



# Bulletin

## PRINCIPAL'S MESSAGES

### Sturt P.S. P&C

Thank you to all those parents who were able to join us for a very successful P&C AGM last week. I would like to thank the outgoing executive for the wonderful work they have done to support Sturt P.S. over many years. They were Dr Saba Nabi, Ms Romola Trevaskis and Mrs Karen Nielsen and we are very grateful for their efforts. We now have a new P&C executive. Mr Scott Harper has taken on the role of President, Ms Antoinette Gardiner has continued as Vice President and Canteen Treasurer, Mrs Megan Bryant has taken on the role of Secretary and Mrs Alison Makeham will be our new Treasurer. We are very grateful that they are able to take on these roles and ensure that Sturt can continue to be a strong community. Thank you also to Ms Sheena Hume who will continue with Book Club, Mrs Katie Mott will soon confirm who the Band committee will be.

### Tournament of Minds

This year, our students were once again involved in Tournament of Minds, even though the competition could not be held in person. The teams did a fantastic job with Social Science and Language Literature teams achieving Honours and STEM Primary team winning. Given that the students needed to film their collaborative problem solving, it was quite a challenge, so we are really thrilled with the outcome. Congratulations to these students and thank you to Mrs Fiona Hawkins for organising this event.

### Game Changer

2020 is the first year Sturt has competed in Game Changer, which is strongly aligned to our STEM work. Six teams were entered and we were very excited to have all six teams make it through to the semi-finals. Again, congratulations to these students and thank you to Mrs Hawkins for giving our students this wonderful opportunity. No other school had as many teams in the semi finals or as many winning results in the Tournament of Minds.

### Respect Day

Sturt celebrated Respect Day yesterday by dressing in yellow and purple. Respect Day is a time when we focus on ways in which we can be respectful to others. It is very appropriate here at Sturt, with one of our three main codes of behaviour being Be Respectful.



### Stage 1 Collaborative Area Complete!

Our collaborative learning area in Block C (Stage 1) is complete. The courtyard in front of the classrooms is now closed in and carpeted. It looks fantastic and the acoustics are wonderful. We very much look forward to utilising this area to the fullest. The collaborative area in Block D (Stage 3) will be done during the September holidays.

### Apex Public Speaking

Public speaking is an important skill which is promoted at Sturt in a number of ways. Recently, we had students from both Stage 2 and Stage 3 competing for the Apex Public Speaking Competition. Hansa R. won with a very well delivered speech and four other students received Highly Commended. All five place getters will be able to compete in the upcoming Apex Club Public Speaking Competition. Well done to all those students and thank you to Mrs Heather Collins for adjudicating this event.

## Kindergarten Orientation Promotional Video

Given that we can't make definite plans about what this year's Kindergarten Orientation will look like, Mrs Amanda Gooden ES1 Assistant Principal and Miss Holly Rose C&PA teacher have combined their skills to produce a promotional video of our school. We are thrilled with the final product and recommend you all take the time to view it. It can be found on our school website or scan the QR code.



## Upgrade Awards

Following consultation with staff and the SRC, we are upgrading our award system so that it is fair, achievable and current. The upgrade will also recognise awards from previous schools. The SRC discussed a number of options and I was thrilled with the discussion and subsequent decision making. It is clearly set out in this Bulletin and will be implemented in Term 4. Naturally existing Green Cards will equate to the new Bronze Awards.

## Permanent Staff Member

I have much pleasure in announcing that Mr Bernie Ward has gained a permanent position at Sturt. Bernie has been with us for a number of years and is currently teaching in Stage 3 on the Murrumbidgee class. We are delighted to have him as a permanent member of our team.



## Holidays

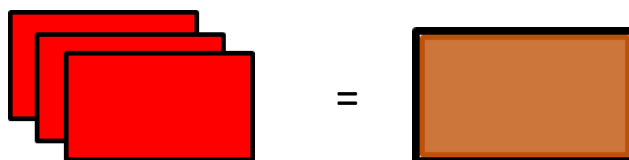
We wish everyone a safe and happy holiday. Students and staff resume on Monday 12<sup>th</sup> October.

**Kerry Barker**  
Principal

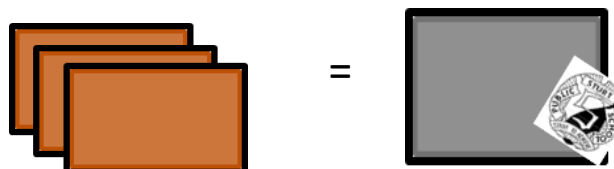
# RED CARDS

Red Cards are purely designed to reward good behaviour, participation (including school representation) and citizenship. When students earn 3 red cards, they then hand them in to their Stage Assistant Principal. The student is then presented with a Bronze Award at assembly. When a student has earned 3 Bronze Awards, they hand them in to their Stage Assistant Principal who passes them on to the Principal. These students will be presented with a Silver Award at assembly, along with a school badge. When a student has earned 18 red cards (6 Bronze Awards), they will receive a Gold Award, a gold badge and a special lunch of their choice (eg MacDonalds, KFC etc) with the Principal. When a student has earned 27 red cards (9 Bronze Awards) they will receive a Platinum Award and will be Principal for the day.

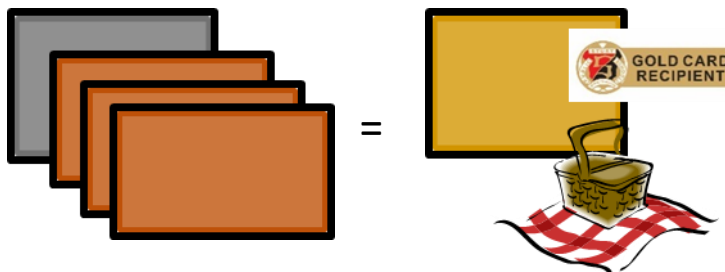
**3 Red Cards = 1 Bronze Award**



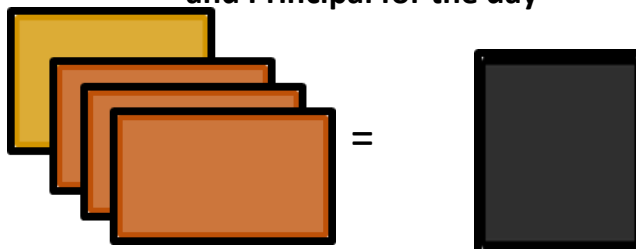
**3 Bronze Awards = 1 Silver Award  
and a school badge**



**1 Silver & 3 Bronze Awards = 1 Gold Award,  
a gold badge and lunch with the principal**



**1 Gold & 3 Bronze Awards = 1 Platinum Award  
and Principal for the day**



## OUTSTANDING STUDENT



**Xavier H**

of

**Banksia**

for

Always having a positive attitude towards learning and being a kind and inclusive friend.

## AWARDS - TERM 3 WEEK 10

CLASS	HOW 2 Learn	Merit
Kangaroo	Samuel R Natalie L	Hudson R Liam S
Koala	Ezekiel N Thomas L	Flynn K Yunhan W
Kookaburra	Rayya K Neveah N	Tyler G Dustin Q
Emu	Lillie N Eli B	Ruby K Dallas D
Goanna	Bromley N Khalid H	Rocco P Imogen C
Platypus	Sophie P Amelia H	Cooper M Ryan C
Wombat	Jontie N Claire C	Hunter J Elliott B
Acacia	Juri F Winter D	Caitlyn G Evelyn K
Banksia	Olive H Caitlyn P	Tanvi M Cruz S
Hakea	Jasper P Logan B	Izzy T-H Jigme P
Waratah	Gaveshi T Nayden H	Campbell F Emilyn S
Clarence	Jorja W Mia K	Tahlia B-C Gemma B
Darling	Kaden L Payten K	Cooper H Ella G
Lachlan	Hansa R Wafik Z	Archie K Daniel R
Murrumbidgee	Jenna S Ambrose M	Nayte S Toni S
Snowy	Seth N Joey P	Dax S John L

## CANTEEN

Friday 25 September will have limited choices as we run our stock down. Stay tuned on My School Connect as we add more tasty fresh options for Term 4. Thank you.

Jo Klimpsch



## CLOTHING

We have lots of Skorts, unisex long pants, beanies, sports shorts (go up a size or 2), jackets and unisex SPS logo shorts. Please help us out by buying up and in the end saving you money.

We are currently still operating our clothing orders the same way, using My School Connect and if you wish to purchase now at the Clothing Pool prices, please get your orders in as soon as possible. Some stock is low but most items are available.

For a paper order form, bank deposit details or any other inquiry, please email me at [sturtcanteen@gmail.com](mailto:sturtcanteen@gmail.com)

Please do not message me via facebook.

Jo Klimpsch

## ICAS SCIENCE RESULTS

### MERIT

Amaya S	Year 4
Yixin L	Year 5

### CREDIT

Baran K	Year 2
Ace N	Year 2
Liana M	Year 4
Gabriella S	Year 5
Phuong N	Year 6
Banruo Z	Year 6

### DISTINCTION

Milo T	Year 6
Jigme P	Year 3
Daniel R	Year 5
Rhys T	Year 5
Hansa R	Year 6

### HIGH DISTINCTION—Top 1%

Archie K	Year 6
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# Techniques to promote Healthy Self-Esteem

**Beliefs and Self Talk:** For us to understand our current level of self-esteem and to begin to build a healthier level of self-esteem and confidence it is essential to begin the journey to self-awareness. When we become aware of how we habitually speak to ourselves in our minds, and how those thoughts support our beliefs and views about ourselves and others and how we create our experience, we can begin to shape our self-esteem in healthy ways that support nurture and positively challenge us.

**Respect:** Respect for self is a key factor of self-esteem. Respect starts from inside us, and when we respect ourselves, we can give and receive respect from others. We respect ourselves when we make wise choices that help us to feel good inside about ourselves, we are kind to ourselves, and we treat others as we like to be treated. We also have the courage to say no to something that we do not feel is right for us, despite external pressure from any source.

**Physiology:** By making changes to our physiology or body language we can positively or negatively influence our emotional state and sense of confidence and personal power. Strategies involving confident states have been proven to have powerfully positive consequences in both the short and long term.

**Growth mindset:** Building and developing a growth mindset is an essential underpinning element of the suite of Positive Living Skills programs and features heavily in the Self-Esteem unit. A growth mindset is based on the belief that we all have the capacity to learn and grow and that our abilities are not fixed, but that with persistence and patience and effort we can move toward the goals we wish to pursue in our lives, and achieve our personal potential.

## **Here are some ideas for applying the concepts of a healthy self-esteem at home:**

- As children build their level of self-esteem, they collaborate more effectively with others enhancing cooperation at School with students and teachers and at home with siblings, friends and family members
- Greater self-esteem encourages more effective and assertive communication. Those at home can listen and help them feel valued and reward effort over outcomes
- Encouraging children to face and handle their own set-backs and challenges and to realise their own ability to problem solve will assist to build their resilience and healthy self-esteem
  - Every child is unique and will develop as an individual. As adults we can support them to build their self-esteem by encouraging them to try new things, and pursue the skills and goals that are important to them
- We can also support children to build a healthy self-esteem by removing comparisons.
  - Children who are supported to build healthy self-esteem are more inclined to be self-driven and motivated for all pursuits within and outside of School
- Acknowledge positive behaviour and encourage strengths and unique talents

For more information about the Positive Living Skills program, and to access free resources from the Positive Living Skills family link, visit [www.positivelivingskills.com.au](http://www.positivelivingskills.com.au)