Dear Parents, Students and Friends of Young North P.S.

What a lovely break our little extended weekend was following the great PBL Launch day held at the school. I would like to take the time to acknowledge just how significant our PBL journey has been. Red level behaviour (students receiving 6 or more red slips in a year) have reduced from 2011-41% to 2012-21% with current 2013 data shows 1%. Whole school suspensions down 60%.

This is truly amazing and as I mentioned at the launch, has been the product of a sustained focus on detail. I am a strong believer that a relentless focus on the little things results in strong shifts in the big things. Overlaying that is the need to set clear goals as the beginning point for decision making.

Last week I was fortunate enough to meet Sam Cawthorn, former Young Australian of the year and life coach/motivational speaker. Sam lost his arm and sustained terrible injuries in a car accident but has gone on to live a fantastic life and speaks of his capacity to reframe and ‘bounce forward’ from adversity. Three principles he shared were:

- **Crisis creates opportunity**: In his life he has tried to look at how he can bounce forward from challenging times and create a new understanding.
- **Proximity is Power**: He talked about surrounding yourself with positive people. Research shows you are the average of your 5 closest friends. Interesting.
- **The need to leverage happiness**: He noted that research shows optimistic people and workers outperform others by 56%. He also expanded upon the concept that in life we spend lots of time working on ‘are we taking the right approach’. Sam suggest happiness and success is 80% psychology and 20% strategy.

The future is not a result of choice among alternative paths offered by the present, but a place that is created—created first in mind and will, created next in activity. The future is not some place we are going to but one we are creating. The paths are not to be found, but made, and the activity of making them changes both the maker and the destination.

- *John Schaar*

Mr Kel Smerdon
**PBL Update**

1. Remember to collect your Star Cards for weekly assembly draws and canteen vouchers.
2. Thanks to everyone for their support of our ‘Launch Day’!
3. Term 2 Staff Development Day is a full day of PBL training for staff with Regional staff specifically targeting the school for ongoing program development due to our recent solid performance.

**CONGRATULATIONS!**
- We have achieved our Star Card- In School Cinema reward which will occur on Friday this week.
- Mrs Kirkwood PBL coordinator

**Missing Books**
Recent stocktaking has revealed lots of missing home readers and lexiles. Can all families please have a good look at home and return any school readers to class teachers.

**School Holiday ANZAC March**

Date: 25 April, 2013
Time: 10-10:30 assembly in front of the Young Visitor Info Cen.
Dress: Students need to be in full school uniform. Black shoes!!!
Supervision: Students will be supervised by staff before and during the march. Can parents please promptly pick students up from the town hall after the service.
Note: Weather at this time of the year can vary. Please be sure to check if it is going to be particularly cold on the day and dress accordingly. I know last year was very chilly.

**Phoenix Trading Fundraiser**
We are very excited to be running YNPS’ first Phoenix Trading Fundraiser. This is an opportunity for families to purchase quality cards and gift wrap at great prices AND raise money for our school. All students should have received a flyer last week outlining how you can participate. There are extra flyers at the front office as well as a few sample cards so you can see how lovely the cards are for yourself. All orders need to be received by Wednesday 10th April.

Many thanks,
Trude Blizzard and Kate Baron (Independent Phoenix Traders)

**What to wear**

**Uniform- POLOS ARE IN at YES**

**BOYS WINTER**: Navy Trousers or track pants, polo long/short sleeves and black shoes. Royal blue polar fleece or tri -colour zip jacket. Blue bucket hat.

**GIRLS Winter Uniform**: Navy slacks or track pants, polo long/short sleeves and black shoes. Royal blue polar fleece or tri colour zip jacket. Blue bucket hat.

**Where to source**
Polos, polar fleece and tri colour jackets- YES
Navy pants, slacks- YES or Best and Less

**Important Points**
1. We have tried to narrow the range of items for both suppliers and also for appearance.
2. 3-6 hold joint sport on Thursday so sneakers are fine.
3. PLEASE do not send students with multi coloured hoodies / jackets. Our jumper colour is Royal Blue. With your help our kids look fantastic!!

**What’s on at the Young and District Hub April & May?**
Taking names for upcoming Budgeting Workshops being held in Young, Harden and Boorowa.

**MEDITATION**: EVERY SECOND TUESDAY FOR RELAXATION.GOLD COIN DONATION. BREATHE, RELAX AND ENJOY YOUR TIME © NEXT SESSION 2/4/13.

**Music and Movement**: For parents/carers and little people aged 15mths to 4yrs. At the Hub each Wednesday morning from 10am-11am during school terms. Gold coin donation.
1-2-3 Magic Parenting Course: 3rd, 10th and 17th May 10am-12MD.
An end to arguing and yelling!
Resolve conflicts positively and quietly, develop your child’s tolerance for frustration, set clear expectations for your child and learn simple strategies to keep you sane! No cost.

**Computer Classes**: Join us each Friday afternoon for computer basics. Gold coin donation. Commenced 1/2/13 for people aged 55+

**Young Carers Group**: Fun, No Cost group for young people caring for a loved one with disability, chronic illness, mental illness or drug/alcohol problem. Fortnightly Thursday meetings.

**Smoke Free Program**: A program for those wanting to cut down or quit smoking. Individual planning and support, free Nicotine Replacement products.

**The More the Merrier**: For parents/carers of twins, triplets or more. Informal cuppa and chat time.

**Toy/Book Libraries**: All welcome to join the toy and/or book library. $5 yearly membership fee per family. Keep the kids interested by changing up play time or treat yourself to a good read!

**SNAG (Special Needs Assistance Group)**: A support group that meets mthly for parents of children with Special Needs, disabilities, behavioural issues and/or learning difficulties. All welcome.

**Taking Charge**: May’s session looks at Stress Management, Staying Positive and Motivation. Great for busy professionals or anyone feeling busy and/or needing to relax. 10am-2pm $10 includes lunch. Phone to book.

*Please call in and see us at 2C Campbell Street Young or phone 63826328 to book for all activities (catering and space limitations) or obtain more information*
HATS ARE BACK
Bucket hats are available for $2 from the office. Remember no bucket hat means shade play only!

Playgroups at Young North PS
Did you know that Young North PS hosts two great playgroups held in the school hall?
Koori Playgroup held Even Thursdays at 10:10am
Open Playgroup held Odd Wednesdays at 9:30am
Please feel free to join in the fun and we encourage all families to take up this opportunity to meet new friends and allow your juniors to enjoy some valuable socialisation.

Community Noticeboard
Karen Leez School of Dance is currently taking enrolments for term two. Classes in Tap/Modern Jazz/Hip Hop, Ballet and Contemporary. Karen Leez School of Dance also offer exams in Ballet, Modern Jazz and Tap, Ages 3+. For enquiries please contact Karen Mills Ph: 0413 071 753 E: karenleezschoolofdance@hotmail.com.

St Mary’s Catholic Parish, Young extend an invitation to all Year 6 Catholic students to join them for the sacrament of Confirmation. Registration and Parent Info Night is 7.00pm Wednesday 8 May at the Parish Centre. Please call the Parish Office 6382 2222 for more information.

Young Tennis Centre School Holidays Program
Date: Monday 15th
Time: 8:30-12:30
Cost: $125 5days @ $30
Booking: 0438 228 364

NEXT P&C MEETING
Tuesday 21 May
6:30pm
New families always warmly welcomed!

PARENT NUMERACY WORKSHOP
Would you like to learn some fun games to play with your children during the holidays? If so then please come and join us next week.
When: Tuesday, 9 April
Where: In the Infants Weather Shed
Time: 9.10am - 10.10am

HARDEN GOLD TRAILS FESTIVAL
The Harden Gold Trails Festival 21/4. There will be:
• Loads of activities for kids. Games from the 1860’s
• Sample bags with toys from the 1860’s
• Billy cart races
• Prizes for event participants.

DON’T FORGET YOUR FRUIT FOR FRUIT BREAK

EXEETING THE SCHOOL
To ensure the safe exit of students in the afternoon, students must be collected from either the back gate under the tree or from the top gate in William Street behind the new 5/6 rooms. Parents are requested not to call students across the road.

Young North PS Australian Champ
Did you know that Coby Elliott of Young North Public school is a dual Australian champion? During the Easter break Coby was once again crowned Junior Quarter Midget 120cc champion.

Coby will step up next year in a larger 160cc class. He ahs one more event in Melbourne this year and we wish him well.

Great job Coby!
The 2013 school Cross Country Carnival was held at the Young Golf Course on a beautiful sunny day. Thanks to Mr Druett for his organisation and to all students who tried so hard on the day.

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<th>BOYS 1km</th>
<th>GIRLS 1km</th>
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<td>5 Years</td>
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<td>1st Mahmoud Abbas 2nd Llamo Irving</td>
<td>1st Lana Blizzard 2nd Destiny Le Gay Bereton 3rd Jana Chmait</td>
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<td>6 Years</td>
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<td>1st Ryan Parsons 2nd Michael Bailey 3rd Ethan Fuller</td>
<td>1st Janet Alabbouch 2nd Holly-Jai Bruce 3rd Tiffany Bennett-Wood</td>
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<td>7 Years</td>
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<td>1st Max Popo 2nd Logan Apps 3rd Hassan Ali</td>
<td>1st Lara Turner 2nd Zoe Dreverman 3rd Libby Wilder</td>
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<td>1st Hassan Chmaait 2nd Humza Mowafy 3rd Nicholas Bishop</td>
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<th>BOYS 2km</th>
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<td>10 Years</td>
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<td>1st Duke Smith-Maloney 2nd Jordan Wilder 3rd Michael Killick</td>
<td>1st Camille Felix-Yonark 2nd Jasmine Byrnes 3rd Brietta Dawes</td>
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<td>11 Years</td>
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<td>1st Beau Hanner-Clark 2nd Blake Apps 3rd Kalid Ali</td>
<td>1st Georgia Hills 2nd Shannae Hannah 3rd Layla Ali</td>
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<td>1st Nathan Goonan 2nd James Schiller 3rd Jye Miller</td>
<td>1st Annie Turner 2nd Emily Poulton 3rd Lara Cummings</td>
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On Tuesday, staff and students enjoyed 'Go Blue Day'. Initiated by Autism Australia, the day was spent recognising the growing number of Australians diagnosed with autism and also valuing the members of our community whose lives are touched by autism. Staff enjoyed a blue themed morning tea and students sported blue hair and clothing. In class, students watched a great DVD that outlines autism from a young person’s perspective and engaged in some in-class awareness raising activities. Thanks to Mrs Leonard and Miss Rafter for their organisation.

Autism spectrum disorders (ASDs) are lifelong developmental disabilities characterised by marked difficulties in social interaction, impaired communication, restricted and repetitive interests and behaviours, and sensory sensitivities. The word “spectrum” is used because the range and severity of the difficulties people with an ASD experience can vary widely.

ASDs include autistic disorder, Asperger’s disorder and pervasive developmental disorder – not otherwise specified, which is also known as atypical autism. Sometimes the word “autism” is used to refer to all ASDs.

Studies show 1 in 160 Australians have an ASD and that it is more prevalent in males than females.

The effects of an ASD can often be minimised by early diagnosis and with the right interventions, many children and adults with an ASD show marked improvements.

The three main areas of difficulty are:

1. Impairment in social interaction
   May include:
   • Limited use and understanding of non-verbal communication such as eye gaze, facial expression and gesture
   • Difficulties forming and sustaining friendships
   • Lack of seeking to share enjoyment, interest and activities with other people
   • Difficulties with social and emotional responsiveness

2. Impairment in communication
   May include:
   • Delayed language development
   • Difficulties initiating and sustaining conversations
   • Stereotyped and repetitive use of language such as repeating phrases from television
   • Limited imaginative or make-believe play

3. Restricted and repetitive interests, activities and behaviours
   May include:
   • Unusually intense or focused interests
   • Stereotyped and repetitive body movements such as hand flapping and spinning
   • Repetitive use of objects such as repeatedly flicking a doll’s eyes or lining up toys
   • Adherence to non-functional routines such as insisting on travelling the same route home each day

In addition to these main areas of difficulties, individuals with an ASD may also have:
   • Unusual sensory interests such as sniffing objects or staring intently at moving objects
   • Sensory sensitivities including avoidance of everyday sounds and textures such as hair dryers, vacuum cleaners and sand
   • Intellectual impairment or learning difficulties

What are the different types of ASD?

The term ASD is an umbrella description which refers to three different diagnoses. Regardless of the specific diagnosis given, individuals with an ASD will experience difficulties in many different social situations such as school and work.

• Autistic disorder (sometimes referred to as classic autism)
   The diagnosis of autistic disorder is given to individuals with impairments in social interaction and communication as well as restricted and repetitive interests, activities and behaviours which are generally evident prior to three years of age.

• Asperger’s disorder
   (sometimes referred to as Asperger’s syndrome)
   Individuals with Asperger’s disorder have difficulties with social interaction and social communication as well as restricted and repetitive interests, activities and behaviours. Individuals with Asperger’s disorder do not have a significant delay in early language acquisition and there is no significant delay in cognitive abilities or self help skills. Asperger’s is often detected later than autistic disorder as speech usually develops at the expected age.
FOCUS CLASS 3/4C

This year 3/4C has been exposed to a new fun way of completing their homework. It includes helping out at home and even designing a fun new school!!!