is Baha’u’llah?</td>
</tr>
<tr>
<td>Sunday July 12th 2015</td>
<td>7.30pm</td>
<td>TBA</td>
</tr>
</tbody>
</table>

Location: Soroush and Fariba Jahani’s residence, 4 Emerstan Drive Castle Cove.
Time: 7.30pm

If you are interested in attending any number of these talks, or for any questions, please contact Castle Cove scripture class teacher Anne Layton on 0400 443 699 or at annelayton@aapt.net.au.
**Go4Fun**

**Healthy • Active • Happy • Kids**

“With each passing week I could see my son gaining confidence and showing interest in physical activities.”

Elizabeth Chernishov, Go4Fun parent

**A FREE 10 WEEK PROGRAM FOR KIDS AGED 7 TO 13 YEARS AND THEIR FAMILIES TO BECOME FITTER, EAT HEALTHIER AND IMPROVE THEIR SELF-ESTEEM.**

**WHEN**

Wednesdays
4.30pm-6.30pm
Starts 22nd April

**WHERE**

Fix Australia
319 Penshurst St
Chatswood

**REGISTER NOW**

**FREECALL 1800 780 900 OR GO4FUN.COM.AU**

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**Single with Children**

A non-profit social group operated by the Single Parent Family Association

**ARE YOU A SINGLE PARENT?**

Each week Single with Children provides fun and exciting social activities for single parents and their children. (Many activities are subsidised or free)

It’s a great way to meet and get to know people in your area.

To find out more and get a FREE copy of our social calendar

Call 1300 300 496

or check out our web site:

www.singlewithchildren.com.au

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**Fun Language**

The FUN way to learn another language!

- Fun Spanish for Kids Club for 5-12 year olds
  At CASTLE COVE PUBLIC SCHOOL/ ALSO NEAR BY AREAS
- Lots of fun activities, drama, music & games
- Experienced and enthusiastic teacher
- Supported by fantastic fun activities online at Babelzone
- SPANISH is enrolling now
- French/Spanish/ Italian/ German/ Mandarin

Kids love our Fun Language clubs Send us an email or give us a call:

P. 0435 931 696
s.eliezer@lcfclubs.com.au

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**We give kids Confidence through Drama**

Register for a FREE trial Drama Class

Carrara Cove Public School
Great fun for term 1 2015
Mondays in the Hall
3pm to 4pm

Kids Upfront

Drama Academy

www.kidsupfront.com.au • 9953 4040

*“I was concerned my daughter was doing too many after-school activities. So suggested we stop one. She replied that she definitely couldn’t stop drama classes. When I asked why she said ‘Because drama classes make me feel happy’. We’ll definitely be continuing!’” – Lisa Ally McInerney*
Learn *Music* on the keyboard at
Castle Cove Public School

**Enrolment for Term 2**

- Great songs!
- Musical activities!
- Cool music knowledge!

- Convenient after-school venue
- Small group - 45 min weekly lesson
- Competitive rate - $27 per session

(GST incl. Please do not forward payments to the school office.)

- Instrument not required initially
- Music material provided

**To enrol, please call 9411 3122**

Visit our Fix Flex (AFPL) brochure or www.learnmusicintheschool.com.au