

# Long Flat School and Community



## Flat Chat

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**Week 5 Term 4 Friday, 11 November 2022**

Dear Long Flat school community,

### Soccer Gala Day

Last Thursday we enjoyed a great day of fun and friendships with Comboyne, Huntingdon and Rollands Plains Upper Public Schools playing soccer at Landrigan Oval – See the report from Matthew~

### Year 6 Fun Day

So that our Year 6 students don't miss out on a fun day, and to further build connections with other year 6 students before jetting off to High School next year, we are taking them out for a day of fun in a fortnight's time. Look out for photos of Miss Sherlock falling into the water at Stoney Aqua Park!

### Basketball Gala Day

Sorry for the short notice on this one, everyone! We have been invited to participate in the basketball gala day next Thursday and have managed to gather enough interest from our Year 5 and 6 students to put a team together! Wish us luck!!

### Matthew Award

It is with great pride that we acknowledge one of our own – Matthew Coombes. Matthew is a strong student leader who refuses to walk past a student in need. He has been recognised in this regard by receiving the Hastings Aboriginal Education award for leadership and positive attitude towards school on Tuesday at Camden Haven Public School. Well done and well deserved, Matty!



### Pulse Alive Choir

You may have noticed that another round of Pulse Alive Choir notes came home this week. The students in years 3, 4 and 5 became very excited when I mentioned that this involved a trip to Sydney, the Aquarium, the musical "Joseph and the Amazing Technicolour Dreamcoat" and the Powerhouse Museum early next year – And would be VERY affordable because we have some funky socks to sell to fundraise! Call me if you would like to know more 😊

### **Last chance for TTFM survey**

Lastly, thank you to all parents and carers who have participated in the Tell Them From Me parent survey – This survey closes next Friday and gives us invaluable information into your perceptions and feelings toward how our school operates.

If you haven't had a chance to do this yet – Here's a handy link

<http://nsw.tellthemfromme.com/longflatparentsurvey>

Kind regards!

Sam Small

Relieving Principal

On Thursday 3rd November, we had a soccer gala day.

Huntingdon, Rollands Plains, Comboyne and Long Flat played soccer all day long, everyone enjoyed it.

There were three different divisions. K-1, 2-4 and 5-6.

In the K-1, one of our Long Flat teams won it. In the 2-4, one of the Huntingdon teams won, and in the 5-6, the Rollands Plains team won it. The team that won their division got to take a shiny trophy back to their school for a year.

Well done everyone!!!

Matthew C



**Students with Merit Certificates**

## Ideas for Creating a Growth Mindset Environment at Home Part 2:

### Using Growth Mindset Praise and Feedback

- **Praise what your child does**, not who he or she is. Instead of saying, "You are so smart/ clever /brilliant," say "I can see that you really worked hard/ put forth effort/ tried hard." Praise perseverance and resiliency when you see your child struggle or face challenge. Avoid praising marks and grades. Focus on praising work ethic and effort (process) - not achievement (product).
- **Adopt the word "yet"** into your vocabulary. If your child proclaims that he/she doesn't understand something, "can't dribble a basketball" or "can't play a song on his guitar," remind them that they can't "yet," but, with hard-work they will have success.

**Avoid** comparing your child's success with the success of siblings or friends (very hard, very important) - achievement is not a competition. Your child is seldom inspired by these comparisons, instead, they become discouraged and can develop a sense of envy – "If they are winning, it must mean that I am losing," is some of the self-talk that can go on in their mind. There is enough success for everyone.



### Coming Events

15 November	Library van	22 November	Canteen—pizza
15 November	Crazy Hair & Crazy Sock Day	23 November	Year 6 to 7 transition PM
15 November	Canteen—chicken burgers	25 November	Bago Schools Year 6 Fun Day
17 November	Preschool transition	25 November	Swimming
17 November	Year 5/6 Basketball Gala Day	28/11 to 2/12	Swimming
18 November	Swimming	29 November	Year 6 to 7 transition all day

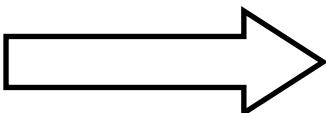




### Book Club Issue 8 is open now

Catalogues will be sent home once they arrive at the school. If you can't wait for the catalogue you can view it and order online!

Click on the link



Orders close 25 November

# Book Club

# LOOP

PLACE YOUR ORDER