Do your kids put themselves out for you?
Recently, a friend told me she was frustrated neither of her teenage children would lift a finger to help at home, despite the fact that both she and her partner worked full-time.
She admitted she’d made a rod for her own back by NOT expecting her kids to help when they were young. Now that they are teens (16 and 19 years respectively) they’ve got the attitude that “you’ve survived this long without me, what’s the problem?”
It’s ironical that this conversation came at the end of Volunteer Week in Australia!
Obviously, Volunteer Week was lost on these kids.
...because I’m worth it!
I’ve seen it happen before where NO or FEW expectations are placed on kids to help or put themselves out for others.
They become part of the L’Oreal Generation......... kids with a false sense of personal entitlement who think (as the tagline in the advertisements) says Things should go my way.......because I’m worth it!
Here are 3 compelling reasons to promote a sense of giving in kids:

- **Kids learn how to belong to groups through their family.** Expecting kids to help develops the view that “I belong through my contribution........” rather than “I only belong when I can be the boss/get my own way/get others to look after me/through misbehaviour.”

- **Helping out develops independence and problem-solving skills.** Resilience research has identified independence & problem-solving as the two core characteristics of resilient kids. (Social skills, optimism and the ability to put boundaries around your thinking are some of the other attributes of resilience.)

- **Helping others is good for your mental health.** Helping others makes you feel good (yep, it releases the feel-good chemicals in your brain). Volunteering or helping outside the family takes kids out of themselves for a time, which is really therapeutic and helpful in adolescence. It releases the pressure on perfectionists so they understand that they don’t have to do the perfect job when they help others. They are not being judged!
There are plenty of good reasons for generosity. I won’t go on!

**Changing hard nuts**
Parents, like my friend with the L’Oreal Gen kids, often ask if they can change kids with such entrenched habits.
It’s possible but you need rock hard determination and you also need to start small.
In my friends’ case, she should probably start (and I hope she will) with getting her kids to cook one meal each once a week. A simple, doable act that would make her life easier.

**Resisting manipulation**
She will need to resist their attempts to manipulate her; put up with their contemptuous comments and other awful behaviour to wear down her resistance.
It will help if her partner supports her as her kids are very good at ganging up on her to get their own way.
My friend should stick to her guns and only cook 5 nights of the week......not on the nights designated for the kids.
While she is at it, she could think about STOPPING being a SLAVE for them (washing their clothes, driving them to the bus stop when they could walk) until they start to cooperate and pull their weight.
Yep, this may be hard ball but this mum needs to get across that she is no longer willing to play a game of her children’s making.

**Start young. It’s so much easier!**
Of course, it’s easier if you expect kids to pull their weight when they are at a more malleable age........i.e. well before their tenth birthday. The longer you leave it the more comfortable the kids are with the status quo and the harder they are to budge.

**Lost Property**
Until the end of this week we will put all lost property items out on the verandah near the office. If your child has lost any clothing please come and check to see if it is here. At the end of the week all items not collected will be recycled.
What's happening

<table>
<thead>
<tr>
<th>Term 3</th>
<th>Week 5</th>
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<tbody>
<tr>
<td>Thur 15/08</td>
<td>Spelling Bee Stage 3 School Hall</td>
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<tr>
<td>Fri 16/08</td>
<td>NR PSSA Athletics Carnival</td>
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<table>
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<tr>
<th>Term 3</th>
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<tr>
<td>Mon 19/08</td>
<td>Minding Me &amp; Moving into Teen Years Stage 3</td>
</tr>
<tr>
<td>Mon 19/08</td>
<td>School Assembly in Hall 2.20pm</td>
</tr>
<tr>
<td>Mon 19/08</td>
<td>$50 Instalment due for Fraser Island Excursion</td>
</tr>
<tr>
<td>Tue 20/08</td>
<td>Fathers Day Stall 9am</td>
</tr>
<tr>
<td>Wed 21/08</td>
<td>Fathers Day Stall 9am</td>
</tr>
<tr>
<td>Thur 22/08</td>
<td>Fathers Day Stall 9am</td>
</tr>
<tr>
<td>Fri 23/08</td>
<td>$50 Payment for Midginbil Hill Excursion</td>
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<table>
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<tr>
<th>Term 3</th>
<th>Week 7</th>
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<tbody>
<tr>
<td>Fri 30/08</td>
<td>KPS Fete</td>
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Canteen Roster

- Thur 15/08 | F. Cravigan | Helper needed |
- Fri 16/08 | J. Wilson | J. Graham |
- Mon 19/08 | J. Wilson | M. Dorsman |
- Tue 20/08 | F. O’Meara | F. Cravigan |
- Wed 21/08 | J. Wilson |

P&C News

The preparations for the fete are coming along nicely.

**Don’t forget the date, Friday August 30!!**

I would like to remind everybody to think about what stall they would like to help out with on the night. It is a great family night and the children love having their families come and see their school.

The fete is our biggest fundraiser for the school each year and all funds raised go straight back into the school to buy resources for our children.

We are calling for donations for the plant & produce stall, pre-loved books and of course the cake and dessert stalls.

We are selling raffle tickets out the front of the Post Office in the morning on Wednesday, August 21. If anybody is interested in helping out please contact Megan Kelly.

**CALLING ALL COOKS.**

It's now time to look through all those special recipes in your cook books. The cake stall is always very popular and donations of cakes will be much appreciated.

Also needed are people to make desserts ie. cheesecakes, lemon tarts, apple crumble, mousse cups, trifle cups, pavlova etc.

**Lost Mobile Phone**

A purple covered mobile phone was lost at Auskick on the bottom playground Thursday, August 1. The phone has been deactivated. It has precious family photos on it and a reward has been offered. If you have any information please contact the school office.

**MEDICAL FORM UPDATE**

In Week 3 this Term you would have received a green medical form. Could these forms be completed and returned to the office by Friday, 16 August, 2013.
Late Arrivals
Can you please ensure if your child arrives after the bell has gone in the morning they must come to the Office to get a late note otherwise they may get marked absent for the whole day.

Year 4/5 Camp Reminder
A reminder that the Year 4/5 camp to Midginbil Hill will take place in Week 10, Term 4. The camp provides students the opportunity to undertake a variety of activities which focus on increasing self esteem, team building, leadership and developing problem solving skills. Some of the activities may include: archery, horse trail riding, canoeing, low ropes course and raft building. The exact cost of this excursion will be announced when we know student numbers. We estimate it will be around $220. A $50 deposit and permission note must be returned to the office no later than Friday, August 16 to secure.

Kyogle Touch Football
Round 1 to start 14th of August
Players must be high school students or older to play
Cost: $70 per player for Mixed Competition and $100 to play in both the Mixed and Men’s Competition.
For more info contact Kim on 66 321 544 or 0414 589 059 or clarksbuslines@bigpond.com

Lismore Eisteddfod
Written by Maycee
Class 3/4K
On Tuesday, the Choir kids went to the Lismore Eisteddfod. We sang Don’t Stop Thinking About tomorrow’ and ‘Spanish Flea’. After we sang the two songs me, Yael and Mrs Grace could not wait to see if we had won but when we sat back down we thought we hadn’t won but we came 2nd place. We were all screaming and were so happy. On the way home up the back of the bus me and my friend were smiling. I nearly forgot the best part. The surprise Mrs Grace has been keeping a secret about the surprise. The surprise is on the way home the bus stopped at a park. I don’t know the name but it is a really good park for kids. We had the BEST TIME EVER. I wish we could do it again next year.

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192 Summerland Way, KYOGLE NSW 2474 Email: kyogle-p.school@det.nsw.edu.au
Website: http://www.kyogle-p.schools.nsw.edu.au
9 August 2013

Dear Principal

Information for Parents – Rubella (German Measles) Alert

I am writing to bring the following information to your attention and ask that you share it with parents of your school.

The North Coast Public Health Unit (Lismore Office) has been notified of five (5) cases of Rubella (more commonly known as German measles) in the Northern Rivers area.

Rubella is an infectious viral disease. Common symptoms may include rash, mild fever, runny nose and conjunctivitis.

Infection is especially dangerous during the early stages of pregnancy and may result in miscarriage or cause serious birth defects such as intellectual disability, heart defects, deafness, and eye problems including cataracts. Congenital rubella syndrome occurs in up to 90% of babies born to women who are infected with German measles during the first 10 weeks of their pregnancy.

How is it spread?
German measles is readily spread from an infected person to others by coughing, sneezing or direct contact. It is easily spread to people who have not been vaccinated. It can spread from up to seven days before the rash occurs until four days later.

How is it prevented?
People with rubella should stay at home until at least four days after the rash appeared and avoid contact with people who have not been vaccinated. This will mean staying home from school or childcare during this period.

Vaccination is the only prevention for rubella and is given in combination with measles and mumps (MMR) vaccination. It is important to double check that all members of your family are fully up to date with the MMR vaccine. Two (2) doses of MMR, given at a minimum of 4 weeks apart are required. If in doubt, please ask your doctor to check.

Please take the time to read the attached fact sheet (http://www.health.nsw.gov.au/infectious/factsheets) and if you or your household member develops any of these symptoms, see your doctor as soon as possible. Pregnant women who think they may have come into contact with a person with rubella should also call their doctor for advice.

Take this letter with you when you see your doctor.

If you require any further information please call the North Coast Public Health Unit on 1300 066 055 and ask to speak to a member of the communicable diseases team.

Yours sincerely,

Greg Bell
Assistant Director Public Health