We live in a highly competitive world and although sometimes students have ambitions, they are unsure how to challenge these goals into a concrete action plan that can assist them to get to where they want to be.

Academic Excellence is not about being ‘spoon fed’ by a teacher and it is not just about listening in class. It is about channelling energy in a positive way so as to INVEST in learning and ENGAGE with the learning material. I hear you ask, how should we encourage our children to do so.

Here are some handy tips that I have found that assist teachers.

As parents, you can share in promoting these hints to complete the “trinity of service” - Home, Church and School:

1. **Fill your child’s world with reading.** Take turns reading with your older child, or establish a family reading time when everyone reads their own book. Demonstrate how important reading is to you by filling your home with printed materials: novels, newspapers, even posters and placemats with words on them.

2. **Encourage them to express their opinion, talk about their feelings, and make choices.** They can pick out a side dish to go with dinner and select their own extracurricular activities. Ask for their input on family decisions, and show that you value it.
3. **Show enthusiasm for your child’s interests and encourage them to explore subjects that fascinate them.** If they are enthusiastic about horses, offer them stories about riding or challenge them to find five facts about horses in the encyclopedia.

4. **Provide them with play opportunities that support different kinds of learning styles — from listening and visual learning to sorting and sequencing.** Supplies that encourage open-ended play, such as blocks, will develop your child’s creative expression and problem-solving skills as they build. They’ll need lots of **unstructured play time** to explore them.

5. **Point out the new things you learn with enthusiasm.** Discuss the different ways you find new information, whether you're looking for gardening tips on the internet or taking a night class in American literature.

6. **Ask about what they are learning in school, not about their grades or test scores.** Have them teach you what they learned in school today — putting the lesson into their own words will help them retain what they learned.

7. **Help your child organise their school papers and assignments so they feels in control of their work.** If their task seems too daunting, they’ll spend more time worrying than learning. Check in with them regularly to make sure they are not feeling overloaded.

8. **Celebrate achievements, no matter how small.** Completing a book report calls for a special treat; finishing a book allows your child an hour of video games. You’ll offer **positive reinforcement** that will inspire them to keep learning and challenging themselves.

9. **Focus on strengths, encouraging developing talents.** Even if they didn't ace the math test, they may have written a good poem in English class. In addition to a workbook for math practice, give them a writing journal.

10. **Turn everyday events into learning opportunities.** Encourage them to explore the world around them, asking questions and **making connections.**
Up Coming Events:
Monday 11th August
Yr 8 & 9 Subject Selection

Tuesday 12th August
ICAS Maths Competition

Thursday 14th-20th August
Book Fair

Monday 18th August
HSC Trials begin

Friday 22nd August
Premier’s Reading Challenge closing date.

Primary Book Character Parade.

Change of Details
Please notify the school office of any changes of personal details including name changes, address, phone numbers or emergency contacts. Also, if your child’s medical condition has changed, please notify the office in writing. This is to ensure that we can contact you in case of an emergency and so the school reports are sent to the correct address.

IMPORTANT: If you have become an Australian Citizen, please bring in the original Certificate to the office to update your child’s file.

When your child is absent
We are currently using an SMS system to enquire as to why your child is absent. You need to simply SMS your reply with the reason your child is absent or you can still call the office on 9675 7433. This does not replace the absence note you need to provide to the classroom teacher as it is a Board

Kindergarten 2015
Enrol your child in Kindergarten today! If you have a child entering Kindergarten in 2015, St Bishoy is accepting enrolments. The school offers many opportunities including sport, music, creative and digital activities. Get your enrolment form from the front office today!

Maths is Fun!
Kindergarten are learning how to match numbers to the correct number of dots! Take a look at the great team work.
3-12 Athletics Carnival

On the last day of Term 2 (27.6.14) we had our Annual School Athletics Carnival. What a day it was! We had our Year 12 students dress up, participate and made the day enjoyable for all. Many students had their faces painted in the World Cup theme. All students, from all grades brought their best behaviour with the biggest turnout the school has seen in years. I would like to thank the teachers for all their hard work, all my helpers who assisted teachers on the day and ran many stations without you the carnival would not have been such as success.
High School World Cup Day

The last sport lesson of the term saw the high school SRC team run a World Cup Fundraiser Event. We had all teams participate in a Round Robin event. We had 10 teams enter the event from all grades. I have never seen students enjoy and participate in an event like this. We had a teacher’s team lead by none other than the Messi of the school Mr Shenouda who was a crowd favourite. Students cheered, made up team songs and all round sportsmanship was displayed. Thank you to my 2 referees Mikel Mickhal and Peter Tawdrouss for giving up their time to assist on the day.
Stay tuned at our next high school assembly for the winning teams and the best dressed on the day.

Scholastic!

Exciting news! Scholastic is running a colouring in competition and a racing car design competition. There are great prizes to be won. If you have your entry form, please ensure you submit it to Miss Rezk by Friday 22nd August. All terms and conditions can be found at: http://www.scholastic.com.au/schools/bookclub/competitions/Issue5StudentComp1.asp

WIN a Crayola Colour Studio and book vouchers!

Jean for Genes Day

K-12 students participated in Jeans for Genes Day. Jeans for Genes Day is a national day when people wear their jeans to raise much-needed funds for research into birth defects and diseases such as cancer, epilepsy, and a range of genetic disorders.
Year 6 have created a collage artwork inspired by Paul Klee. They used coloured paper to create their own version of the artwork 'The Garden'.

Year 6 have created a self portrait based on using a photo image as a guide.

For the science unit: sailing, sinking and soaring, Year 6 created paper kites and wrote procedures on how to make them.
Stage 3 Powerhouse Museum

On Wednesday 25th June, Stage 3 students went on an excursion to the Powerhouse Museum. The students had a great time. Here are some photos below.

Well done to Geo from KR for writing a sentence independently about "The Very Hungry Caterpillar".

Well done to Nataly from 3P for writing this great poem about Friends.
Ways a Parent Can Help with READING

1. Let your child see you reading!
   Have magazines and books in your home.

2. Help your child find appropriate reading and word games online.
   Keep a dictionary on hand. Help your child look up new words.

3. Read mysteries with your child and try to figure out the clues together.

4. Movie version coming out?
   Read the book together first, then talk about which you each liked better.

5. Set aside a time and place for your child to read like a cozy chair and a reading light in a quiet place.

   Look for and read together the books that were your favorites when you were a kid.

7. Encourage your child to write letters, thank you notes, emails, journals, lists, stories about their own trips, events, and daily life.

8. Ask your child questions about what her or she is reading, such as:
   - What is the story about?
   - Who are the important people in the story?
   - Where does the story take place?
   - Why do you think that person made that choice?
   - Why do you think that will happen next?
   - How did you know about it?
   - Would you recommend this book to your friends?

9. Ask your child to draw a comic strip about what happens in the story.
   Provide word searches, crossword and other word games and parties, or help your child make their own.

Share with your child about what you’re reading and encourage your child to do the same.

Go4Fun
Want ideas on raising healthy, active and happy kids?

FREE healthy lifestyle program for 7 – 13 year olds
Blacktown & Mt Druitt locations
Term 3 enrolments close July 4th
1800 780 900
go4fun.com.au

Mount Druitt Little Athletic - Family Fun and Fitness
Registrations for 2014: All interested children/parents come down and talk to us and Register on Friday from 5PM on the 8/9 at our field May Cowpe Reserve (Rooty Hill Leisure Centre). Not sure if Athletics is right for you, we have a 2 week trial period for all ages. More info such as prices, start dates etc can be found at.... http://www.mountdruittlac.com.au Don’t worry if you missed out, as Registrations continue to be accepted on any Friday night between 5 & 6PM Approx.

Crunch and Sip!
What to bring

Fruit or Veg

✓ All fresh fruit (eg whole fruits, chopped melon etc.)

✓ Fruit canned in water, juice or “no added sugar” (eg peach slices)

✓ Dried fruit - but limit as it’s a concentrated sugar source, tends to cling to teeth, increasing risk of decay

✓ All fresh raw vegetables (eg celery, carrot sticks, broccoli bits etc.)

Water Bottle

✓ Only plain water is to be consumed in the classroom
Ten common discipline mistakes

Here are 10 common and easily avoided mistakes parents make when disciplining their children. Replace these mistakes with better techniques and you'll be on your way to parenting easy street.

1. Repeating yourself
   If you do this, you are training your kids to become 'parent proof'. Kids learn more from respectful actions than your repeated words, so speak once – twice at most – then DO something.

2. Shouting to be heard
   You will get better results by being below the noise baseline to get their attention rather than raising your voice.

3. Setting limits too late
   If you set a limit a few weeks after the object or situation is introduced (e.g., a kid gets a new mobile phone, a teen starts going out at night), you will be seen as being hard. It's better to set limits first then loosen them up later.

4. Setting no limits
   Boundaries, rules, expectations and standards teach kids what's expected. Boys love them. They also like to push against them, so you need a firm backbone.

5. Failing to follow through
   Talk! Threaten! No! No way! See Nos. 1 above.

6. Making consequences too harsh
   "You're grounded for a month. Mr 6-year-old" is a bad idea and will usually bring resentment, not to mention confusion. Stick to the 3 Rs – respectful, reasonable and related to the behaviour – when setting consequences and you can't go too far wrong.

7. Applying consequences when you, or they, are angry
   When anger is in the air kids will become mad at you... if they listen at all. Calmness makes a huge difference to effectiveness at the point of discipline.

8. Mixing discipline with counselling
   Never mix the two as it sends mixed messages. If a child misbehaves manage that situation. If you suspect something negative is going on in their life, then deal with that at a separate time.

Keep the two actions separate so they can both be effective.

9. Deferring discipline
   Deferring discipline to a child care centre, preschool or school. This is taking the easy way out and teaches kids that you don't have real authority. Have the confidence to be the authority and take a lead.

10. One parent is always the bad guy
    This gets wearing. Also it's hard to have fun when you are the tough cop all the time. If you are in a two-parent situation take discipline in turns. If you are parenting solo, bring parents into the act.

We've all made mistakes when disciplining kids. Tiredness, emotion and lack of skill can get in the way of effective discipline. But part of the evolution and growth of you as a parent involves eradicating some of your old ways, and replacing them with new, more effective, more sophisticated ways of managing yourself and your kids.

For better, more sophisticated and more effective discipline techniques visit my online parenting manual – the Parenting Ideas Club. There are 1,000s of strategies waiting to be used. Take your FREE trial now at parentingideasclub.com.au