I spent last weekend in Sydney catching up with my family and friends. They were all very curious about what life is like in Croppa Creek and I had many questions about the school. Whilst it is a big change moving from the city to Croppa Creek, the wonderful community makes the transition easy.

With this in mind, I am very much looking forward to the Crows Gala Day on the 21st. The P&C have been provided with several fund raising opportunities and I encourage everyone to get involved and help out. All of these funds go back in to the school to help in a variety of ways. Remember, many hands make light work.

We all had a great time at North Star P.S. last Friday. The Infant children played games to help their fundamental movement skills and the Primary students worked on their soccer skills. We are all looking forward to returning there on the 13 of March.

Reading with your child at home
When your kids see you reading and writing in everyday life – whether reading for pleasure, sharing a story with them or making a shopping list – it teaches them that they are useful skills. Here are some things you can do at home to help your kids with reading. Find out more: http://www.schoolatoz.nsw.edu.au/en/homework-and-study/english/english-tips/reading-with-your-child-at-home

Good number sense
Maths is a numbers game but for some students - and parents - the figures don’t add up. Here are some strategies to help kids to work out sums in their heads in a way that makes sense to them. Find out more: http://www.schoolatoz.nsw.edu.au/homework-and-study/mathematics/maths-a-to-z/-/maths_glossary/Rld5/141/mental%20strategy

Matt Jackman
Principal
Counsellor Corner

We all know how important resilience is in our lives. The ability to 'bounce back' from bad events and hard times is crucial to our wellbeing. But what makes some children more resilient than others?

Strength-based research has found many common factors amongst young people in particular who have survived and thrived in the face of adversity and hardships. These studies provide evidence that resilient people draw on skills and qualities that help them cope during stress, and that these factors can be transferred to other people or situations, that is they are not unique or “special qualities”.

Across resilience research, studies have found what is important are the positive internal or external factors in a person’s life rather than the negative ones. These positive factors can buffer or protect a person from the negative impacts of traumatic experiences. Things like having a supportive teacher or mentor at school, having a strong engagement with sports or being able to set goals about the future are just some examples.

The good news is that we can all work on building up our own resilience and that of our children. Playing a sport and joining in a regular group activity outside school are two strategies which can and do help children to improve positive skills and grow their own resilience.

For more ideas about resilience and examples of resilience research, see Lyn Worsley’s book ‘The Resilience Doughnut.’

Ruth Jenkins
District Guidance Officer

P & C News

Dear Parents and P&C members,
The Rugby Gala Day is fast approaching 21st March if there are any helpers available to help on the day please contact Bronnie or Karen ASAP.

Regards
Bronnie Smith
0428 545 240

Change of date for P&C meeting
Tuesday 17th March 7-00pm
From the Classroom

Sport with North Star
Clean up Australia Day

New Swimming Pool for the Ducks

Premier’s Reading Challenge

The Premier’s Reading Challenge begins this week and all of Croppa Creek students are invited to participate. The PRC aims to encourage in students a love of reading for leisure and pleasure and to enable them to experience quality literature. All students who complete this challenge receive a certificate from the Premier in December.
Croppa Creek Crows

Rugby Challenge

Celebrating 21 Years

When: Saturday 21st March
Kick off 11am

Where: Croppa Creek Bowling Club
Free Entry

Come Watch the Croppa Crows Ruffle their feathers against the Moree Bulls, Gwydir River Rats and the Robb College

Croppa Creek School P&C catering morning tea & lunch. Kids’ activities and fireworks. It will be a great day for the family! Stay for dinner and live music at the Club.

A Great Day of Rugby!