Dear Parents,

Robber #3:
Give kids too much voice
In this era of giving children a voice it is easy to go overboard and allow them too much of a say in what happens to them. Kids often take the easy option to avoid hard or unpleasant situations.

Resilience notion #3: Make decisions for kids and expect them to adjust and cope.

Language of resilience #3:
Let’s take a break
Strategy: distraction Good for: kids experiencing stressful situations; kids who think too much; kids with busy lives. When kids are troubled by events or spend too much time brooding it helps to do something to get their minds off things for a time. Playing games, spending time together, watching some TV, going out – are all good distracters for worried, anxious or stressed kids. Self-distraction is healthy, providing some welcome perspective. It also prevents kids from replaying awful experiences in their heads, blowing them out of proportion.

Every day counts
The end of term is fast approaching and I would like to stress to parents the importance of students attending school every day. If students are not here they are missing vital information which will affect their end of term results.

Text message system
The schools text message system is only for sending messages out to parents. You cannot text the school using this number. If a message is sent from the text message system it will begin with ‘Bluff SS’. If you wish to text the school you can do it on 0477367874, however a phone call is preferred.

5/6/7 Camp
Final payment for camp is due Monday 9 September. Payments need to be paid by this date as we will need to make final payments to venues. Your assistance in this is greatly appreciated. If anyone is having problems making their final payment by this date, please come and see me.

Early Arrivals
A friendly reminder that students are not to be at school before 8.15am in the morning. When students arrive at school if the teacher is not in the classroom, students are required to sit in the area outside Miss I and Mrs Lennox’s room. Students are not allowed to play as there is not a teacher on duty.

Triple A
We are into our second week of touch football and students are having a fantastic time. Remember students must have a hat to participate and sun screen is provided.
Garage Sale
The garage sale was a huge success. Thank you to the fundraising committee for organising it and a big thank you to all helpers on the day. The P&C raised approximately $1500.

School Notes
Just a reminder about school notes, if they are on:
white paper it is general information
blue paper they need to be returned to the school
Pink is student council information
Yellow is tuckshop information

Transition to high school
Junior Secondary Information Session will be held at the Blackwater High school Library 9 September at 4pm. This session is for year 8 students in 2014 and year 7 & 8 students in 2015 so if your child is in year 5/6 or 7 now. A BBQ will be provided. If you are unable to attend and wish to know more please contact Mrs Linda Galloway or Dorothea Jensen on 4986 9555 to arrange an alternate time to meet.

Please check your child’s bag for important information regarding the school dental service offered to Bluff.

Students of the Week

Congratulations to the following students
Liam- Showing patience and focus during Awesome Afternoon Activities,
Sam- All round good effort,
Pacey- Improvement in reading
Petria- Always trying her best and being helpful to others
Cody K- best effort and never having a complaint
Cody C- for consistently working hard in class
As we head into the last few weeks of term, we are busy preparing for assessment. Year two students are in the process of constructing dioramas to show various environments and the natural resources commonly found in them. This is part of their Science and Art assessment.

Year three and four students have been investigating erosion. They have conducted a series of experiments that model the effects of erosion and compare what happens in their model to real life examples.

Week 8 and assessment across most subjects has started. By now you will have also received a note about bringing in photos of an important event in your family’s past for our History assessment. If you did not receive a note please see Miss I as soon as possible as we will be using these next week. Where possible, please ensure your child does not miss school as we are busily revising concepts and finishing off units of work. Even missing one day, means that your child will miss revision or an opportunity to practise skills and concepts before they are assessed on them.

Over the past week, I have been very impressed with the year 1’s and their dedication to peer tutoring the preps. During English this has been happening a lot, with the year 1’s reading poems to the preps and helping them to work through activities. Great leadership and teamwork year 1’s!

Happy Father’s Day Dads!

Student Council News

Thankyou to Bluff SS for participating in the Free Dress Day last week, we raised approximately $70. Student Council is considering using the money raised to buy replacement DVD’s for the ones they purchased earlier in the year, that have since been stolen from the Library.

Next Friday 6th September. Student Council is participating in Footy Colours Day. This day encourages everyone to wear the colours of their favourite team, be it AFL, NRL, Rugby Union or Soccer. All money raised will be sent to the “Fight Cancer Foundation” to help in the fight against this terrible disease. Students who wear their team colours are asked to bring a $2 donation which will be collected after the first bell on the day. All donations $2 and over are tax deductible so any higher donations will be greatly appreciated by the Foundation and Student Council.

Next Friday. Student Council is having an Electronics Day for their Friday lunchtime activity. Students are able to bring a school appropriate device (iPad, iPod, DS etc) with appropriate music and games. All devices are to be handed into your child’s teacher before school and will be given back to your child at first break. Student Council and Staff members will be supervising students to ensure that only appropriate material is being viewed/played/listened to. Any students who do not abide by this rule risk not being allowed to participate in the future. Devices will be collected at the end of first break and returned to students at the end of the day.

Staffroom for Improvement has returned and we would love to revamp Bluff’s staffroom. It’s easy to participate in Staffroom for Improvement! When you do, not only will you have the satisfaction of supporting your school – you’ll also have the chance to win prizes like an Apple iPad and iTunes gift cards.

Start by registering your details here. You can visit this website each day, and click on The Big Red Button to support your school. The first time you visit, your click will give one apple to your teachers. Your second visit and click will count as two apples. Your third visit and click will give... (can you guess?!) ...three beautiful juicy apples to your teachers. From there, the sky’s the limit! Come back each day and watch your apple giving power increase. The staff at Bluff will really appreciate your effort!
Father time is valuable time

On Father’s Day it’s worth reflecting on how good fathering matters. It matters to mothers. It matters to men. And importantly it matters to children.

“He’s a bit of a rascal!”

This is how Prince William, the Duke of Cambridge described his new born son in a recent televised interview.

Watching the interview it’s apparent that Prince William is totally smitten by his son. He is a changed man. As any dad knows, there’s no turning back.

Early indications are that the Duke of Cambridge is going to be a modern, hands-on dad who wants to be an active participant in the life of his son. It was he who carried the baby from the hospital to greet the media pack, and it was he who put the baby capsule in the back seat of the car before heading home. “I’m a hands-on dad” was the message beamed around the world. Good on him.

Building up frequent father points

Prince William is typical of many modern dads. Gone are the days when the only relationship many men had with their children was through their wives. Men, increasingly, recognise that their effectiveness is dependent on first-hand interactions with their kids. That means their presence is needed far more than any presents they may provide for their kids.

For some dads first-hand interactions with children are easier said than done. Family separation, work circumstances and busy lifestyles are all factors affecting their capacity to become involved in their children’s lives.

In these circumstances it’s important that men maintain an emotional attachment to their kids; do their best to know what’s going on in their children’s lives; and respond appropriately to the developmental imperatives of their children.

The impact of fathering on children

Good fathering matters.

It matters to mothers as a supportive father makes a mother’s life easier.

It matters to girls. Good fathering has been linked to higher confidence levels in girls, particularly during the tricky adolescent years. The notion of a father who is present, available and attentive affords a sense of security to a girl, which is necessary for healthy development.

Dads are also the first introduction to the world of men for girls so it’s important that fathers treat their daughters with gentleness and respect, but also encourage them to be assertive. In a sense, fathers teach their daughters how
they should expect to be treated by males as they get older.

Good fathering matters to boys. They learn their first lessons of manhood from their dads. Early primary-aged boys usually want to spend a great deal of time with their dads. Steve Biddulph, author of *Raising Boys*, describes this phenomenon as ‘father-hunger’ and suggests that dads need to be around their sons in the primary school years so they can ‘download the software’ of how to be male.

The father-son relationship during adolescence can be problematic. While teen boys seem to be hard-wired to challenge their fathers, most desperately want their dads to be proud of them. Teen boys need a dad who can be firm when needed as they don’t always make great decisions. They need a dad who remembers the awkwardness and insecurity of being a teenage boy themselves. And they relate best to dads who don’t take themselves too seriously. The judicious use of humour, particularly with boys, is a great fathering strategy.

**Fathering matters to men**

And, of course, involved fathering matters to men. Most health scales state a healthy relationship with their children is a predictor of good health and longevity for men, as well as of life satisfaction levels. I suspect there is something relaxing and de-stressing for a man to get into a child’s space and time. There is a big kid in most men just busting to get out.

Parental well-being would be the last thing on Prince William’s mind as he attends to his young son’s needs. It is through these early forays into parenting that Prince William, like countless other men, will find his feet as a dad, and also discover his place in the life of his son.

**Five fathering tips (whether you live with the children’s mother or not):**

1. Go on dates with your daughters.
2. Have adventures with your sons.
4. Change as your child changes.
5. Discipline with firmness and compassion.