something we have the opportunity to teach our children every day.
As our kids constantly remind us, life isn't always fair. Is it a parent's role to constantly try to make life fair? How do we balance the desire to shelter and protect our children with the need to teach them how to cope with life's disappointments?
The School A to Z website asked top teachers all over NSW for their tips for parents on developing resilience so children can succeed in the face of unexpected challenges. These tips include:
· Resilience doesn't come naturally to all kids - we need to specifically teach those skills.
· Always saving your child from failure doesn't give them the opportunity to learn better skills.
· To interact effectively with their peers, our kids need to develop resilience.
· Commend your child's strengths, and be positive about their abilities to improve their other skills.
· Self-esteem comes from conquering challenges, not from constant praise that everything we do is brilliant!
· Kids notice how well parents handle stress and challenges and then copy those behaviours.
· Extracurricular activities help develop social skills.
· Life isn't always fair. Teach your child how to...
accept that and adapt to challenging circumstances.

· Create opportunities for your child to talk about their problems - teens often open up more if you’re doing some activity together.

Watch the video or read the transcript. Developing resilience in your child at www.schoolatoz.nsw.edu.au/wellbeing/development/developing-resilience-in-your-child

Year 6 News

The year is rushing by with the hours ticking away for the Year Six students who are looking forward to moving on to High School with a mixture of excitement and trepidation. The next orientation day at Bowral HS for all children attending and their parents is Thursday 3rd December. Parents have all received letters from the high school letting them know the details of the day. If you haven’t received a letter from the High School please let us know so we can get details to you. Your child should have given you a note regarding the bus arrangements for the day. Please get replies in soon so we can organize transport for students not attending with parents.

Remembrance Day

On 11 November our wonderful SRC represented Mittagong PS at the RSL. They were accompanied by Ms Buchanan who remarked on what a great job they did in demonstrating great manners when mixing with the other guests some who are well into their nineties. The speech by Will N was inspired and very well received by the members of the RSL sub-branch and other visitors. Our 2015 SRC have managed their important role in our school with cheerful-ness and an eagerness to take their roles seriously and have always been reliable in planning and doing what they have been asked to do with maturity and thoughtfulness. They have all good qualities of being excellent leaders and will take some good skills off to high with them.

2016 SRC

Mr Abbott and Mrs Fisher have conducted elections in line with the laws and traditions of Westminster and have the results of our 2016 SRC
election. Mr Abbott has eaten the results to prevent WikiLeaks getting hold of the information and we hope that he remembers the names for Presentation Day. Only time will tell.

School Opal cards

From term one 2016, Transport of NSW will be issuing School Opal cards to students eligible for travel under the School Student Transport Scheme via a new online application process. Most parents, guardians and students won’t need to apply for a School Opal card if they have already been given a school student travel pass and will automatically receive a School Opal card in 2016. However parents will need to apply if the student is:
- Just starting school and has not had a pass before
- In a transition year (year 2 to 3 or year 6 to 7)
- Changing schools
- Or if the student’s personal details have changed.

For more details please collect an information flyer from the school office or visit www.transportnsw.info/school-students

Stage 2 Grandfriends & Market Day

Wednesday 2 December is rapidly approaching. This is the date set for our Stage 2 Grandfriends & Market Day. Grandfriends are welcome from 12:30pm to 2:00pm so they can have lunch with their children. Sausage sizzle orders forms were sent home late last week, please return these with the correct money to pre-order a sausage sizzle. Other refreshments available include a cake stall and drink stall. Please ensure Grandfriends are invited.

The other classes in our stage (3/4 B, 3/4L & 3/4M) are busy preparing a raft of fun, interactive activities and products to enjoy and purchase while their Grandfriends are here. Watch this space for more advertising. For further information, visit the ‘Stage 2 News’ Page in our school website where you will find children advertising their products using audio (radio) ad format.

Swim School

The swimming lessons are being held at Moss Vale indoor pool and applications are now closed. Thank you to all the parents who made application, the response was overwhelming. Mrs Bahls has done a wonderful job in coordinating the swim school for our students and we trust that the next two weeks will be very beneficial for all participants. We also trust that all participating students will be proud and responsible representatives of our school and continue to build the wonderful reputation we have in the community.

Commonwealth School Banking News

Next Friday 27 November will be the last day to order rewards for delivery this year. For those bankers who are eligible for a reward, please choose from the following options:
Galaxy Glider
Intergalactic rocket
Outer space savers money box
Invisible ink martial pen
ET DVD

Unfortunately, any orders placed after this date will not be made until next year, and any orders made for items other than those listed above will not be able to be placed.

Any tokens that children have accrued this year (and not redeemed) will carry over until next year.

The last day for banking this year will be Friday 11 December 2015. Banking will resume in week 2 of Term 1 (Friday 5 February 2016).

Kindergarten News

Reminder that in Term 4 students must wear their hats to be able to play out on the field, otherwise they will be directed to play under cover for sun safety protection. The Highlands weather is always changing, so please ensure that your child’s name is clearly marked in all clothing and hats.

Our annual school Presentation Day is approaching. This will be held at Mittagong RSL on Monday 7 December. Parents of students receiving an award will receive a letter next week. All are welcome to attend on the day.

This Friday KA will be leading the Junior Assembly and KN will present an item. Our Positive Welfare System has set a cut-off date; Friday 27th November, Week 8, for students to return any awards to their teacher.

P&C NEWS

Canteen: Lunch orders – Just a reminder to please make sure you order from the canteen menu that stipulates what is available each day. Don’t order Chicken nuggets on Tuesday when these are only available Thursday. (Tuesday is Pizza day). Special items are as follows:

- Tuesday: Pizzas
- Wednesdays: Sushi
- Thursdays: Chicken
- Fridays: Pies and sausage rolls

Refer to current menu for more info & pricing. If you don’t have one, pick one up from the office, on the school webpage, canteen or slip a note in with the lunch order.

Volunteers: Thank you to our regular canteen volunteers – without you we could not keep the canteen open. More volunteers are still needed to spread the load – please contact Cindy on 0435 842 035 if you can help, even for a half day.

Last day of canteen will be last day of school 16 December. It then opens again the second week back next year.

Family Fun (draiser) Night: Thank you to the families
who came to the fundraiser night, a good time was had by all. You helped raise around $500.

Cookie Dough fundraiser - Thank you to those who purchased cookie dough, delivery is currently scheduled for 3 December.

Facebook: Are you on Facebook LIKE our Mittagong Public School P&C Facebook Page.

Email: We now have a P&C email address mittagongpublicpandc@gmail.com

---

**Mittagong Blue Light Disco**

Venue: Mittagong RSL  
Date : Saturday 28th November  
Times: 4pm to 6.30 pm  
Cost: $5.00 per child 4 – 14 years

Parents and children under 4 free. Due to this being our last one for this year we will have a special guest coming Santa is coming for an early visit – so if you would like to come dressed in your favorite Christmas Hat or costume so Santa can see that will be wonderful, if not just come and have a great time.

---

**Taking enrolments for 2016 for children aged 0-6**  
Experienced and caring early childhood teachers  
School Readiness Program  
Meals provided  
Child Care Benefit  
Open 7:30am to 5:30pm Mon to Fri  
Come in and see us at 27 Belmore St, Mittagong or ring Tina 4872 1730  
More details on the flyer in the school office

---

**School Calendar 2015**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov Term 4 Week 6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>10 Kindy Symbio</td>
<td>11 Sticks and Stones - Social Skills Show</td>
<td>12</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nov Term 4 Week 7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16 Cookie dough due</td>
<td>17</td>
<td>18 Kendall fun day</td>
<td>19</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nov Term 4 Week 8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| 23 Junior choir sings| 24 Swim school     | 25              | 26 Band visit 9:30am Volunteer morning tea | 27 Last day to submit awards.  
Senior assembly | 28                | 29               |
| Dec Term 4 Week 9    |                    |                 |                |                |          |        |
| 30 Swim school       | 1 3-6 Annie at Frensham | 2 Stage 2 Market day | 3 Choir to Lake Bowral HS orientation | 4 Junior assembly | 5      | 6      |
Congratulations to the students who received an award at the Assembly on Friday 13/11/2015

IRON LION
3/4L: Ben
5A: Josh C
3/4M: River
6B: Kiara, Octavia

BRONZE LION
3/4B: Caleb, Samantha
5F: Courtney, William, Flynn, Kady
6A: Scott, Reilly, Lachlan, Jeremy
3/4L: Jye
3/4M: Jesse, Patrick
6B: Liam, Riley, Joshua

SILVER LION
3-6M: Bethany
3/4L: Connor, Maisie, Cristian, Gavin
5A: Luke, Georgie, Albert
6A: Daniel, Alice, Braelyn
3/4B: Mackenzie, Shaun, Jaymari, Oskar, Ellie, Abi
3/4M: Hayden
5F: Selina, Kirilly, Matthew
6B: Kalinda, Molly

GOLD LION
2/3P: Nevarra
3/4M: Jackson
5A: Rachel
6A: Tia, Chelsea, Frances
3/4B: Hayley, Rianna
3-6M: William
5F: Harmony, Rachael

Gold Awards