Confidence is someone who is sure of their own abilities and qualities. Over the past few days I have noticed a number of children exhibit wonderful qualities of compassion, empathy and confidence both in the classroom and in the playground. Confidence is something we can't teach, but we can provide opportunities where children can gain confidence in themselves and their abilities. Building a child's self-esteem starts from birth. The key is "unconditional love". If a child feels a parent's affection, confidence will develop naturally.

As teachers we see children develop in the classroom much more when they are confident in what they are doing. Reading doesn't seem as difficult if they have "that edge". So how do we instil this in our children?

Firstly it's important to believe in your child and show it. Let them know they're a worthwhile, lovable individual. Always give praise and positive feedback. Your child will measure their worth and achievements by what you think of them.

Say "Well done, that was hard, and you managed it" This is music to young ears. Reassure them that it's ok to make mistakes and that it's all part of growing up. Avoid being too critical as this directly damages confidence.

Practise active listening and listen carefully. Repeat what you've heard to make sure you understand and give positive prompts to encourage your child to continue. Make sure you acknowledge their feelings and help them express them verbally: "I'm upset because..." or "I feel happy when...".

Only criticise behaviour, not your child. It's very easy to fall into this trap, but too much criticism tells your child they're a bad person. This is very damaging if it goes on for a long time. Be clear that it's an action you're angry about or behaviour you don't like. Focus on strengths, not weaknesses, yours and your child's. Ensure you respect your child's interests, even if they seem boring to you. Take a genuine interest in your child's friends, and what's happening at school. Comment to show you're listening.

Accept any fears or insecurities your child expresses as genuine, even if they seem trivial to you, don't just brush them aside. If your child says ",I'm useless at maths" say "You're obviously finding maths a struggle, how can I help you?" rather than "That's silly" or "Well you'd better start improving".

Each year our children amaze us when they perform in front of others at concerts and presentation nights and later this year we will be rehearsing for our whole school musical. Instilling them with the confidence to "give it a go" and try their best is what is important.
Lunch Orders
We will be holding a Sausage Sizzle on Monday 11th for Harmony Day. The cost will be $2 each. There will be no lunches orders.
Thank you to Mandy Smith for making lunches this Monday.

Birthdays
Happy Birthday to Lochlan Cronin who turned 6 this week.

Book Orders
Scholastic book club have been sent home this week. This is an excellent opportunity to purchase good quality books for your child. The school benefits through free books depending on orders. Order forms must be returned by Wednesday 13th March.

Lead Pencils
Unfortunately the school can no longer afford lead pencils. Can you please make sure your child brings a lead pencil to school each day.

St Patricks Day-Year 6 Fundraiser
On Friday the 15th March, Year 6 fundraiser. Year 6 will be selling patty cakes for 50c each. Proceeds will go the their annual gift to the school.

Regional Swimming- By Emily Cronin
On the 5th March, Lia, Ben, Henry and I went to Armidale for Regional Swimming. We were all in the PP5 and we got 5th in the faster heat. Ben was in the Small Schools Senior Boy relay and they got 4th so he just missed out on going to state. I was also in the 11yr girls 50m butterfly. I got 2nd in my heat. We all had a great day in Armidale, I would definitely do it again.

Zane’ Mushrooms- By Sophie Hawthorne
On the underside of the mushroom it is all flakey and on the top of the mushroom it is smooth. Today we got to feel them. It was wet on the top and bottom. It grows in the paddock. On the bottom it feels like tissue paper. If it has a thin part on the top. It is poisonous. It grows from spores in the ground. Zane found it on his road.
Poetry Assembly was held this week. Hosts were Jayde Smith, Emily Cronin, Maryjane Abbott-Blundell and Lia Robertson.

**Awards**

**K-1-2 Class**

*Lochlan Cronin* for excellent work in reading groups!

*Caitlin Davies* for trying hard in alphabet tasks.

*Brayden Smith* for improvement in written work! Keep trying!

*Patrick Penick* for great "counting-on" in oral maths activities.

*Mrs Roseby*

*Joey Reedy* for fantastic topic writing about Indians.

**3-4-5-6 Class**

*Henry Saunders* for insightful contribution to classroom discussions.

*James Sherwood* for working well in mathematics, Well Done.

**Thank You**

We would like to thank Dawn Cronin for her kind donation of Mathable, a maths game that the students will love!
New Smoking Laws
Each week we will be including important changes made on 7th January by the NSW government about new requirements in NSW making smoke free outdoor areas.

P&C News
Don’t forget to please donate something “eastery” for the annual Easter Raffle. The tickets will be coming home soon. Your Contribution helps raise funds for the students. The P&C AGM is on the 18th of March. All positions will be vacant.

Cheryl will be reordering new pavers for those who missed out last year and wish to have their family/child’s name included in the school beautification project. If anyone is interested in ordering please contact Cheryl.

Community News
Quirindi Junior Basketball
Registration Day
Saturday the 9th March
Quirindi High School Hall
9:00am to 11:00am

$70 High School Students
$55 Primary Students
(No additional court fees charged)

4 Divisions:
Years 1 & 2

Years 3, 4 & 5
Years 6 & 7
Years 8, 9 & 10

Competition is played on Friday Nights and run during Terms 2 and 3.

Don’t miss out at being a part of this great sport.
“We never get washed out”

Enquiries: Terry Beresford 0412787680
www.quirindibasketball.com.au

Remember to dress-up on Monday in colourful clothes